



U.P. UNIVERSITY OF MEDICAL SCIENCES, SAIFAI FACULTY OF NURSING

Department of Mental Health Nursing is presenting

NATIONAL CONFERENCE 2026

DIGITAL MINDS, HEALTHY LIVES: Building Resilience, Balance, and Human Connection in the Digital Era

Date: 08-10-2026

**Venue: University Auditorium, UPUMS, Saifai,
Etawah, Uttar Pradesh**



**U.P. UNIVERSITY OF MEDICAL SCIENCES, SAIFAI
FACULTY OF NURSING**



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Department of Mental Health Nursing
presenting

NATIONAL CONFERENCE 2026 **DIGITAL MINDS, HEALTHY LIVES:** **Building Resilience, Balance, and** **Human Connection in the Digital Era**

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ABOUT THE CONFERENCE

The Department is organizing the Department of Mental Health Nursing Conference National Conferences Saifai, Saifal (UPUMS) marroational conference, diggital, health, mealth, and engaging, 'taking the digi' in University Auditorium Umlostsjisafai, Saifai.

Will feature expert-led sessions on digital well-being, mental health, resilience, and human connection. Covering in Gen-Z's Gen-Z mindset, FOMO to JOMO, digital parenting, and other relevant topics to promote healthy digital behaviours and professional growth.

AIM OF CONFERENCE

To promote digital well-being, mental resilience, healthy work-life balance, and meaningful human connection by enhancing awareness of the psychological, social, and professional impact of digital technology in the contemporary era.

CONFERENCE HIGHLIGHTS

- Expert-led scientific sessions
- Keynote and invited lectures
- Interactive panel discussion
- Scientific paper presentations
- Poster presentation and evaluation
- Networking and professional interaction
- Cultural programme
- Evidence-based strategies for digital well-being
- Certificate of participation



ABOUT THE UNIVERSITY

The Uttar Pradesh University of Medical Sciences (UPUMS), Saifai, Etawah, is a premier state government medical university established in 2005 and accredited with a NAAC B++ grade. Under the leadership of Vice Chancellor Prof. (Dr.) Ajai Singh, the University brings together five major faculties, Medicine, Dental Sciences, Nursing, Paramedical Sciences, and Pharmacy and offers a multidisciplinary environment for medical education, clinical training, the

boasting prestigious height in excellence for its central laboratory arts-ats alongside a portfolio of inocratic ois vast, ecrmpeithe-art healthcare network encompasses over 1,600 beds, a 150-bed Trauma and Burn Centre, and a 528-bed super-speciality super-speciality hospital, delivering elite medical care to the region. Committed to university remains global health science cultivaaes leadership, medical brilliance, and professional competence.

ABOUT THE FACULTY OF NURSING

Established in 2012, the Faculty of Nursing, UPUMS is an INC- and UPSMF-approved education, offering B.Sc. Nursing, G.N.M., competent faculty members and fully equipped laboratories and infrastructure empower students to transition seamlessly from classroom to real-world practice. By integrating academic excellence, simply advanced laboratories and infrastructure

engagement, UPUMS nurtures skilled, compassionate, and professionally competent nursing practitioners. Furthermore, the college extends its impact regionally by serving as a designated Mentor Institution for area nursing colleges and an active Community Health Officer (CHO) training centre.

MENTAL HEALTH NURSING DEPT, FACULTY OF NURSING,
UPUMS, SAIFAI INVITES YOU TO THE

2026 NATIONAL CONFERENCE

ORGANIZING COMMITTEE MEMBERS



**Prof (Dr.) ADESH
KUMAR**

**PRO- VICE
CHANCELLOR &
CO-PATRON**



Prof (Dr.) Ajai Singhh

**VICE CHANCELLOR
& PATRON**



Prof Biji Biju

**DEAN, FACULTY OF
NURSING & ORGANIZING
CHAIRPERSON**



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Arya**

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**Mr Sandeep Kumar
Shandilya
Co - Secretary**



**Mr Jitendra Singh
Parmar
Co - Secretary**

**HYBRID
MODE**

DATE: 08 -10-2026

WELCOME YOU ALL

MENTAL HEALTH NURSING DEPT, FACULTY OF NURSING,
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2026 NATIONAL CONFERENCE

