

TITLE OF YOUR MANUSCRIPT

(English: Times New Roman, Sinhala: FMAbhaya, Tamil: Kalaham, Uppercase, 14 Font size, Centered, Bold)

Manuscripts submitted in Sinhala or Tamil must include the English title separately

Authors – 1 Name

Affiliation: dept., name of the organization, City, Country

Email Address

Authors – 2 Name

Affiliation: dept., name of the organization, City, Country

Email Address

ABSTRACT

The language of the abstract is English and it should be written in Times New Roman, with a 12-size font and the document should be 1.15 lines spaced. The word limit should not exceed the number of words 300. Abstract should consist of concise information of the content of the article and shall be informative, accessible and state the main results obtained. Abstracts should be submitted in Microsoft Word format. It shall be a summary of the research findings with objectives, a brief methodology, major findings and conclusions and shall not contain tables, figures, references or equations.

Keywords: *List 4-6 keywords separated with a comma in Times New Roman 12pt in Italic*

Corresponding Author name:

Email:

1. INTRODUCTION

The extended content can be written in English, Sinhala or Tamil languages. The introduction is expected to be concise, describing the nature of the research problem and its background. It should emphasize the significance of the study, review relevant literature, and outline the scope and limitations of the research.

2. OBJECTIVES

Main objective and sub objectives of the study should be clearly defined.

3. METHODOLOGY

The methods used in the research shall be described in terms of qualitative, quantitative or mixed techniques or otherwise. The methodology has to be described clearly providing sufficient details of the research design, type techniques/tools, statistical analyses carried out to generate the results.

Tbales

The table to be included in NLR manuscripts should be captioned above them with proper descriptions/titles. Please note that the table should NOT be submitted as images. Tables should not break to next page. If the data were extracted from other sources please denote the source courtesy immediately below the table.

Table 1 : Preferences of students on different modes of obtaining reading materials

Decision	Agree	Disagree

Source : Ministry of Education, 2024

Figures/Images

The figure title has to appear at the bottom of the figure. All Figures including maps, and photographs shall be numbered in the relevant order and their title has to appear at the bottom. Figures, maps and photographs shall have approximately 300dpi and have to be inserted in the relevant place of the text. The figures should be properly referenced in the text of the manuscript wherever applicable.

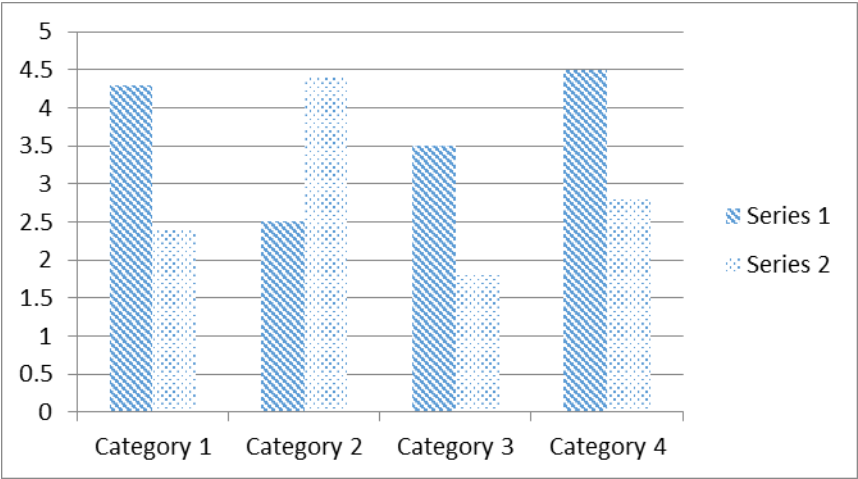


Figure 2 : Preferences of students on different modes of obtaining reading materials
Source: Ministry of Education, 2024

4. RESULTS AND DISCUSSION

Describe the results in a logical framework providing graphs, diagrams, charts, and illustrations as appropriate for your discipline. Use tables to improve clarity and express results using graphs, statistical diagrams wherever relevant. The purpose of the discussion is to interpret and describe the significance of your findings in relation to what was already known about the research problem, and to explain any new understanding or insights gained from your findings.

5. CONCLUSION

The conclusion is intended to help the reader to understand why your research should matter to them and provide a synthesis of arguments presented in the paper to show how these converge to address the research problem and the overall objectives of your study. It should be summarized with recommendations for future research.

6. REFERENCES

*Ensure that every reference cited in the text is also present in the reference list. References should be cited within your article using **APA 7th edition** (American Psychological Association). Examples of reference formats are given here. For additional information on formatting references, refer to the 7th edition of the publication manual of the American Psychological Association.*

EXAMPLES

Journal Article

Edwards, A. A., Steacy, L. M., Siegelman, N., Rigobon, V. M., Kearns, D. M., Rueckl, J. G., & Compton, D. L. (2022). Unpacking the unique relationship between set for variability and word reading development: Examining word- and child-level predictors of performance. *Journal of Educational Psychology*, 114(6), 1242–1256. <https://doi.org/10.1037/edu0000696>

Online Magazine Article

Thomson, J. (2022, September 8). Massive, strange white structures appear on Utah’s Great Salt Lake. *Newsweek*. <https://www.newsweek.com/mysterious-mounds-great-salt-lake-utah-explained-mirabilite-1741151>

Print Magazine Article

Nicholl, K. (2020, May). A royal spark. *Vanity Fair*, 62(5), 56–65, 100.

Online Newspaper Article

Roberts, S. (2020, April 9). Early string ties us to Neanderthals. *The New York Times*. <https://www.nytimes.com/2020/04/09/science/neanderthals-fiber-string-math.html>

Authored Book

Kaufman, K. A., Glass, C. R., & Pineau, T. R. (2018). *Mindful sport performance enhancement: Mental training for athletes and coaches*. American Psychological Association. <https://doi.org/10.1037/0000048-000>

Edited Book Chapter

Zelege, W. A., Hughes, T. L., & Drozda, N. (2020). Home–school collaboration to promote mind–body health. In C. Maykel & M. A. Bray (Eds.), *Promoting mind–body health in schools: Interventions for mental health professionals* (pp. 11–26). American Psychological Association. <https://doi.org/10.1037/0000157-002>

Webpage

Chandler, N. (2020, April 9). *What’s the difference between Sasquatch and Bigfoot?* howstuffworks. <https://science.howstuffworks.com/science-vs-myth/strange-creatures/sasquatch-bigfoot-difference.html>

Report by a Group Author

World Health Organization. (2014). *Comprehensive implementation plan on maternal, infant and young child nutrition*.

https://apps.who.int/iris/bitstream/handle/10665/113048/WHO_NMH_NHD_14.1_eng.pdf?ua=1

Report by Individual Authors

Winthrop, R., Ziegler, L., Handa, R., & Fakoya, F. (2019). *How playful learning can help leapfrog progress in education*. Center for Universal Education at Brookings.

https://www.brookings.edu/wpcontent/uploads/2019/04/how_playful_learning_can_help_leapfrog_progress_in_education.pdf

Webinar

Kamin, H. S., Lee, C. L., & McAdoo, T. L. (2020). *Creating references using seventh edition APA Style* [Webinar]. American Psychological Association.

<https://apastyle.apa.org/instructional-aids/tutorials-webinars>

