



SHOBHIT
UNIVERSITY

presents

2nd National

Wellbeing SUMMIT

Ayurveda | Yoga | Naturopathy

29th February 2020

Le-Meridien, New Delhi



www.wellbeingsummit.in



Objectives of National Wellbeing Summit

1 Acceptance of Ayurveda into mainstream healthcare

2 Position Ayurveda as a solution for global health challenges

3 Create a major fillip to the Ayurveda Industry through Startups

About the Event

It is today as much about a healthy body as a sound mind and soul. People know it. And they want it.

The Summit will cover topics in areas that impact the complete wellbeing through Ayurveda, Yoga and Naturopathy (physical, emotional, mental, social and spiritual). This includes the logic, the science behind it as well as the direct experience of it all.

Start the day in good spirits and full of energy. Enjoy life with a bright mind, vital energy and cheerful mood. This is what health and well-being feels like.

As the need for wellness to reach beyond the rich elite intensifies, wellness businesses that only deliver expensive leggings or massages will start to seem increasingly inauthentic. Today, there is a great need to go beyond the elite “ghettos” of wellness.

Recently, Prime Minister Narendra Modi inaugurated the first Health and Wellness Centre to mark the launch of the Union Government's ambitious health assurance programme — Ayushman Bharat. The Government aims to set up 1.5 lakh health and wellness centres by 2022. These centres will leverage on comprehensive primary healthcare through preventive and curative care.

“The wellness industry is rapidly growing in India and as well as all over the globe. This sector is not limited to elite people or luxury brands. There is tremendous scope. Ayurveda and yoga can become leading providers of this sector. Ministry of AYUSH is closely working with the ministry of commerce, tourism and MSME to capitalise on this opportunity,” says Dr Rajesh Kotecha, secretary of AYUSH ministry. Union minister of state for AYUSH Shripad Yesso Naik foresees a three-fold increase in the market size of wellbeing products, from \$2.5 billion to \$8 billion by 2022.

Topics to be discussed

- 1 Role of Ayurveda in primordial prevention & promotion/positive of health Positive
- 2 Diet & Lifestyle modification for wellness/ traditional wisdom for wellbeing
- 3 FROM BEING WELL TO WELLBEING – Ayurveda & yoga
- 4 Mind body intervention for wellbeing
- 5 Rejuvenation therapy & geriatric
- 6 Ayur – omics – current research trends
- 7 Safety and regulatory affairs in Ayurveda pharmaceuticals
- 8 Emerging areas of research in Ayurveda
- 9 Detoxification/panchakrma for health & happiness
- 10 Child & women care in Ayurveda

Who should attend?

- ★ Leaders from all walks of life
- ★ CXOs & Senior HR leaders
- ★ Entrepreneurs
- ★ Practitioners, Academicians, Coaches & anyone interested in benefiting from the treasure trove of Infinite Wisdom
- ★ Ayurveda, Yoga, Naturopathy, Siddha, Unani & Homeopathy professional

Glimpses of Last Event



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