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 !D`aPQY a_` QZ_a^Q TQQR ^Y_MQQ Y\ XQP Ne_a\ QbU^''

Title _____

Supervisor: _____

Date of Allocation: _____

Date of Appointment with Supervisor

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |

<i>S.No</i>	<i>Schedule</i>	<i>Dates</i>	
1.	Introduction/ Literature Review	From :	To:
2.	Objectives/Operational	From :	To:
3.	Methodology	From :	To:
4.	Data Analysis	From :	To:
5.	Results	From :	To:
6.	Discussion	From :	To:
7.	Conclusion	From :	To:
8.	Structured Abstract	From :	To:
9.	References/Annexure	From :	To:
10.	Date of Submission of First Draft	From :	To:
11.	Date of Submission of Final Draft	From :	To:

Name of supervisor: _____

Signature _____

Date: _____

Counter Signature

Name: _____

Signature: _____

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!D'aPQZ Ya_` QZ_a^Q`TQQR ^Y_MQQ Y\ XQP Ne _a\ QbU^ ^"
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- a. Contain any abbreviations. Yes/No
- c. Supervisors Certificate Yes/No
- b. Acknowledgement (optional)
- c. Dedication (Optional) Yes/No

;;\$ =U [REMNQ0

Titles of tables and page numbers Yes/No

;;;\$ =U [RRSa^Q^S^M^T^X^`^MUZ

List of figures/graph/illustration title and page numbers Yes/No

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A list of all abbreviations with full words Yes/No

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- Abstract Approx. 250 words. Yes/No
- Study Design Yes/No
- Setting Yes/No
- Duration with Dates Yes/No
- Subjects & Method Yes/No
- Result Yes/No
- Conclusion Yes/No
- 3 – 10 key words Yes/No

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- a. Importance of topic selected in students own words Yes/No
- b. The rationale of study Yes/No

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- a. Review of current literature Yes/No
- b. Should be in candidates own words Yes/No
- c. Properly referenced Yes/No
- d. At least 5 reference used should be in the last 5 years Yes/No
- e. Includes work done in Pakistan (if available) Yes/No

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a.	Less than 5	Yes/No
b.	Inform reader clearly (of researcher's plan/intention)	Yes/No
c.	Are they smart (specific, measurable, achievable, time bound, relevant)	Yes/No
*	@\ Q^MU ZMKPQRZUQ Z !UR^Q a UQP'0	Yes/No
	Details of how the variables of interest to be measured	Yes/No
+	: e\ [`TQU !URZQQ Me''	Yes/No
	Null and alternate hypothesis are clearly stated	Yes/No
,	> MQ^UKMZP Y QT P_	
a.	Setting	Yes/No
b.	Duration of study	Yes/No
c.	Sample size	Yes/No
d.	Sampling technique	Yes/No
e.	Sample selection	Yes/No
	→ Inclusion criteria	Yes/No
	→ Exclusion criteria	Yes/No
-\$	6 MM5 [XQUZ0	
a.	Informed consent was sought	Yes/No
b.	Tools used for data collection clearly mentioned	Yes/No
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	Data been analyzed appropriately (frequency, Table/pic chart/Histograms)	Yes/No
/\$	CQaX_	
a.	Main results mentioned first	Yes/No
b.	Logical sequence	Yes/No
' &\$	6 UG_ UZ0	
a.	If hypothesis exists, whether it was accepted on refused	Yes/No
b.	Implication of result discussed	Yes/No
c.	Limitations of biases of study acknowledged	Yes/No
d.	Similarities and difference between findings of the study & others brought out and explained through review of literature	Yes/No

- '' \$ 5 [ZOX ΨZO
- a. Concise Yes/No
 - b. Based on the study Yes/No
 - c. Results Yes/No
- ' (CQQ YY QZPMΨZ !@ \ ` ΨZMK Yes/No
- ') 3 ZZQla ^Q
- a. Consent form present Yes/No
 - b. Questionnaire Yes/No
- ' * CQQQZQ0
- a. From last 5 years (at least 5) Yes/No
 - b. Vancouver style Yes/No
- ' +\$ =MZSaMQ
- a. Acceptable Yes/No
 - b. Need Re-writing/restyle Yes/No
 - c. Need minor/major/grammatical/spelling correction Yes/No

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Could you please specify your contribution to this project? (To be filled in by every student.)

