Paper Title\*

**First Author1, Second Author2**

\*1(Designation, Department, College Name, State, Country Name)

2(Designation, Department, College Name, State, Country Name)

1Email of First Author, 2Email of Second Author

|  |  |  |
| --- | --- | --- |
|  | Abstract  *This electronic document is a “live” template. The various components of your paper [title, text, heads, etc.] are already defined on the style sheet, as illustrated by the portions given in this document. (Abstract) The size of abstract should not exceed 250 words. Author names, affiliations and email address are only required in the accepted final manuscript. The copyright format is required to be filled, signed and submitted initially at the time of first submission of manuscript.*  Keywords  *Component, Formatting, Style, Styling, Insert (keywords)* |  |

|  |  |  |
| --- | --- | --- |
| \*Corresponding Author | How to Cite this Article | To browse |
| Arpana Gupta, Scholar, Department of Kayachikitsa,Pt. Khushilal Sharma Government (Autonomus)Ayurveda College & Institute, Bhopal, Madhya Pradesh, India. | Arpana Gupta, Swati Nagpal, A Critical Analysis On The Ayurvedic Aspect Of Katigraha (Low Back Pain): A Successful Case Study. IJAHR. 2023;1(1):23-29.  DOI: <https://doi.org/10.54060/ahr.2023.16> | A qr code with a few squares  Description automatically generated |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Received  2000-01-01 | | Accepted  2000-01-01 | Online First  2000-01-01 | Published  2000-01-01 | |
| Funding  Nil | | | Ethical Approval  Nil | | |
|  | Copyright © 2022 The Author(s). This work is licensed under the Creative Commons Attribution International License (CC BY 4.0). http://creativecommons.org/licenses/by/4.0/ | | | | C:\Users\178\Desktop\图片1.emf |

1. Introduction (Heading 1)

Give readers enough background information so they can comprehend and assess the study's findings. **The aims and objectives should be less and precise. Both the primary goal and the secondary goal should be outlined accurately.** **The over all count of words in it should be around 3500 words. Short Communications may concentrate on a specific facet of an issue or a recent discovery that is anticipated to have broad implications. Short Communications will be given priority and swift publication since it is anticipated that they will have a greater than average influence on the field rather than just report on incremental research. Colours used above in first page is of HEX :** #0C428E rgb : 12, 66, 142, 1

**The second last paragraph must declare the contribution / outcome of the study conducted by the authors. The last paragraph must describe the structure of the rest of the paper.**

This template, created in MS Word 2007, provides authors with most of the formatting specifications needed for preparing electronic versions of their papers. All standard paper components have been specified for three reasons: 1) ease of use when formatting individual papers, 2) automatic compliance to electronic requirements that facilitate the concurrent or later production of electronic products, and 3) conformity of style throughout a journal paper. Margins, column widths, line spacing, and type styles are built-in; examples of the type styles are provided throughout this document and are identified in italic type, within parentheses, following the example. Some components, such as multi-leveled equations, graphics, and tables are not prescribed, although the various table text styles are provided. The formatter will need to create these components, incorporating the applicable criteria that follow.

2. Materials and Methods (Heading 2)

It ought to be comprehensive enough to enable the reproducibility of experiments. The steps should all be well explained. Examples include diagnostic techniques, a description of the eligibility for the inclusion and exclusion criteria, research methodologies used with references to the established technique, dose, and delivery route.

3. Results and Discussion (Heading 3)

Where required, figures or tables must be used to illustrate the study's observations. The study with the necessary statis-tical analysis should be self-explanatory and be stated in the techniques section.

• Make an effort to convey the generalisations, relationships, and principles implied by the findings.

• Identify any uncertainties and highlight any exceptions or lack of relationships.

• Illustrate how your findings and conclusions compare (or concur) with earlier research that has been published.

• Talk about the theoretical ramifications of your study as well as any potential applications in real life.

4. Conclusions and Future Scope (Heading 4)

Provide a general interpretation of the results in the context of other evidence, and implications for future research.

Manuscript Preparation Guidelines

5. Ease of Use (Heading 5)

5.1. Selecting a Template (Sub-Heading 5.1)

First, confirm that you have the correct template for your paper size. This template has been tailored for output on the custom paper size (21 cm \* 28.5 cm).

