Author Guide for Preparing a Paper for the International Journal of Yoga-based Therapeutics in Nursing Paper title [Times New Roman 14 Bold, Justify]

**First Author1, Second Author2 and Third Author3 [Times New Roman 11 Bold, Justify]**

**(Only author names)[Do not include professional or official titles or academic degrees]**

First Author Affiliation & Address1 [Times New Roman 10, Justify]

Second Author Affiliation & Address2 [Times New Roman 10, Justify]

Third Author Affiliation & Address3 [Times New Roman 10, Justify]

(\* Corresponding Author)

Received: DD-MM-20XX; Revised: DD-MM-20XX; Accepted: DD-MM-20XX; Published: DD-MM-20XX

**Abstract [Times New Roman 12 Bold,** **Justify]**

***The abstract is to be in fully-justified bold and italic text, at the top of the left-hand column as it is here, below the authors’ information. Use the word “Abstract” as the title, in 12-point times new roman, boldface type and initially capitalized. The contents of abstract are to be in 10-point, bold and italic face.[Times New Roman 10 Bold, Italic, Justify]***

**Keywords:** ***Use the word “Keywords” as the title, in 12-point times new roman, boldface type and initially capitalized. The contents of keywords are to be in 10-point, bold and italic face. 4 keywords are the minimum requirements, which should be separated by commas to differentiate them.[Times New Roman 10 Bold, Italic, Justify]***

1. Introduction [Times New Roman 12 Bold, Justify]

The manuscript must be written in English language. These guidelines include complete description of the fonts, spacing, and related information. All the heading is to be in fully justified 12-point times new roman, boldface type and initially capitalized. Subheading is to be in fully justified 10-point times New Roman, boldface type and initially capitalized. [Times New Roman 10, Justify].

2. Formatting [Times New Roman 12 Bold, Justify]

The easiest way to format your manuscript is to simply download the template, and replace the content with your own material.This template provides authors with most of the formatting specifications needed for preparing electronic versions of their papers.[Times New Roman 10, Justify]

**Equations [Subheading: Times New Roman 10, Justify]**

Number equations consecutively. Equation numbers, within parentheses, are to position flush right, as in (1), using a right tab stop. To make your equations more compact, you may use the solidus ( / ), the exp function, or appropriate exponents. Italicize Roman symbols for quantities and variables, but not Greek symbols. Use a long dash rather than a hyphen for a minus sign.

 $a^{2}+b^{2}=c^{2}$ (1)

Be sure that the symbols in your equation have been defined before or immediately following the equation. Use “(1)”, not “Eq. (1)” or “equation (1)”, except at the beginning of a sentence: “Equation (1) is . . .” [Times New Roman 10, Justify]

**2.1 Abbreviations and Acronyms**

Define abbreviations and acronyms the first time they are used in the text. Do not use abbreviations in the title or sections unless they are unavoidable.

**2.1.1 Headings and Sub-Headings**

Kindly use the following style for headings and subheadings.

**3. Heading**

* 1. **Heading**

**4. Main Title**

The main title is centred, and in times new roman 14-point, boldface type. Only the first letter of the first word in the title needs to be capitalized except for the letters and words that are originally capitalized. Leave one blank lines after the title.

**5. Main Text**

Type your main text in 10-point Times New Roman, single-spaced and justified. Do not use double-spacing.

**Figure and Table captions**

Figure and Table captions should be 10-point times new roman and justified. The First words are in capital and all other words are in small letters. Figures and tables must be numbered separately. Column heading should be 9-point boldface justify times new roman. Column values should be 9-point justified times new roman and normal.

**Table 1** Comparison Chart

**[Times New Roman 10, Justify]**

|  |  |  |  |
| --- | --- | --- | --- |
| **S. No** | **First** | **Second** | **Third****(9 Point Bold, Justify)** |
| 1 | (9 Point, Justify) |  |  |
| 2 |  |  |  |
| 3 |  |  |  |

The caption for a figure appears below the figure; for a table, above. Do not be afraid to use lengthy figure and table captions better that than confusing or incomplete ones.

If your figure or table is essentially the same as or based on another author’s, but you recreated or adapted it, in this case provide proper citation of the source. The most logical place for the citation to appear is at the end of the caption.