Any further comments by supervisor

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Name of supervisor

Signature and date

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CURRENT FEEDING PRACTICES IN THE FIRST FOUR MONTHS OF LIFE
IN BABIES OF ARMY PERSONNEL ATTENDING MILITARY HOSPITALS
IN RAWALPINDI



Submitted To

Dr. Sabina Aziz
HOD Community Medicine

Submitted By

Batch XYZ
Project Assistants

Principal Investigator

Dr. XYZ
Session:

Department of Community Medicine
Khyber Girls Medical College Hayatabad, Peshawar

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I, hereby certify that Dr. _____ Batch _____
enrolment number _____

Has been working under my direct supervision with effect from:

Date: _____

In the Department: _____

Of _____ training _____ institution:

In the city of: _____

The enclosed dissertation/project titled: _____

was prepared according to the modified “FCPS research project/dissertation– guidelines”
under my direct supervision. I have read the Research project/dissertation and have found
it satisfactory for examination in the subject:

Signature of Supervisor: _____

Name of Supervisor: _____

Designation: _____

Date: _____

Official Stamp:

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Informed consent form for field study

Study protocol No: _____

Area Code: _____

Questionnaire ID#: _____

I have been told about the research study and its purposes. I understand that my answers will be kept confidential and my identity will not be revealed to anybody.

I hereby consent to answer all the questions that the interviewer will ask, to the best of my knowledge and ability.

Name _____
(of participant)

Signature parent / Guardian
(if necessary)

Signature: _____

(Thumb impression)
where applicable

Signature of witness
(if necessary)

Name of Student: _____

Roll No. _____

Institution _____

Date

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9 Q Z Q M K ; Z R ^ Y M U Z O

Research project/dissertation is a detailed discourse on a subject especially submitted for a higher degree in a University (Oxford Dictionary). This research project/dissertation are documents that contains relevant details of the research work conducted by the undergraduate student relating to the problem selected. The objective of writing a research project /dissertation is to develop skills in undergraduate trainees / undergraduate student for:

- Developing medical writing habits as an art for writing scientific articles in medical journals.
- Analyzing and reviewing relevant literature available on the subject (both national and international),
- Collection and compilation of data,

The other advantages of writing a research project/dissertation include:

- Cultivating an inquiring mind
- Encouraging in depth study of common problems afflicting our people
- Generation of scientific data locally
- Keeping abreast of new developments locally and abroad
- Understanding the fundamentals of research

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5 [Z Q _ :

- It is essential that a minimum of one third contents of the research project/dissertation should be from the trainee's own research work or study.
- The statistical tests mentioned in the research project/dissertation must have proper references to enable an assessor or reader to verify the reported results. Statistical terms, abbreviations and symbols must be defined. Any computer program, if used, must also be specified.

- The illustrations in the research project/dissertation must be accurately drawn, on separate pages and numbered serially. Each figure / diagram must have a legend. Free hand lettering is not accepted.
- Measurement, units of length, height, weight and volume mentioned in the research project/dissertation must be in metric system i.e., meter, kilogram and liter.

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- Each section of the research project/dissertation must be started on a new page.
- The section in part 1, from "Dedication" up to the list of "Abbreviation", should be serially numbered in Roman number while the rest should be serially numbered in Arabic numerals.
- The Research project/dissertation must contain (approximately 10,000) words i.e., about 80-100 A4 size pages, typed or computer-printed with double space, on one side of each page.
- It must have 4-cm margin, at all 4 sides of each page.
- All pages must have serial numbers at upper right hand corner.
- It must not contain any typographical errors or spelling mistakes.
- The font size should be 12.
- Font type should be New Times Roman or Arial or Verdana.

