

1st Announcement

Wellness Con - 2025

2nd International Conference on Wellness

October 10, 11 & 12, 2025

Organizers



PRAYATNA
Reg. No. 1482/2004-05



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

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



**Hind Institute of
Medical Sciences**
Mau, Ataria, Sitapur, U.P., India

About the organisers



PRAYATNA
Reg. No. 1482/2004-05

A Glorious Journey of Social Welfare

Founded & Registered under the Societies Registration Act of 1860, in March 2005, Prayatna has completed an extraordinary 20 years journey dedicated to social welfare. Over the years, this organization has become a beacon of hope and a catalyst for change, tirelessly working towards the holistic well-being of citizens across India.



Prayatna's mission centers on raising awareness regarding wellness and promoting a healthy lifestyle. The organization has been proactive in organizing a wide range of activities aimed at enhancing social welfare. These include educational seminars, conferences, public health awareness programme and free health check-up camps etc., all designed to empower individuals with the knowledge and resources necessary for a healthier life.

One of Prayatna's key areas of focus is the organization of seminars, lectures, and conferences dedicated entirely to wellness. The organization has successfully hosted notable events such as the National Conference on Wellness (Wellness Con-2014) in November 2014, which laid the groundwork for future discussions on health and well-being. Following this, the International Conference on the Fight Against Cancer in 2017 highlighted the importance of awareness and prevention in combating one of the leading health challenges of our time. In November 2019, Prayatna continued its initiative with the First International Conference on Wellness (Wellness Con-2019), drawing attention to various wellness methods and their significance in everyday life.

The success of these conferences underscores Prayatna's commitment of creating platforms for dialogue, learning, and improvement in public health. As a result, the organization has successfully spread the message of wellness, urging citizens to adopt healthier lifestyles, participate in preventive measures, and engage in community health initiatives.

Building on this momentum, Prayatna is proud to announce the 2nd International Conference on Wellness (Wellness Con-2025), being organized in collaboration with the Hind Institute of Medical Sciences, Barabanki, and a group of esteemed partners, including the NAAC A++ accredited CSJM University, Kanpur, the International Society for Life Sciences, the HIV Welfare Society, Mumbai, Swasth Samaj Samiti, Rotary Club of Kanpur, and the AGOI UP Chapter, along with HIMS, Sitapur, UP. scheduled for October 10-12, 2025. This pivotal event will unite health professionals, researchers, and advocates to delve into the latest advancements in wellness strategies and practices. The conference aims to promote health consciousness and encourage collaborative approaches to enhancing overall well-being.

Prayatna remains steadfast in its commitment to social welfare, continually striving for a healthier, more informed society. Through its numerous initiatives, the organization is dedicated to ensuring the well-being of all citizens, reinforcing the belief that a healthy community is a thriving community. As Prayatna embarks on another decade of service, it warmly invites everyone to join this noble cause and contribute to a healthier future for all.



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

Hind Institute of Medical Sciences (HIMS) is a prestigious private medical college and hospital located near Lucknow. Established in 2005 and fully operational since 2009, HIMS initially affiliated with Dr. R.M.L Avadh University and is currently aligned with Atal Bihari Vajpayee Medical University UP, Lucknow. The institution is recognized by

the Ministry of Health & Family Welfare, Government of India, and has received approval from the National Medical Commission (formerly the Medical Council of India). Additionally, it is accredited by the National Assessment and Accreditation Council (NAAC).

HIMS offers a diverse range of undergraduate and postgraduate degrees across multiple medical disciplines, all while promoting a modern learning environment equipped with cutting-edge facilities. The institution also has the authority to conduct various diploma courses and is recognized by the Indian Nursing Council for its nursing programs.

A beacon of excellence in both medical education and healthcare, HIMS requires aspiring medical students to take the NEET examination as part of the admissions process. HIMS's unwavering commitment to high-quality education and outstanding healthcare has established it as a significant contributor to the medical landscape of Northern India.



About Wellness Con-2025

Wellness is an active journey towards awareness and the making of choices that lead to a healthy and fulfilling life. It transcends merely being free from illness, embodying a dynamic process of growth, change, and a holistic sense of well-being. Achieving optimal wellness is essential for enhancing the quality of life, as every action we take and every emotion we experience is intertwined with our overall well-being. This interconnection creates a continuous cycle that emphasizes the importance of striving for optimal wellness to mitigate stress, reduce the risk of illness, and foster positive interactions.