5.2. Maintaining the Integrity of the Specifications

The template is used to format your paper and style the text. All margins, column widths, line spaces, and text fonts are prescribed; please do not alter them. You may note peculiarities. For example, the head margin in this template measures proportionately more than is customary. This measurement and others are deliberate, using specifications that anticipate your paper as one part of the entire journals, and not as an independent document. Please do not revise any of the current designations.

6. Prepare Your Paper before Styling (Heading 6)

Before you begin to format your paper, first write and save the content as a separate text file. Keep your text and graphic files separate until after the text has been formatted and styled. Do not use hard tabs, and limit use of hard returns to only one return at the end of a paragraph. Do not add any kind of pagination anywhere in the paper. Do not number text heads—the template will do that for you.

Finally, complete content and organizational editing before formatting. Please take note of the following items when proofreading spelling and grammar:

6.1. Abbreviations and Acronyms

Define abbreviations and acronyms the first time they are used in the text, even after they have been defined in the abstract. Abbreviations such as IEEE, SI, MKS, CGS, sc, dc, and rms do not have to be defined. Do not use abbreviations in the title or heads unless they are unavoidable.

6.2. Units

* Use either SI (MKS) or CGS as primary units. (SI units are encouraged.) English units may be used as secondary units (in parentheses). An exception would be the use of English units as identifiers in trade, such as “3.5-inch disk drive”.
* Avoid combining SI and CGS units, such as current in amperes and magnetic field in oersteds. This often leads to confusion because equations do not balance dimensionally. If you must use mixed units, clearly state the units for each quantity that you use in an equation.
* Do not mix complete spellings and abbreviations of units: “Wb/m2” or “webers per square meter”, not “webers/m2”. Spell out units when they appear in text: “... a few henries”, not “... a few H”.
* Use a zero before decimal points: “0.25”, not “.25”. Use “cm3”, not “cc”.

6.3. Equations

The equations are an exception to the prescribed specifications of this template. You will need to determine whether or not your equation should be typed using either the Times New Roman or the Symbol font (please no other font). Equations should be edited by Mathtype, not in text or graphic versions. You are suggested to use Mathtype 6.0 (or above version).

Number the 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, and Greek symbols. Do not italicize constants as π, etc. Use a long dash rather than a hyphen for a minus sign. Punctuate equations with commas or periods when they are part of a sentence, as in

(1)

Note that the equation is centered. Be sure that the symbols in your equation have been defined before or immediately following the equation. Use “Equation (1)”, not “Eq. (1)”or “(1)”, and at the beginning of a sentence: “Equation (1) is ...”

6.4. Some Common Mistakes

* The word “data” is plural, not singular.
* The subscript for the permeability of vacuum 0, and other common scientific constants, is zero with subscript formatting, not a lowercase letter “o”.
* In American English, commas, semi-/colons, periods, question and exclamation marks are located within quotation marks only when a complete thought or name is cited, such as a title or full quotation. When quotation marks are used, instead of a bold or italic typeface, to highlight a word or phrase, punctuation should appear outside of the quotation marks. A parenthetical phrase or statement at the end of a sentence is punctuated outside of the closing parenthesis (like this). (A parenthetical sentence is punctuated within the parentheses.)
* A graph within a graph is an “inset”, not an “insert”. The word alternatively is preferred to the word “alternately” (unless you really mean something that alternates).
* Do not use the word “essentially” to mean “approximately” or “effectively”.
* In your paper title, if the words “that uses” can accurately replace the word “using”, capitalize the “u”; if not, keep using lower-cased.
* Be aware of the different meanings of the homophones “affect” and “effect”, “complement” and “compliment”, “discreet” and “discrete”, “principal” and “principle”.
* Do not confuse “imply” and “infer”.
* The prefix “non” is not a word; it should be joined to the word it modifies, usually without a hyphen.
* There is no period after the “et” but a period after the “al” in the Latin abbreviation “*et al.*”.
* The abbreviation “*i.e.*” means “that is”, and the abbreviation “e.g.” means “for example”.

7. Using the Template (Heading 7)

After the text edit has been completed, the paper is ready for the template. Duplicate the template file by using the Save As command, and use the naming convention prescribed by your journal for the name of your paper. In this newly created file, highlight all of the contents and import your prepared text file. You are now ready to style your paper.