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- The writing of research project/dissertation must be planned in such a way that continuity of the theme is maintained.
- It must be written in undergraduate /trainee's own words and style. The language must be simple, direct and precise. Verbosity must be avoided.
- Direct quotations must be minimally used. If quoted, these must be given within inverted commas with full acknowledgment.
- The statements, other than undergraduate student / trainee's own, must be supported with reference citation.
- The undergraduate student/trainee, who plagiarizes or copies someone else's research project / dissertation, will be liable for a punitive action.

- Each table must be typed or computer-printed with double space, on a separate page. It must be numbered consecutively, in order of citation and inserted at the appropriate place in the text. Symbols and abbreviations, if used, must be explained in the footnote of each table.

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Final draft should be submitted on the 1st of December

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The different sections in the part I and II of the research project/dissertation are formatted as per description given below.

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It is the very first page of research project / dissertation. The title is a concise statement identifying actual variables or theoretical issues under investigation and the relation between them. A title should be in minimum possible words that adequately describe the contents of research work/study all the words in the title are to be chosen with great care and the association with one another properly sequenced. This is also important for indexing the study. The title does not contain any abbreviation, chemical formulae, proprietary names and jargons etc.

The title should be written on the top in bold letters, followed by full name of trainee in the order of first, middle, initial and last name along with the highest academic degree. Then full name of Supervisor is mentioned under whom the entire research work/study has been completed together with his/her highest academic degree. At the bottom the name of department and institution is to be given, where research work/study has been conducted. The date of submitting Research project/dissertation is given at the lowest end of the title page.

US Da\ QbUI ^g_ 5 Q`URCMQ

It is placed after the acknowledgement and is numbered in the Roman numeral.

US 6 QPUMI Z0

It is an optional section, in which undergraduate student/trainees normally dedicate their Research project/dissertation to their parents, brother, sister, teachers, friends, spouses and/or children. The dedication is written in the center of a separate page in one or two lines and numbered in Roman numerals.

US 3 QWZ c XPSQY QZ 0

This section is designed to offer thanks or appreciation to the efforts of individuals or organizations for help, advice or financial and material assistance extended by them during the research work/study. The undergraduate students/trainees should not forget to mention the names of their colleagues, statisticians, the computer operator and spouse, if applicable, as well as the supervisor. This is the best place to show gratitude and appreciation. Technical help and other contributions like financial and material support are acknowledged in a separate paragraph. This section is placed after the dedication on a separate page and numbered in Roman numerals.

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It is an important section of part I that contains the main headings of the text in the research project dissertation, annexes and page numbers in Arabic and Roman numerals. Sub-headings are also used where necessary. Table of contents is written on separate page(s) and numbered in Roman numerals.

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All the tables of research project/dissertation are listed together with titles and page numbers in this section. It is written on separate page(s) and numbered in Roman numerals.

Table of Contents

All the figures, graphs and illustrations drawn for the research project/dissertation are listed with titles and page numbers in this section. It is written on a separate page and duly numbered in Roman numerals.

Table of Abbreviations

A list of all the abbreviations used in the research project/dissertation along with full words is written on separate page(s) and numbered in Roman numerals. Only standard abbreviations are used in the dissertation.

Abstract

Definition

It is the first section of the research project /dissertation. The abstract is a brief account of the dissertation, summarizing the information given in each major section. It is different from the conclusion and identifies the basic contents of the dissertation. It is written in past tense, emphasizing on important aspects of the dissertation. The abstract is around 250 pages words written under the following headings:

- Objectives
- Study design
- Setting
- Subjects
- Methods
- Results
- Conclusions.

At the end of abstract, three to ten (3-10) key words are identified and written. Selected key words should be from the Medical Subject Headings (MeSH), List of Index.

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It is second section of the research project/dissertation that presents the specific problem under study and reflects:

- The importance of the topic selected
- The rationale of the study and discusses the background.

Before writing introduction in the research project/dissertation, the undergraduate trainee should study relevant literature retrieved from published papers. Relevant articles are selected, which improve the understanding of the topic. Only pertinent references are cited but not extensively reviewed in this section. Rationale of the study should be mentioned at the end of introduction.

