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<sup>1</sup>Department of CSE, Military Institute of Science and Technology, Dhaka, Bangladesh

<sup>2</sup>Department of Biomedical Engineering, Military Institute of Science and Technology, Dhaka, Bangladesh

<sup>3</sup>Department of EEE, Military Institute of Science and Technology, Dhaka, Bangladesh

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**emails:** <sup>1</sup>firstaauthor@mist.ac.bd; <sup>2</sup>secondbauthor@mist.ac.bd; and <sup>3</sup>thirdcauthor@mist.ac.bd (\* - corresponding author)

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### ABSTRACT

Enter your abstract here. This template is a guideline for preparing papers for MIJST. Abstract must be in between 150–250 words. The abstract must be written as one paragraph and should not contain displayed mathematical equations or tabular materials. Ensure that the abstract is well written, easy to understand, and is grammatically correct. Mixing American and British English will not be considered as a good writing. Abstract should reflect the structured abstract format. One or two lines as introduction. Three to four lines to explain the recent and relevant problems as problem statement. Two to three lines to present the main objectives of the research work. Four to five lines to explain the methodology, design, modeling of the system, and experimental setup of the research. Four to five lines should present the results and findings of the focused study or research work. Finally, two to three lines as conclusion. A good abstract is a short reflection of the whole work, its purposes, objectives to achieve, methodology, system design, modeling, outcomes of the study, and its applications in solving the real-life problems.

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## 1. INTRODUCTION

This document is a template for latest Microsoft Office Word. Published paper or PDF version of this document can be used as guidelines in preparing MIJST manuscript. Suggestion is to download the electronic Word file (\*.docx) from MIJST website to prepare manuscript by pasting the texts without changing the formatting of the template.

This template explains the style of MIJST manuscript in detail. A research manuscript may contain the following sections.

- INTRODUCTION
- MATERIALS AND METHODS (FOR RESEARCH PAPER)
- RESULTS AND DISCUSSION

- CONCLUSIONS
- ACKNOWLEDGMENTS
- REFERENCES

## 2. MANUSCRIPT FORMATTING

Manuscript formatting is very important which should be strictly followed by the authors. Formatting includes several points, which are shown in the following bullets points.

- Page formatting
- Text formatting

## 3. PAGE FORMATTING

Page formatting also can be said as page setup. It includes page size, page margin, header, and footer. Specifications for all the pages are presented below.

- Page size: Width: 8.25", Height: 11"
- 1<sup>st</sup> Page margin: Top 1.4" ; Bottom 0.6" ; Inside 0.6" ; Outside 0.6"
- Rest of the pages margin: Top 0.6" ; Bottom 0.6" ; Inside 0.6" ; Outside 0.6"
- Header: From top 0.2" , Footer: From bottom 0.2"

### A. First Page Header

First page header of the manuscript will contain the MIJST logo (height: 0.8" ; left aligned) and 'MIJST' (Font: Cambria; Size: 28; Color: Green; Bold) with full elaboration at the bottom of the text (Font: Cambria; Size: 9; Color: Green; Bold). There will be a blank line as the same style of the elaboration. There will also be a line bar at the bottom of the logo and text scattered from left end to right end of the margin.

### B. Header of Second and Rest of the pages

Second and rest of the page headers of the manuscript will contain the 'MIJST' (height: 0.25" ; left aligned; Font: Cambria; Color: Green; Bold) and First Author Name (*et al.*) with the title of the manuscript (Font: Cambria; Size: 8; Italic). The author name and title could be one or two lines depending on the length of the title. There will be a line bar at the bottom of the texts scattered from left end to right end of the margin.

### C. Footer of all the pages

Footer of all the pages will be in same format where volume and issue numbers will be at the left written in the format as "MIJST, V. XX, No. XX, 2020" (Font: Cambria; Size: 8; Italic) and the page number aligned at the right (Font: Cambria; Size: 8; Italic).

## 4. TEXT FORMATTING

Manuscript texts are characterized by several names based on the position of the texts. The text of the manuscript starts with the title of the manuscript and ends with the authors' biography. Detail of the text formatting is presented in the next section.

## 5. STYLE OF THE TEXTS

Based on the different positions of the text(s), they can be classified as Title section, Abstract section, Body text, Acknowledgements, References, and Author biography.

### A. Title Section

Title section of the manuscript includes Title of the manuscript, Authors' names, Affiliations & associations, email addresses, and support/sponsor information. Detail explanation is presented below.

