



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We are inviting research/review-based unpublished original papers or chapters related to the below-mentioned subthemes or section-wise chapters for an edited book with an **International Standard Book Number**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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- **Plagiarism should be less than 12%.**
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- **Last date of paper submission: 25 December, 2023.**
- On acceptance of the chapter, the author will be informed through email to deposit a processing contribution of Rs. 1800/- in the following account:

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PRAYATNA

Regd. No. 1482/2004-2005

H.No. 117-Q-Block, 490/10
Sharda Nagar, Kanpur-208 025, India
Cell.: +91-9415132492, Ph.: 0512-2583135

Email address for correspondence:

prayatna04@gmail.com

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For any query please contact:

DR. PRAVEEN KATIYAR

Editor, The Handbook of Wellness: A Guide to Overall Well-Being

Secretary, PRAYATNA

Mobile-9415132492, WhatsApp no.-9415132492

EDITORS

Prof. Rakesh Kumar Dixit Professor Dept. of Pharmacology & Therapeutics KGMU Lucknow 9415089880	Dr. Vivek Singh Sachan Assistant Professor School of Business Management CSJMU Kanpur 8052405444	Dr. Ajay Kumar Gupta Associate Professor School of Pharmaceutical Sciences CSJMU Kanpur 9415510866
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