



WAYAMBA UNIVERSITY OF SRI LANKA

THESIS PREPARATION GUIDELINES

M.Phil. and Ph.D.

2024

WAYAMBA UNIVERSITY OF SRI LANKA

THESIS PREPARATION GUIDELINE M.Phil. AND Ph.D. THESIS

1. Introduction

These guidelines provide Postgraduate students at Wayamba University of Sri Lanka with essential information about preparing and submitting a thesis in a format acceptable to the University. Every candidate applying for a Degree of **Doctor of Philosophy (Ph.D.)** and **Master of Philosophy (M.Phil.)** shall submit a thesis embodying the research giving evidence of the originality, ability of independent critical analysis, and discovery of new facts.

2. SUBMISSION OF THE THESIS

Copies of the final draft of the thesis shall in the first instance be submitted by the candidate to the Academic branch of WUSL. As the Thesis Format Editor of the relevant Faculty may suggest revisions, these copies shall be unbound but paginated. Students should submit the thesis for evaluation along with the filled application for the thesis defense examination which is available in the office/website.

Any candidate who completes the degree program and intends to publish the thesis or a part of it is required to obtain permission in writing from the Chairperson of the Senate Research and Higher Degree Committee (SRHDC).

2.1 Copyright regulations

The thesis becomes the property of the Wayamba University of Sri Lanka, but abstracting journals may reprint abstracts or translations of them provided that written permission has been taken from the VC/Registrar/WUSL.

Whenever students use copyrighted materials in their thesis it is their responsibility to comply with the University Policy on Copyright Compliance. Failure to comply with the Copyright Act is a violation of legislation and may result in legal repercussions and/or disciplinary or other action by the University. Beyond legal responsibility, a student must also consider the ethical obligation to respect intellectual property rights. Copyright Guide for Thesis preparation written by the SRHDC is available.

2.1.1. Inclusion of copyright material in the thesis

When previously published copyright material is presented in a thesis, the candidate must obtain, if necessary, signed waivers from the copyright owners and where appropriate co-authors and submit these to the office of the SRHDC together with the final deposit

2.1.2. Inclusion of Non-text material

A thesis may include non-textual material to supplement or illustrate aspects of the student's work. The first/principal supervisor and the office of the Faculty Higher Degrees Committee can guide how to incorporate these materials into the thesis. The content must conform to standard usage in the student's discipline, be in a digital format, and be submitted with the text document for examination. The student must, where possible produce the material in a format that can be deposited in the office of the SRHDC; DVD/media format. Examples of non-text material include, but are not limited to; genomic database files, video clips of simulation runs, recordings of experimental results etc., Non-recorded materials are not part of the thesis but may be included as part of the defense.

The student may also want to re-present their creation or a portion of their creation, at the defense so that the Examination Committee can have the full benefit of the work as they evaluate the defense.

2.1.3. Use of research output

In many disciplines, the student's research is carried out within the university's infrastructure. The supervisor may also play an essential role by defining the research problem and, thus, framing developing, and directing the research. As a result, both the student and /or the university may have an interest in the research output. Use of the research output is subject to the University Policy on Intellectual Property. Students are not entitled to exploit this intellectual property without cooperating with the university to determine how the intellectual property is to be shared and credited. If a student intends to use the research output, they should contact the office of SRHDC to guide their use and dissemination of the research. The student holds copyright over the thesis and provides a limited license to the university to make the thesis widely available to the public.

3. CONTENT OF THE THESIS

3.2 Cover page, Title Page for M.Phil./PhD Degrees: The title of the thesis should be short, concise, informative, and descriptive of the research done and it should be displayed at the top of the title page. The title should be presented in **bold, uppercase letters and center-aligned**. If the title includes any scientific names of organisms, they should be written in lowercase italics, except for the first letter of the genus which is capitalized.

The cover page and the title page include the Title of the thesis (M.Phil./Ph.D.), the candidate's full name in bold, the Degree for which the candidate is submitting the thesis, the name of the University, and the month and year of submission (Specimen 1 and 2).

3.3 Declaration Page: The thesis should have a **Declaration** signed by the candidate and certified by his/her supervisor/s (Specimen 3).

3.4 Supervisors certificate

The thesis should have a **supervisor's certificate** signed by his/her supervisor/s indicating the student has done all the corrections by the examiners (Specimen 4).

3.5 Acknowledgement/s: The candidate shall state under the Acknowledgement/s any assistance obtained from others such as in designing and conducting experiments, construction of apparatus, calibration of equipment, data analysis, guidance, and supervision in the preparation of the thesis, and any sources from which financial support have been received for the research project.

3.6 Abstract Page: An abstract of the thesis of **not more than six hundred words** should be included in the thesis and the typing should be with double spacing (Specimen 5). The abstract should outline the justification, methodologies used, significant findings and conclusions.

