

RESEARCH ARTICLE OPEN ACCESS

Please insert the title here

Authorship Name^{1*}, Authorship Name², and Authorship Name³

¹*Affiliation (Department, Organization, Country)*

²*Affiliation (Department, Organization, Country)*

³*Affiliation (Department, Organization, Country)*

* Corresponding author: email address

Abstract

Please insert the abstract here. The abstract should be between 150-200 words in length.

Keywords: Please insert up to six keywords here. Please capitalize the first letter of each word and use comma (,) to differentiate each keyword.

This article is published under the Creative Commons Attribution License, allowing use, distribution, and reproduction in any form, as long as the original work is properly acknowledged.



© 2026 The Author(s). Prabandhan Vimarsh, MBA (Finance & Accounting), Department of Commerce, University of Lucknow.

For more details, visit <https://creativecommons.org/licenses/by-nc/4.0/>.

1. Introduction

This is where your main text is. This is the first paragraph. The paragraph should be using 12-point Times New Roman, Justified, 1.5-line spacing.

Secondary Heading (12-point Times New Roman, Bold, Justified)

This is the first paragraph under the secondary heading. This is the first paragraph. The paragraph should be using 12-point Times New Roman, Justified, 1.5-line spacing.

Sub-heading under Secondary Heading (12-point Times New Roman, Bold, Justified)

This is the first paragraph under the secondary heading. This is the first paragraph. The paragraph should be using 12-point Times New Roman, Justified, 1.5-line spacing.

2. Review of Literature

This is where your main text is. This is the first paragraph. The paragraph should be using 12-point Times New Roman, Justified, 1.5-line spacing.

3. Research Methodology

This is where your main text is. This is the first paragraph. The paragraph should be using 12-point Times New Roman, Justified, 1.5-line spacing.

4. Results

This is where your main text is. This is the first paragraph. The paragraph should be using 12-point Times New Roman, Justified, 1.5-line spacing.

Table 1: This is how a table should be presented (11-point Times New Roman, Bold)

Header 1	Header 2	Header 3	Header 4
1	A	Aa	Aaa
2	B	Bb	Bbb
3	C	Cc	Ccc
4	D	Dd	Ddd

Note: Use note here whenever necessary (10-point Times New Roman)

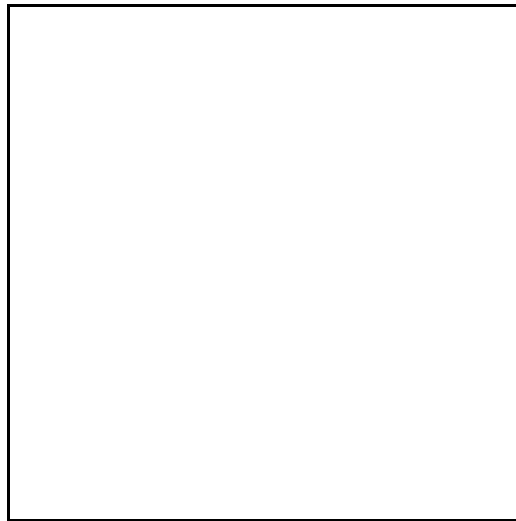


Figure 1: This is how a figure should be presented (11-point Times New Roman, Bold)

5. Conclusion

This is where your main text is. This is the first paragraph. The paragraph should be using 12-point Times New Roman, Justified, 1.5-line spacing.

REFERENCES

To ensure consistency within your manuscript for **Prabandhan Vimarsh**, please follow the guidelines below for citing and listing your sources.

All listed references must be cited within the text and tables, using the APA reference style (name, date) as detailed below.

In-Text Citation Guidelines

In-text citations in this study must directly correspond to the entries in the reference list.

- **Journal Articles:** For works with three or more authors, use the first author followed by et al. and the year (e.g., Niepel et al., 2025).
- **Authored Books:** Cite the authors and the year of publication (e.g., Levenson et al., 2025).
- **Group Authors:** Use the full name of the organization and the year (e.g., World Health Organization, 2025).
- **Web Content:** Cite the author or organization and the date provided on the page (e.g., Taras, 2024).

Reference List Examples (APA 7th Edition)

The following examples are formatted based on common sources found in the APA Style guide:

Journal Article Niepel, C., Hausen, J. E., Weber, A. M., & Möller, J. (2025). Understanding mean-level and intraindividual variability in state academic self-concept: The role of students' trait expectancies and values. *Journal of Educational Psychology*, 117(5), 772-788. <https://doi.org/10.1037/edu0000946>

Authored Book Levenson, H., Jinich, S., Vaz, A., & Rousmaniere, T. (2025). *Deliberate practice in emotionally focused couple therapy*. American Psychological Association. <https://doi.org/10.1037/0000436-000>

Edited Book Chapter Zeleke, 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>

Report by a Group Author World Health Organization. (2025). *Global report on neglected tropical diseases*. <https://iris.who.int/server/api/core/bitstreams/9c4655d8-3671-4503-ae51-4a80bb44d5e0/content>

YouTube Video Above The Noise. (2017, October 18). *Can procrastination be a good thing?* [Video]. YouTube. <https://www.youtube.com/watch?v=FQMwmBNNOnQ>

Webpage on a News Website Volpe, A. (2024, June 3). *How the self-care industry made us so lonely*.
Vox. <https://www.vox.com/even-better/350424/self-care-isolation-loneliness-epidemic>