#### i. Title Style of the Manuscript

There will be a blank line at the beginning of the page, just before the title. Next line will contain the title itself. Title can be with in one or two lines. The title of the manuscript should be 18 points Cambria with capitalized each word, single line spacing, and 18 points line spacing after paragraph. Specifications can be presented as follows:

- A blank line (Font: Cambria, Size: 18, Line spacing: Single, Paragraph spacing: 0)

- Title (Font: Cambria, Size: 18, Line spacing: Single, Paragraph spacing: 18, Bold, capitalize each word, Justified)

#### ii. Authors' Names

Immediate next line will contain Authors' names. Each author name should contain a number as the superscript at the end of each name. Corresponding author must have an '\*' symbol with a number. Specifications can be presented as follows:

- Font: Cambria, Size: 11, Line spacing: Single, Paragraph spacing: 6, Bold, capitalize each word, Align Left.

#### iii. Affiliations & Associations

Next multiple lines will contain the affiliation and association information of each author with the corresponding numbers as superscript at the beginning of each line. Specifications of the line style are presented below:

- Font: Cambria, Size: 9, Line spacing: Single, Paragraph spacing: 0, Align Left.

#### iv. E-mail Addresses

Next line will contain the e-mail addresses of the authors. The line will start with the text "emails:" (bold & not italic). Specifications of the line style are presented below:

- Font: Cambria, Size: 9, Line spacing: Single, Paragraph spacing: before & after paragraph 6, Align Left.
- Only email addresses will be in italic format and separated by semicolon (;).
- One extra line after the email address (same style)

### B. Abstract Section

Abstract section is basically a table with four rows, three columns, center aligned, and auto fit to window. There will be no vertical lines for the table. Second and third rows of third column should be merged for the abstract text. The width of the first column is 2", width of the middle column (empty column) is 0.16", and width of the third column is 4.9". For each of the cells of the table, indentation should be (-0.07") for both left and right.

#### i. Border Style

There will be top border (single line border) of the table. For each of the cells (except the empty cells), there should be top and bottom border (single line). There will be a top border (single line) for the last row containing the text "© 2019 MIJST. All rights reserved." There will be no bottom border of the cell as well as the table.

#### ii. Cell Contents and Styles

First row will contain the headings; First row first column: "ARTICLE INFO" with single line border at bottom, and First row third column: "ABSTRACT" with single line border at bottom. Font will be Cambria, front 10, Bold, Capitalize, left justified, extra space in between the characters, single line spacing, and Paragraph spacing: before & after 6.

Second row first column will contain four lines (article information) with extra empty lines at the beginning and the end. Style should be, Cambria, front 9, Italic, left justified, single line spacing, and Paragraph spacing: before & after 0.

Third row first column will contain Key-words/Key-phrases with extra empty lines at the beginning and the end. Style should be, Cambria, front 9, Left justified, single line spacing, and Paragraph spacing: before & after 0. The heading “**Key-phrases:**” should be bold.

Second and third rows of the third column should be merged and will contain the abstract text (Cambria, front 10, justify, single line spacing, and Paragraph spacing: before & after 6).

Fourth row third column will contain the text “© 2019 MIJST. All rights reserved.”, font as Cambria, front size 8, right aligned, single line spacing, and Paragraph spacing: before & after 0.

[**Note: after the abstract section table, there should be two blank lines in single column formatted as: Times new roman, front size 10, single line spacing, paragraph spacing 0. Immediate after these two empty lines, two column body text will begin with the first level heading “1. INTRODUCTION.”]**

### C. Body Text and Styles

Body text will contain several points such as, First level heading, Second level heading, Third level heading, Paragraphs, Bullets and numbering styles, Figures, Tables, and Equations.

**First level heading:** Style of the first level heading will be, Cambria, front 10, Bold, left justified, single line spacing, and Paragraph spacing: after paragraph 6. First level heading should use the numbering format as 1., 2., 3., 4., ... etc. Hanging of the first level heading is 0.25.

**Second level heading:** Style of the second level heading will be, Cambria, front 10, Bold, Italic, left justified, single line spacing, and Paragraph spacing: 0. Second level heading should use the numbering format as A., B., C., D., ... etc. Hanging of the second level heading is 0.25.

**Third level heading:** Style of the third level heading will be, Cambria, front 10, Bold, Italic, left justified, single line spacing, and Paragraph spacing: 0. Second level heading should use the numbering format as i., ii., iii., iv., ... etc. Hanging of the third level heading is 0.25, and indentation left is also 0.25.