3.7. Table of Contents- Should be prepared as specified in specimen 6.

3.8 List of Tables- This section should list all tables presented in the thesis giving their table numbers and the titles (Specimen 7).

3.9 List of Figures- This section should list all figures (i.e. illustrations, photographs, pie/bar charts, and maps) presented in the thesis with the figure numbers and the titles (Specimen 7).

3.10 List of Abbreviations (Specimen 7)

4. PAPER AND PRINTING

4.1 Type of paper to be used

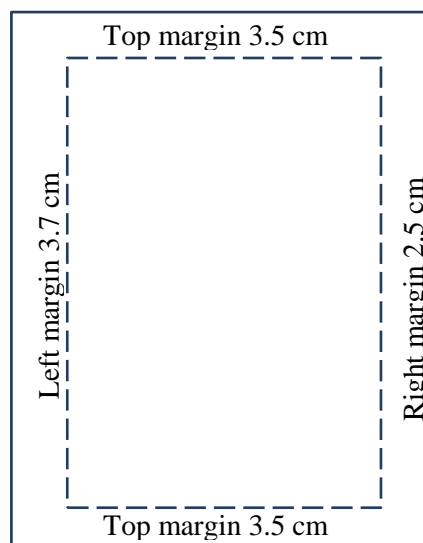
Clear white good quality A4 size (210mm x 297mm) paper having at least 80 gsm should be used for the final two copies of the thesis. Only one type of paper should be used throughout the thesis, however, papers of different quality and sizes may be used for illustrations, maps etc. as may be necessary. Photographic plates are allowed for charts and diagrams.

4.2 Printing

All pages of the thesis should be computer printed only on one side of the page using Times New Roman (font size 12) with **double spacing in the initial submission for evaluation**. **The final copy** of the thesis submitted after evaluation should be **with 1.5 line spacing**.

4.3 Margins of pages

The margins of each page should be maintained as follows: left - 3.7 cm, right 2.5 cm, top and bottom 3.5 cm. The right margin should be 2.0 cm after binding is over. Therefore, it is advisable to keep 2.5 cm at the time of typing.



4.4 Cover page: Official copies of the thesis should have a hard-bound outer cover with colour specified for the particular degree including the title, author's full name, degree and year printed in gold. The cover of the thesis should stand at 21.5 cm x 30.2 cm in the final bound position. The cover page should be prepared as specified in Specimen 1. Margins for the cover page should be 3.5 cm on left, right, top and bottom in A4 size paper (Specimen 1).

The cover should be in the colour specified for the particular degree as given below:

M.Phil. Green

Ph.D. Maroon

4.5 Spine: The spine of the hard-bound copy of the thesis should carry the name of the candidate with initials, the name of the degree and the year of award, from bottom upwards in that order leaving 3.5 cm space on either end.

4.6 Numbering of pages

Each page in the thesis should be numbered in consecutive order including illustrative material.

All pages, **except the title page**, are numbered 10 mm above the midpoint of the bottom edge of the page. The font type should be Times New Roman. **The numbering of pages should begin with the Declaration page.**

From the title page to the page before the introduction should be numbered single using lowercase in Roman numerals at the bottom center of each page.

Commencing from the Introduction to the last page of the thesis, it should be numbered in Arabic numerals at the bottom center of each page.

5. LISTING OF THE ORDER OF ITEMS IN M.Phil./Ph.D. THESIS

5.1 Precatory Pages

Title page
Declaration Page
Supervisor's Certificate
Acknowledgements
Abstract page
Table of Contents
List of Tables
List of Figures
List of Abbreviations

5.2 Headings

All headings (Declaration, Acknowledgements, Abstract, Table of Contents, List of Tables, List of Figures, List of Abbreviations, Chapter and the name of the chapter) should be in **Upper case, TNR, 14 pt, Bold and Centered**.

5.3 Main body of the thesis

The main body of the thesis shall constitute several Chapters and each chapter may have several subtitles listed under the main title and these will be shown as Chapter 1. 1.1, Chapter 1. 1.2, etc. (Specimen 8)

All chapter titles and headings should follow these examples:

CHAPTER NAME - Upper case, TNR, 14 Pt, Bold, Center (e.g. **CHAPTER 1**)
CHAPTER TITLE- Upper case, TNR, Bold, 14 Pt, Center (**INTRODUCTION**)
First Level Heading- Sentence case, TNR, 12 Pt, Bold, Left aligned
Second Level Heading- Sentence case, TNR, 12 Pt, Bold, Left aligned
Third Level of heading - Sentence case, TNR, 12 Pt, Bold, 10 mm tab position, Justified

<p>CHAPTER 3 MATERIALS AND METHODS</p> <p>3.2. Experimental site 3.2.1. Development of the mapping population 3.2.1.1. Selection of parents</p>
--

Each Chapter shall have a title displayed in upper case bold type letters with Arabic numerals (eg. CHAPTER 1, CHAPTER 2) followed by the title in bold type set in Times New Roman font size 14. Both the Chapter number and the Title should be centered. Subtitles shall be printed in bold type letters (Times New Roman font size 12). Proper spacing between Chapter number, Chapter title, subtitles, and between paragraphs should be maintained throughout the thesis. The text in the thesis should be in Times New Roman font size 12 with double spacing (see the example at the end). Paragraphs should be separated either by one-line spacing or by placing a 0.5 mm tab position at the beginning of each paragraph.