There are eight dimensions of wellness: Social, Physical, Emotional, Occupational, Financial, Spiritual, Environmental and Intellectual. Each dimension of wellness is interrelated with another. Each dimension plays a vital role in the pursuit of overall health, and understanding how to maintain and optimize each can lead to a higher level of wellness.

Social Wellness involves effectively performing social roles and creating a supportive network. This dimension encourages the development of healthy relationships, both with peers and partners.

Physical Wellness focuses on maintaining a healthy body through exercise, balanced nutrition, adequate sleep, and prompt attention to signs of illness.

Emotional Wellness emphasizes understanding one's feelings and managing stress effectively while promoting self-care and personal growth through experiences.

Occupational Wellness pertains to finding satisfaction in work and appreciating the contributions of one's efforts, fostering personal enrichment through career.

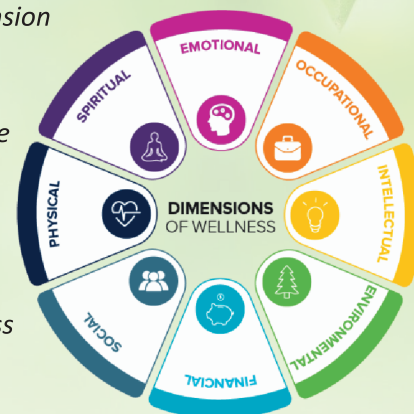
Spiritual Wellness encourages individuals to cultivate a set of values that provide meaning & purpose, achieved through various practices, including relaxation, reflection, or religious engagement. Being spiritually well means knowing which resources to use to cope with issues that come in everyday life.

Financial Wellness is about effectively managing financial responsibilities, as financial stress can significantly impact health and academic performance, particularly for students.

Environmental Wellness inspires individuals to adopt lifestyles that respect their surroundings, fostering a harmonious relationship with nature. Environmental well-being promotes interaction with nature and the personal environment. Everyone can have a strong environmental consciousness simply by raising their awareness.

Intellectual Wellness encourages an open-minded approach to new ideas, learning and engaging in scholastic, cultural and community activities, increasing knowledge and experiences.

To raise awareness about wellness in our communities, we are organizing regular seminars and conferences focused on Wellness. The first International Conference on Wellness, Wellness Con-2019, was successfully held in November 2019. We are now pleased to announce the 2nd International Conference on Wellness, Wellness Con - 2025, scheduled for October 10-12, 2025.



!! Theme !!

Wellness through

Diagnostic Approaches
Environmental Management
Healthy Life Style & Yoga
Herbal Products
Mental well-being

Personal Hygiene
Physiotherapy
Pollution Management
Preventive Strategies for health
Proper Nutrient Intake
Wealth Management

Spiritual Management
Stress Management
Sustainable Living Practices
Time Management
Swar Vigyan and Crystal Healing

Management of Climatic Changes & Global Warming • Wellness strategies for People Living with HIV/AIDS (PLWHA)

The organizing committee believes that Wellness Con-2025 will enrich knowledge about wellness and introduce new perspectives to society.

We warmly invite you to attend and actively participate in this International Conference, Wellness Con-2025, at Hind Institute of Medical Sciences, Safedabad, Barabanki (On Lucknow-Ayodhya Highway), UP, India. We also welcome research paper submissions for presentation and publication. Kindly register at your earliest convenience.

With regards

Dr. AS Prasad
 Chairperson

Dr. AK Trivedi
 Co-Chairperson

Dr. Praveen Katiyar
 Convener

Distinguished Speakers Speakers from Abroad

Eminent speakers confirmed till 30 June 2025



Prof. Ajay Rane

MBBS, MSc, MD, FRCS, FRANZCOG, FRCOG,
CU, FICOG (Hon)
- 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.