**Figure 1** Description of figure 1

**[Times New Roman 10, Justify]**

**6. Conclusion and future work**

**[Times New Roman 12 Bold,** **Justify]**

A conclusion is where you summarize the findings of manuscript and generalize their importance, relevance and recommends further research gaps. [Times New Roman 10, Justify]

**Acknowledgment**

**[Times New Roman 11 Bold, Justify]**

The name of the persons who made some significant contribution in improvement of the authors' paper will be included in the acknowledgement section. The sources of funding can also be included in this section.

**[Times New Roman 10, Justify]**

**Conflicts of interest**

**[Times New Roman 11 Bold, Justify]**

The authors should declare any conflicts of interest exist. If no conflict exists, the authors should state: the authors have no conflicts of interest to declare.

**[Times New Roman 10, Justify]**

**References**

**[Times New Roman 12 Bold,** **Justify]**

It should be 9-point times new roman fully justified. Only cited text references are included. Number citations consecutively in round brackets (1). The sentence punctuation follows the brackets (2). Multiple references (2), (3) are each numbered with separate brackets (1)– (3). References must be numbered and ordered according to where they are first mentioned in the paper, NOT alphabetically.

[1] Cotfas DT, Cotfas PA, Machidon OM. Study of temperature coefficients for parameters of photovoltaic cells.

 International Journal of Photoenergy. 2018.

[2] Behura AK, Kumar A, Rajak DK, Pruncu CI, Lamberti L. Towards better performances for a novel rooftop solar PV

 system. Solar Energy. 2021; 216:518-29

The **Vancouver system of referencing should be used**. The title of the reference, only the first letter of the first word in the title of a reference needs to be capitalized except for the letters and words that are originally capitalized.

**Journal reference**

Author(s). Article title. Journal Title. Year; volume (issue): pages.

Ghosh P. A framework of email cleansing and mining with case study on image spamming. International Journal of Advanced Computer Research. 2014; 4(4):961-5.

Batista GM, Endo M, Yasuda T, Urata M, Mouri K. Using science museum curator's knowledge to create astronomy educational content. International Journal of Advanced Computer Research. 2015; 5(20):284-97.

Abc P. Remarkable science. XYZ Journal. 1999; 36:234-5.

The first six authors' names plus “, et al.” can be used in case of more than six authors.

**Conference reference**

Author(s). Article title. Conference name. Organization. Year: pages.

Agarwal A, Xie B, Vovsha I, Rambow O, Passonneau R. Sentiment analysis of Twitter data. In proceedings of the workshop on languages in social media 2011 (pp. 30-38). Association for Computational Linguistics.

Culotta A. Towards detecting influenza epidemics by analyzing Twitter messages. In proceedings of the first workshop on social media analytics 2010 (pp. 115-22). ACM.

**Complete book reference**

Author(s). Book title. Publisher; Year.

Ukens LL. 101 ways to improve customer service: training, tools, tips, and techniques. John Wiley & Sons; 2007.

**Chapters in book reference**

Author(s). Book title. Publisher; Year. page number.

Ukens LL. 101 ways to improve customer service: training, tools, tips, and techniques. John Wiley & Sons; 2007.p. 251-306

**For website reference**

Author(s).Web article title. Website Title. Publisher of Website. <URL>. Accessed DD Month YYYY.

Travel and Transportation. https://www.nyu.edu/life/travel-and-transportation/ university-transportation/routes-and-schedules.html. Accessed 26 October 2015.

Abc P. Travel and Transportation. https://www.nyu.edu/life/travel-and-transportation/ university-transportation/routes-and-schedules.html. Accessed 26 October 2015.

**First Author** Biographies should be limited to one paragraph consisting of the following: sequentially ordered list of degrees, including years achieved; sequentially ordered places of employ concluding with current employment; association with any official journals or conferences; major professional and/or academic achievements, i.e., best paper awards, research grants, etc.; any publication information (number of papers and titles of books published); current research interests; association with any professional associations. Do not specify email address here.

**Second Author** biography appears here. Degrees achieved followed by current employment are listed, plus any major academic achievements. Do not specify email address here.

**Third Author** is a member of the IEEE and the IEEE Computer Society. Do not specify email address here.

It should be 9-point times new roman fully justified.

[Times New Roman 9, Justify]