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**without mention place of research (17pt)**

First Author <sup>a,1</sup>, Second Author <sup>b,2</sup> (11pt)

<sup>a</sup> faculty, university, city, country (10pt)

<sup>b</sup> faculty, university, city, country (10pt)

Corresponding author: email address

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#### ABSTRACT

Please write a brief introduction, followed by the purpose of the study. Describe the main methods or treatments that were briefly applied. Summarize the article's main findings. Indicate the main conclusions or interpretations. The abstract should objectively represent the article; it must not contain results not presented and substantiated in the main text and should not exaggerate the main conclusions (10 pt).

The abstract should be written with a maximum words 250-300 in English.

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## 1. Introduction (*Heading 1*) (bold, 11 pt)

[11 pt times new roman, Regular, with 1,15 space] The introduction should briefly place the study in a broad context and highlight why it is essential. It should define the purpose of the work and its significance. The current state of the research field should be reviewed carefully, and key publications cited. Please highlight controversial and diverging hypotheses when necessary. Finally, briefly mention the main aim of the work and highlight the principal conclusions. As far as possible, please keep the introduction comprehensible to scientists outside your particular field of research. References should be numbered in order of appearance and indicated by a numeral or numerals in parenthesis, e.g., [10] or [2,3], or [4-6]. See the end of the document for further details on references.

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Finally, complete content and organizational editing before formatting. Please take note of the following items when proofreading spelling and grammar:

## 2. Method

Methods are written in detail. The method includes all research processes starting with research design, sample selection and sample criteria, data collection, and processing. If



**there are stages of validity and reliability of the instrument, please include brief operational definitions related to filling in the instrument, and please write the ethics of research.**

## 2.1. Abbreviations and Acronyms

Define abbreviations and acronyms the first time they are used in the text, even after they have been defined in the abstract. Abbreviations such as IEEE, SI, MKS, CGS, sc, dc, and rms do not have to be defined. Do not use abbreviations in the title or heads unless they are unavoidable.

## 2.2. Units

- Use either SI (MKS) or CGS as primary units. (SI units are encouraged.) English units may be used as secondary units (in parentheses). An exception would be the use of English units as identifiers in trade, such as “3.5-inch disk drive.”
- Avoid combining SI and CGS units, such as current in amperes and magnetic field in oersteds. This often leads to confusion because equations do not balance dimensionally. If you must use mixed units, clearly state the units for each quantity that you use in an equation.
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- Use a zero before decimal points: “0.25,” not “.25.” Use “cm<sup>3</sup>,” not “cc.” (*bullet list*)

## 2.3. Some Common Mistakes

- The word “data” is plural, not singular.
- The subscript for the permeability of vacuum  $\mu_0$ , and other common scientific constants, is zero with subscript formatting, not a lowercase letter “o.”
- In American English, commas, semi-/colons, periods, question and exclamation marks are located within quotation marks only when a complete thought or name is cited, such as a title or full quotation. When quotation marks are used, instead of a bold or italic typeface, to highlight a word or phrase, punctuation should appear outside of the quotation marks. A parenthetical phrase or statement at the end of a sentence is punctuated outside of the closing parenthesis (like this). (A parenthetical sentence is punctuated within the parentheses.)
- A graph within a graph is an “inset,” not an “insert.” The word alternatively is preferred to the word “alternately” (unless you really mean something that alternates).
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- In your paper title, if the words “that uses” can accurately replace the word using, capitalize the “u”; if not, keep using lower-cased.
- Be aware of the different meanings of the homophone’s “affect” and “effect,” “complement” and “compliment,” “discreet” and “discrete,” “principal” and “principle.”
- Do not confuse “imply” and “infer.”
- The prefix “non” is not a word; it should be joined to the word it modifies, usually without a hyphen.
- There is no period after the “et” in the Latin abbreviation “et al.”

- The abbreviation “i.e.” means “that is,” and the abbreviation “e.g.” means “for example.”
- An excellent style manual for science writers is [7].

3. Results and Discussion

After the text edit has been completed, the paper is ready for the template. Duplicate the template file by using the Save As command, and use the naming convention prescribed by your conference for the name of your paper. In this newly created file, highlight the contents and import your prepared text file. You are now ready to style your paper; use the scroll-down window on the left of the MS Word Formatting toolbar.

