

Editor's comments:

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"

Author's feedback:

Thank you very much for taking the time to review the article.

We have made the changes as per the above mentioned suggestions.