5.3 Layout of Chapters

Layouts of Chapters could be arranged in two methods. You can use either the first or second method based on your preference.

First Method

CHAPTER 1

INTRODUCTION

1.1. Introduction: Justification and Background to the proposed research

1.2. Objectives

1.2.1. General Objectives

1.2.2. Specific objectives

CHAPTER 2

LITERATURE REVIEW

CHAPTER 3

MATERIALS AND METHODS (or METHODOLOGY)

CHAPTER 4

RESULTS

CHAPTER 5

DISCUSSION

CHAPTER 6

CONCLUSIONS, RECOMMENDATIONS AND FUTURE SUGGESTIONS

REFERENCES

APPENDICES

APPENDIX I

List of Publication ...etc.

Appendices- These include sets of data not directly required to interpret/explain the project work/outcomes, which, if necessary, could be easily accessible in the Appendices. Published journal articles arising from the thesis could be attached as Appendices.

(Results may be combined with the discussion in a single chapter)

Second Method

ORGANIZATION OF THE THESIS (Brief description of the layout of the thesis)

CHAPTER 1

INTRODUCTION

1.1 Justification and Background to the Proposed Research

1.2. Objectives

1.2.1. General Objectives

1.2.2. Specific objectives

CHAPTER 2

LITERATURE REVIEW

2.1. XXXXXXXXXXXXXXXXXXXX

2.2. XXXXXXXXX

CHAPTER 3

(TITLE OF RESEARCH CHAPTER 1)

3.1. Introduction

3.1.1. Specific Objectives

3.1.2.

3.2. Material and Methods

3.2.1. Sample collection

3.2.2. Preparation of extracts.....

3.3. Results

.....with subheadings such as 3.3.1., 3.3.2. 3.3.3. 3.3.4.

3.4. Discussion

.....with subheadings such as 3.4.1., 3.4.2. 3.4.3. 3.4.4.

3.5. Conclusions

CHAPTER 4

(TITLE OF RESEARCH CHAPTER 2)

4.1. Introduction

4.1.1. Specific Objectives

4.2. Material and Methods

4.2.1. Sample preparation

4.2.2. Analysis of.....

4.3. Results

.....with subheadings such as 4.3.1., 4.3.2. 4.3.3. 4.3.4.

4.4 Discussion

.....with subheadings such as 4.4.1., 4.4.2. 4.4.3. 4.4.4.

4.5. Conclusions

CHAPTER 5

CONCLUSIONS

REFERENCES

APPENDICES

APPENDIX I Publication I

APPENDIX II Publication II

(Results may be combined with the discussion in a single chapter as a sub-heading within the chapter)

6. REFERENCES (specimen 10)

6.1 Harvard System is preferred

- References shall be cited using the Harvard referencing style. All references in the text should be included at the end of the thesis in the References section. The references should be arranged in alphabetical order at the end of the thesis and in chronological order in the text. If several papers by the same author/s are cited. Use a, b, etc. after the year to distinguish papers published by the same author/s in the same year.

Examples:

Gunathilake, K.D.P.P., Ranaweera, K.K.D.S. and Rupasinghe, H.P.V., 2018a. Change of phenolics, carotenoids, and antioxidant capacity following simulated gastrointestinal digestion and dialysis of selected edible green leaves. *Food Chemistry*, 245, pp.371-379.

Gunathilake, K.D.P.P., Ranaweera, K.K.D.S. and Rupasinghe, H.V., 2018b. In vitro anti-inflammatory properties of selected green leafy vegetables. *Biomedicines*, 6(4), pp.107.

- If the same source is cited in the previous reference and no other work has been quoted in between same source could be used in the next reference without repeating the names to save space.

Example: Reference of a full article:

Nooshkam, M., Varidi, M. and Bashash, M., 2019. The Maillard reaction products as food-born antioxidant and antibrowning agents in model and real food systems. *Food Chemistry*, 275, pp.644-660.

- Unpublished results and personal communications can be mentioned in the text without adding to the reference list.

Liposomal encapsulation enhances the antioxidant potency of lycopene (J. Smith, personal communication).

- Online databases (e.g. Graminae, NCBI etc.) can be cited in the text using the URL of the website and added to the reference list.

e.g.....with the annotation of rice genome sequence using Rice Genome Annotation Project (<http://rapdb.dna.affrc.go.jp>) and OryGenesDB (<http://orygenesdb.cirad.fr>), another....