DIGITAL MINDS, HEALTHY LIVES: BUILDING RESILIENCE,
BALANCE, AND HUMAN CONNECTION IN THE DIGITAL ERA

MEET THE SPEAKERS



**Dr. Sushil Kumar
Maheshwari**

**HOD & ASSO PROF
DEPT OF PSY NSG
IHBAS NEW DELHI**



Prof. (Dr.) M.S. Vinsi

**PRINCIPAL,
BOMBAY
HOSPITAL
INDORE**



**Mr. Atul
Sharma**

**AP, AIIMS
BHATINDA**



**Dr. Sudha
Mishra**

AP, KGMU



**Mr. Dinesh
Sharma**

**PRINCIPAL
GEETANJALI
UNIVERSITY**

**HYBRID
MODE**

DATE: 08-10-2026

REGISTER NOW

MENTAL HEALTH NURSING DEPT, FACULTY OF NURSING,
UPUMS, SAIFAI INVITES YOU TO THE

2026 NATIONAL CONFERENCE

HEALING THE HEALERS IN THE DIGITAL ERA

MEET THE PANELIST



Dr. Archana Chauhan

**PRINCIPAL,
NURSING COLLEGE,
LUCKNOW**



Dr. Sushil Kumar Gupta

**PROFESSOR, CHRI,
GWALIOR**



**Dr. Neelam
Shah**

**FACULTY OF NSG,
UPUMS**



**Dr. Subhash
Chand Gupta**

**FORMER
TUTOR, IHBAS**

**HYBRID
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Dr. Sandeep Arya

MODERATOR- AP, UPUMS

DATE: 08 -10-2026

REGISTER NOW

NATIONAL CONFERENCE 2026: DIGITAL MINDS, HEALTHY LIVES:

Building Resilience, Balance, and Human Connection in the Digital Era

Date: 08-10-2026



TIMING	SESSION DETAILS	GUEST SPEAKER / EXPERT
08:00 AM – 09:00 AM	Delegate Registration & Pre test	—
09:00 AM – 09:45 AM	Inaugural Session & Keynote Address • Welcome of Dignitaries • Lamp Lightening • Welcome Address and theme disclosure by Organizing Secretary • Hon'ble Vice Chancellor Address	Patron: Prof (Dr) Ajai Singh Vice Chancellor, UPUMS Saifai
09:45 AM – 10:15 AM	Session 1: Understanding the Gen-Z Mindset Exploring the Emotional, Social, Academic, and Digital Realities of Young Minds	Dr Sudha Mishra, Assistant Professor, KGMU
10:15 AM – 10:45 AM	Session 2: From FOMO to JOMO Psychological Shifts in Digital Consumption and Social Media Behaviour	Mr Atul Sharma, Assistant Professor, AIIMS Bhatinda
10:45 AM – 11:15 AM	HIGH TEA	—
11:15 AM – 11:45 AM	Session 3: Digital Parenting Promoting Emotional Safety, Healthy Screen Habits, and Trust in the Digital World	Mr Dinesh Sharma, Principal, School of Nursing, Geetanjali University, Udaipur
11:45 AM – 12:30 PM	Session 4: Interactive Panel Discussion – Healing the Healers in the Digital Era Mental Well-being, Self-care, Digital Balance, and Emotional Resilience in Nursing Education and Clinical Training	Dr Archana Chauhan (Principal, Lucknow) Dr Neelam Shah (UPUMS) Dr Sushil Kumar Gupta (Prof, CHRI) Dr Subash Gupta (Tutor, IBHAS) Moderator: Dr Sandeep Arya (UPUMS)
12:30 PM – 01:00 PM	Poster Evaluation Session	Poster Judges: • Prof (Dr) Jyoti Bala, UPUMS • Mr Sembian N, UPUMS
01:00 PM – 02:00 PM	Lunch Break	
02:00 PM – 03:00 PM	Session 5: Scientific Paper Presentation Session	Scientific Committee / Judges: • Prof (Mrs) Biji Biju, UPUMS • Prof. (Dr.) M.S. Vinsi, Indore • Dr Sushil Kumar Maheshwari, IHBAS • Mr Atul Sharma, Ailms Bhatinda • Dr Sandeep Arya, UPUMS
03:00 PM – 03:30 PM	Session 6: From Burnout to Balance Digital De-escalation and Work-Life Balance for Nurses in the Tech Era	Prof. (Dr.) M.S. Vinsi Principal, Bombay Hospital College of Nursing, Indore
03:30 PM – 04:00 PM	Session 7: The Cognitive Reset Digital Detox Strategies for Mental Clarity and Emotional Balance	Dr Sushil Kumar Maheshwari HOD & Associate Professor, Department of Psychiatric Nursing, IHBAS
04:00 PM – 04:30 PM	Cultural Eve	
04:30 PM – 05:00 PM	Valedictory Session & Closing Remarks & Post test	



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CALL FOR ABSTRACTS & PRESENTATION GUIDE



CALL FOR ABSTRACTS: Guidelines for Scientific Paper & Poster Presentation



Faculty members and students are invited to submit original research papers related to the conference theme and allied areas.



