**Title of the manuscript**

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* The abstract must be a precise and reflection of what is in your article.
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* The abstract must be between 150-250 words.

**Keywords:** Provide 4-6 keywords suitable for your article.

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Introduction should represent past, present and future vision of the proposed research. Describe abbreviation and acronyms for the first time they included in the text [1, 2]. Authors are requested to include recent references emphasizing the background of the work [3-5]. Additional sub headings such as separate aim, objective, literature review etc,., not permitted [6].

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**Acknowledgement:**

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**Journals**

Calixto,J.B. (2005).Twenty five years of research on medicinal plants in latin America. A personal review. J. Ethno A rmacol. 100:131-134.

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K.M. Mantosh, Floristic study of koria district (chhattisgarh) India, (2013).

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J.L. Vera-Rivera1, A.J. Ortega-Parra and Y.A. Ramírez-Ortiz, Impact of technology on the evolution of sports training, Journal of Physics: Conference Series, Volume 1386, 5th International Meeting for Researchers in Materials and Plasma Technology (5th IMRMPT) (2019), San José de Cúcuta, Colombia. <https://doi.org/10.1088/1742-6596/1386/1/012144>

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S. Akila, Indian Patent XXXXXXXX (2020).

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Katharina Wirnitzer, Athletic performance capacity in mountainbike sports with extremely strenuous more days lasting endurance impact, Ph.D. Thesis, Faculty of Psychology and Sport Science, University of Innsbruck, Innrain 52, 6020 Innsbruck (2009).

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**Websites**

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