

Review Form 3

Journal Name:	Journal of Advances in Medicine and Medical Research
Manuscript Number:	Ms_JAMMR_127911
Title of the Manuscript:	Mindfulness Meditation: A Hellenic Experience - A Quantitative and Qualitative Study
Type of the Article	

General guidelines for the 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 guidelines for the Peer Review process, reviewers are requested to visit this link:

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PART 1: Comments

	Reviewer's comment	Author's Feedback <i>(Please correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)</i>
Please write a few sentences regarding the importance of this manuscript for the scientific community. A minimum of 3-4 sentences may be required for this part.	Meditation always keeps our body and mind peaceful which benefits many target groups who were undergoing stress or other mental health challenges. Regular meditation practice into one's routine one a newly disciplined lifestyle and transcend one to experience their inner self. Knowing our own body and keeping our mind to the present enhances the overall quality of life.	
Is the title of the article suitable? (If not please suggest an alternative title)	Mindfulness Meditation – A Hellenic Experience – A Mixed Methods Research	
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 it is comprehensive yet a few suggestions to be made <ul style="list-style-type: none"> • A space between and – acknowledge (1st para) • Merge - Greater sense of Meaning and Control in life (2nd para) • It was conducted (3rd para) • Potential effects of workshop? or mindfulness meditation? 	
Is the manuscript scientifically, correct? Please write here.	Yes, it is scientifically correct,	
Are the references sufficient and recent? If you have suggestions of additional references, please mention them in the review form.	Satisfactory yet there is no very recent references in any context	
Is the language/English quality of the article suitable for scholarly communications?	Yes	
Optional/General comments	<p>*Also in qualitative study, Provide the procedure or the work done at the start then discuss the statements of the participants in every session if possible</p> <p>*Name the subgroup as fortnightly and weekly at the respective tables</p> <p>*Discuss regarding their cultural aspects as well as mentioned in the study</p> <p>*As the abstract states the study of impact of mindfulness, conclude based on the impact of mindfulness strongly if possible</p>	

PART 2:

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

Reviewer Details:

Name:	Sathishkumar S.
Department, University & Country	Kerala Agricultural University, India