The primer sequence information was obtained from the published sequence database (www.gramene.org).

6.2 In-text citations

In-text citations, up to two authors, use all authors' surnames/last names and the year, if more than two authors, use after the last name/Surname of the first author *et al.*, (meaning and others) but names of all authors should appear in the **References** list at the end of the thesis.

1. *Single author*: the author's surname and the year of publication;

e.g Further, data obtained for the peak gelatinization temperature of *N. nucifera* starch from three studies range from 59.9 °C to 77 °C (Zhu, 2017).

2. *Two authors*: both authors' surnames and the year of publication;

e.g A previous study was conducted to evaluate the dietary fiber content of *L. spinosa* root using six samples from six different places and revealed the dietary fiber content was in the range of 40–74% on a dry basis (Chandrasekara & Kumar, 2016)

3. *Three or more authors*: first author's surname followed by '*et al.*' and the year of publication.

e.gas it has been investigated that the amylose content of starches depends on the expression of the amylose extender gene (Huang et al., 2006).

4. Groups of references should be listed first alphabetically, under author/s name/s and then in chronological order if several papers by the same author/s are cited. Use a,b, etc. after the year to distinguish papers published by the same author/s in the same year.

e.g.....as demonstrated (Rupasinghe, 2018, 2019a, 2019b; Chandrasekera *et al.*, 2008).

5.

Official websites of organizations (e.g. Food and Agriculture Organization, Department of Agriculture, etc.) use the name of the organization in place of the name of the author.

e.g..... (Food and Agriculture Organization, 2020)

Some examples are given below to illustrate the recommended format of the Author-Year System.

6.3 Examples of in-text citations:

- These limitations are overcome through their encapsulation which extends their shelf-life, controls the delivery, masks the bitter taste, and reduces the damaging effects while passage through the gastrointestinal tract (Fang and Bhandari, 2010). However, literature is limited on the encapsulation of phlorotannins while few attempts have been recorded involving synthetic materials. Surendhiran *et al.* (2019) fabricated sodium alginate and poly (ethylene oxide) blended nanofibers encapsulated with phlorotannin to accomplish antimicrobial and antioxidant effects in meat. Bai *et al.* (2020) have observed a slow and sustained kinetic release of phlorotannins.

6.4 Journal article

Author(s) of article- family name, initials (year of publication). Title of article. Journal name- Italicise, Volume number- bold (Issue number), page range.

e.g. Van der Geer, J., Hanraads, J.A.J. and Lupton, R.A. (2000). The art of writing a scientific article. *Journal of Science Communication*, **163**(4), 51-59.

6.5 Journal article (online)

Sandhu, N., Singh, A., Dixit, S., Cruz, M.S., Maturan, P.C. Jain, R.K. and Kumar, A. (2014). Identification and mapping of stable QTL with main and epistasis effect on rice grain yield under upland drought stress. *BMC Genetics*, 15. doi:10.1186/1471-2156-15-63

6.6 Articles not yet published but in Press

Somarathna, K.A. and Arun K. (2023). Effect of soil salinity on the grain yield of rice (*Oryza sativa* L). *Journal of the Tropical Agriculture* (in press)

6.7 Books (with author)

Jay, J.M., Loessner, M.J. and Golden, D.A. (2008). *Modern Food Microbiology*. Springer Science & Business Media.

6.8 Books (without author)

Anonymous (2019). *Student Handbook*. Wayamba University of Sri Lanka

6.9 Chapters in Edited Books

Gunathilake, K.D.P.P., 2020. Emerging technologies available for the enhancement of bioactive concentration in functional beverages. In *Biotechnological progress and beverage consumption* (pp. 39-69). Academic Press.

Mettam, G.R. and Adams, L.B. (1999). How to prepare an electronic version of your article, In: Jones, B.S., Smith, R.Z. (Eds.), *Introduction to the Electronic Age*. E-Publishing Inc., New York. pp. 281-304.

6.10. Book by an organization or institution (corporate author)

Corporate author name (Year of publication). Title of book, Edition, Publisher, Place of publication.

Australian Government Publishing Service (1987). Commonwealth Printing and Publishing Manual, 2nd ed., A.G.P.S., Canberra.

6.11 Monograph

Gunatilleke, C.V.S. (1996). *A nature guide to the world's end trail, Horton Plains*. Peradeniya Science Publication.

6.12 Proceedings of Conferences, workshops, Congresses, Symposia and Case Studies

Senarath, S.A.Y., Senarath, K.L.C. and Rajapakse A.C.G. (2018). Antioxidant properties of selected vegetables. *Proceedings of the Peradeniya University International Research Sessions, Sri Lanka*, 19, 328.

