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The Planet

(A Peer-review Journal)

A Journal devoted to medical science

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The Planet

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Volume - 10	Number – 04	October – December 2026

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INSTRUCTION TO AUTHORS

A. Introduction

The Planet is the official journal of Sher-E-Bangla Medical College, Barishal and accepts articles for publication from home and abroad. This is a quarterly journal and aims to publish work of the highest quality from all branches of medical science. The aim of the publication is to promote research in Bangladesh and serves as a media for dissemination of scientific information andrecent knowledge among the readers.

B. Categories of Articles:

The journal accepts original research, review articles and case reports for publication.

Original Research:

Original, in-depth research article that represents new and significant contributions to medical science will be accepted. Each manuscript should be accompanied by a structured abstract of up to 250 words using the following headings: Objective, Methods and Materials, Results, Conclusions and Key words. Three to five keywords to facilitate indexing should be provided in alphabetical order below the abstract. The text should be arranged in sections on INTRODUCTION, METHODS 53 and MATERIALS, RESULTS and

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All manuscripts should meet the following criteria: the material is original, study methods are appropriate, data are sound, conclusions are reasonable and supported by the data, andthe information is important; the topic has general medical interest; and that the article is written in reasonably good English. Manuscripts which do not follow the guidelinesof Journal "The Planet" are likely to be sent back to authors. All accepted manuscripts are subject to editorial modifications to suit the language and style of "The Planet" Journal and suggestions may be made to the authors by the Editorial Board to improve the scientific value ofthe journal.

D. Editorial Process:

The Planet Journal commits to high ethical and scientific standards. Submitted manuscripts are considered with the understanding that theyhave not been published previously in print or electronic format (except in abstract or poster form) and are not under consideration by another publication or electronic medium. Statements and opinions expressed in the articles published in the Journal are those of the authors and not necessarily of the Editor. Neither the Editor nor the Publisher guarantees, warrants, or endorses any product or service advertised in the Journal. All manuscripts appropriately submitted to the editor in chief of "The Planet" Journal are first reviewed by the Editors. Manuscripts are evaluated according to their scientific merit, originality, validity of thematerial presented and readability. Some manuscripts are returned back to the authors at this stage if the paper is deemed inappropriatefor publication in the "The Planet" Journal, if the paper does not meet the submission requirements, or if the paper is not deemed to have a sufficiently high priority. All papers considered suitable by the Editors for progress further in the review process, undergo peer review by at least two reviewers. If there is anygross discrepancy between the comments of two reviewers, it is sent to a third reviewer. Peer reviewers' identities are kept confidential; authors' identities are also not disclosed to the reviewers. Accepted articles are edited, without altering the meaning, to improve clarity and understanding. Decision about provisional or final acceptance is communicated within 8 weeks.

E. Cover Letter:

The cover letter should outline the importance and uniqueness of the work. It should include the signed declaration from all authors on:

a. Category of manuscript (original research, review article, case report)
b. Statement that the material has not been previously published or submitted elsewhere for publication (this restriction does not apply toabstracts published in connection with scientificmeetings.)
c. Transfer of copyright to the Planet Journal upon the acceptance of the manuscript for publication.
d. All authors have reviewed the article and agreed with its contents.
e. Information of any conflicts of interest (of any) of the authors.
f. Sources of research support, if any, includingfunding, equipment, and drugs.

The cover letter should also include the mailing address, telephone numbers, and e-mail address of the corresponding author.

F. Manuscript Preparation:

The manuscripts should comply with the prescribed guidelines. It should be well organized and written in simple and correct English under appropriate headings. The abbreviations and acronyms should be spelledout when they occur first time.

The Introduction should address the subject ofthe paper. The Methods and Material section should describe in adequate detail the laboratory or study methods followed and statethe statistical procedures employed in the research. This section should also identify the ethical guidelines followed by the investigatorswith regard to the population, patient samples or animal specimens used. A statement should be made, where applicable, that their study conforms to widely accepted ethical principles guiding human research (such as the Declaration of Helsinki) and also that their study has been approved by a local ethics committee. The Results section should be concise and include pertinent findings and necessary tables and figures. The Discussion should contain conclusions based on the major findings of thestudy, a review of the relevant literature, clinicalapplication of the conclusions and future research implications. Following the Discussion, Acknowledgements of important contributors and funding agencies may be given.

a. Title page information

• **Title:** Title should be concise and informative. Titles are often used in information-retrieval systems. Avoid abbreviations in title.

• **Author names and affiliations:** Please clearly indicate the given name (s) and family name (s) of each author and check that namesare accurately spelled. Present the authors affiliation and addresses (where the actual work was done) below the names. Indicate all affiliations with a lower case superscript letter immediately after the author's name and in front of the appropriate address. Provide the e-mail address of each author.

