

National Conference on Holistic Health & Wellness

Unifying Body, Mind and Spirit

22-24 March, 2018

Organized by:

**Department of Community Medicine,
Vardhman Mahavir Medical College & Safdarjung Hospital, New Delhi
(Ministry of Health & Family Welfare, Govt. of India)**

Venue

Lecture Theatre

Vardhman Mahavir Medical College & Safdarjung Hospital,
New Delhi



Supported by

Indian Council of Philosophical Research (ICPR),
Indian Association of Adolescent Health (IAAH),
Indian Public Health Association (IPHA) Delhi Branch,
Indian Association of Preventive and Social Medicine (IAPSM),
Indian Association of Epidemiologists (IAE),
Advanced Research Publications (ADR)



Welcome to NCHHW 2018 !!

Patrons: Dr. Rajender Kumar Sharma, Dr. N N Mathur

Organizing Committee: Dr. Jugal Kishore-**Chair**, Dr. Shalini Smanla-**Secretary**, Mr. Sushil Kumar Mishra-**Joint Secretary**

Scientific & Souvenir Committee: Dr. Anita Khokhar-**Chair**, Dr. Geeta Pardeshi-**Co-Chair**,

Reception and Cultural Committee: Dr. Richa Kapoor **Chair**, Dr. Geeta Yadav-**Co-Chair**

Convenor: Dr. Sunil Kumar Singh

Welcome Message

Dear Friends,

With the changing era, the current health system is changing its focus from the traditional biomedical model to a holistic health oriented model. The holistic health oriented system is based on the enhancement and maintenance of health, not on the cure of disease. Holistic health is actually an approach to life. The goal is to achieve maximum well-being, where everything Rather than the very best that is possible. With Holistic Health people accept responsibility for their own level of well-being, and everyday choices are used to take charge of one's own health. Here people can access an array of holistic resources and services, all designed to provide an individually customized map to health optimization using the best natural supports.

In India, holistic health care should be adopted at every level of health system so that individuals should be encouraged to engage in self-care and aware about their health. This conference will be an excellent platform to present holistic health as an interdisciplinary approach. The 3 day academic and technical feast will provide various expertise to discuss their views and experience for achieving holistic health. Various delegates from all over the country will share their ideas, newer concepts and innovations in this field. Through this conference, whole country will be covered one umbrella to provide holistic health care services to every individual so that it urges them be an active participant in their prevention, treatment and health care, rather than giving all the power to a health care provider.

We are very pleased to invite you to participate in the **1st National Conference on Holistic Health & Wellness (NCHHW 2018)** to be held at New Delhi, India from 22-24 March, 2018, with the theme of **Unifying Body, mind and spirit**, which is also in tandem with the initiatives taken by the Govt. of India "Mainstreaming AYUSH and Universal health coverage".

The conference intends to provide the requisite platform to all the participants to present their research, exchange the ideas, networking and develop memorable professional friendships.

March month of the year being a good time to be in Delhi and in North India. Pleasant weather will add to the taste sensualising northern Indian Cuisine. Do spare a day or two to roam around the historical city of Delhi with many monuments or visit one of the Wonders of World, Taj Mahal at Agra, just 200 km from the conference venue.

Again we extend a very warm welcome to you all.

Dr. Jugal Kishore

Chairman Organizing Committee

Proposed Scientific Programme

Day I: 22 March 2018	Day II: 23 March 2018
1. Scientific Session I: Basic Concept of Holistic Health & Wellness	1. Scientific Session V: AYUSH : Ayurveda, Yoga and Naturopathy in Holistic Health and Wellness
2. Scientific Session II: Physiological & Psychological Basis of Wellness	2. Scientific Session VI: AYUSH: Unani, Siddha and Homoeopathy in Holistic Health
3. Scientific Session III: Inter-discipline Health Sciences	3. Scientific Session VII: Spiritual Health
4. Scientific Session IV: Health Promotion and Education	4. Scientific Session VIII: Nutritional Health