3.1. Results

Positioning Figures and Tables: Place figures and tables at the top and bottom of columns. Avoid placing them in the middle of columns. Large figures and tables may span across both columns. Figure captions should be below the figures; table heads should appear above the tables. Insert figures and tables after they are cited in the text. Use the abbreviation “Fig. 1,” even at the beginning of a sentence.

Table 1. Table Styles

Table Head	Table Column Head		
	Table column subhead	Subhead	Subhead
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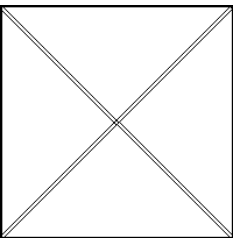


Fig. 1. Example of a figure caption. (figure caption)

Figure and Table Labels: Use 10-point Times New Roman for Figure and table labels and the content. Use words rather than symbols or abbreviations when writing Figure axis labels to avoid confusing the reader. As an example, write the quantity “Magnetization” or “Magnetization, M,” not just “M.” If including units in the label, present them within parentheses. Do not label axes only with units. In the example, write “Magnetization (A/m)” or “Magnetization (A ( m(1),” not just “A/m.” Do not label axes with a ratio of quantities and units. For example, write “Temperature (K),” not “Temperature/K.”

3.2. Discussion

This section for discussion about the results of the research, please include contributions to science following research, compare the results with previous studies and theories, and use a minimum of 10 references from international journals or Scopus or SINTA for at least 5 years.

#### 4. Conclusion

**Conclusions are written in paragraphs (not in the form of points). Conclusions are written briefly based on the research results, implications and provide suggestions and recommendations for further research.**

Provide a statement that what is expected, as stated in the "Introduction" chapter can ultimately result in "Results and Discussion" chapter, so there is compatibility. Moreover, it can also be added to the prospect of developing research results and application prospects of further studies into the next (based on result and discussion).

#### Acknowledgment (*HEADING 5*)

All contributors who do not meet the criteria for authorship should be acknowledged in the text. A person who provided purely technical assistance, writing assistance, or a department chairperson who provided only general support are examples of those who might be acknowledged. Financial and material assistance should be acknowledged as well.

#### Author contributions (optional)

The contributions of each author should be revealed clearly and will be published in the article with the author's initials.

#### Disclosure statement/Conflict of Interest

No potential conflict of interest was reported by the authors. Authors are responsible for disclosing financial support from industry or other conflicts of interest that might bias the interpretation of results. If you have no interests to declare, please state this (suggested wording: The authors report no conflicts of interest).

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References must be numbered **(Springer-Vancouver style with bracket)** in order of appearance in the text (including citations in tables and legends) and listed individually at the end of the manuscript [1]. We recommended **preparing the references with Mendeley as a bibliography software package (Reference Manager) to avoid typing mistakes and duplicated references** [2]. Citations and References in Supplementary files are permitted, provided that they also appear in the reference list here. In the text, reference numbers should be placed in parenthesis [ ] and placed before the punctuation; for example, [3], [4], [5–9]. For embedded citations in the text with pagination, use parentheses to indicate the reference number and page numbers; for example, [5] [p. 10], or [6] [pp. 101–105]. **References minimum 20 references with minimum 10 references from international paper/scopus for the last 5 years. At least 10 years can be used for references from books. use at least 10 years.**

1. Hallowell SG, Froh EB, Spatz DL. Human milk and breastfeeding: An intervention to mitigate toxic stress. Nurs Outlook. 2017;
2. Improving Exclusive Breastfeeding Via Mobile Phone Text Messages. Case Med Res. 2019;
3. Obesity [Internet]. Elsevier; 2013. Available from: <https://linkinghub.elsevier.com/retrieve/pii/C20110069454>

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8. Lessen R, Kavanagh K. Position of the academy of nutrition and dietetics: Promoting and supporting breastfeeding. J Acad Nutr Diet. 2015;
9. Sachs HC. The transfer of drugs and therapeutics into human breast milk: An update on selected topics. Pediatrics. 2013.

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