7.1. Authors and Affiliations

The template is designed so that author affiliations are not repeated each time for multiple authors of the same affiliation. Please keep your affiliations as concise as possible (for example, do NOT post your job titles, positions, academic degrees, zip codes, names of building/street/district/province/state, etc.). This template was designed for two affiliations.

1) For author/s of only one affiliation: To change the default, adjust the template as follows.

a) Selection: Highlight all author and affiliation lines.

b) Change number of columns: Select the Columns icon from the MS Word Standard toolbar and then select “1 Column” from the selection palette.

c) Deletion: Delete the author and affiliation lines for the second affiliation.

2) For author/s of more than two affiliations: To change the default, adjust the template as follows.

a) Selection: Highlight all author and affiliation lines.

b) Change number of columns: Select the “Columns” icon from the MS Word Standard toolbar and then select “1 Column” from the selection palette.

c) Highlight author and affiliation lines of affiliation 1 and copy this selection.

d) Formatting: Insert one hard return immediately after the last character of the last affiliation line. Then paste down the copy of affiliation 1. Repeat as necessary for each additional affiliation.

7.2. Identify the Headings

Headings, or heads, are organizational devices that guide the reader through your paper. There are two types: component heads and text heads.

Component heads identify the different components of your paper and are not topically subordinate to each other. Examples include Acknowledgements and References and, for these, the correct style to use is “Heading 5”. Use “figure caption” for your Figure captions, and “table head” for your table title. Run-in heads, such as “Abstract”, will require you to apply a style (in this case, non-italic) in addition to the style provided by the drop down menu to differentiate the head from the text.

Text heads organize the topics on a relational, hierarchical basis. For example, the paper title is the primary text head because all subsequent material relates and elaborates on this one topic. If there are two or more sub-topics, the next level head should be used and, conversely, if there are not at least two sub-topics, then no subheads should be introduced. Styles named “Heading 1”, “Heading 2”, “Heading 3”, and “Heading 4” are prescribed.

7.3. Figures and Tables

Positioning Figures and Tables: Place figures and tables at the top or bottom. Figure captions should be below the figures; table heads should appear above the tables. Insert figures and tables after they are cited in the text. Use “**Figure 1**”and “**Table 1**” in bold fonts, even at the beginning of a sentence.

Table 1. Table type styles (Table caption is indispensable).

|  |  |  |  |
| --- | --- | --- | --- |
| Table Head | Table Column Head | | |
| Table column subhead | Subhead | Subhead |
| copy | More table copya |  |  |

a. Sample of a Table footnote (*Table footnote is dispensable*).

We suggest that you use a text box to insert a graphic (which is ideally a 500 dpi jpg, png or tiffile, with all fonts embedded) because, in an MSW document, this method is somewhat more stable than directly inserting a picture.

To have non-visible rules on your frame, use the MSWord “Format” pull-down menu, select Text Box > Colors and Lines to choose No Fill and No Line.

Figure 1. Example of a figure caption (figure caption).

Figure Labels: Use 10-point Calibri for Figure labels. Use words rather than symbols or abbreviations when writing Figure axis labels to avoid confusing the reader. As an example, write the quantity “Magnetization”, or “Magnetization, M”, not just “M”. If including units in the label, present them within parentheses. Do not label axes only with units. In the example, write “Magnetization (A/m)” or “Magnetization (A·m–1)”, not just “A/m”. Do not label axes with a ratio of quantities and units. For example, write “Temperature (K)”, not “Temperature/K”.

Acknowledgements

Avoid the stilted expression, “One of us (R. B. G.) thanks...” Instead, try “R. B. G. thanks”. Do NOT put sponsor acknowledgements in the unnumbered footnote on the first page, but at here.

Conflict of Interest

Research scenarios known as conflicts of interest occur when professional neutrality may be jeopardised, or believed to be jeopardised, due to conflicting financial, personal, or professional ties, or personal views and positions. Academic publication and research both frequently include conflicts of interest. To ensure that a manuscript is processed efficiently, it is the duty of everyone engaged in research and publishing, particularly writers, to recognise and disclose any possible conflicts. Authors must declare that they have or not have any conflict of interest.

