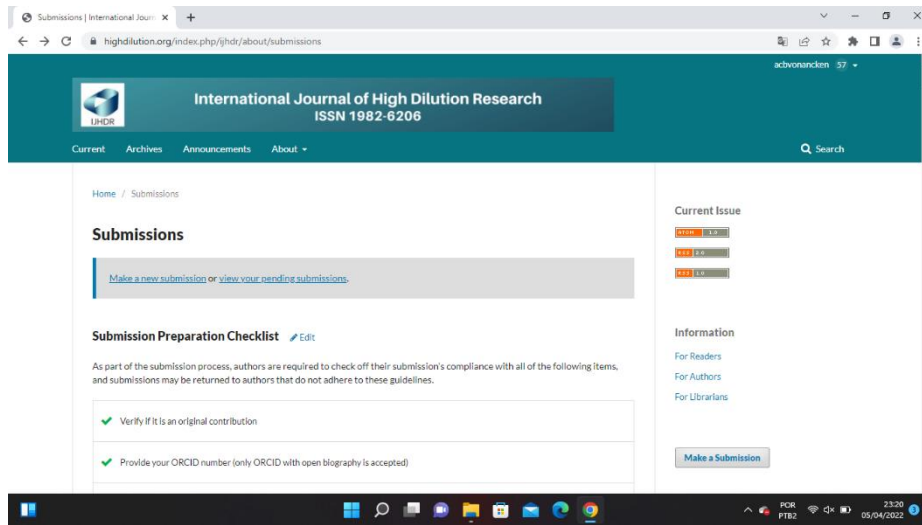
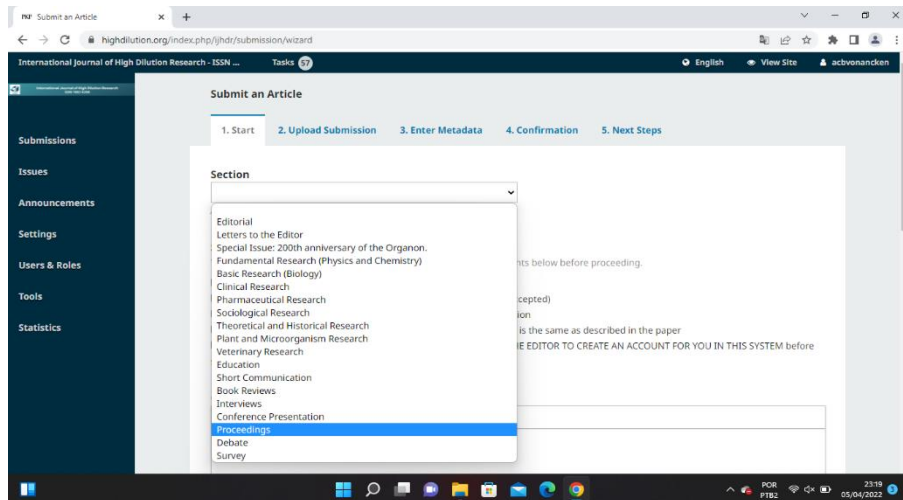


How to submit your Giri abstract to IJHDR platform?

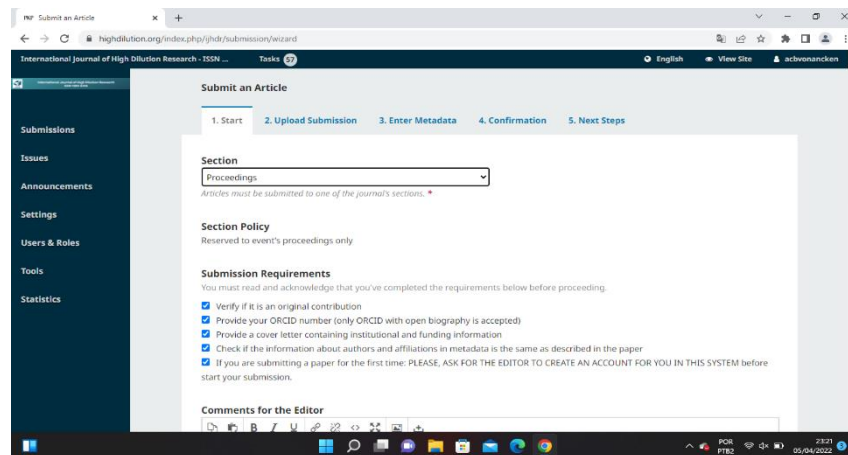
1 – go to www.highdilution.org and prepare to make a New submission (on the right side and bottom of the page)



