

# Instructions To Authors

## Types of Papers

The journal accepts the following types of contributions:

- Original Paper
- Short Communication
- Review

## Manuscript submission

Submission of a manuscript implies: that the work described has not been published before; that it is not under consideration for publication anywhere else; that its publication has been approved by all co-authors, if any, as well as by the responsible authorities – tacitly or explicitly – at the institute where the work has been carried out. The publisher will not be held legally responsible should there be any claims for compensation.

## Permissions

Authors wishing to include figures, tables, or text passages that have already been published elsewhere are required to obtain permission from the copyright owner(s) for both the print and online format and to include evidence that such permission has been granted when submitting their papers. Any material received without such evidence will be assumed to originate from the authors.

## Online Submission

Authors should submit their manuscripts online through the given website and Email with declaration form. Electronic submission substantially reduces the editorial processing and reviewing times and shortens overall publication times.

[www.ijartjournal.com](http://www.ijartjournal.com)

Email to: [ijarteditorialoffice@gmail.com](mailto:ijarteditorialoffice@gmail.com), [cepheds@gmail.com](mailto:cepheds@gmail.com)

## Title page

The title page should include:

- The name(s) of the author(s)
- A concise and informative title
- The affiliation(s) and address(es) of the author(s)
- The e-mail address, telephone and fax numbers of the corresponding author

## Abstract

Please provide an abstract of 150 to 250 words. The abstract should not contain any undefined abbreviations or unspecified references.

## Keywords

Please provide 4 to 6 keywords which can be used for indexing purposes.

## Text

Manuscripts should be submitted in Word.

- Use a normal, plain font (e.g., 10-point Times Roman) for text.
- Use italics for emphasis.
- Use the automatic page numbering function to number the pages.
- Use tab stops or other commands for indents, not the space bar.
- Use the equation editor or MathType for equations.
- Save your file in docx format (Word 2007 or higher) or doc format (older Word versions).

## Headings

Please use no more than three levels of displayed headings.

## **Acknowledgments**

Acknowledgments of people, grants, funds, etc. should be placed in a separate section before the reference list. The names of funding organizations should be written in full.

### **Please note:**

The manuscript should be structured as follows:

- **Introduction**
- **Materials and methods**
- **Results and discussion**
- **Conclusion**
- **Acknowledgements**

## **References**

Reference list entries should be alphabetized by the last names of the first author of each work.

- **Journal article**  
Chen FX, Baquet G, Berthoin S, Thevenet D, Nourry C, Nottin S, Bosquet L (2010) Effect of high intensity intermittent training on heart rate variability in prepubescent children. *Eur J Appl Physiol* 105:731-738.
- **Article by DOI**  
Mark AK, Jacob JL (2001). Clinical implications of dysregulated cytokine production. *J Mol Med*. doi:10.1004/s001090000126
- **Book**  
South J, Blass B (2001). *The future of modern genomics*. Blackwell, London
- **Book chapter**  
Brown B, Aaron M (2001). The politics of nature. In: Smith J (ed) *The rise of modern genomics*, 3rd edn. Wiley, New York, pp 230-257
- **Online document**  
Arsova J (2007). Removal of Chromium in tannery industry. IOP Publishing Chem web. <http://Chemweb.org/articles/news/13/6/18/1>. Accessed 10 July 2012
- **Dissertation**  
James H (1975). Effect of Arsenic. Dissertation, University of Canada.

## **Tables**

- All tables are to be numbered using Arabic numerals.
- Tables should always be cited in text in consecutive numerical order.
- For each table, please supply a table caption (title) explaining the components of the table.
- Identify any previously published material by giving the original source in the form of a reference at the end of the table caption.
- Footnotes to tables should be indicated by superscript lower-case letters (or asterisks for significance values and other statistical data) and included beneath the table body.

### **Please note:**

Graphs and Tables are limited to 10.

### **Electronic Figure Submission**

- Supply all figures electronically.
- Name your figure files with "Fig" and the figure number, e.g., Fig1.eps.

### **Figure Numbering**

- All figures are to be numbered using Arabic numerals.
- Figures should always be cited in text in consecutive numerical order.
- Figure parts should be denoted by lowercase letters (a, b, c, etc.).
- If an appendix appears in your article and it contains one or more figures, continue the consecutive numbering of the main text. Do not number the appendix figures, "A1, A2, A3, etc." Figures in online appendices (Electronic Supplementary Material) should, however, be numbered separately.

### **Figure Captions**

- Each figure should have a concise caption describing accurately what the figure depicts. Include the captions in the text file of the manuscript, not in the figure file.
- Figure captions begin with the term Fig. in bold type, followed by the figure number, also in bold type.
- Identify previously published material by giving the original source in the form of a reference citation at the end of the figure caption.

### **Figure Placement and Size**

- When preparing your figures, size figures to fit in the column width.
- For most journals the figures should be 39 mm, 84 mm, 129 mm, or 174 mm wide and not higher than 234 mm.
- For books and book-sized journals, the figures should be 80 mm or 122 mm wide and not higher than 198 mm.

### **Please note**

- Excel and JPEG format is also acceptable for figures.
- Your color figures will appear in color in the electronic and printed version without any fee.

### **Text and Presentations**

- Submit your material in PDF format; .doc or .ppt files are not suitable for long-term viability.
- A collection of figures may also be combined in a PDF file.