

Review Form 1.6

Journal Name:	Asian Journal of Advanced Research and Reports
Manuscript Number:	Ms_AJARR_94260
Title of the Manuscript:	An insight into the Biomechanics and other details of Vrikshāsana, one of the standing Yoga āsanās
Type of the Article	Review Article

General guideline for Peer Review process:

This journal's peer review policy states that **NO** manuscript should be rejected only on the basis of '**lack of Novelty**', provided the manuscript is scientifically robust and technically sound. To know the complete guideline for Peer Review process, reviewers are requested to visit this link:

(<https://www.journalajarr.com/index.php/AJARR/editorial-policy>)

PART 1: Review Comments

	Reviewer's comment	Author's comment (if agreed with reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)
Compulsory REVISION comments	<ol style="list-style-type: none">1. Introduction is not rationale with the study. Please reframe it with much more scientific evidences.2. The research question, why the researcher is interested for this study, is not properly visible in the introduction part.3. Lack of strong controlled methodological backup has been found in the manuscript. It should be more developed with appropriate inclusion and exclusion criteria including searching keywords, time duration etc.4. Deficiency of scientific explanations under each heading is found in the manuscript and technically more detailed information should be given under each outcomes.5. Outcome of this study is not generalized properly	
Minor REVISION comments		
Optional/General comments		

PART 2:

	Reviewer's comment	Author's comment (if agreed with reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)
Are there ethical issues in this manuscript?	(If yes, Kindly please write down the ethical issues here in details)	

Reviewer Details:

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