(ISSN: 2278 - 5159)

Guidelines for Authors

International Journal of Yoga and Allied sciences, an internationally reputed Bi-annual research journal being published by Indian Association of Yoga, publishes original articles (research, scientific, review, conceptual, theoretical, popular etc.) research notes, books review, letters to the Editor, any research news, related to conference etc. from any corner of the world dealing with technical and professional aspects of Yoga and allied disciplines like Philosophy, Spirituality, Psychology, Human Consciousness, Medical, Paramedical sciences, Health sciences, Therapy, Education, Physical education, exercise and sports sciences, biomechanics, Literary /textual studies, Physiology, Biochemistry etc. The contributors are requested to send their valuable contribution from their chosen field of profession as mentioned above. They are also requested to kindly abide by the following norms while sending their manuscript for publication:

Preparation and Submission of Manuscript: prepare the manuscript typed in English with double spaced line not more than 12 pages. Give each Table and/or Figure (if any) on a separate page with Arabic numerals (Table 1, Table 2, and Fig. 2 etc.) each with its legend. Give Page numbers on the upper right corner (Beginning with 1st Page). Author (s) must submit the following:

1) Covering Letter (includes the following statements):

Date Signature of Author (Name & address/ email ID/phone/fax.)

- 2) Title page (in capital letters): This page contains title of the paper or article, (Surname, First Name and Middle Name), Designation and Address of Author (s). In case of multiple authors, indicate corresponding author and so on. Put signature of author (s) against each name and date of submission.
- 3) Abstract/Summary of the Article: This contains Title of the paper, objectives, subjects, methods, results, conclusion, recommendation up to 250 words and Key words (nor more than six words). Do not write name of author, designation, address etc. on this page.
- 4) Manuscript: Since the review process of the manuscript in BLIND, do not put name (s) of author (s), designation, address etc. here. In case of Research Articles or Research Notes, the manuscript contains an informative. Title of the Paper (not more than 50 letters including space in between), well written introduction (statement of the problem and the purpose with sufficient reference of published work), Methodology, Results, Discussion, Conclusion and Recommendations, References, Author (s)Note (i.e. acknowledgements, information about collaborative institute, receipt of grants from authorized body etc. if necessary), Tables, figures etc. In case of Philosophical Research and Textual studies, Historical Research,

Descriptive Research, Scientific and Popular articles the style of presentation may vary. Letter to Editor/Short Communication /Research News/Conference News Should be written within 500 words. (Author should avoid excessive use of passive voice, past tense and arbitrary abbreviation. Please think about your reader while writing).

5) Style of writing Reference: For Books: Udupa K N, Stress and its Management through Yoga, (Motilal Banarsidas), (1978, 2000) pp.74-79. **For articles/Chapter published in book:** Saraswati Swami Mangalteertham, Altered State of Consciousness: Yoga Nidra, Yoga Nidra (Yoga Publication Trust, Munger), (2000) pp. 245-53.

For Journals: Erskine- Milliss J & Schonell M, Relaxation therapy in Asthma: a critical review, Psychosom Med, 43 (4) (1981) 365 - 372. **For Report:** National Institute of Mental Health, Television and behaviour: Ten years of scientifi8c progress and implications for the eighties (DHHS Publication No.ADM82-1195), Washington, DC: U.S. Government Printing Office, (1982).

For Articles published in Newspaper: Roy, G.K. Effect of Yoga on public health, Indian Express (English Newspaper, Mumbai Edition), Sept.6,1982,p.8. **For Proceedings of Conference:** Vinod, S.D. et.al, P.B. Effect of yoga on adolescent anxiety, Proceedings of the 1st International conference on Yoga & Research, Lonavla, India: Kaivalyadhama, (1984), pp.131-148.

- 6) **Submission:** After preparing the manuscript you may submit your manuscript with covering letter electronically to the Email ID: **editorijoyas@gmail.com**
- 7) **Proof Reading:** After acceptance of and article, first proof of the same may be sent to the first author/ corresponding author. In such case the author bears primary responsibility to correct it carefully. Authors will, appropriately, be changed for excessive alterations made in reviewers comments. Therefore, the author(s) must send the article complete in every respect prior to sending it for publication. However, the Editorial Board reserves the right to change/amend the article (without changing the concept) as per requirement of the journal.
- 8) Reprints: First or Corresponding Author receives one complimentary copy to the issue of the Journal. Extra prints will also be available for sale. On acceptance of the article, the authors should immediately request about the number of extra reprints they need. Authors pay Rs.50/- (in India) and US\$ 10.00 (in abroad) for each extra reprint. Extra reprints will be supplied after receiving the advance payment from author prior to publication. Request for extra reprints is not, generally, entertained after the publication of the issue.
- 9) Copyright: IJOYAS hold the copyright as per law. Permission to reprint entre articles, for inclusion in a publication to be offered for sale, is granted only on payment of a fee to IJOYAS. Keeping the Xerox/Photocopy of the article or Journal in a Library will come under the preview of the copyright law.
- **10**) Address for communication: For any communication you may write Editor / Publisher International Journal of Yoga and Allied Sciences, RZ D. 20, C-Block, Phase:2, Roshan Vihar, Najafgarh, Land Mark: Bachpan Play School, New Delhi, Pin: 110043 India

Contribution Charges

Advertisements: All advertisements must comply with the Indian Code of Advertising Practice. The publisher will not be liable for any loss occasioned by the failure of any advertisement appeared in the Journal. The rate of advertisement is as follows:

Inside Journal (B/W) Half Page (1 Issue)	:	Rs. 1,000/-
Inside Journal (B/W) Full Page (1 Issue)	:	Rs. 2,000/-
Inner cover (Colored) Half Page (1 Issue)	:	Rs. 4,000/-
Inner cover (Colored) Full page (1 Issue)	:	Rs. 8,000/-
Back cover (Colored) Full page (1 Issue)	:	Rs.15,000/-

Subscription	Rate in India	Rate in abroad
Year Subscription (personal)	Rs.500/-	US \$ 50
Year Subscription (Library)	Rs.1,000/-	US \$ 100
Life Subscription (personal)	Rs.5,000/-	US \$ 500
(for 10 years)		
Life Subscription (Library)	Rs. 10,000/-	US \$ 1,000
Single copy	Rs. 250/-	US \$ 25

Journal Subscription Form



Subscriber Details

First Name:	Last Name:	·
Organization:		
Address:		
E-mail:		
Telephone/ Fax:		
Invoice Details		
Amount	.Bank	Cheque/Draft No

Please send this information to:

Publisher, International Journal of Yoga and Allied sciences, RZD 20, C- Block, Phase- 2 Roshan Vihar, (Landmark: Bachpan School) Najafgarh, New Delhi 110043. Bank draft or cheque (if any) should be drawn in favors of **Indian Association of Yoga**.