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Review of the literature is essential. A comprehensive review of the current status of knowledge on the selected topic must be included. It should be a collective review and critique in the candidate's own words of various viewpoints supported by relevant data, and should not be copied from published work. The review should be properly referenced. References should preferably be of the last five years, including some published in the recent past. However, older references can be cited provided they are relevant and historical. It is essential to also include a review of the local literature. A special effort should be made to collect and review all work done in Pakistan on the chosen topic. This should include work published in recognized journals and in publications of various societies and medical colleges, as well as abstracts of meetings, conferences or seminars held in Pakistan or abroad. Data collected by others, whether published or unpublished, must be acknowledged whenever included.

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Objectives are statements of intentions. They inform the reader clearly what the researcher plans to do in his/her work. The must identify the variables involved in research. Objective should start with an action verb and be sufficiently specific, measurable, achievable, relevant and time bound (SMART).

Operational Definition

May be required in some cases. It is definition of a term specifically telling how it will be measured for e.g.:

- a. **Morbidity** this encompasses a number of aspects viz. prolonged hospital stay, severe pain, immediate complications, and long term sequelae. A research definition must define how a vague term will be measured.
- b. **Efficacy** These can be measured
 - i. Time taken in relieve of symptoms which may be pain, fever cough heartburn etc.
 - ii. Taking into account number of side effects.
 - iii. Time taken for complete recovery student is requirement to specify how he/she will measure efficacy.

Hypothesis

A hypothesis is a statement showing expected relation between two variables. A hypothesis is needed in the following study designs:

- i. All interventional studies
- ii. Cohort
- iii. Case control
- iv. Comparative Cross Sectional.

Study Design

Study Site Name and place where the research work has been conducted – community based or facility based (e.g. hospital, laboratory).

Study Duration How long did the study take?

Study Population how many patients were included. If there were groups how many per group?

Study Type Probability or Non probability.

D3 > A=7 D7=75 E; @? 0 Inclusion criteria: on what bases were patients/clients/subjects inducted in the study.

7I 5 =FD; @? 5 C;E7 C;3 0 on what bases were patients /clients/subjects excluded from the study.

DEF 6 J 6 7 D;9 ? 0 Mention the name of the appropriate study design.

6 3 E3 5 @=75 E; @? AC@5 7 6 FC7 0 a detailed explanation of how the researcher performed research; how she measured the variable. It includes:

Identification of the study variables

Methods for collection of data

Data collection tools (proforma/ questionnaire)

6 3 E3 3 ? 3 =J D;D A=3 ? 0 A brief statement about what statistical procedures have been used. The exact name of the software and its version used must also be mentioned.

C7 87 C7 ? 5 7 D0 In Vancouver style

BF 7 DE; @? ? 3 ;C7 %AC@8 @C> 3 !D0 must be according to the objectives

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The results should be in logical sequence with the main results being stated first. The data should be reported in sufficient detail to justify the conclusions. The results section should include the:

- Number of subjects in the study at its inception.
- Statistics describing the study population, and the number of subjects who were excluded.
- Number of subjects dropped out, or lost at any point in the study.
- To illustrate the main effects, the data should be presented in appropriate tables and figures.
- Data in tables or figures should not be repeated in the text where only important observations should be summarized.
- When data is statistically analyzed, information should be included about the tests of significance (such as chi-square or t-test) used, obtained magnitude or value of

the test, the degrees of freedom, the probability level. Results should be presented in terms of confidence intervals wherever possible.

- If one statistical test has been used throughout the manuscript, the test should be clearly stated in the methods section. If more than one statistical test have been used, the statistical tests performed should be discussed in the methods and the specific test used reported along with the results.

6.6.6 Discussion

The writing skills of a trainee/undergraduate student are best projected in this section of the research project / dissertation. It is meant to fit the results of current research work into pre-existing pool of knowledge.

- If a hypothesis existed, whether the hypothesis was supported or refuted by the results should be addressed.
- The results of the study should be examined and interpreted, and implications described.
- The limitations of the study should be discussed, including possible sources of bias and how these problems might affect conclusions and generalizability.
- The implications for clinical practice, in any specific directions for future research may be offered.
- Similarities and differences between the findings of the study and those of others should be brought out and explained through a review of the literature.
- The study results should be placed in context with published literature.

