

## **Title (Time New Roman, Font 16, Bold, Capital Letter)**

1<sup>st</sup> author name<sup>1</sup>, 2<sup>nd</sup> author name<sup>1,\*</sup> and Last author name<sup>1</sup>(Time New Roman, Font 10)

<sup>1</sup>Affiliation , Email , Mobile (Time New Roman, Font 10),

\*Corresponding author: Please -Write complete name Affiliation , Email , Mobile (Time New Roman, Font 10), (Time New Roman, Font 10)

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### **Abstract**

Abstract must be written in Time New Roman, font 14 in Capital letter and Underlined. Abstract should not exceed 450 words.

**Keywords:** A maximum of 4-11 words, In alphabetical order, Separated by comma “,”. (Time New Roman, font 10, upper case at the beginning of each keyword)

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### **1. Introduction (Time New Roman, Font 14, Bold)**

This document is a Microsoft Word template. Please do not use other templates. The author(s) must strictly follow instructions so as to maintain the journal's high standard.

The text must be typed in word format size A4 not more than 15 pages with top, bottom, left and right margin of 2.54 cm from the border. It should be typed in a single column and a single space. Time New Roman, point 12 for contents. International System of Units (SI) is used for the metric system.

The pages should be numbered at the bottom and centered consecutively. The manuscript has to be divided into three parts.

The first part includes the title, name of the author, abstract, and keywords.

The second part is the main body of the paper , which includes references and nomenclature. The body of the article may consist of the following sessions.

1. Introduction (Time New Roman, Font 14, Bold and Capital letter)
2. Methodology(Time New Roman, Font 14, Bold and Capital letter)
3. Results (Time New Roman, Font 14, Bold and Capital letter)
4. Discussion(Time New Roman, Font 14, Bold and Capital letter)
5. Conclusion(Time New Roman, Font 14, Bold and Capital letter)
6. Ethical approval (if any) (Time New Roman, Font 14, Bold and Capital letter)
7. Acknowledgements(Time New Roman, Font 14, Bold and Capital letter)
8. Conflicts of interest(Time New Roman, Font 14, Bold and Capital letter)
9. References(Time New Roman, Font 14, Bold, Centred and Capital letter)
- 10.

The last part is the appendix (if necessary).This section should include a large table or figure that can not reduce the scale or size.

The main text of the article must be written in Time New Roman, font 12, and single spacing. The font size, line spacing, and margin of the template must not be changed.

References should be listed at the end of the paper, arranged in order and APA style.

References should be cited in the main text by sir name and year in a bracket (sir name, year). For example:

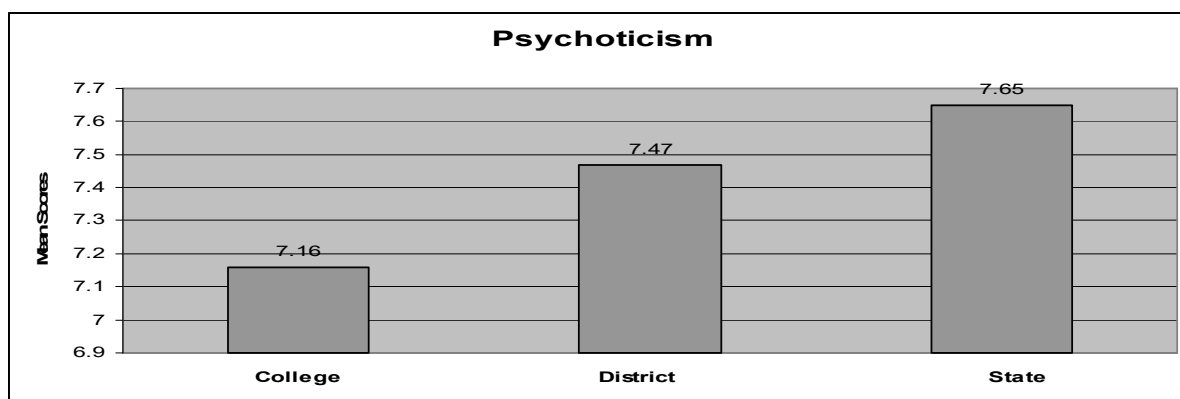
1. Citation less than 3 lists i.e. ( Sharma, 2021 & Versa, 2020).
  2. Citation have 3 lists or more i.e. ( Sharma, 202; Versa, 2020; dutta, 2019 and kumar, 2015).
2. Section (Time New Roman, Font 14, Bold)  
2.1 Subsection (Time New Roman, Font 12 , Bold)

The second part consisting of the paper body must be edited in single column format. Figures and tables should be located at the top or bottom of each page. Clear original figures in black and white are to be used. Equations should be numbered consecutively throughout the paper and located at the right margin.

Figures should be placed at the bottom of each column as shown in Figure. 1 and Tables should be placed at the Top of each column as shown in Table 1.The term "Table" should be followed by a bold typed number. Use the table function of Microsoft Word. Avoid vertical lines and unnecessary horizontal lines. The term "Figure" should be followed by a bold typed number. Symbols, nomenclatures, abbreviations and units should match the figures and text used.

**TABLE 1**  
**DESCRIPTIVE STATISTICS OF FOUR DIMENSIONS OF PERSONALITY OF MALE KABADDI PLAYERS OF DIFFERENT LEVELS**

Personality Dimensions	Statistics	College Level (N=150)	District Level (N=150)	State Level (N=150)
Psychoticism	M	7.16	7.47	7.31.
	SD	2.73	2.76	2.79
Extraversion	M	10.33	10.31	10.13
	SD	3.26	3.09	3.28
Neuroticism	M	8.24	9.74	9.37
	SD	2.67	2.82	2.85
Social Desirability	M	6.85	7.46	7.95
	SD	2.41	2.59	2.88



**Figure-1: Mean Scores of Psychoticism Dimension of Personality of male Kabaddi Players of different level of Achievements**

References should be in the APA style, and only in English. Please ensure that all references in the text are also included in the reference list. The maximum number of references shall not exceed 35 articles for Full Length Original Article/Research Article), and 50 articles for Review Article. “Unpublished observations” and “personal communications” are not allowed to be the references.

### For Example

- AAHPER. (1965).** AAHPER Youth Fitness Test Manual Revised; Washington: D.C publications.
- Mendell, Edward Ronald (1974),** “Differences Between College Male. Intramural Participants and Non Participants with Regard to Personality Athletic Background and Certain Scholastic Indices.” Dissertation Abstracts International 34, 4841 - A.
- Ranu, Rajendra Singh (1981).** “Comparison of Personality Characteristics of Sportsmen and Non-sportsmen.” Unpublished Master’s Thesis, Madhya Pradesh: Jiwaji University, Gwalior.
- Schobet, F. (1981).** The Role of the Ability of Anticipate in the Athletes Action Control. International Journal of Sports Psychology, 12(2), 117-130.
- Suinn, M. (1974).** Psychology in Sport : Methods and Application. Philadelphia : W. B. Saunders Company.
- Sinha., A.K.P. (1986).** “Psychological Dimensions of Sports : psychological Analysis of Sports Performance.” Souvenir , Gwalior :L.N.C.P.E, p 2.