Prof. Hari S. Sharma

PhD, DSc, FIEIC, FIABS
- Professor, Department of Pathology and
Clinical Bioinformatics, Erasmus MC,
University Medical Centre, Rotterdam
The Netherlands



Prof. Mary Ann Lumsden

OBE, MD, FRCOG, FACOG, FCPSP
- Hony. Professor
Medical Education & Gynaecology
University of Glasgow, Scotland, U.K.
- Formerly
CEO, FIGO
President, International Menopause Society
Chair, British Menopause Society



Prof. Theeshan Bahorun

PhD, G.O.S.K.
- 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



Dr. Akash Makkar

MBBS, MD (Medicine)
- 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



Dr. Meenakshi Agarwal

MBBS, MD(Anaesthesia)
- GMC
- Member of the Royal College of Anaesthesia
United Kingdom



Dr. P. Ravi Shankar

MBBS, MD, FAIMER Fellow, FAcadMed
- Faculty, Program Coordinator
IMU University
Kualalumpur, Malaysia



Dr. Priya Bhardwaj

PhD
- Senior Scientist
Department of Orthopedic Surgery
Washington University
St. Louis, USA

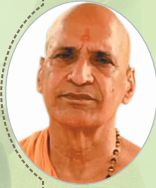


Dr. Rashmi Tandon

MD(Pathology), PDCC
- Associate Professor
Pathology and Laboratory Medicine,
Gastrointestinal and Hepatobiliary
Pathology, Division of Anatomic Pathology,
Perelman School of Medicine, University of
Pennsylvania, USA

Distinguished Speakers Speakers from India - Padma Awardee

Eminent speakers confirmed till 30 June 2025



Swami Bharat Bhushan
Padma Shri Awardee (1991)

- Lifetime Achievement Award" for significant contribution to Health Care profession given by AIIMS (All India Institute of Medical Sciences) & AYUSH Ministry of Health
- Founder, Mokshayatan International Yogashram Saharanpur, UP



Prof. (Dr.) Anoop Misra
Padma Shri Awardee (2007)
Dr. B.C. Roy Award recipient (2006)

- Chairman, Fortis-C-DCC Centre of Excellence for Diabetes, Metabolic Diseases and Endocrinology, New Delhi
- Chairman, National Diabetes, Obesity and Cholesterol Foundation (N-DCC), New Delhi
- President, Diabetes Foundation (India)(DFI)



Dr. Mohsin Wali
Padma Shri Awardee (2007)

- Former physician to the President of India
- Sr. Consultant, Sir Ganga Ram Hospital New Delhi



Dr. Vikas Mahatme
Padma Shri Awardee (2010)

- Ophthalmologist & Social Entrepreneur
- Founder, Mahatme Eye Bank & Eye Hospital Maharashtra
- Ex-Member of Parliament, Rajyasabha



Prof. Ravi Kant
Padma Shri Awardee (2016)
Dr. B.C. Roy Award Recipient (2014)

- Yash Bharti Award Recipient (2016)
- Ex-Director, AIIMS, Rishikesh, UK, India
- Ex-Vice Chancellor, King George's Medical University UP, Lucknow
- Ex-Professor, Surgery, Maulana Azad Medical College, University of Delhi, New Delhi, India



Dr. P. Hanumantha Rao
Padma Shri awardee (2023)
Dr. B.C. Roy Award Recipient (1995)

- Founder - Chairman
- Sweekaar Academy of Rehabilitation Sciences (SARS) Hyderabad, Telangana



Dr. Bhupendra Kr. Singh
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



Dr. Manoranjan Sahu
Padma Shri Awardee (2023)

- Former Dean, Faculty of Ayurveda, BHU, Varanasi
- Ex-Head, Ayurvedic Surgery, BHU
- President, National Shushrut Association



Prof. Neerja Bhatla
Padma Shri Awardee (2025)

- Professor & Head, Department of Obstetrics & Gynaecology, AIIMS, New Delhi
- Head, Gynaecologic Oncology, National Cancer Institute, AIIMS, Jhajjar, Haryana
- Ex-President, International Federation of Gynaecology and Obstetrics (FIGO)

Distinguished Speakers Speakers from India

Eminent speakers confirmed till 30 June 2025



Prof. Vinay Kumar Pathak

- President, Association of Indian Universities
- Vice-Chancellor, CSJM University, Kanpur
- Ex-Vice Chancellor, Uttarakhand Open University, Vardhmaan Mahaveer Open University, Kota, AKTU, Lucknow & HBTU, Kanpur



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



Prof. M.L.B. Bhatt

- Director, Kalyan Singh Cancer Institute, Lucknow, UP
- Ex-Vice Chancellor, Hemvati Nandan Bahuguna Medical University, Uttarakhand & King George's Medical University UP, Lucknow



