**Sequence for Submission**

**1. INITIAL FILE (Including covering letter, acknowledgements, funding, declaration of interest, copy right, letter of approval of institutional ethics committee)**

**COVERING LETTER**

A covering letter must accompany all submitted manuscripts. The covering letter should provide the name, complete postal address, telephone number, electronic mail address of the corresponding author. Author must mention few important features of the article for consideration of publication of the article in covering letter. Acknowledgement of receipt of manuscripts by the Editorial office will be made via email only. The responsibility will lie solely with corresponding author. The authors should clearly state that the manuscript or parts of it have not and will not be submitted elsewhere for publication.

**ACKNOWLEDGEMENTS**

It must be part of covering letter. The work of persons who do not qualify for authorship may be acknowledged. The acknowledgment may be for official permission, statistical analysis, cooperation etc. It must have a declaration of interest signed by all authors.

**FUNDING**

It must be a part of covering letter. If the work has received full or part financial support it must be clearly mentioned. The name and address of funding agency and the reference number along with date should be mentioned.

**DECLARATION OF INTEREST**

Authors are expected to disclose any commercial associations that might pose a conflict of interest in connection with the submitted manuscript. All authors must disclose any financial and personal relationships with other people or organizations that could inappropriately influence (bias) their work. Examples of potential conflicts of interest include employment, consultancies, stock ownership, honoraria, paid expert testimony, patent applications/ registrations, and grants or other funding. If there are no conflicts of interest then please state this: 'Conflicts of interest: none'. All authors must sign the Declaration of Interest

**COPY RIGHT**

All authors should sign the copy right form as per template.

**LETTER OF APPROVAL OF INSTITUTIONAL ETHICS COMMITTEE**

It is mandatory when human or animal studies are reported. In interventional trials registered number obtained/received from competent authority is required.

**2. TITLE PAGE**

The title page of the original copy of the manuscript must include the family name (surname), given name and middle name (father/husband) in that sequence, highest academic title(s), and current affiliation(s) of the authors. The full address and telephone/mobile number and email address of the corresponding author should be clearly mentioned separately. The name/names of institutions where the work is performed should be mentioned The Title should be concise and informative. Titles are often used in information-retrieval systems. Avoid abbreviations and formulae where possible. Please clearly indicate the given name(s) and family name(s) of each author and check that all names are accurately spelled. Present the authors' affiliation addresses (where the actual work was done) below the names. Indicate all affiliations with a lowercase superscript letter immediately after the author's name and in front of the appropriate address. Provide the full postal address of each affiliation, including the country name and, if available, the e-mail address of each author. Clearly indicate who will be the corresponding author and will handle correspondence at all stages of refereeing and publication and also post-publication. Ensure that the e-mail address is given and that contact details are kept up to date by the corresponding author. If an author has moved since the work described in the article was done, or was visiting at the time, a 'Present address' (or 'Permanent address') may be indicated as a footnote to that author's name. The address at which the author actually did the work must be retained as the main, affiliation address. Superscript Arabic numerals are used for such footnotes)

**3. MAIN FILE (including abstract and key words, introduction, material and methods, results/observation, discussion, conclusions, references, tables and figures)**

**ABSTRACT**

The abstract should be typed on a separate page and should not exceed 250 words. The abstract should state briefly the purpose of the research, the principal results and major conclusions. An abstract is often presented separately from the article, so it must be able to stand alone. For this reason, references should be avoided. Also, non-standard or uncommon abbreviations should be avoided, but if essential, they must be defined at their first mention in the abstract itself. Using American spelling and avoiding general and plural terms and multiple concepts (avoid, for example, 'and', 'of'). The abstract should be followed by a maximum of 6 key words. (These keywords will be used for indexing purposes.)

**INTRODUCTION**

It should start from general terms and then gradually describe the specific need and designing of the study. It should end at aims and specific objectives. It should be about 20% of total word limit of the article.

**MATERIAL AND METHODS**

There must be clear mention about type of study as observational or interventional. Study location/site, study period, participants and inclusion/exclusion criteria, sample size estimation and sampling method, personnel who actually collected data, tests/statistical operations used, operational definitions need to be mentioned. All studied variables must be mentioned. All the units of measurements should be internationally accepted. The details of material used may be mentioned with specifications. Author should write about exercised quality checks. The standard guidelines like STROBE, STARD, CONSORT, PRISMA should be followed for writing paper as per study design. The Materials and Methods section should not reveal an identity of the institution(s) where the work was performed.