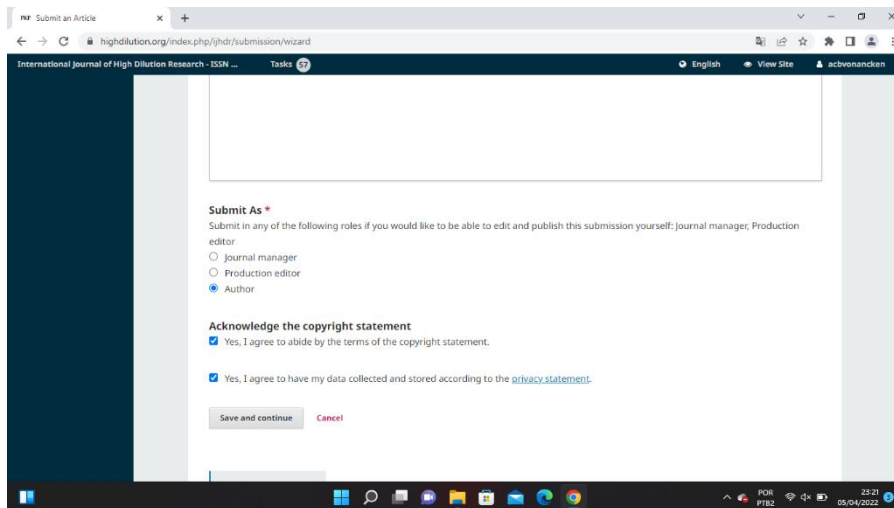
2 – In the “Section” box, choose **PROCEEDINGS**



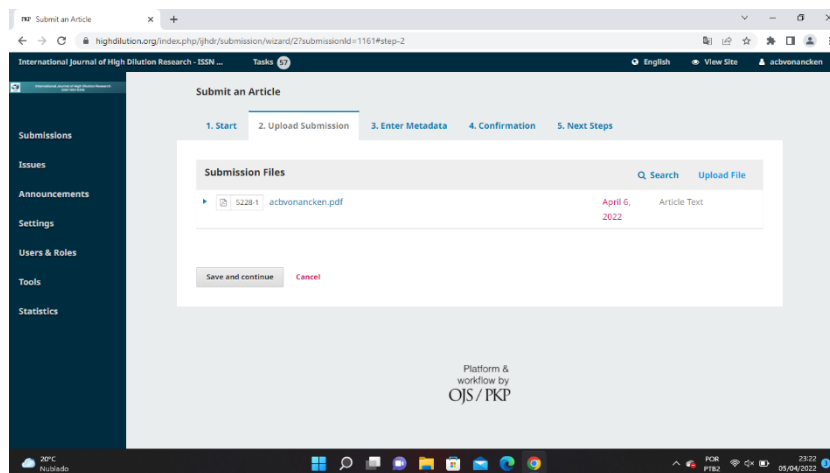
3 – Check all the boxes



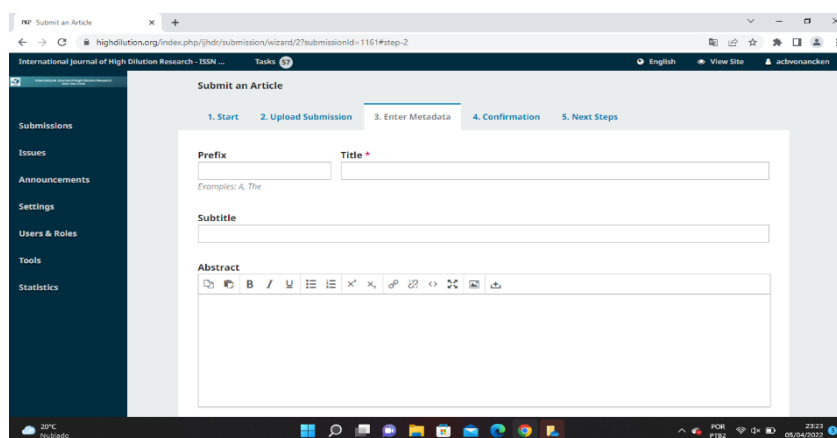
4 – Identify yourself as an “author”. Save and continue.



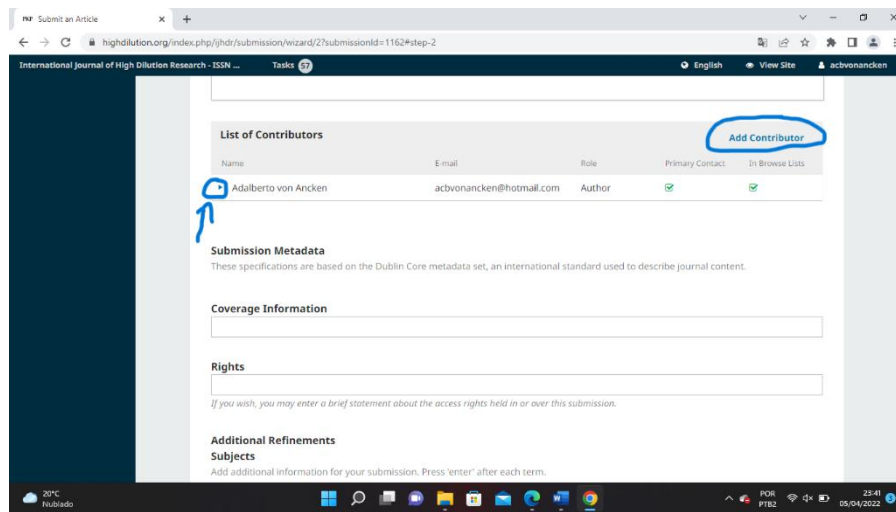
5 – Upload your submission



6 - fill in the metadata section completely, with all authors informations



7 – Still on the metadata section, you can add and edit personal information from all authors (name, affiliation, ORCID)



8 – Confirm your submission. Soon the peer-review process will begin.