Prof. Pramod G. Yeole

- Vice Chancellor, Rajasthan University of Health Sciences, Jaipur, Rajasthan
- Ex-Vice Chancellor
- Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhaji Nagar Maharashtra



Dr. S.K. Misra

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



Dr. J.L. Meena

- Principal Assessor, NABH & NQAS
- Former Member, MARB - National Medical Commission, Govt of India
- 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



Dr. J.K. Maniar

- President
- HIV Welfare Society, Mumbai
- Consultant in HIV Medicine
- Jaslok Hospital & Research Centre, Saifee Hospital and Wockhardt Hospital, and Bhatia Hospital, Mumbai



Prof. Anuj Maheshwari

- President, Asian Pacific Society of Hypertension
- President Elect RSSDI (Research Society for Study of Diabetes in India) 2025-2026
- Secretary General
- Indian Society of Hypertension
- Immediate Past Governor, American College of Physicians, India Chapter



Dr. Sharad Kumar Agarwal

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



Prof. Ajay Singh

- 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



Prof. Neelima Gupta

- Vice-Chancellor
- Doctor Harisingh Gour University, Sagar, MP
- Ex-Vice Chancellor
- CSJM University, Kanpur, UP & TM Bhagalpur University, Bhagalpur, Bihar



Prof. Ashok Kumar

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



Prof. M Vijaya Kumar

- Vice Chancellor
- Yenepoya University, Mangalore
- Professor, Yen Onco Centre



Prof. Amod Kumar Sachan

- Chairman, Hind Charitable Trust
- Founder, Chairman/ Managing Director
- Hind Institute of Medical Sciences & Shekhar Hospital
- Founder, Amod Foundation



Prof. Navneet Kumar

- Ex-Principal
- GSVM Medical College, Kanpur, UP
- Govt. Medical College, Kannauj, UP
- Senior Neurologist



Prof. Surekha Kishore

- Ex-Director
- AIIMS, Gorakhpur, UP

Distinguished Speakers Speakers from India

Eminent speakers confirmed till 30 June 2025



Prof. Sanjay Gupta

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



Prof. Dharmendra S. Bhadauria

- Former Professor & Unit head, Dept. of Nephrology, SGPGIMS, Lucknow
- Director, Division of Nephrology & Kidney Transplantation, Medanta Hospital Lucknow



Prof. Surya Kant

- Head, Dept. of Respiratory Medicine KGMU, Lucknow, UP
- Editor in Chief, Indian Journal of Allergy Asthma & Immunology (2025-27)
- Past President, Indian Chest Society, NCCP (I), Indian College of Allergy, Asthma and Applied Immunology



Mr. Himadri Sinha

- Wellness Consultant
- Co-founder and CEO Countrywide learning systems Vadodara, Gujrat



Dr. Rashmi Prashant Rajashekhar

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



Prof. Rakesh Kumar Dixit

- Professor Dept. of Pharmacology & Therapeutics KGMU, Lucknow, UP



Dr. Saranjeet Singh

- Fitness & Sports Medicine Specialist
- Sports Psychologist, NCHM(UK)
- Fitness trainer, ISSA(USA)



Prof. Suraj Kumar

- Professor Center for Physiotherapy and Rehabilitation Sciences Jamia Millia University (A Central University) Jamia Nagar, New Delhi



Prof. N.S. Verma

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



Dr. Vandana Pathak

- Senior Ayurvedacharya, Kanpur
- Secretary NIMA, UP (Women forum), Kanpur



Dr. Poornima K. Murthy

- Director & Chief Consultant Prajna Kuteera Ayurveda Centre Abhijna International Academy of Ayurveda and Yoga, Mysore, Karnataka, India.



Mrs. Sheryl S. Salis

- Director, Nurture Health Solutions, Mumbai
- Director, Nurture Health Academy and Research Center(NHARC), Mumbai
- Author of the award-winning book Diet in Diabetes Simplified
- Certified Diabetes Educator
- Certified Insulin Pump Trainer



Prof. Shalini Aggarwal

- Professor Department of Finance Chandigarh University, Mohali, Punjab



Dr. Dileep Gupta

- Orthopedic Surgeon OSM Ortopedic Sport Injury Centre Basti, UP



Prof. Sohrab Ahmad Khan

- Head, Department of Physiotherapy
- Head, Department of Paramedical Sciences SNSAH, Jamia Hamdard, New Delhi



Dr. Rohet Sethi

- Renowned Numerologist
- Vastu expert
- Swar Vigyan Specialist
- Healer, Author, Life coach

Call for Papers

Wellness Con-2025 invites research papers from the best brains across the world covering topics related to Medical / Life Sciences / Pharmaceutical / Paramedical / Biotechnology / Ayurveda / Allied health & all fields related to wellness. You are cordially invited to share your research findings in respective fields before an international audience.