6.13 Thesis

Gunathilake, K.D., 2012. A fruit-based functional beverage designed to reduce the risk of cardiovascular disease. M.Sc. Thesis, Dalhousie University, Canada

6.11 Reference to a website:

Powertech Systems. (2015). *Lithium-ion vs lead-acid cost analysis*. Retrieved from <http://www.powertechsystems.eu/home/tech-corner/lithium-ion-vs-lead-acid-cost-analysis/>. Accessed January 6, 2016

6.12 Patents

Green, M. A. Artificial amorphous semiconductors and application to solar cells. New South Wales, Innovations Pty Ltd, Patent No. PCT /AU2005/0006147, April 29, 2005.

6.13 Reference to software

Coon, E., Berndt, M., Jan, A., Svyatsky, D., Atchley, A., Kikinzon, E., Harp, D., Manzini, G., Shelef, E., Lipnikov, K., Garimella, R., Xu, C., Moulton, D., Karra, S., Painter, S., Jafarov, E., & Molins, S. (2020, March 25). *Advanced Terrestrial Simulator (ATS) v0.88 (Version 0.88)*. Zenodo. <https://doi.org/10.5281/zenodo.3727209>.

7. ILLUSTRATIONS, FIGURES, TABLES AND PLATES

- Tables/Figures/Illustrations/Plates should be numbered with Arabic numerals according to chapter number with decimals. Number Tables and Figures consecutively by their appearance in the text (specimen 9).

e.g. the fourth figure in Chapter 2 is numbered as Figure 2.4
the second Table in Chapter 3 is numbered as Table 3.2

- All the Tables/Figures/Illustrations/Plates should be cited within the text.

e.g.

Accordingly, both selected parents were significantly different for all the measured indices indicating their divergent performances under saline stress conditions (Table 3.4 and Figure 3.4).

7.1 Illustrations: Drawings, figures, and maps should be clearly printed and borders should not be present around the illustrations. The titles of all figures should be numbered in Arabic numerals and placed at the bottom using Times New Roman font size 12 and 1.5 spaced if there is more than one line. In maps, information such as coordinates, linear scale, directive arrow and index map showing the locality of the area should be provided. A legend for the figures and statistical significance should be given. They should be placed in an appropriate position in the text.

- Normally, graphics should be no less than 300 dpi and line work within vector graphics no less than 1- point width
- Figure title- **Sentence case, TNR, 12 Pt, Bold, 1.5 line space, Justified** if there is more than one line

e.g. **Figure 3.3. Effect of thermal processing on antioxidant properties.....**

- Figure caption- **Sentence case, TNR, 11 Pt, 1.5 line space, Justified**
- Every map should bear the coordinates, a linear scale, the directive arrow, and an index map showing the locality of the area dealt with.
- Line drawings should contain only essential information and should illustrate some points in the text.
- Graphs may be line graphs or bar graphs and the choice of which is to be used at any time depends on the data to be presented.
- Only good-quality photographs should be included and only if they are useful in illustrating something in the text.

7.2 Tables: Tables must be self-explanatory and should not represent the data given elsewhere in the text. Only the relevant data should be presented in tables. Tables should be placed close to the text and no vertical lines should be used. The titles of tables should be numbered and placed at the top of the table. If the volume of the data is too large, consider placing them as appendix tables.

- “Insert” tables next to the relevant text in the article. Use only major horizontal lines and avoid vertical lines and shading in table cells.
- If not an original table, the source of the table should be cited in the footnote of the table given at the bottom of the table
- **Table title-** (Sentence case, Times New Roman, Font size 12 pt, bold, 1.5 line space, Justified if there is more than one line

e.g. **Table 3.14. Effect of different processing**

- Table footnotes can be included below the table for clarification.
- Text within Tables- **Sentence case, TNR, 11 Pt, 1.5 line space, Left aligned**

- Numbers within Tables- **TNR, 11 Pt, 1.5 line space, Right aligned**
- Column headings- **Sentence case, TNR, 11 Pt, 1.5 line space, Centered**
- Table footnote- **Sentence case, TNR, 10 Pt, 1.5 line space, Italic, Justified**

7.3 Plates: Plates should be included when they are essential for the understanding of the content in the text. They should be clear, glossy in colour and of high quality.

(Times New Roman, Font size 12 pt, bold)

Note: *Footnotes may be placed at the bottom of the Figures, Tables and Plates to cite sources or explain the author's comments.*

8. SCIENTIFIC NAMES OF PLANTS AND ANIMALS

Scientific names of plants and animals should be presented in *italics* with the authority in capitals.

In the first citation genus, species and authority shall be given (e.g. *Oryza sativa* L), in later citations generic name should be abbreviated (e.g. *O. sativa*)

9. ABBREVIATIONS

Abbreviations, the shortened form of a word are commonly used when citing references. If unconventional terms are used, they should be presented in detail in the first citation. e.g. Food and Agricultural Organization (FAO), Mahaweli Development Authority (MDA), Department of Agriculture (DOA)

- The following Latin terms are acceptable within the Thesis.

e.g. exempli gratia, “For example”. Used to start a list of examples either to further explain a point made in the Thesis or to provide some examples of references that provide the information that requires citation.

