

Review Form 1.7

Journal Name:	Current Journal of Applied Science and Technology
Manuscript Number:	Ms_CJAST_118956
Title of the Manuscript:	A COMPARATIVE STUDY TO ASSESS THE EFFECTIVENESS OF BRISK WALKING AND YOGA INTERVENTIONS ON THE LEVEL OF HYPERTENSION AND CHOLESTEROL AMONG HYPERTENSIVE PATIENTS IN SELECTED AREAS OF THE CITY.
Type of the 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.journalcjast.com/index.php/CJAST/editorial-policy>)

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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)
<p>Compulsory REVISION comments</p> <p>1. Is the manuscript important for scientific community? (Please write few sentences on this manuscript)</p> <p>2. Is the title of the article suitable? (If not please suggest an alternative title)</p> <p>3. Is the abstract of the article comprehensive?</p> <p>4. Are subsections and structure of the manuscript appropriate?</p> <p>5. Do you think the manuscript is scientifically correct?</p> <p>6. Are the references sufficient and recent? If you have suggestion of additional references, please mention in the review form.</p> <p><u>(Apart from above mentioned 6 points, reviewers are free to provide additional suggestions/comments)</u></p>	<p>Yes a comparative study testing the efficacy of yoga and brisk walking as a non-pharmacological way to enhance wellbeing among patients is useful.</p> <p>Yes The authors may consider revising the title as it does not reflect diabetes, even though the manuscript contains this information as well as graphs demonstrating the effect of brisk walking and yoga on blood glucose levels.</p> <p>Yes</p> <p>No, they do not adhere to accepted norms of research writing. (Instead of using standardized subsections, some sections are numbered and those too are incorrectly numbered IV followed by VI) χ^2-value is also not commonly used in academic manuscripts.</p> <p>Data collection, variables, ethical considerations, validated yoga module used as an intervention, or a timeline on how many sessions, or who taught them are important points that are entirely missing in the manuscript. Research methodology and results seems sketchy in point form, the same is found in results as this is not generally found in academic manuscripts.</p> <p>For an 18-page manuscript, the number of references are inadequate. They have not been properly cited neither are they presented in a uniform format at the end. It is recommended that these be formatted in accordance with journal norms.</p> <p>The subject of this paper is very relevant, however the authors may need to consider:</p> <ol style="list-style-type: none"> Why the definition lifestyle is included but the definition of hypertension, normal range of cholesterol and parameters of diabetes have been omitted. 	
<p>Minor REVISION comments</p> <p>1. Is language/English quality of the article suitable for scholarly communications?</p>	<p>Yes. However there are errors in formatting (as mentioned above) and grammar such as in abstract "Conclusion, both brisk..." these would need to be rectified.</p>	
<p>Optional/General comments</p>	<p>. The data sets and graphs mentioning pharmacological interventions including number of years of drug dependency, demographics add to the length of manuscript but may not be very relevant. Instead vital information which has been omitted (as outlined above) may be added.</p>	

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)
<p>Are there ethical issues in this manuscript?</p>	<p><i>(If yes, Kindly please write down the ethical issues here in details)</i></p>	

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