Submit scientific abstracts to **email ID: wellnesscon19@gmail.com**. Submitted/selected scientific abstracts will be published in Souvenir and Abstract book (with ISBN No.) of Wellness Con-2025.

Its time to make your mark as a professional researcher!

Important Guidelines for Abstract Submission :

The submission should include :

1. Name of authors, their address or affiliation, e-mail & phone numbers should be clearly mentioned.
2. It should be typed in English on A-4 size using single space with one inch margin on each side. The text should be typed in 12pt size using Times New Roman Font.
3. Text should be justified on both ends and start with a title followed by Author's details, Abstract & Keywords.
4. Title should be descriptive and concise and should not exceed 50 words. Abstract should not exceed 200 words.
5. At least one of the authors must be pre-registered for the conference, Wellness Con-2025.
6. E-mail the M.S. Word file of your abstract to the Convener, Wellness Con-2025 at

email ID: wellnesscon19@gmail.com

Best paper (Oral) & poster presentation will be awarded in the Valedictory function of Wellness Con-2025.

Full length paper publication

- Presented and awarded papers will be published in the reputed **Scopus / Web of science indexed journal**, subject to acceptance by the journal .
- Papers submitted and presented at the conference will be published in the **International Journal of Pharmaceutical Sciences and Research(IJPSR)** (ISSN: Print- 2320-5148, Online- 0975-8232 and indexed in EMBASE-Elsevier, PubMed(selected citations), ICAAP, PSOAR, Index Copernicus, Open-J-Gate, AYUSH Research Portal etc.), subject to their acceptance by the review committee, immediately after the conference. Authors of accepted abstracts have to submit full length manuscript according to "Instructions to Authors" link on www.ijpsr.com.

Dates to Remember:

Abstract submission : 15th August 2025

Abstract acceptance confirmation: 31st August 2025

Full paper/PPT file submission: 15th Sept. 2025

Poster Submission: 30th Sept. 2025

The conference: 10, 11 & 12 October 2025

Registration

Registration open!
Assured Gifts on 200 early bird registrations

Fee Structure

Category	Early Bird (Upto 30 June, 2025)			From 1st July 2025 to 30th September 2025			From 1st October 2025 onwards		
	Fee	GST 18%	Total Payable	Fee	GST 18%	Total Payable	Fee	GST 18%	Total Payable
Indian Participants (in INR)									
Delegates (Professionals / Academicians)	4000	720	4720	4500	810	5310	5000	900	5900
Prayatna Members	3000	540	3540	3500	630	4130	4000	720	4720
UG Students	1800	324	2124	2200	396	2596	2500	450	2950
PG Students	2200	396	2596	2500	450	2950	2800	504	3304
PhD Scholar	2500	450	2950	2800	504	3304	3100	558	3658
Accompanying Person	2000	360	2360	2400	432	2832	2800	504	3304
Delegates (Industry)	6000	1080	7080	7000	1260	8260	8000	1440	9440
Overseas Participants (in USD)									
Delegates (Professionals / Academicians)	300	54	354	350	63	413	400	72	472
UG/PG Students	200	36	236	250	45	295	300	54	354
PhD Scholar	230	41.40	271.4	280	50.40	330.40	330	59.40	389.40
Accompanying Person	150	27	177	175	31.5	206.5	200	36	236
Delegates (Industry)	400	72	472	450	81	531	500	90	590

Note: The registration fee includes conference kit, participation in conference, food and entry to the socio-cultural programme.

Accommodation facility will be made available on demand & will be charged as applicable.

For registration please scan the QR code and fill the Google form.