- *i.e. id est*, “That is to say”. Use to precede a point of further explanation.
- *et al. et alia*, “and others”. Used for in-text citations that have more than two authors. For example, (Smith *et al.*, 2004).
- *in vitro* means “taking place outside an organism.”
- *in vivo* means “taking place inside a living organism.”

- Non-English terms:

All non-English terms except Proper Nouns (i.e. names of people and places) should be italicized e.g. *Yala, Maha*.

9.1 Examples of SI derived units expressed in terms of base units

SI Unit

Quantity	Name	Symbol
Area	square meter	m ²
Volume	cubic meter	m ³
Speed, velocity	meter per second	m/sec
Density, mass density	kilogram per cubic meter	kg/m ³

Other abbreviations/acronyms should be spelled out when first used.

9.2. UNITS OF PHYSICAL QUANTITIES

Use the International System of Units (SI) and keep a single space between two types of units.

E.g.: kg m J mol⁻¹ K⁻¹ kg m⁻³

10. MATHEMATICAL FORMULAE

All mathematical formulae should be typed with symbols in correct alignment and adequately spaced; vectors should be indicated by vertical lines. Mathematical formulae for simple fractions use the solidus (/) instead of a horizontal line.

- For separate equations use “equation editor”.
- Subscripts and superscripts should be clear and not too small (at least 11).
- Give the meaning of all symbols immediately after the equation in which they are first used.
- Equations should be numbered serially on the right-hand side in parentheses.

11. CHEMICAL FORMULAE AND NOMENCLATURE

11.1 The valence of ions can be denoted as Ca²⁺ and CO₃²⁻

11.2 Nomenclature: Use IUPAC (International Union of Pure and Applied Chemistry) nomenclature

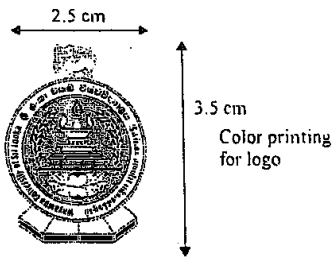
12. LEVEL OF STATISTICAL SIGNIFICANCE

In reporting experimental data, the digits that are not significant should not be used (do not keep digits beyond the precision of the scale of the instrument).

Levels of statistical significance that can be mentioned without further explanation are *P<0.05, **P<0.001, and ***P<0.001.

E.g.: 4.6567 is to be reported as 4.66 if the scale used is precise up to the second decimal place. The level of significance could be expressed as $P < 0.05$

Specimen 1- Cover page and Spine

NAME OF STUDENT WITH INITIALS (Bold, 18-point gold-coloured font, Uppercase)	
	TITLE OF THESIS (Uppercase, centred, bold, 18-point gold-coloured font)
	NAME OF STUDENT WITH INITIALS (Uppercase, centred, bold, 18-point gold-coloured font)
	NAME OF DEGREE (e.g. DEGREE OF DOCTOR OF PHILOSOPHY)
	WAYAMBA UNIVERSITY OF SRI LANKA
YEAR (Uppercase, centred, bold, 18-point gold-coloured font)	

Note: The left, right, top and bottom margins should be 3.5 cm in A4 paper size.



TITLE OF THESIS

(Times New Roman, Uppercase, Centre, 18 pt, bold, gold coloured font)

NAME OF THE STUDENT WITH INITIALS

(Times New Roman, Uppercase, Centre, 18 pt, bold, gold coloured font)

DEGREE OF DOCTOR OF PHILOSOPHY (NAME OF DEGREE)

(Times New Roman, Uppercase, Centre, 18 pt, bold, gold coloured font)

WAYAMBA UNIVERSITY OF SRI LANKA

YEAR

(Times New Roman, Uppercase, Centre, 18 pt, bold, gold coloured font)

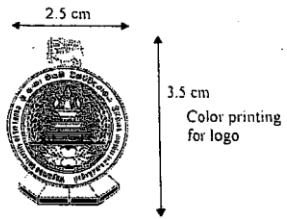
P.O. JHONSON DOCTOR OF PHILOSOPHY 2016

3.5cm → **2016** ←

DOCTOR OF PHILOSOPHY

→ **P.O. JHONSON**

Specimen 2- Title page



TITLE OF THESIS
(Uppercase, centred, bold, 12-point font)

By

FULL NAME OF STUDENT
(Uppercase, centred, bold, 12-point font)

Thesis submitted to the Wayamba University of Sri Lanka
in fulfilment of the requirements for the
Degree of Doctor of Philosophy

May 2016

Note: The left margin should be at least 4.0 cm and the right, top and bottom margins at least 2.5cm.



