The original research articles should be presented in the following headings:

**Title:** It should be concise that represents the whole research work. Don’t use acronyms in the title. Descriptive title is recommended rather than conclusive one.

**Abstract:** The abstract of the original research article and systematic review and meta-analysis should not exceed 300 words and must be structured into separate sections - Background, Objectives, Materials and Methods, Results, and Conclusion. For other article types, an unstructured abstract of up to 250 words is acceptable. Abstracts are not required for commentaries, letter to editor, and editorial.

**Keywords:** It should contain 5-6 keywords representing the main content of the article. It is mandatory to author to use MeSH (Medical Subject Headings) term for the keywords.

**Introduction:** The introduction section should be presented with the current understanding and background information of the topic. It should state the purpose of the research-work with a brief explanation of rationale highlighting the potential outcomes of the study.

**Materials & Methods:** This section should include all the details of materials and methods that are used to complete the study. Describe the methodology on the basis of the following points:
- Study Population
- Study Duration/period
- Research Method
- Research Design
- Study site and its Justification
- Sampling Unit
- Sample Size & calculation
- Sampling Technique
- Criteria for Sample Selection:
- Data Collection Tools & Technique:
- Data Management and Analysis
- Statistical test and tools
Ethics: When reporting studies on human beings, indicate whether the procedures followed were in accordance with the ethical standards of the responsible committee on human experimentation (institutional or regional) and with the Helsinki Declaration of 1975, as revised in 2000.

For prospective studies involving human participants, authors are expected to mention approval of (regional/ national/ institutional or independent Ethics Committee or Review Board, obtaining informed consent from adult participants and obtaining assent for children aged over 7 years participating in the trial. Authors should ensure the confidentiality without mentioning participants' names, initials or hospital numbers, especially in illustrative material. Regarding any experiments on animals, the institutions or a national research council's guide/national law should be followed.

The journal will not consider any paper which is ethically unacceptable. A statement on ethics committee permission and ethical practices must be included in all research articles under the 'Materials and Methods' section.

Study design:

Selection and Description of Participants: Describe your selection of the observational or experimental participants (patients or laboratory animals, including controls) clearly, including eligibility and exclusion criteria and a description of the source population.

Technical information: Identify the methods, apparatus (give the manufacturer's name and address in parentheses), and procedures in sufficient detail to allow other workers to reproduce the results. Give references to established methods, including statistical methods (see below); provide references and brief descriptions for methods that have been published but are not well known; describe new or substantially modified methods, give reasons for using them, and evaluate their limitations. Identify precisely all drugs and chemicals used, including generic name(s), dose(s), and route(s) of administration.

Reports of randomized clinical trials should present information on all major study elements, including the protocol, assignment of interventions (methods of randomization, concealment of allocation to treatment groups), and the method of masking (blinding), based on the CONSORT Statement [http://www.consort-statement.org].

Statistics: Whenever possible quantify findings and present them with appropriate indicators of measurement error or uncertainty (such as confidence intervals). Authors should report losses to observation (such as, dropouts from a clinical trial). When data are summarized in the Results section, specify the statistical methods used to analyze them. Avoid non-technical uses of technical terms in statistics, such as 'random' (which implies a randomizing device), 'normal', 'significant', 'correlations', and 'sample'. Define statistical
terms, abbreviations, and most symbols. Specify the computer software used. Use upper italics ($P < 0.048$). For all $P$ values include the exact value and not less than 0.05 or 0.001. Mean differences in continuous variables, proportions in categorical variables and relative risks including odds ratios and hazard ratios should be accompanied by their confidence intervals.

**Note:** This Materials and Methods section is required for the original research article, short communication, case reports, and systematic review and meta-analysis

**Results:** In the result section, only main finding can be kept directly by using the table and figures. To avoid duplication of information, only important observation should be summarized. Present your results in a logical sequence in the text, tables, and illustrations, giving the main or most important findings first. Do not repeat in the text all the data in the tables or illustrations; emphasize or summarize only important observations. Extra- or supplementary materials and technical detail can be placed in an appendix where it will be accessible but will not interrupt the flow of the text; alternatively, it can be published only in the electronic version of the journal.

When data are summarized in the results section, give numeric results not only as derivatives (for example, percentages) but also as the absolute numbers from which the derivatives were calculated, and specify the statistical methods used to analyze them. Restrict tables and figures to those needed to explain the argument of the paper and to assess its support. Use graphs as an alternative to tables with many entries; do not duplicate data in graphs and tables. Where scientifically appropriate, analyses of the data by variables such as age and sex should be included.

**Discussion:** In the discussion section, the author should discuss the main findings of the study with the national as well as international context. It should emphasize on the new evidence that has been identified in the study. The views of the author with evidences can also be kept to strengthen the findings of the own research. If there are any comments on the methodology, they can be mentioned here. The limitations of the study have to be included at the end of the discussion section.

Include summary of *key findings* (primary outcome measures, secondary outcome measures, results as they relate to a prior hypothesis); *Strengths and limitations* of the study (study question, study design, data collection, analysis and interpretation); *Interpretation and implications* in the context of the totality of evidence (is there a systematic review to refer to, if not, could one be reasonably done here and now?, what this study adds to the available evidence, effects on patient care and health policy,
possible mechanisms); *Controversies* raised by this study; and *Future research directions* (for this particular research collaboration, underlying mechanisms, clinical research). Do not repeat in detail data or other material given in the Introduction or the Results section. In particular, contributors should avoid making statements on economic benefits and costs unless their manuscript includes economic data and analyses. Avoid claiming priority and alluding to work that has not been completed. New hypotheses may be stated if needed, however they should be clearly labeled as such. About 30 references can be included. These articles generally should not have more than six authors.

**Conclusion:** This should state clearly the main conclusions of the research and give a clear explanation of their importance and relevance. It should be based on the objective of the study. In the conclusion section, the crux of the finding has to be kept. The crucial findings which could not be included in the discussion section should be kept in this part. Recommendation/s based on the findings should be included.

**Declarations:** The manuscripts must contain this section with the following points

- **Conflict of Interests:** Include appropriate disclosures
- **Source of Support:** Include appropriate disclosures
- **Authors’ contributions:** Include appropriate disclosures
- **Ethical approval:** Include appropriate disclosures. Certificate of ethical approval must be submitted for the relevant manuscripts – Original article, short communication, and case studies.
- **Availability of data and materials:** Include appropriate disclosures
- **Acknowledgements:** Include appropriate disclosures
- All contributors who do not meet the criteria for authorship (who provided purely technical help, writing assistance, or a department chair who provided only general support) should be listed in an acknowledgements section.