



Title: FRIS Horizons: an online periodical serving the research community of the Asian subcontinent through FRIS.

Subtitle: A Magazine Connecting Asian Subcontinent Researchers

Mission: *FRIS Horizons* serves as a quarterly platform of **scientific exchange, creative expression, and community empowerment** for researchers across the Asian Subcontinent and their global collaborators. Its mission is to:

- **Promote research excellence** through transparent publication and collaboration.
- **Support emerging scholars** via scholarships, fellowships, and mentorship.
- **Foster inclusivity** by amplifying voices from marginalized communities.
- **Celebrate creativity** through art, poetry, and reflections that humanize science.
- **Advance public understanding** of biomedical and social research that improves lives.

Publisher: FRIS Charity UK: *Friends of Researchers in the Indian Subcontinent* is an organization promoting human health through research, education and community development

Frequency: Quarterly

Language: English

Format: online

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Instructions for Authors

The **FRIS Horizons** welcomes contributions across diverse sections. To ensure clarity, consistency, and international publishing standards, authors are requested to follow the guidelines below.

1. Editorial

Messages from the Editor and Advisors

- Length: 800–1200 words
- Format: Opinion-style, reflective, or policy-oriented
- Include author name, affiliation, and contact details
- References: APA or Vancouver style if citing sources

Letters to the Editor

- Length: 300–600 words
- Tone: Constructive, respectful, and relevant to FRIS activities
- No more than 5 references
- Include full author details

2. Activities of FRIS Charity UK

Postgraduate Scholarships, Travel Fellowships, Collaborative Research

- Length: 1000–1500 words
- Content: Programme objectives, outcomes, and impact
- Tables/figures may be included
- Acknowledgements: Mention funding sources and contributors

Scientific Advances Supported by FRIS

- Structured abstract (250 words max)
- Main text: 2000–3000 words
- Figures: High-resolution (300 dpi, JPEG/TIFF)
- References: Vancouver style

Messages from the FRIS Community

- Informal reflections, 500–1000 words
- May include photographs (with consent)

3. Contributions to the Research Community in Asian Subcontinent

Funding MSc Research

- Case studies or reports, 1500–2000 words
- Include methodology, outcomes, and impact

Supporting Marginalized Communities

- Narrative or descriptive reports, 1000–1500 words
- Ethical approval required if human subjects are involved

Trainee Participation in International Meetings

- Conference reports, 800–1200 words
- Include event details, key learnings, and photos

4. Contributions from Readers

Laboratory Experiences

- Short reports, 1000–1500 words
- Include methods, challenges, and lessons learned

Reviews

- Critical reviews of books, articles, or topics
- Length: 2000–3000 words
- References: Minimum 15, Vancouver style

Essays

- Reflective or argumentative, 1500–2000 words

Short Stories

- Creative writing, 1000–1500 words
- Must be original and unpublished

Thoughts for the Day

- Inspirational notes, max 300 words

5. Artist's Corner

Nature Photographs, Paintings, Sketches

- Submit high-resolution images (JPEG/TIFF, 300 dpi)
- Provide a 150-word description or artist's statement

Poetry

- Original poems in any Asian subcontinent language in JPEG/TIFF format 300 dpi.
- Must include English translation in word document.
- Length: Up to 40 lines per poem

6. News from Aligarh Muslim University (AMU) Development Fund (ADF)

Coordination with AMU Administration

- Reports, 1000–1500 words
- Include factual updates, supported by data

Support for AMU Research

- Case studies, 1500–2000 words
- Include project outcomes, funding details, and acknowledgements

7. Announcements and Advertisements

Conferences, Workshops, Training Opportunities

- Submit details in structured format: Title, Date, Venue, Contact
- Word limit: 300–500 words

Research and Teaching Positions

- Include job title, description, qualifications, application deadline

Employment in FRIS Charity UK

- Structured job posting, 300–500 words

Charitable Partner Contributions

- Reports, 500–1000 words

Commercial Advertisements

- Submit camera-ready artwork (PDF/JPEG)
- Size specifications provided by editorial office

General Formatting Guidelines (Applies to All Sections)

- File Format: Microsoft Word (.docx) or LaTeX (for technical articles)
- Font: Times New Roman, 12 pt, double-spaced
- Referencing Style: Vancouver (numbered) or APA (author-date)
- Figures/Tables: Submit separately with captions
- Ethics: Follow COPE and ICMJE guidelines for research integrity
- Plagiarism: Submissions will be screened; originality required
- Author Information: Full name, affiliation, ORCID ID, and email and short biography.

Photo Quality Guidelines and Formats

- **Resolution:** Minimum 300 dpi for print quality
- **File Formats:** JPEG, TIFF, or PNG (preferred for line art)
- **Color Mode:** RGB for digital submissions; CMYK for print-ready artwork
- **Size:** Minimum width of 1200 pixels; larger images encouraged
- **Compression:** Avoid excessive compression; maintain clarity and detail
- **Captions:** Provide descriptive captions (max 50 words) with credit information
- **Permissions:** Ensure consent for identifiable individuals; provide copyright clearance if required
- **Naming Convention:** Use clear file names (e.g., AuthorName_Figure1.jpg)

Note: Submissions not adhering to these guidelines may be returned for revision before peer or editorial review.

FRIS Horizons

Author Originality & Plagiarism Declaration Form

Section 1: Manuscript Information

- **Title of Work:** _____
- **Section of Magazine (e.g., Editorial, Activities, Artist's Corner):**

- **Author(s):** _____
- **Affiliation(s):** _____
- **Corresponding Author Email:**

Section 2: Declaration of Originality

I/We hereby certify that:

- This manuscript is my/our original work.
- It has not been published elsewhere, in whole or in part, nor is it under consideration by any other journal, magazine, or publisher.
- All sources used have been properly cited and acknowledged.
- Any figures, tables, or images included are either original or used with appropriate permissions.

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- The work has been checked using plagiarism detection tools where applicable.
- I/We understand that FRIS Horizons/FRIS Charity UK reserves the right to reject or retract the manuscript/contribution if plagiarism or unethical practices are identified at any stage.

Section 4: Ethical Compliance

I/We confirm that:

- All research/articles/contributions complies with ethical standards and has received necessary approvals.
- Any conflicts of interest have been disclosed to the editorial office.

Section 5: Author Signatures

By signing below, I/We accept full responsibility for the content of this submission.

Author Name	Signature	Date

Section 6: Corresponding Author Certification

I, the corresponding author, certify that all listed authors have approved the final version of the manuscript and agree with its submission to FRIS Horizons (FRISCharity UK Magazine).

- **Name:** _____
- **Signature:** _____
- **Date:** _____

FRIS Horizons

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