**Paragraph style:** There should be no indentation or tab spacing at the beginning of any of the paragraph, if not necessary. Style of the paragraph will be, Times New Roman, front 10, justify, single line spacing, and Paragraph spacing: after paragraph 6.

Please avoid hyphenation at the end of a line. Symbols denoting vectors and matrices should be indicated in bold type in equation format. Scalar variable names should normally be expressed in italics. Weights and measures should be expressed in SI units. All non-standard abbreviations or symbols must be defined when first mentioned, or a glossary provided.

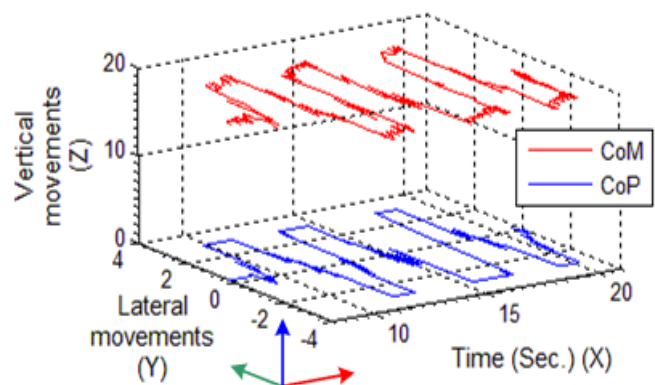
**Bullets and Numbering Style:** Style of the Bullets and Numbering will be, Times New Roman, front 10, justify, single line spacing, Paragraph spacing: after paragraph 6. Hanging of the Bullets and Numbering style is 0.25, and indentation left is also 0.25. In the Paragraph window of the Word Document, it is mandatory to select “Don’t add space between paragraphs of same style” for Bullets and Numbering style.

**Figures:** Figures and artworks are the most important part of a good manuscript. It is very important to provide high quality images with clear readable texts. Figures must be unique and produced by the authors in preparing their manuscripts. If any image or artwork are taken from other sources, authors must have proper permission to use it in their text with proper in text citation. A figure or image can be paste in two or one column format. The title of the figure should be written just at the next line of the figure. Explanation or description of the figure should appear in the writings before the figure is paste in the manuscript. Figures should be numbered as, **Figure 1:**, **Figure 2:**, **Figure 3:**, ... etc.

It is mandatory to use necessary texts to present X & Y axes, Legends, etc. For the in text use of figure, please use “Figure #” with the capital ‘F’ for the word ‘Figure’. For example, Figure 1 presents the experimental results CoP-CoM trajectory patterns of bipedal robot for forward walking (Akhtaruzzaman *et al.*, 2017).

Figure title should be start with “**Figure #:**” in bold format. Rest of the title text will be in normal case (not bold). Figure and figure title must be aligned at the center position. There should be a clone (:) after the figure number. Please remember that figure must be pest “in line with the text”. Figure should not cross the boundary of the page margin. Style of the figure and figure title are presented below.

- Font: Cambria
- Font size: 9
- Line spacing: Single
- Paragraph spacing: After 6
- Title heading (**Figure #:**): Bold
- Rest of the text: Normal
- Alignment: Center



**Figure 1:** CoP-CoM trajectory patterns of biped robot for forward walking (experimental) (Akhtaruzzaman *et al.*, 2017)

**Tables:** Tables are also one of the most important parts of a good manuscript. The style of the tables should be followed very carefully. A table can be presented in two column format or in single column format if necessary. Font size of the table text could be 8 to 10 points depending on the necessity. A table should be center aligned and fit with the window.

Title of a table should be written just before (top) the table when it is presented. Table should fit with the window and should not cross the page margin. Table should be “in line of the text” and center aligned. Table title also must be center aligned. A table must be presented in table format, not in image or other.

Table title should be start with “**Table #**” in bold format. Rest of the title text will be in normal case (not bold). There should not be any clone (:) or dot (.) after the table number. If any table or table data are taken from other sources, authors must have proper permission to use it in their text with proper in text citation. For example, [Table 1](#) presents the muscle groups involved in knee joint movements (Akhtaruzzaman et al., 2016).

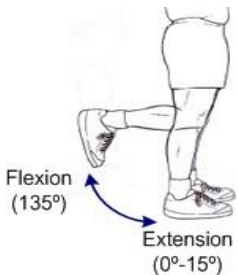
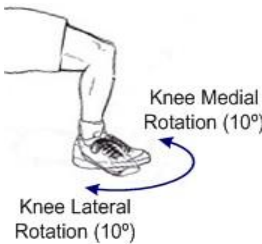
First line of the table title should contain “Table #” in bold format where the number should be as [Table 1](#), [Table 2](#), [Table 3](#), [Table 4](#), ... etc. There will be single line spacing and before paragraph 6 points spacing. Font will be, Cambria 9 points, center aligned.

