



**Wellness Con- 2019**  
International Conference on Wellness

November 8, 9 & 10, 2019

CSJM University, Kanpur, India



University Institute  
of Health Sciences  
CSJM University, Kanpur

Organizers



PRAYATNA

SHIVAJI UNIVERSITY  
Vice-Chancellor's Office  
Date: 27 MAY 2019  
Phone No: 1160  
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Senior Orthopedic Surgeon  
Kanpur

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Vice Chancellor, CSJM University, Kanpur

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Date : 17.05.2019

To,  
**The Vice Chancellor**  
**Shivaji University**  
**Vidyanagar, Kolhapur-416 004, Maharashtra**

**Sub.: Regarding the invitation to Wellness Con-2019, International Conference on Wellness at CSJM University, Kanpur.**

Dear Sir/Madam,

*Warm Greetings from CSJM University, Kanpur, India and Wellness Con-2019!*

We are extremely happy to inform you that **Wellness Con -2019, International Conference on Wellness**, is being organized at CSJM University, Kanpur, India, by 'University Institute of Health Sciences', CSJM University, Kanpur and Social Organization 'Prayatna' on 08, 09 & 10 November, 2019. Renowned Social Organizations- Swasth Samaj Samiti, HIV Welfare Society, Mumbai, Pehel, A Jagran Social Initiative & Paliwal Diagnostics (P) Ltd. are also associated with this conference.

**Wellness** is more than being free from illness; it is a dynamic process of adaptation and growth. Maintaining an optimal level of wellness is absolutely crucial to live a higher quality of life. Wellness matters because everything we do and every emotion we feel relates to our well-being. In turn, our well-being directly affects our actions and emotions. It is an ongoing cycle. Therefore, it becomes important for everyone to achieve optimal wellness in order to subdue stress, reduce the risk of illness and ensure positive interactions. Wellness Con- 2019 focuses on the following themes:

**Wellness through**

- |                              |                                       |   |
|------------------------------|---------------------------------------|---|
| <b>Herbal Products</b>       | <b>Proper Nutrient Intake</b>         | <b>Physiotherapy</b>                    |
| <b>Diagnostic Approaches</b> | <b>Healthy Life Style &amp; Yoga</b>  | <b>Preventive Strategies for health</b> |
| <b>Stress Management</b>     | <b>Environment Management</b>         | <b>Personal Hygiene</b>                 |
| <b>Wealth Management</b>     | <b>Management of Climatic Changes</b> | <b>Spiritual Management</b>             |
| <b>Pollution Management</b>  | <b>&amp; Global Warming</b>           |   |

In this international meet around 1500 delegates (Professionals/Students from Medical, Health, Environment & related fields) from around the globe are expected to participate.

**We extend you a warm invitation to attend and participate in this International Conference. We also invite research papers for the presentation and publication.**

**We request you to circulate the details of Wellness Con-2019 to the various departments/ Institutes/Colleges of your esteemed University so that they may able to participate in Wellness Con-2019.**

We will be highly obliged for your support.  
Hoping for your precious cooperation for Wellness Con-2019.

Thanking you,

**Dr. A.S. Prasad**  
Chairperson

With regards,

**Dr. Praveen Katiyar**  
Convener

**Committees & Convener**

**Audio Visual:** Mrs. Ruchi Singh, Dr. Sandesh Gupta, Dr. Jitendra Singh Dabral • **Decoration:** Mrs. Neha Shukla, Mrs. Anuja Singh, Ms. Laxmi Rathore • **Hospitality:** Mr. Digvijay Sharma, Dr. Sidhanshu Rai, Mrs. Warshi Singh, Dr. Manoj K. Singh, Dr. Ajay Kumar Yadav, Dr. Dharam Singh • **Invitation:** Dr. Bharti Dixit, Dr. Seema Jaiswal, Mr. Amit Shukla, Dr. Rashmi Agarwal, Dr. Jaishree Rajpoot • **Media & Publicity:** Dr. Sandeep K. Singh • **Programme:** Dr. Ravindra Nath, Dr. Varsha Gupta • **Reception:** Dr. Versha Prasad, Dr. Swati Sachan, Dr. Rashmi Gore, Dr. Droupadi Yadav • **Registration:** Dr. Virendra Nigam, Mrs. Soeha N. Gandhi, Dr. B.P. Singh, Dr. Madhulika Singh, Dr. Ashish Srivastava, Dr. Meenakshi Gupta, Mr. Dev B. Singh, Mr. D.N. Mishra • **Souvenir & Abstract Book:** Dr. Manish K. Gupta, Mr. A. Rajendran • **Scientific:** Dr. Shalini Rohtagi, Dr. Nisha Sharma, Mr. Omkar Agrahari, Dr. Shilpa Kayastha • **Travel:** Dr. Brijesh Swarup Katiyar

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Shivaji University, Kolhapur

Pro-Vice-Chancellor Office

Date: 27 MAY 2019

In association with

Swasth  
Samaj Samiti

HIV  
Welfare Society

To Whom :-