

Review Form 3

Journal Name:	European Journal of Nutrition & Food Safety
Manuscript Number:	Ms_EJNFS_125564
Title of the Manuscript:	An Evaluation of Synergy between Consumption of Dairy products and Yoga for improved Digestive Health
Type of the Article	Analytical study

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PART 1: Review Comments

Compulsory REVISION comments	Reviewer's comment	Author's Feedback (Please correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)
Please write a few sentences regarding the importance of this manuscript for the scientific community. Why do you like (or dislike) this manuscript? A minimum of 3-4 sentences may be required for this part.	The importance and positive point of this manuscript is the division of diet into three parts-Satvic, Rajsic and Tamsic and its impact on the physical as well as mental health of the people.	
Is the title of the article suitable? (If not please suggest an alternative title)	Yes	
Is the abstract of the article comprehensive? Do you suggest the addition (or deletion) of some points in this section? Please write your suggestions here.	Yes. As per me, addition of 'types of milk and its properties' and more useful yoga asanas must be added.	
Are subsections and structure of the manuscript appropriate?	Yes , subsections and structure are appropriate .	
Please write a few sentences regarding the scientific correctness of this manuscript. Why do you think that this manuscript is scientifically robust and technically sound? A minimum of 3-4 sentences may be required for this part.	The goal of manuscript writing is to go beyond simply presenting facts and ideas. It is to reach out to the reader to successfully explain your findings and assist readers in comprehending the topics at hand.	
Are the references sufficient and recent? If you have suggestions of additional references, please mention them in the review form.	Yes, references are sufficient and recent as well.	
Minor REVISION comments Is the language/English quality of the article suitable for scholarly communications?	Yes , the language is suitable for communication. Its simple and easy to understand	
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?	<u>(If yes, Kindly please write down the ethical issues here in details)</u>	

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Reviewer Details:

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