Next line should be the title of the table. There will be single line spacing and after paragraph 6 points spacing. Font will be, Cambria 9 points, center aligned.

Style of the table will be as presented in Table I. There will be no vertical borders. The top and bottom border of table should be in double lined style. Bottom border of the first row (table heading) should be in single line border style. A table can include text, equations, and images if necessary. If any equation is used in the table text, it is not necessary to use or assign equation number for that equation.

After the table there should be a blank line, font Cambria, 9 points, single line spacing, paragraph spacing 6 points (after paragraph).

**Table 1**  
Knee joint movements and Muscle groups (Akhtaruzzaman et al., 2016)

Knee Movements	Muscle groups	
	<p><b>Extensor</b></p> <ol style="list-style-type: none"> <li>1. Rectus femoris</li> <li>2. Vastus lateralis</li> <li>3. Vastus intermedius</li> <li>4. Vastus medialis</li> </ol>	<p><b>Flexor</b></p> <ol style="list-style-type: none"> <li>1. Sartorius</li> <li>2. Gracilis</li> <li>3. Biceps femoris</li> <li>4. Semimembranosus</li> <li>5. Semitendinosus</li> <li>6. Plantaris</li> <li>7. Popliteus</li> <li>8. Gastrocnemius</li> </ol>
	<p><b>Lateral Rotator</b></p> <ol style="list-style-type: none"> <li>1. Biceps femoris</li> </ol>	<p><b>Medial Rotator</b></p> <ol style="list-style-type: none"> <li>1. Gracilis</li> <li>2. Sartorius</li> <li>3. Semimembranosus</li> <li>4. Semitendinosus</li> <li>5. Popliteus</li> </ol>

**Equations:** Equations and formulae should be typed in Math-type (Equation format) and numbered consecutively with Arabic numerals in parentheses on the right aligned of the column (if referred to explicitly in the text). The equations should also be separated from the surrounding text by paragraph spacing 6 points. Each equation must be presented in text with proper explanation. If the equation is copied from other sources, proper in text citation should be presented. For example: Equation (1) presents the State Space (SS) model of a rotary inverted pendulum (Akhtaruzzaman & Shafie, 2010). All the terms of an equation must be presented with proper definition.

$$\begin{bmatrix} \dot{\theta} \\ \dot{\alpha} \\ \ddot{\theta} \\ \ddot{\alpha} \end{bmatrix} = \begin{bmatrix} 0 & 0 & 1 & 0 \\ 0 & 0 & 0 & 1 \\ 0 & \frac{bd}{E} & \frac{-cG}{E} & 0 \\ 0 & \frac{qd}{E} & \frac{-bG}{E} & 0 \end{bmatrix} \begin{bmatrix} \theta \\ \alpha \\ \dot{\theta} \\ \dot{\alpha} \end{bmatrix} + \begin{bmatrix} 0 \\ 0 \\ c \frac{\eta_m \eta_g K_t K_g}{R_m E} \\ b \frac{\eta_m \eta_g K_t K_g}{R_m E} \end{bmatrix} V_m \quad (1)$$

**6. MATERIALS AND METHODS / SYSTEM MODELING (FOR RESEARCH PAPER)**

Author must present detail about the materials and methods or system modeling at the corresponding section. Applied method must be explained clearly with necessary equations and notations where necessary.

## 7. EXPERIMENTAL SETUP

Author should present experimental setup in detail at this section with necessary diagrams, images, and flow charts.

## 8. RESULT ANALYSIS

Author must present valid results, analysis, and discussions at this section. Benchmarking also can be presented at this section.

## 9. CONCLUSIONS (COPYRIGHT AND LICENSE)

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## ACKNOWLEDGEMENTS

Authors must acknowledge any contribution, support, funding, or other at this section. Acknowledgements heading should be left justified, bold, capitalized, Cambria, font 10. These headings should not have any number. Text under the acknowledgement should be same as the paragraph style of the manuscript.

## REFERENCES

Follow American Psychological Association (APA) 7<sup>th</sup> edition system (<https://libguides.murdoch.edu.au/APA/all>). List the references at the end in alphabetical order.

Reference heading must be left justified, bold, capitalized, Cambria, and font size 10. These headings should not have any number. List of the references should be styled as, Times New Roman, font size 9, line spacing single, paragraph spacing 6 (after paragraph), and no spacing in between same style of paragraph. There should be no indentation but hanging at 0.25".

