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Scientific paper writing is a vital task for any professional individuals. It is more so in medical field. Paper writing starts right from the learning stage and goes on till the end stage of an individual's career. A person's career and contribution is recognized and appreciated on the basis of scientific papers that he has published. Recently in Nepal also, with the emerging of newer medical colleges in bigger cities, paper writing has become not only a compulsion but also a hobby for those who like to study and do research. In that sense, many scientific journals have also been started and one of them is Nepal Journal of Neuro Science (NJNS). However, it has been found that paper writing is still a challenging job especially for beginners. Occasionally, even for seniors who have not published their paper in international journals, paper writing seems to be troublesome and harassing.

Hints and tips of a good paper writing has been published several times in NJNS in order to educate the beginners and to share the idea with others. However, it has been found that paper writing has not yet been perfect enough yet. Many mistakes are found and paper has to be sent back to author to make necessary correction. It is tiresome for both the author and editor. In fact, in international journal, the paper has to be written in a perfect way, as per the guidelines, before submission. Even a small mistake will prevent it to enter the editorial process and the paper will be directly rejected. However, in Nepalese context we tend to make necessary corrections to the utmost level and don't reject the paper as far as possible. In order to avoid this hassle, we are again trying to give few hints which will definitely prove to be very helpful for paper writing.

General consideration

Paper writing is not like writing an essay. It has certain rules and regulations. Moreover, each an individual journal has its own format and style. Therefore, before writing a paper for a particular journal, it is mandatory to study the format of that journal thoroughly. This information about the journal can be found under the heading of "instruction to the author" in the website of the journal or in the journal itself. Another way to find it is going through the articles of the previous issue of the journal. Any standard journal is so particular that even placement of comma, full stop, punctuation mark, font style, font size etc must be correct. And this is the responsibility of author. If such

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mistakes are found, the paper will be returned no matter how good it is. Then comes the responsibility of Editorial board. Editor's job is to review the article how well it is written, does it meet the standard of journal or not, are the statistical tools and analysis correct or not etc. Therefore, anybody who has experience of sending his/her article to such international journals, they understand it clearly beforehand and write the paper as per the guidelines of that particular journal. Same thing applies to any journal.

Following things are few important things to be noted while writing a paper

Authors

Complete name and qualification of all the authors should be mentioned. Similarly institute and address where the study was carried out should be mentioned. In some journal number of authors is also fixed which should not be crossed. Similarly contact address including email address of the corresponding author should also be clearly written.

Abstract

While writing an abstract, it should include details of the whole study precisely and concisely. Editors can assess the quality of paper by reading the abstract. It should contain headings as per guidelines. The number of words should be fixed. In most of the journals word count of abstract is limited to 250 words. The number of key words and its order should also be as per guidelines. If abstract is not properly written, it is possible that the paper will be rejected before entering the editorial process.

Abbreviations

Abbreviations should be avoided as far as possible. However, abbreviations following its full form are acceptable in almost all the journals.

Tables and Figures

Tables and figures should be appropriately made, each of them should be numbered and appropriate caption should be given. Tables should be made in Excel and should be submitted as a separated file. Similarly figures must be made either in power point or as a separate

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picture, Jpeg or any other format and should be submitted as a separate file. Tables and figures must be quoted in the main text of the paper appropriately and serially.

References

This is one of the vital parts of paper writing which is often mistaken. Paper is repeatedly sent back to correct it. There are different systems of referencing the articles. One of them is Harvard system in which name of author and date (in abbreviation) are enclosed in parenthesis and embedded in the text. Later, the list of full articles that are cited is enclosed in the end of the article. This system is not popular in the journals of medical science. According to another system, the articles cited are numbered and listed

serially in order and then they are identified in the text by Arabic numerals. This is called Vancouver system. This is a more popular system in medical journals. The numbering system of articles may be different from journal to journal. This can be according to alphabetical order or in order of their first appearance in the text.

Again while writing an article in the list, there is a system according to the journal. For example in case of Nepal Journal of Neuroscience it is written in order of name of authors followed by full stop, title of the article, its issue number, colon and the year of its publication at the end without full stop. This proper way has to be followed while writing a scientific paper.

Proper paper writing is the clue to get through any reputed medical journal.