TITLE OF THESIS
(Times New Roman, Uppercase, 12 pt, Centre, Bold)

By

FULL NAME OF STUDENT
(Times New Roman, Uppercase, 12 pt, Centre, Bold)

Thesis submitted to the Wayamba University of Sri Lanka
in fulfillment of the requirements for the
Degree of Doctor of Philosophy
(Times New Roman, Sentence Case, 12 pt, Centre, 1.5 line spacing)

January 2024

(Times New Roman, Sentence Case, 12 pt, Centre)

Specimen 3

Declaration of Student

(Times New Roman, Sentence Case, font size 14 pt, bold, Centre)

I declare that the work presented in this thesis is my own, except where otherwise acknowledged, and has not been submitted in any form for another degree or qualification at any other academic institution. The work described in this thesis was carried out under the supervision of Prof. XXXXXXXX and Prof. XXXXXXXX. Information derived from the published or unpublished work of others has been acknowledged in the text and a list of references is given. **(Times New Roman, font size 12 pt, single line spacing, Justify)**

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Name of the student

We certify that the above statement made by the candidate is true and that the thesis is suitable for submission to the University for evaluation **(Times New Roman, font size 12 pt, bold, single line spacing)**

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SUPERVISORS CERTIFICATE
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We certify that the candidate has incorporated all corrections, additions and amendments recommended by the examiners to this version of the PhD thesis.

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Specimen 5 - ABSTRACT – M.Phil./Ph.D. THESIS

ABSTRACT

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LIST OF ABBREVIATIONS

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AFLP	Amplified Fragment Length Polymorphism
ANOVA	Analysis of Variance
BSA	Bulked Segregant Analysis
CIM	Composite Interval mapping
cDNA	Complementary Deoxyribonucleic Acid
DEPC	Diethylpyrocarbonate
DH	Doubled haploid
DNA	Deoxyribonucleic Acid
dNTPs	Deoxynucleoside 5' triphosphates
DOA	Department of Agriculture
EtBr	Ethidium Bromide

Specimen 8 – Chapter Headings/Subtitles

CHAPTER 1

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LITERATURE REVIEW

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1.1. XXXXXXXXXXXX Times New Roman, 12 pt, Left align, double spacing

Many chronic diseases such as cancer, and cardiovascular diseases (CVD) represent an increasing proportion of morbidity and mortality in developing countries including Sri Lanka. Various research findings have demonstrated that changes in oxygen utilization in the body and increased formation of reactive oxygen species (ROS) contribute to many chronic diseases (Kaliora *et al.*, 2006; Madamanchi *et al.*, 2005). traditional tasks, such as market information, micro-finance and health issues. Times New Roman, 12 pt, Justify, double spacing

1.1.1. Global status of XXXXX

Agricultural extension services date back to the nineteenth century to increase agricultural productivity and production in Sri Lanka. For research to be effective there must be an efficient mechanism whereby its findings can be used by the end users.

Specimen 9 – Format of Table and Figures

Table 3.14. Effect of different processing (steaming, boiling, frying and roasting)

Indent right of selected spices on flavonoid content (Table title: Sentence case, Times New Roman, 12 pt, bold, Justified)

Column headings- Sentence case, TNR, 11 Pt, Centered

Text within a table: Times New Roman, 10/11 pt, bold, 1.5 line space, Left aligned

Numbers within the table: Times New Roman, 10/11 pt, bold, 1.5 line space, Right aligned

Treatment	Flavonoid content			
	S	B	F	R
Control	4.85±0.07 ^{a/N}	4.91±0.03 ^{a/S}	4.86±0.05 ^{a/V}	4.87±0.01 ^{a/Z}
Cardamom	4.26±0.05 ^{b/M}	4.31±0.03 ^{b/P}	4.27±0.03 ^{b/U}	4.27±0.03 ^{b/X}
Nutmeg	3.91±0.05 ^{c/L}	4.01±0.01 ^{c/P}	3.89±0.05 ^{c/T}	3.99±0.05 ^{c/W}
Ginger	4.25±0.02 ^{d/L}	3.99±0.03 ^{d/P}	3.91±0.04 ^{d/T}	3.95±0.02 ^{d/W}
Garlic	3.88±0.02 ^{e/L}	4.30±0.01 ^{f/Q}	4.23±0.01 ^{e/U}	4.23±0.01 ^{e/X}
<i>Aloe vera</i>	4.21±0.01 ^{g/M}	4.39±0.02 ^{g/Q}	3.88±0.03 ^{g/T}	3.94±0.01 ^{g/W}
Mace	4.34±0.02 ^{h/M}	4.28±0.02 ^{k/Q}	4.33±0.04 ^{h/U}	4.37±0.02 ^{h/Y}

