

Editor's Comment:

My comments on the article:

1. In Abstract section: Write the name of test of significance used in methodology and also p values of relevant variables in results,.
2. In Methodolgy section: Authors should elaborate a bit about procedure of "aerobic excercise" and "yoga" practised by the study subjects. Whether the group was trained by a professional or investigator; did the whole group perform it together in the health facility or individually at home.
3. In Results section : Tables are showing Mean \pm SD, so title should say "Mean \pm Standard Deviation" or "Mean and standard deviation" in place of " mean (Standard Deviation)." Results section only repeats the information from tables; results need to be written in a better way.
4. In Discussion section: reframe line 171 on page 9.
5. In Conclusion section: line 215: Write " Illustrates" or " has illustrated" in place of " It illustrated"

The article will be considered for publication after doing these changes.

Editor's Details:

Dr. Anjana Verma

Assistant Professor, Department of Community Medicine, Geetanjali Medical College, Geetanjali Medcity, India