

Author Guidelines for Submitting Manuscripts to Yog Manthan

The journal aims to serve as a comprehensive platform for a wide range of themes related to yoga and holistic well-being. It extends beyond asana, pranayama, and meditation and welcomes contributions on diverse subjects, including yogic dietary practices, lifestyle and value-based living, philosophical and metaphysical perspectives, historical studies of yoga and yogic traditions, as well as explorations of significant yogic sites. The journal also encourages discussions on the application of yoga in varied contexts and settings, seeking a more integrative view.

The Journal Accepts Articles of Following Types:

1. Original Research Articles (5-10 pages)

In this category, authors are expected to submit articles on **investigations on yoga, consciousness, and well-being**. Manuscripts must be prepared using the [Research Articles template](#). The manuscript should include **Header sections** (Article Title, Author List, Institution Address, Email address of the corresponding author), **Core sections** (Abstract, Keywords, Introduction, Materials and Methods, Objectives of study, Results, Discussion, Conclusions), and **Additional sections** (Acknowledgments, Authors' contributions, Conflicts of Interest, Disclosure of AI Usage, and References) and Supporting Information if any.

2. Brief Communications (Max. 5 pages)

In this category, authors should share a brief article on preliminary, or pilot findings based on the scope of the journal. Manuscripts must clearly include header, core and additional sections as specified in the above. Article should have at least 2 figures and tables.

3. Review Articles (4-10 pages)

In this category, authors are expected to submit articles that synthesize existing knowledge on specific aspect of yoga, consciousness, and well-being. The review article should include the following sections: Header, Abstract, Keywords, Introduction, Main text, Conclusion, and Additional sections as mentioned in type 1. Authors are also encouraged to submit Systematic/Narrative review following the provided template [Research Articles template](#).

4. Perspective (4-5 pages)

In this category of articles, thinkers and interdisciplinary scholars are required to explore and integrate theoretical ideas, potentially proposing new models or frameworks that connect ancient wisdom with modern perspectives. Manuscripts must include Header, Abstract, Introduction, Main text, Conclusion, and Additional Sections specified in the type 1. Authors can customize core sections that best suits the theme.

5. Commentary (3-5 pages)

In this category of articles, established scholars of Yoga philosophy, and Sanskrit experts are invited to interpret excerpts from classical yoga texts (e.g. Yoga Sutra, Upanishads). It can include translation and/or interpretation with authenticity and intellectual depth. Manuscripts must include Header, Abstract, Keywords, Introduction, Main text, Conclusion, and Additional Sections specified in the Type 1. Authors can customize core sections that best suits the theme.

6. Practice-Based Articles (3-5 pages)

In this category, journal invites articles from yoga practitioners, gurus, therapists to share their experiential and applied knowledge in the field of yoga. Manuscripts must include Header, Abstract, Keywords, Introduction, Main text, Conclusion, and Additional Sections specified in the type 1. Authors can customize core sections as desired that best suits the theme.

7. Case Studies / Case Series (4-5 pages)

In this category, journal welcomes articles from therapists, clinicians, practitioners to document individual or small group transformations based on ypga. Manuscripts must include Header and Additional Sections specified in the type 1. Authors are required to prepare core sections based on [CARE](#) checklist.

8. Letter to Editor (1-2 pages)

Letters are invited from all readers on topics, issues, and constructive comments pertaining to articles in recent edition of Yog Manthan, or a pointy writeup on rare findings/research advancements. They must give a brief message with a clear objective.

9. Book Reviews (1-2 pages)

The book selected for review must be authored by a notable figure with significant contribution in the specific field. It should not merely list brief descriptions of the contents of a book but an informative summary of the contents. There will be only Header section and main text.

Article language:

At present, authors can submit articles written in any of three languages: **Assamese, Hindi, and English**. Articles intended to be written in other Indic languages apart from Assamese or Hindi may contact the editor before submission.

Formatting manuscript: Submissions to Yog Manthan must follow the formatting requirements specified in the [Template](#).

Page Margins: Margins must be approximately one inch (2.5 cm) from each side on A4 size paper orientation.

Line Spacing: All text in the article must have a line spacing of 1.5, including the references. Figure and Table captions/labels can have single spacing to distinguish them from the article's main text.

Page Numbering: Pages must be numbered sequentially.

Font

- For articles written in English- Times New Roman. Font size- 12.
- For Assamese- Any Unicode Font, Font size- 12
- For Hindi- Any Unicode Font (e.g. mangal), Font size- 12
- Follow the IAST format for transliteration of Sanskrit terms. In English articles, non-English terms should be in italics.

Tentative Order of Manuscript Components (refer Template).

- Title
- Author List (Full author names)
- Institution Address (Full institutional mailing addresses)
- Email address of the corresponding author
- Abstract (250 words maximum)
- Keywords
- Introduction
- Objectives of study (for research-based/application-based articles)
- Materials and Methods (for primary research-based/application-based articles)
- Results (for research-based/application-based articles)
- Discussion
- Conclusions
- Acknowledgments
- Authors' contributions
- Conflicts of Interest
- Disclosure of AI Usage
- References
- Supporting Information

References

- All the in-text citations in the manuscript must be appropriately formatted and accurately using APA Style Guide 7th Edition. All citations must be complete, accurate and consistent.
- To understand better the in-text citations, use the link <https://apastyle.apa.org/style-grammar-guidelines/citations>
- Reference list should appear at the end of your paper with a hanging indent of one inch.
- Reference list entries should be alphabetized by the last name of the first author of each work. For multiple articles by the same author or authors listed in the same order, list the entries in chronological order, from earliest to most recent.
- When referring to capitals, only use the first letter of the first word of a title and subtitle, the first word after a colon or a dash in the title, and proper nouns.
- APA does not recommend using footnotes and endnotes; however, if explanatory notes are necessary to your document, content footnotes may be used.
- When referring to capitals, only use the first letter of the first word of a title and subtitle, the first word after a colon or a dash in the title, and proper nouns.
- To cite an entire Web site (but not a specific document within the site), giving the site's URL in the text is sufficient. No entry in the reference list is needed.
- Author's first names are always reduced to initials in the reference list. Use one space between initials. Ex- Sarma, G. K.
- Spell out the full name of the group author (corporate author) in the reference list entry. Ex- World Health Organization
- When a work is treated as having no author, move the work title to the author position.
- If the date is not mentioned, use "n.d.". Ex- Sarma, G. K. (n.d.)
- Do not include the publisher's location in the reference.
- A web address or DOI starts from http(s)//.
- No need to give reference to epic books like Ramayana, Mahabharata, Bible, Qur'an, etc.
- To follow APA 7th edition style, use the guide at - <https://apastyle.apa.org/instructional-aids/reference-examples.pdf>

Plagiarism Policy and Others:

- All articles will undergo a mandatory plagiarism check.
- Authors should not rely on AI tools to prepare the articles and make a clear disclosure of AI usage as specified above.
- All authors must sign a consent form while handing over the article.
- Taking ethical permissions wherever necessary and declaring the same is mandatory.
- Articles will undergo blind review process.
- Articles may go through revisions, and prompt response is expected from the corresponding author
- There is no provision of remuneration to the authors.

Cover Letter and Author’s Declaration:

Authors should submit their manuscript in a Word document (.docx) format, along with a cover letter addressed to the Chief Editor of Yog Manthan. The cover letter must include the following declarations: "***This article has not been submitted elsewhere for consideration,***" and "***All contributors have read and agreed upon the submitted version.***"

The submitting author should also include their signature at the end of the cover letter.