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b. Abstract:

A concise and factual abstract is required. Theabstract should state briefly the purpose of the research, the principal results and majorconclusions. An abstract is often presented separately from the article, so it must be able to stand alone. References should be avoided. Also, non-standard or uncommon abbreviationsshould be avoided, but if essential they must bedefined at their first mention in the abstract itself.

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Collate acknowledgements in a separate section at the end of the article before thereferences. List here those individuals who provided help during the research (e.g. providing language help, writing assistance or proof reading the article, etc.).

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Follow internationally accepted rules and conventions: use the international system of units (SI). If other units are mentioned, please give their equivalent in SI. Generic rather than trade names of drugs should be used.

g. Figures and graphics:

- For graphics, a digital picture of 300 dpi or higher resolution in JPEG format should besubmitted.
- Figures should be numbered consecutively according to the order in which they have beenfirst cited in the text, if there is more than 1 figure. Each figure should be cited in the text inHindu-Arabic numerals.
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Tables should be placed next to the relevant text in the article.

- Number tables consecutively in accordance with their appearance in the text. Each table should be cited in the text in Roman numerals.
- Titles should be brief and a short or abbreviated heading for each column should begiven.
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i. References:

References should follow the standards summarized in the NLM's International Committee of Medical Journal Editors (ICMJE). Recommendations for the Conduct, Reporting, Editing and Publication of Scholarly Work in Medical Journals (ICMJE recommendations), available at: http://www.icmje.org/recommendations/. The titles of journals should be abbreviated according to the style used for MEDLINE (www.ncbi.nlm.nih.gov/nlmcatalog/journals). Journals that are not indexed should be writtenin full.

- References should be numberedconsecutively in the order in which they are firstmentioned in the text.
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Examples of correct forms of references are given below:

1. Articles in Journals (see also Journal article on the Internet)

Standard journal article- List the first six authorsfollowed by et al.

Halpern SD, Ubel PA, Caplan AL. Solid-organ transplantation in HIV-infected patients. N Engl J Med. 2002 Jul 25; 347(4):284-7.

More than six authors:

Rose ME, Huerbin MB, Melick J, Marion OW, Palmer AM, Schiding JK, et al. Regulation of interstitial excitatory amino acid concentrations after cortical contusion injury. Brain Res. 2002;935(1-2):40-6.

2. Organization as author

Diabetes Prevention Program Research Group. Hypertension, insulin, and proinsulin in participants with impaired glucose tolerance. Hypertension. 2002; 40(5):679-86.

3. Both personal authors and organization as author (List all as they appear in the byline.) Vallancien G, Emberton M, Harving N, van Moorselaar RJ; Alfa-One Study Group. Sexual dysfunction in 1,274 European men suffering from lower urinary tract symptoms. J Urol. 2003; 169(6):2257-61.

Books and Other Monographs:

1. Personal author(s)

Murray PR, Rosenthal KS, Kobayashi GS, Pfaller MA. Medical microbiology. 4th ed. St. Louis: Mosby; 2002.

2. Editor(s), compiler(s) as author Gilstrap LC 3rd, Cunningham FG, VanDorsten JP, editors.Operative obstetrics. 2nd ed. New York:McGrawHill; 2002.

3. Organization(s) as author Advanced Life Support Group. Acute medical emergencies: the practical approach. London: BMJ Books; 2001. 454 p.

4. Chapter in a book Meltzer PS,

Kallioniemi A, Trent JM. Chromosome alterations in human solid tumors. In: Vogelstein B, Kinzler KW, editors. The genetic basis of human cancer. New York: McGraw-Hill; 2002. p. 93-113.

Monograph on the Internet:
Foley KM, Gelband H, editors. Improving palliative care for cancer [Internet]. Washington: National Academy Press; 2001 [cited 2002 Jul 9]. Available from: http:// www.nap.edu/books/030907 4029/html/.

Homepage/Web site:
Cancer-Pain.org [Internet]. New York: Association of Cancer Online Resources, Inc.; c2000-01 [updated 2002 May 16; cited 2002 Jul9]. Available from: http:// www.cancer-pain.org/.

G. Policy regarding use of AI: Author must follow

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c. The submission file is in Microsoft Word file format, and the figures are in JPEG format.
d. The text is single-spaced; uses a 12-point font; employs italics, rather than underlining(except with URL addresses); and all illustrations, figures, and tables are placed within the text at the appropriate points, rather than at the end.
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f. Spell and grammar checks have been performed.
g. All authors have read the manuscript and agree to publish it.

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