

## Review Form 1.6

Journal Name:	<a href="#">Journal of Education, Society and Behavioural Science</a>
Manuscript Number:	Ms_JESBS_83797
Title of the Manuscript:	EXPLORING THE THERAPEUTIC EFFECT OF YOGA TO ENHANCE PSYCHOLOGICAL WELL-BEING AMONG ADOLESCENT GIRL STUDENTS
Type of the Article	Original Research 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.journaljesbs.com/index.php/JESBS/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)
<b>Compulsory</b> REVISION comments	<p>The theme is very important, since young citizens must remain healthy in order to grow into well-developed adults.</p> <p>There are a few spelling and syntax errors in the paper. The author doesn't seem to be 100% fluent in English.</p>	
<b>Minor</b> REVISION comments	<p>There are flaws in the Methodology which must be corrected: 1) How and when were the participants selected?</p> <p>"A total of 60 unmarried adolescent girls were selected according to inclusion and exclusion criteria, between the age group 13-15 years and randomly divided into 02 groups".</p> <p>The division into two groups was random but not the selection of the 60 participants, so it seems.</p> <p>2) Why wasn't the study registered as a randomized controlled trial?</p> <p>3) The Checklist must be explained and attached;</p> <p>4) How can the hypothesis be rejected on page 7 if it wasn't mentioned before?</p> <p>5) The number of references in the reference list is very small. More articles on the subject should be included, especially when the author mention that: "Yoga is more powerful and better than any other exercise to improve a variety of health-related outcomes".</p> <p>6) The conclusion is biased and must be rephrased.</p>	
<b>Optional/General</b> comments		

Review Form 1.6

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:

Name:	Pamela Siegel
Department, University & Country	State University of Campinas, Brazil