**Manuscript Format/Template**

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| Contents lists available at www.tijmr.org    journal homepage – <https://tijmr.org/index.php/journal> |

(Title)

a, a, [[1]](#footnote-1)\* and b

a

b

**ABSTRACT (500 words)**

Please type your abstract here. A concise and factual abstract is required. 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, but if essential, then cite the author(s) and year(s). Also, non-standard or uncommon abbreviations should be avoided, but if essential they must be defined at their first mention in the abstract itself. **(Font size – 9, Italics, 1.0 spacing).**

**Key words: (**6 words, alphabetically arranged)

Avoid general terms, plurals, and conjunctions.

**Title Page**

Include the following details:

1. **Title:** Concise, informative, and free of abbreviations or formulae.
2. **Author Names and Affiliations:** Provide each author’s full name, affiliation, and address. Use superscript Arabic numerals for affiliations.
3. **Corresponding Author:** Clearly identify the author responsible for correspondence during the review and publication process. Ensure contact details are accurate and up to date.
4. **Present Address (if applicable):** Indicate any updated author address as a footnote.

**Abstract**

1. Provide a concise abstract (maximum **500 words**) summarizing the purpose, main results, and conclusions of the research.
2. Avoid references, non-standard abbreviations, and formulae in the abstract.
3. **Introduction (Heading - 14 Font, Bold, Times New Roman)**

Clearly state the objectives and provide the background, avoiding excessive literature review or result summaries Use a normal, plain font (e.g., 12-point Times Roman) for text.

* 1. **Subsections – heading (12 Font, Bold, Times New Roman)**

 **Text Formatting** (12 Font, Times New Roman)

All text, including the abstract and reference list, should be prepared in single- column and single-spaced format. Manuscripts are recommended to be submitted in Microsoft Word. Use a normal, plain **font (e.g., 12-point Times Roman) for text.**

1. **Materials and Methods (14 Font, Bold, Times New Roman – Heading )**
2. Provide sufficient detail to allow replication of the work. **(e.g., 12-point Times Roman) for text.**
3. Reference previously published methods and specify modifications if applicable.
4. **Results and Discussion (14 Font, Bold, Times New Roman)**
5. Present results clearly, using visuals (graphs, tables, or images) wherever appropriate. **(e.g., 12-point Times Roman) for text.**
6. Interpret the findings and discuss their implications in the context of existing

 **Figures**

1. Include all figures in the manuscript in the appropriate places for better readability.
2. Also Submit high-quality figures separately in **JPEG** or **PNG** format, named with the figure number (e.g., Figure1).
3. Original figures should be in high quality with the Image resolution: Minimum 531 × 1328 pixels or proportionally larger.
4. Figures should be in the proper size, less than 8 cm or 16 cm in width, and less than 24 cm in height.
5. Use a normal, uniform font (**Times New Roman, 9 points, no bold, no italics**)

for all the words and numbers in figures.

1. Only the first letter of the first word in line one should be capitalized, except proper nouns.

 **Tables**

1. Use a normal, uniform font (**Times New Roman, 9 points, no bold, no italics**)
2. for all the words and numbers in tables
3. Only the first letter of the first word in line one should be capitalized, except proper nouns.
4. If the number is larger than 1000, each group of three digits should be separated by a comma. For instance, 1630000 should be written as 1,630,000.
5. Insert tables in the manuscript at relevant sections for coherence. Also submit all tables in a separate **Word file**, with descriptive titles and necessary footnotes.
6. **Abbreviations**
7. Define non-standard abbreviations at their first mention in the abstract and main text.
8. Ensure consistency throughout the manuscript.
9. **Acknowledgments**
10. Recognize individuals, organizations, and funding sources that contributed to the research. Avoid detailed descriptions of grants.
11. **Reference**

References must follow the **Harvard standard reference style**:

**In-text Citations**

* Use the **author-date format** (e.g., Smith, 2023).
* For two authors: (Smith and Jones, 2023).
* For more than two authors: (Smith et al., 2023).

**Reference List**

* **Journal Article:**

Smith, J., Jones, A. and Taylor, B., 2023. The effects of water supplementation on plant growth. *Journal of Plant Research*, 12(3), pp.145–153.

* **Book:**  
  Lehninger, A.L., Nelson, D.L. and Cox, M.M., 2004. *Lehninger Principles of Biochemistry*. 4th ed. New York: W.H. Freeman.
* **Chapter in Edited Book:**

Nelson, D.L. and Cox, M.M., 2004. Principles of bioenergetics. In: A.L. Lehninger, ed. *Principles of Biochemistry*. 4th ed. New York: W.H. Freeman, pp.489–520.

* **Website:**  
  Author (if available), Year. Title of webpage. [online] Available at: <URL> [Accessed Date].

**Data References**

* For datasets: Author(s), Year. Title of dataset. Repository Name. Available at: <URL>.

**SUBMISSION CHECKLIST**

**Before Submission**

Ensure the following items are prepared and included in your submission:

**1. Corresponding Author**

* Designate one author as the corresponding author.
* Provide the following details:
  + **Email address**
  + **Full postal address**

**2. Manuscript Components**

* **Keywords:** Include 4–6 keywords immediately after the abstract for indexing purposes.
* **Figures:** Provide all figures with relevant captions. Include figures in the appropriate place of the manuscript and also submit all figures separately in JPEG or PNG format, named with figure numbers (e.g., Figure1.png).
* **Tables:** Provide all tables with titles, descriptions, and footnotes, ensuring they are editable. Also, submit figure captions and tables in separate Word files.
* **Citations:** Ensure all figure and table citations in the text match the provided files.

**3. Permissions and Declarations:**

* Obtain copyright permissions for third-party materials.
* Include a competing interest’s statement, even if none exists.

**4. General Considerations**

* Spell-check and grammar-check the manuscript thoroughly.
* Ensure all references mentioned in the text are listed in the reference list and vice versa.

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