Post Conference Workshops

Venue: ME Room VMMC, New Delhi-110067

Day III: 24 March 2018

1. Measuring Holistic Health & Wellness

Chief Faculty: Dr. Neelam Roy and Dr. Manish Goel, Prof Com Medicine

2. Meditation and Yoga

Chief Faculty: Dr. Om Lata Bhagat, Associate Professor AIIMS Jodhpur

Registration Fees

PARTICIPANTS	CONFERENCE			CONFERENCE WORKSHOP
	Early Bird 31 Jan 2018	Till 28 Feb 2018	On Spot	Registration open till 15th March 2018
Professionals	INR 2000/-	INR 2500/-	INR 3000/-	INR 500/-
Govt. Organizations, R & D labs, Academic Institutions, Civil Societies	INR 3000/-	INR 4000/-	INR 5000/-	INR 2000/-
Students*	INR 1500/-	INR 2000/-	INR 2500/-	INR 1000/-
Accompanying Person	INR 1500/-	INR 2000/-	INR 2500/-	Not available

* Certificate from Head of the Department or Institution is mandatory.

For all the Participants, the Fee Includes » Attendance to all scientific sessions, » Delegate Kit and Conference Material, » Cultural Program and Welcome Dinner, » Entrance to the Exhibition, » Lunches and coffee breaks as indicated in the Program

SCHOLARSHIPS

Few Scholarships as waiver off conference fee are available for participants/ students from poor socio-economic background. These scholarships will be available to only those participants who have registered for the conference and their abstract has been accepted for presentation at the conference. While submitting your abstract online on conference website, kindly indicate if you are applying for the scholarship. The decision of the conference scientific committee will be final regarding the scholarships.

ABSTRACT

Abstract should not be more than 300 words. Research based abstracts would be preferred. All abstracts should be reached to **Dr. Anita Khokhar** Chairperson Scientific Committee at abstract@nchhw.in

ACCOMODATION

Limited paid accommodation is available at NIHFV & MAMC guest houses/ hostels.

Sponsorship for Conference, Sessions and Associated Events

Platinum Sponsor	Rs. 3 lakhs	Workshop Sponsorship	Rs. 50,000
Gold Sponsor	Rs. 2 lakhs	Scientific Session Sponsorship	Rs. 50,000
Silver Sponsors	Rs. 1 lakhs		

(Sponsors will have the visibility in the main respective workshop)

Special Issue

The best selected papers will be published in *International Journal of Preventive, Curative & Community Medicine* (ISSN: 2454-325X). The articles should consist of title, author details, abstract, keywords and references in vancouver style. Please access www.adrpublications.in for more details about the journal.

Exhibition Stalls

3 days	Rs. 60,000/-	2 days	Rs. 45,000/-	1 days	Rs. 25,000/-
--------	--------------	--------	--------------	--------	--------------

Advertisement in Souvenir

Back cover - Coloured	Rs. 30,000/-	Front Inner Cover - Coloured	Rs. 25,000/-
Back Inner Cover - Coloured	Rs. 25,000/-	Full Page - Coloured	Rs. 20,000/-
Half Page - Coloured	Rs. 15,000/-	Full Page - B & W	Rs. 15,000/-
Half Page - B & W	Rs. 8,000/-	Bookmark	Rs. 20,000/-
Delegate Bags	Rs.7500/-		

Registration Form

Title: Dr. Mr. Ms. Mrs. Prof.

Surname: _____

First Name : _____

Organization : _____

Address : _____

Phone : _____ Fax: _____ Email: _____

Registration Fees Details:

A. Conference Registration Fees: INR: _____

B. Conference Workshop Fees: INR: _____

Total Registration Fees (A+B) : INR: _____

Demand Draft No.: _____ Date: _____

Bank Name and Branch : _____

Payment can be made by Demand Draft / Wire transfer or Online in favour of "National Conference on Holistic Health 2018" New Delhi.

Bank Details:

Account Number: **26400100024575**

Name of the Account: **National Conference on Holistic Health 2018**

IFSC: **BARB0SAFECX**

The Registration form along with the payment should be sent to:

Conference Secretariat:

National Conference on Holistic Health and Wellness,
Room No. 429, Dept. of Community Medicine,
Vardhman Mahavir Medical College & Safdarjung Hospital, New Delhi
Email: secretariat@nchhw.in

For More information, Contact:

Dr. Shalini Smanla, Organizing Secretary
Mr. Sushil Kumar Mishra, Joint Secretary,
Mob: 9582792331, 9999055361, 9540655755