

## CALL FOR CHAPTERS/ PAPERS IN ISBN BOOK-

# "THE HANDBOOK OF WELLNESS: A GUIDE TO OVERALL WELL-BEING"

Dear Academicians / Faculty members / Scientists / Researchers / Doctors / Nutritionists / Physiotherapists / Naturopaths / Scholars

We are inviting research/review-based unpublished original papers or chapters related to the belowmentioned subthemes or section-wise chapters for an edited book with an International Standard Book Number (ISBN) published via a reputed national or international publisher.

According to the UGC regulation and standards in higher Education 2018, five (5) API scores will be counted if you write a chapter in an edited book.

### **Edited book title:**

### "THE HANDBOOK OF WELLNESS: A GUIDE TO OVERALL WELL-BEING"

Original chapter contributions in the form of case studies, research articles, conceptual papers, or review papers are invited in the English language as early as possible, also encourage your colleagues who are interested in writing.

## SUBTHEMES/SECTION-WISE CHAPTERS-

**Section 01: Introduction** 

Chapter 01: About the wellness, definition & importance of overall being

#### **Section-02: Dimensions of Wellness**

Chapter 02: Physical wellness

**Chapter 03: Mental wellness** 

**Chapter 04: Emotional wellness** 

**Chapter 05: Social wellness** 

**Chapter 06: Occupational wellness** 

**Chapter 07: Financial wellness** 

**Chapter 08: Spiritual wellness** 

**Chapter 09: Environmental Wellness** 

Section 03: The holistic approach

Chapter 10: Understanding the interconnectedness of the wellness dimensions

Chapter 11: How to achieve balance in life?

**Section 04: Establishing Healthy Habits** 

**Chapter 12:** Healthy Nutrition

Chapter 13: Healthy Lifestyle & Yoga



# Section 05: Mental and Emotional Well-Being

Chapter 14: Mindfulness, Meditation & Building Emotional Resilience

**Chapter 15:** Coping with Stress

## **Section 06: Social Wellbeing**

Chapter 16: Building and Maintaining Healthy Relationships & Contributing to Community

**Chapter 17:** The Importance of a social support system

## **Section 07: Finding Purpose and Meaning**

Chapter 18: Exploring Personal Values, Setting and Pursuing Goals, Cultivating a Sense of

Purpose

#### Section 08: Work-Life Balance

Chapter 19: Meaningful Work, Balancing Career and Personal Life

Chapter 20: Time management Chapter 21: Wealth Management

## **Section 09: Creating a Healthy Environment**

Chapter 22: Organizing Living and Working Spaces for Well-Being

Chapter 23: Environmental Management

### **Section 10: Preventive Health Measures**

Chapter 24: Immunizations, Regular body Check-ups & health screenings

### **Section 11: Continuous Learning and Growth**

**Chapter 25:** Personal Development & Lifelong Learning

## **Section 12: Conclusion**

Chapter 26: The Journey to Overall Well-Being & Encouragement for Ongoing Self-Care

The subthemes/section-wise chapters are only indicative and contributors can contribute chapters on any topic that is relevant to the title of the book.

### TARGET AUDIENCE

The book will prove to be worthy for academicians, faculty members, research supervisors, research scholars, professionals, policymakers and common citizens. This book will open new endeavour of research in the field of Overall well-being.

## **AUTHOR GUIDELINES**

• Abstract: Approx. 300 word

• Keyword: 4-6 words

• Font style: Times New Roman

• Font size: 12 for text and 14 for chapter heading

• Line space: 1.5

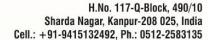


- Reference style: APA
- Footnote must be avoided
- Tables, charts, or graphs (if any) must be put in the main body of the article itself
- The first page of the article should contain the topic of the chapter followed by the name, designation, institution details, Email, and phone number.
- Language: English
- Word limit of chapter: 2000-3000 words
- Margins: 2.54 cm (all four margins) on A4 Size Paper.
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- Per chapter single hardcopy of the book will be provided
- Print book will be available on Amazon, Flipkart, and publishers' website at minimum price.
- Last date of paper submission: 25 December, 2023.
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