6.6.7 Conclusion

This is the last section of the text in which conclusions or inferences drawn on the basis of the results of study are described. The conclusions should be linked with the objectives of the study. Recommendations for further research may be included when appropriate e.g. if you find a statistically significant number of cases of anemia of severe degree in the school going girls of a particular area you can recommend further research to probe the cause of anemia in that area. It is important to be careful that the conclusions should not go beyond data and should be based on the study results and population.

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CPSP follows the Vancouver reference style. References are serially numbered in the order in which these are mentioned in the text e.g., for the first cited reference the trainee may either put "1" at superscript or in parenthesis at the most relevant place in the sentence. This reference will then be listed at serial number "1" in the References section of the Dissertation. The next reference will be marked as number "2" at superscript or in parenthesis and listed at number "2" in the References section and so on. References in the text, tables and legends are identified by Arabic numerals within parenthesis. Only reference of articles indexed/abstracted in Medline, Excerpta Medica, Extra-Med and those published in journals recognized by the Pakistan Medical & Dental Council may be listed. The trainee/undergraduate student is expected to check all parts of each reference against the original publication, before the final submission.

Free website for referencing; www.library.uq.edu.au/useit

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Referencing is a standardized method of acknowledging sources of information and ideas that you have used in your assignment in a way that uniquely identifies their source, direct quotations, facts and figures, as well as ideas and theories, from both published and unpublished works must be referenced. There are many acceptable forms of referencing. This information sheet provides a brief guide to the Vancouver referencing style. In this system each reference is identified within the text of the assignment by a number. References are numbered consecutively in the order in which they are first mentioned in the text. Full details of each citation are contained in a numerically arranged list at the end of the assignment.

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Referencing is necessary to avoid plagiarism; to enable the reader to verify quotations and to enable readers to follow-up and read more fully the cited author's arguments.

How to cite references within the text of an assignment

When citing references within the text of an assignment use only the number to the reference, in parentheses. References should be numbered consecutively in the order in which they first appear in the text. Larsen (21) was the first to propound the theory.

OR

The theory was first propounded in 1970 by Larsen (21)

When directly quoting from another source, ensure that quotation marks are used and the relevant page number(s) are given.

Larsen (21, p. 245) noted that "many of the facts in this case are incorrect".

OR

"Many of the facts in this case are incorrect" (Larsen (21), pp. 245-6)

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A list of references contains details only of those works cited in the text. If relevant sources that are not cited in the text are included, this list is called a bibliography.

The Reference List is arranged numerically by citation number.

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Bibliographic details are arranged in the sequence;

Author of chapter (full last name, initials of 1st & 2nd names)

Title of book

- Edition of the book
- Publisher
- Year of publication
- Chapter pages
- Chapter in a book

Jafri SM, Mirza S, Haque M, Hypertension and stroke, in; Jalil F, Fikree FF, Hypertension; pathophysiology, diagnosis, and management, 2nd ed, Lahore: Gahlib Press 1995; 465-78.

Book

Bibliographic details are arranged in the sequence:

- Author name
- Title of book
- Edition of book
- Place of publication
- Publisher
- Year of publication
- Page number

4 [[Wc UTM Q [ZMM`T [^

Ibrahim K, Hussain MJ, Gerontology and leadership skills for nurses. 2nd ed. Peshawar; Taj Publishers; 1996.

4 [[Wc UT QPU [^ M M` T] ^

Noman SS, Haque M, Khan JS editors, Mental health care for elderly people. Lahore: Churchill Livingstone; 1996.

@^SMZFMUJZ M M` T] ^ MZP \ aNUUQ

Institute of Medicine (US). Looking at the future of the Medicaid program Washington. The institute : 1992

DOU URO [^` QOZUOM`Q [^

Najmi RS, Paracha PS, Payment for durable medical equipment billed during skilled nursing facility stays, Final report. Dallas (TX); Dept. of Health and Human Services (US), Office of Evaluation and Inspections; 1994 Oct. Report No.;HHSIGOEI69200860.