Flavonoids content of Rutin equivalent mg/kg fresh sample. S-steaming, B-boiling, F-frying and R-roasting Values in the same row with different superscripts (simple letters) are statistically significantly different at a 95% confidence interval; Values in the same column under different subtitles with different superscripts (capital letters) are significantly different at 95% confident level

Footnote: Times New Roman, 10 pt, Italic, 1.5 line spacing, Justified

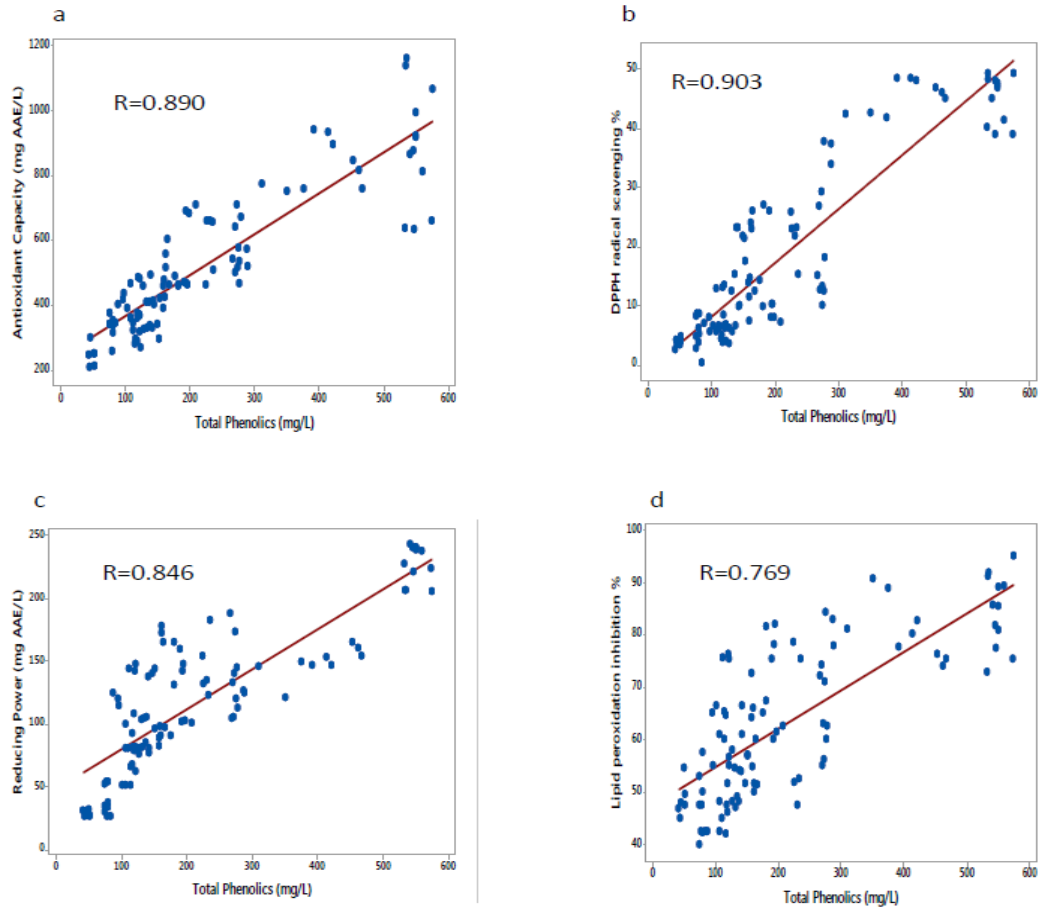


Figure 4.1. Correlation between total polyphenols and four antioxidant activities

(Figure title- Sentence case, Times New Roman, 12 Pt, Bold, 1.5 line space, Justified)

(a) antioxidant capacity, (b) DPPH radical scavenging activity, (c) reducing power, (d) lipid peroxidation assay (Figure caption- Sentence case, Times New Roman, 11 Pt, 1.5 line space, Justified)

Specimen 10- Format of Reference page and Appendices

REFERENCES

(Times New Roman, 14 pt, Centre, bold)

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- Allen, A.B., Martin, S.Y., Sudam, A., Chaveerach, A., Abdullah, U.H., Mahati, B.N. and Mohamed, H. 2019. Chemical constituents and toxicity effects of leaves from several *Cassia auriculata* species (Aquillaria). *Journal of Food Science*, **30**(3), 342–353.
- Day, R. A. 1983. How to write and publish a scientific paper, 2nd ed. ISI Press, Philadelphia, USA. Do not add space between references

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APPENDICES

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APPENDIX I

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Publications

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A candidate should include his/ her list of publications resulting during the degree program at the end of appendices and should annex any of his/her research, if already published in journals, as supporting documents confirming his ability to interpret, analyze and present scientific papers. **Times New Roman, 12 pt, justified, 1.5 line space**