References

All the references should be in the **Vancouver style**. For detailed instruction, the instruction on the following link can also be followed.

<https://guides.lib.monash.edu/ld.php?content_id=48260115>

**Referencing Style guidelines**

**Book Reference**

|  |  |
| --- | --- |
| Format | x. Author(s). Title. Edition. Place of publication: Publisher; Year. |
| Example | 1. Wilkinson IB, Raine T, Wiles K, Goodhart A, Hall C, O’Neill H. Oxford handbook of clinical medicine. 10th ed. Oxford: Oxford University Press; 2017. |

**Book Chapter**

|  |  |
| --- | --- |
| Format | x. Author(s). Title of chapter. In: Editor(s), editors. Title of book. Place of publication: Publisher; Year. Page range. |
| Example | 2. Darden L. Mechanisms and models. In: Hull DL, Ruse M, editors. The Cambridge companion to the philosophy of biology. Cambridge: Cambridge University Press; 2008. p. 139–159. |

**Journal Article**

|  |  |
| --- | --- |
| Format | x. Author(s). Article title. Journal Name (abbreviated). Year Month Day; Volume(Issue):page range. Available from: URL DOI |
| Example | 3. Bute M. A backstage sociologist: Autoethnography and a populist vision. Am Soc. 2016 Mar 23; 47(4):499–515. Available from: https://link.springer.com/article/10.1007/s12108-016-9307-z doi:10.1007/s12108-016-9307-z |

**Website**

|  |  |
| --- | --- |
| Format | x. Author(s). Title [Internet]. Year [cited Date]. Available from: URL |
| Example | 4. Cancer Research UK. Current research into breast cancer [Internet]. 2020 [cited 2020 Feb 14]. Available from: https://www.cancerresearchuk.org/our-research/our-research-by-cancer-type/our-research-into-breast-cancer/current-breast-cancer-research |

1. Wilkinson IB, Raine T, Wiles K, Goodhart A, Hall C, O’Neill H. Oxford handbook of clinical medicine. 10th ed. Oxford: Oxford University Press; 2017.
2. Darden L. Mechanisms and models. In: Hull DL, Ruse M, editors. The Cambridge companion to the philosophy of biology. Cambridge: Cambridge University Press; 2008. p. 139–159.
3. Bute M. A backstage sociologist: Autoethnography and a populist vision. Am Soc. 2016 Mar 23; 47(4):499–515. Available from: https://link.springer.com/article/10.1007/s12108-016-9307-z doi:10.1007/s12108-016-9307-z
4. Cancer Research UK. Current research into breast cancer [Internet]. 2020 [cited 2020 Feb 14]. Available from: https://www.cancerresearchuk.org/our-research/our-research-by-cancer-type/our-research-into-breast-cancer/current-breast-cancer-research

**Authors Profile (optional)**

****Mr. C T Lin pursed Bachelor of Science from University of Taiwan, Taiwan in 2006 and Master of Science from Osmania University in year 2009. He is currently pursuing Ph.D. and currently working as Assistant Professor in Department of Computational Sciences, Department of Electronic and Communication, University of Taiwan, Taiwan since 2012. He is a member of IEEE & IEEE computer society since 2013, a life member of the ISROSET since 2013, ACM since 2011. He has published more than 20 research papers in reputed international journals including Thomson Reuters (SCI & Web of Science) and conferences including IEEE and it’s also available online. His main research work focuses on Cryptography Algorithms, Network Security, Big Data Analytics, IoT and Computational Intelligence based education. He has 5 years of teaching experience and 4 years of Research Experience.

Mr C H Lin pursed Bachelor of Science and Master of Science from University of New York, USA in year 2009. He is currently pursuing Ph.D. and currently working as Assistant Professor in Department of Telecommunication, University of New York, USA since 2012. He is a member of IEEE & IEEE computer society since 2013, a life member of the ISROSET since 2013 and ACM since 2011. He has published more than 20 research papers in reputed international journals including Thomson Reuters (SCI & Web of Science) and conferences including IEEE and it’s also available online. His main research work focuses on Cryptography Algorithms, Network Security, Cloud Security and Privacy, Big Data Analytics, Data Mining, IoT and Computational Intelligence based education. He has 5 years of teaching experience and 4 years of Research Experience.