Google form link:
<https://forms.gle/ni7dTw4DrVg76wQE6>

DETAILS FOR ELECTRONIC TRANSFER



Account Name : WELLNESS CON
Account No. : 44047170222
Bank Name : State Bank of India
Branch : CSJMU Campus, Kanpur
IFSC : SBIN0064085
PAN No. : AADAP0472F
GST No. : 09AADAP0472F1ZO

Scan & Pay



UPI ID: wellnesscon@sbi

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

Special Attraction

Workshop on Chakra Healing: Unlock the Power Within

11 October 2025

Time-11 am to 2 pm (Duration: 3 Hours)

Facilitated by: Renowned Numerologist & Chakra Healer



Dr. Rohet Sethi
Master Numerologist &
Spiritual Coach.



What you will experience?

1. Introduction to Chakras

- Discover the 7 major chakras - energy centers of your body.
- Learn their physical, emotional, and spiritual significance.
- Understand how energy flows and affects daily life.

2. The power of chakras in human life.

- How balanced chakras can transform your health, happiness, and success.
- Explore the connection between chakras and body systems.
- Realize how chakras influence relationships, focus, confidence, and peace.

3. Chakra scanning.

- Learn how to identify blocked or imbalanced chakras.
- Participate in practical chakra scanning techniques.
- Recognize signs of overactive or underactive energy centers.

4. Diseases related to Chakra imbalance.

5. How Chakra healing can transform your life?

- Learn powerful methods to balance and heal your chakras.
- Get tools like meditation, affirmations, breath work & visualization.
- Experience guided healing to align your body, mind, and spirit.

Benefits of Chakra Healing

Boost physical health & energy, Improve concentration & emotional balance, Deepen self-awareness & inner peace.
Enhance relationships, focus, and decision-making, Awaken your inner power for a joyful life.

Who can attend?

- Students looking for better focus and emotional clarity
- Working professionals dealing with stress or imbalance
- Anyone seeking self-growth, healing, and holistic wellness

Delegates Registered For Wellness Con-2025, may attend this workshop.

Those, who are not registered for the conference and only want to attend the chakra healing workshop, may register for it.

For registration please scan the QR code and fill the google form.

<https://forms.gle/yuUiYiAmFKSWG7ZA>



Registration fee for workshop only- Rs. 932/+ 18% GST= 1100/-

DETAILS FOR ELECTRONIC TRANSFER

Account Name : WELLNESS CON
Account No. : 44047170222
Bank Name : State Bank of India
Branch : CSJMU Campus, Kanpur
IFSC : SBIN0064085
PAN No. : AADAP0472F
GST No. : 09AADAP0472F1ZO

Scan & Pay



UPI ID: wellnesscon@sbi

Certificates of Participation, will be awarded to those participants, who will attend the full workshop.

Programme Directors



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



Dr. Archana Bhaduria
- Sr. Nephrologist, Kanpur
- Former President
Indian Medical Association
Kanpur branch
- Director, Lotus Hospital, Kanpur



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



Dr. Awadesh Kumar Sharma
- Professor, Cardiology
LPS Institute of Cardiology
GSVM Medical College, Kanpur



Dr. Chandru Nihlani
- Senior Physician
Vice-President, IMA Kanpur



Dr. Gautam Dutta
- Senior Orthopedic Surgeon, Kanpur
- Secretary, IMA AMS Kanpur Sub Chapter



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



Dr. P.C. Chaudhary
- Professor
Dept. of Roga Nidan avam Vikriti Vigyana
Govt. Ayurvedic College & Hospital
Lucknow



Dr. Pankaj Gulati
- Senior ENT Specialist
- Former President
Indian Medical Association
Kanpur branch
- Former Vice President, IMA UP State



Dr. Peeyush Mishra
- Consultant Gastroenterologist &
Therapeutic Endoscopist
- Kanishk Hospital &
CN Gastro Care Center, Kanpur
- Director, Kingsway Health care Pvt. Ltd.



Dr. Pramod Kumar Chaurasia
- Sr. Neurosurgeon
Institute of Neurosciences, Medanta
Lucknow
- Director
Paras Neuro-Spine & Multispeciality
Hospital, Lucknow



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



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



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



Dr. Sandeep Katiyar
- Consultant Pulmonologist &
Interventionist, Kanpur



Dr. Sangeeta Singh Sengar
- Senior ENT Specialist
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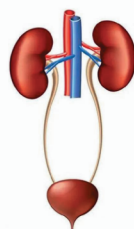
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