**RESULTS/OBSERVATIONS**

The interventional studies should use term ‘results’ and observational studies should use term ‘observations’. Initial part of results/observations may the number of participants, demographic characteristics in brief. The statistical tests used should be mentioned. The actual P value should be written below the result/observation. If table is given, statistical test and P value should be included along with table.

**DISCUSSION**

It is expected that most of the discussion should revolve around your observations. Whenever sensitive or controversial or shocking/appalling statements are made, they should be supported by proper references. The author must substantiate the findings with appropriate reasons.

**LIMITATIONS**

**CONCLUSIONS**

**RECOMMENDATIONS IF ANY**

**ACKNOWLEDGEMENTS**

**REFERENCES**

Reference numbers in the text should follow numerical order and be enclosed in parentheses or superscripted. References are listed in the order in which they are referred in the text, not in alphabetical order. The reference style used by this journal is Vancouver numbered. The reference style used by this journal will be applied to the accepted article by the publisher at proof stage. Please ensure that every reference cited in the text is also present in the reference list (and vice versa). Unpublished results and personal communications are not recommended in the reference list, but may be mentioned in the text. If these references are included in the reference list they should follow the standard reference style of the journal and should include a substitution of the publication date with either 'Unpublished results' or 'Personal communication'. Citation of a reference as 'in press' implies that the item has been accepted for publication. Authors preferably refrain from quoting references more than 15 years old.

Increased discoverability of research and high quality peer review are ensured by online links to the sources cited. Hence data provided in the references should be correct. When copying references please be careful as they may already contain an error.

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The full URL should be given and the date when the reference was last accessed. Any further information, if known, (DOI, author names, dates, reference to a source publication, etc.) should also be given. Journal names should be abbreviated according to the List of Title Word Abbreviations. The complete web address should be given mentioning; (Available at [www.yijasm.in](http://www.yijasm.in)).Then the date of last access should be mentioned as; (Accessed on: 1st February 2018). For standard details authors are requested to refer; https://www.nlm.nih.gov/bsd/uniform\_requirements.html.

**4. TABLES**

All tables must be numbered sequentially in Arabic numerals in the order of their citation in the text. Each table should be typed double-spaced on a separate sheet of paper and should be accompanied by a clear and specific title. Please submit tables as editable text and not as images. Tables should be placed on separate page(s) at the end. Number tables consecutively in accordance with their appearance in the text and place any table notes below the table body. Be sparing in the use of tables and ensure that the data presented in them do not duplicate results described elsewhere in the article. Please avoid using vertical rules and shading in table cells. The table number and title should be at the top and centrally placed. The title should be self explanatory. (E.g. **Table 5: Medical emergencies in Ayurvedic practice**). The title should be in bold. The table should not have vertical lines.

**5. FIGURES AND FIGURE LEGENDS**

Figures must be submitted in electronic format. Images should be provided in JPG (JPEG) or PNG format. Graphics software such as Photoshop and Illustrator and not presentation software such as Power Point may be used to create art. Color images must be CMYK, at least 300 DPI, with a digital color proof and not a color laser print or color photography. Please include hardware and software information in addition to file names. For electronic artwork, make sure you use uniform lettering and sizing of your original artwork. Use only Times New Roman font of 12 size throughout. The title may be of higher font. Number the illustrations according to their sequence in the text. Use a logical naming convention for your artwork files. Provide captions to illustrations separately. Size the illustrations close to the desired dimensions of the published version as given below. Submit each illustration as a separate file. If your electronic artwork is created in a Microsoft Office application (Word, PowerPoint, Excel) then please supply 'as is' in the native document format. Regardless of the application used other than Microsoft Office, when your electronic artwork is finalized, please 'Save as' or convert the images to one of the following formats (note the resolution requirements for line drawings, halftones, and line/halftone combinations given below):

PNG/JPEG: Color or grayscale photographs (halftones); keep to a minimum of 300 dpi.

PNG/JPEG: Bitmapped (pure black & white pixels) line drawings, keep to a minimum of 1000 dpi.

PNG/JPEG: Combinations bitmapped line/half-tone (color or grayscale), keep to a minimum of 500 dpi.

Please do not supply files that are optimized for screen use (e.g., GIF, BMP, PICT, WPG); these typically have a low number of pixels and limited set of colors. Do not supply files that are too low in resolution or submit graphics that are disproportionately large for the content. All the figures must be of standard size as given below for inclusion in the print version.

Maximum size for portrait type of figure should be 8.5 cm (320 pixels) in width and 22.0 cm (831 pixels) in height. Landscape type of figure should be maximum 17.5 cm (661 pixels) in width and 10.0 cm (378 pixels) in height.