6 U Q` MUJZ

Kaplan SJ. Post-hospital home health care; the elderly's access and utilization (dissertation). St. Louis (MO); Washington Univ.; 1995.

<[a^ZM3 ^UQ

Bibliographic details are arranged in the sequence;

- Author of journal article
- Article title
- Journal title
- Journal title abbreviation*
- Date of publication
- Volume of journal
- Issue of journal **
- Article pages

*abbreviations must be according to the style used in Index Medicus.

See List of Journals Indexed in Index Medicus.

URL;<http://www.nlm.nih.gov/tsd/serials/IJI.html>

** In Vancouver system, if a Journal is continuously paginated throughout a volume, the month and issue number may be omitted.

D`M`PMP <[a^ZMKM`UQ!' `[, M`Tl ^_"

Hassan TJ, Ibrahim K, Haque M et al. Maternal factors affecting birthweight of uncomplicated pregnancy, J Pak Med Assoc 1991; 4(7); 405-9.

<[a^ZMKM`UQ!Y[^Q`TMZ, M`Tl ^_"

Jalil F, Khan SR, Khan RA, Riaz AK, Anwar G, Yaqoob M, et al. Early child health in Lahore, Pakistan; IX, Perinatal events. Acta Paediatrica Suppl 2003; 390; 95-107.

<[a^ZMKM`UQ!Zl M`Tl ^"

Cancer in South Africa [editorial] S Afr Med J 2001;84;15.

<[a^ZMKM`UQ![^SMZUMU`Z M`Tl ^"

Govt. of Pakistan, Diarrheal disorders and feeding practices in Pakistan. Planning and development division, 2002.

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Journal Article

Bibliographic details arranged in the sequence;

Author of journal article

Article title

Journal title abbreviation

Type of medium (use "Electronic" if you are unsure if it is online or networked CD-ROM)

Date of publication cited (i.e access) date

Volume of journal

Issue of Journal

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"available" statement: supplier/database name/identifier or number if available/item or accession number

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Helaleh MI, Korenaga T, Abu Nameh ES, Jamhour RM, [Abstract of : Assay of paracetamol by oxidation with peroxydisulfate. Pharm Acta Helv 1999;73: 255-60] [electronic] [cited 2000 Jun 12]. Available from; Sliver Platter File; IPA/37-03020.

8aX Q[V a ^ZMM UQR[Y QO^ ZIOPMMMQ

Sale P. Carey DM. The sociometric status of students with disabilities in a full inclusion school. Except Child [serial online] 1995 [cited 1998 Jun 12]; 73(5);255-60. Available from; information Access/Expanded Academic ASAP/A1743539.

8aX Q[V a ^ZMM UQR[Y MZ QO^ ZIOV a ^ZMK

Morse SS, Factors in the emergence of infectious diseases. Emerg Infect Dis [serial online] 1995 Jan-Mar [cited 1996 Jun 5]; 1(1);[24 screens]

Available from: URL: <http://www.edc.gov/ncidod/EID/eid.htm>

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Beckleheimer J. How do you cite URL's in a bibliography? [online] 1994 [cited 2000 Dec 13]. Available from:

URL: <http://www.nrlssc.navy.mil/meta/bibliography.html>

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Educating America for the 21st century: Developing a strategic plan for educational leadership [online] 1994 [cited 1999 May 15]. Available from:

URL:<http://www.ilt.columbia.edu/CONF/EdPlan.html>

H [^X H UQH Q: [Y Q\ MQ

Curtin University of Technology [Homepage of the Curtin University of Technology] [online] 2000 May 22 Last update. [cited 2000 Jun 12] Available from:

URL:<http://www.curtin.edu.au/>

APPROVED ABBREVIATIONS FOR JPMA, JCPS AND JOURNAL OF AYUB MEDICAL COLLEGE ARE AS FOLLOWS:

- | | |
|-------|----------------------------|
| JPMA | J Pak Med Assoc |
| JAMCA | J Ayub Med Coll Abbottabad |
| JCPSP | J Coll Physicians Surg Pak |