1 Presenters must be **registered** for the conference.



2 **Abstracts** must be based on **original research work**.



3 Submit the abstract in MS Word format, max 300 words (**IMRD format**).



4 **Submission Deadline: 01 October 2026**



5 Submission Email: **aryaupums22@gmail.com**



6 Email Subject: 'Abstract Submission'



7 The Scientific Committee reserves the right to accept or reject submissions.



8 Acceptance or rejection will be communicated via email.



9 **Paper Presentation:** Prepare a 10–13 slide PowerPoint presenta.



10 **e-poster (submit inn ppt, 16:9 ration, under 20 MB)** / offline poster with size (6 × 3 feet) mounted on a roll up on standee.

*Share
Your Ideas
Shape a
Healthier
Tomorrow*



Presentation Structure: Scientific Paper Presentation (10–13 Slides)



Total Time: 12 minutes (10 min Presentation | 2 min Discussion)

Slide	Content	Slide	Content
1	Title & Author Details	5–7	Research Methodology
2	Introduction	8–10	Results
3	Need & Novelty of the Study	11	Discussion
4	Objectives & Hypothesis (where applicable)	12	Conclusion, Implications & Recommendations
		13	References

★ **Presentation Template will be provided separately.*



Digital Innovation



Mental Well-being



Human Connection



Healthier Tomorrow



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Date: 08-10-2026



REGISTRATION INFORMATION & FEE STRUCTURE

MODE	CATEGORY	EARLY BIRD (≤ 01 OCT 2026)	LATE (02–06 OCT 2026)	ON-THE-SPOT (08 OCT 2026)
OFFLINE	Faculty/ Clinicians	₹500	₹600	₹800
	Diploma/ UG/ PG Scholar	₹350	₹500	₹700
ONLINE (Non-UP)	Students/ Faculty (Max 100)	₹250	₹300	—
PRESENTATION	Paper/ Poster (Online/ Offline)	₹500	₹700	—



REGISTRATION LINKS (Click or Scan QR)

****OFFLINE** QR**



For All Delegates

****ONLINE** QR**



Only Other than UP



BANK DETAILS & UPI

Account Name: DEAN NURSING
Account Number: 728171160256
Bank of India

Bank Name: Bank of India
IFSC Code: BKID0007281
UPI ID: 728171160256@boi



UPI



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DIGITAL MINDS, HEALTHY LIVES:
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Human Connection in the Digital Era
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VENUE & TRAVEL INFORMATION



VENUE

The conference will be held in the **University Auditorium**, which is located **Near Bank of India, Saifai**. This venue is within the campus of the **Uttar Pradesh Univesity of Medical Sciences (UPUMS)**, Saifai, Etawah, Uttar Pradesh - 206130.



HOW TO REACH UPUMS, SAIFAI

	Mode of Transport	Route
	By Train	Reach Etawah Railway Station → Travel by bus/taxi to Saifai
	By Bus	Take a bus to Saifai → Proceed to UPUMS Campus
	By Road	Reach Saifai by car/taxi via the Agra–Lucknow Expressway (Exit 92B)
	By Air	Fly to Delhi or Lucknow Airport → Travel by road to Saifai



CONTACT & ENQUIRIES

Delegate Registration

Mr. Sandeep Shandilya ☎ +91 80571 95770
Mr. Pradeep Kumar ☎ +91 94507 35564

Abstract Submission & Scientific Paper/Poster

Dr. Sandeep Arya ☎ +91 95283 87286
Dr. Neelam Shah ☎ +91 84459 78344

Accommodation & Transport

Mr. Jaipal Singh ☎ +91 81918 79066

MENTAL HEALTH NURSING DEPT, FACULTY OF NURSING,
UPUMS, SAIFAI INVITES YOU TO THE

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ORGANIZING COMMITTEE MEMBERS OF FACULTY OF NURSING



Mr Devendra
Singh



Mrs Prabhawati
Singh



Mr Pankaj
Singhal



Ms Parish



Mrs CH. Babita
Devi



Mr Ankit Raj
Srivastava



Mrs Tarangini
Maurya



Mr Pradeep Kumar



Mr Harish Nagar

**ALL COMMITTEE MEMBERS
WELCOME YOU ALL**