References to other publications must comply with **APA 7<sup>th</sup>** reference style formatting and carefully check for completeness, accuracy, and consistency. Each reference must be cited in the main text. Similarly, any referee cited in the text must be listed in this section. Please avoid excessive referencing. **The bibliography must be formatted correctly before submission.**

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how many there are. **However, there should usually be no more than 50 references per article. Note that authenticated websites may be used as the reference with proper format.**

**In text citation** should be as: (Adams, 2006) using the first named author's name or (Adams & Brown, 2006) citing both names of two authors, and (Adams et al., 2006) when there are three or more authors. **At the end of the paper a reference list in alphabetical order should be supplied.** If you quote directly from an author you need to include the page or paragraph number of the quote in your in-text reference like (Smith & Bruce, 2018, pp. 25-26). Please use '&' instead of 'and' for reference list and in text reference formatting. Below are some examples of most common types of documents' reference styles which could be followed while including references in a manuscript.

### Books:

- McCandless, B. R., & Evans, E. D. (1973). *Children and youth: Psychosocial development*. Hinsdale, IL: Dryden Press.
- Rosenthal, R., Rosnow, R. L., & Rubin, D. B. (2000). *Contrasts and effect sizes in behavioral research: A correlational approach*. Cambridge University Press.

### Book chapters:

- Payne, S. (1999). 'Dangerous and different': Reconstructions of madness in the 1990s and the role of mental health policy. In S. Watson & L. Doyal (Eds.), *Engendering social policy* (pp. 180-195). Open University Press.
- Medley, D. M. (1983). Teacher effectiveness. In Mitzel, H. E. (Ed.), *Encyclopedia of educational research* (Vol. 4, pp. 1894-1903). New York: The Free Press.

### Journal articles:

- Akhtaruzzaman, M., Shafie, A. A., & Khan, M. R. (2017). Quasi-inverse Pendulum Model of 12-DoF Bipedal Walking. *International Journal of Automation and Computing (IJAC)*, 14(2), 179-190. DOI: 10.1007/s11633-016-1023-1
- Akhtaruzzaman, M., Shafie, A. A., & Khan, M. R. (2016). A Review on Lower Appendicular Musculoskeletal System of Human Body, *IJUM Engineering Journal*, 17(1), 83-102.
- Ruxton, C. (2016). Tea: Hydration and other health benefits. *Primary Health Care*, 26(8), 34-42. DOI:10.7748/phc2016.e1162

### Conference Proceedings:

- Akhtaruzzaman, M., & Shafie, A. A. (2010, August 4-7). Modeling and Control of a Rotary Inverted Pendulum Using Various Methods, Comparative Assessment and Result Analysis. Proceedings of 2010 IEEE International Conference on Mechatronics and Automation, Xi'an, China. (pp. 1342-1347).
- Rowling, L. (1993, September). Schools and grief: How does Australia compare to the United States [Paper presentation]. In *Wandarna coowar: Hidden grief*. 8th National Conference of the National Association for Loss and Grief (Australia), Yeppoon, Queensland (pp. 196-201). National Association for Loss and Grief.

### Patents:

- Irwin, M. D., Lovelace, J., & Mielczarek, K. (2018). Australian Patent No. AU 2018204249. Canberra, ACT: IP Australia.

### Theses/Dissertations:

- Milnes, G. M. (1998). *Adolescent depression: The use of generative instruction to increase rational beliefs and decrease irrational*

- beliefs and depressed mood* [Unpublished M.Appl.Psy. thesis]. Murdoch University.
- Callaghan, S. J. (2018). *The mechanics of front leg loading during cricket fast bowling: Delivery variations, spell demands, and the effects of strength training* [Doctoral dissertation]. Perth, WA: Edith Cowan University.
- Ryan, J. (2014). *The measurement and meaning of coping in psychiatric patients* [PhD thesis, Murdoch University]. Murdoch University Research Repository. <https://researchrepository.murdoch.edu.au/id/eprint/24254/>

**Internet Documents:**

- Australia. Department of Health and Aged Care. (2000). *National youth suicide prevention strategy*. (Extracted on Apr. 28, 2020). Source: <http://www.health.gov.au/hsdd/mentalhe/sp/nysps/about.htm>
- Goldberg, I. (2000). Dr. Ivan's depression central. (Extracted on Apr. 28, 2020). Source: <http://www.psycom.net/depression.central.html>