**Title of the manuscript**

**A.B. Xxxxx a, C.D. Xxxxx b,\***

a Affiliation (Department of XXXX, XXXXCollege/University, City, Pincode, Country

b Affiliation (Department of XXXX, XXXX College/University, City, Pincode, Country

\*Corresponding Author Ph: Fax: E-mail :

**Abstract**

* The abstract must be a precise and reflection of what is in your article.
* Do not use abbreviations, references, formulas, figures (Graphs), tables and footnotes in abstract.
* The abstract must be between 150-250 words.

**Keywords:** Provide 4-6 keywords suitable for your article.

**1. Introduction**

Introduction should represent past, present and future vision of the proposed research. Describe abbreviation and acronyms for the first time they included in the text [1, 2]. Authors are requested to include recent references emphasizing the background of the work [3-5]. Additional sub headings such as separate aim, objective, literature review etc,., not permitted [6].

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**2. Experimental or Materials and Methods**

2.1, Participants, Measures, Procedures, Analysis, Instruments and Software (Use numbering for each sub headings)

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* Include Figures, Tables, and equations and numbers in the text wherever necessary and provide proper explanations.
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#### 4. Conclusion

## Conclusion should summarize the key results, suggestions and applications of the paper and it should not resemble the abstract.

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**Acknowledgement:**

**Funding Information:**

**References**

References must be numbered in a numerical manner [1,2], [3-5], [6], [7-9], etc.,

**Journals**

Manpreet Kaur, The Journal of Management and Science, 12(4) (2022) 15-21.

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**Books**

S. Thomas, P. Balakrishnan, M.S. Sreekala, Fundamental biomaterials: ceramics, Woodhead Publishing, (2018).

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J.L. Vera-Rivera1, A.J. Ortega-Parra and Y.A. Ramírez-Ortiz, Impact of technology on the evolution of sports training, Journal of Physics: Conference Series, Volume 1386, 5th International Meeting for Researchers in Materials and Plasma Technology (5th IMRMPT) (2019), San José de Cúcuta, Colombia. <https://doi.org/10.1088/1742-6596/1386/1/012144>

**Patents**

S. Akila, Indian Patent XXXXXXXX (2020).

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Katharina Wirnitzer, Athletic performance capacity in mountainbike sports with extremely strenuous more days lasting endurance impact, Ph.D. Thesis, Faculty of Psychology and Sport Science, University of Innsbruck, Innrain 52, 6020 Innsbruck (2009).

Link : <https://www.nurmi-study.com/wp-content/uploads/2017/01/thesis.pdf>

**Websites**

We do not encourage the authors to include website or webpage as a reference