



### REVIEWER'S REPORT

**Manuscript No.:** IJAR-56474

**Title:** The Role of Yogasanas in Achieving Mental and Physical Health: A Critical Study.

**Recommendation:**

Accept as it is .....

**Accept after minor revision.....**

Accept after major revision .....

Do not accept (*Reasons below*) .....

Rating	Excel.	Good	Fair	Poor
Originality		✓		
Techn. Quality			✓	
Clarity			✓	
Significance		✓		

**Reviewer Name:** Dr. Amina

### Reviewer's Comment for Publication.

The manuscript titled “शारीरिक स्वास्थ्य की प्राप्ति में योगासनों की भूमिका: एक विवेचनात्मक अध्ययन” focuses on the role of yogic postures (Yogasanas) in maintaining and improving physical health. The study highlights the importance of yoga practices within the broader framework of traditional yogic philosophy and their contribution to physical, mental, and spiritual well-being. The topic is relevant, especially in the current global context where yoga has gained widespread acceptance as an effective approach to health promotion and preventive healthcare.

The manuscript explains the concept of Yogasanas based on classical yogic texts such as *Patanjali Yoga Sutra*, *Hatha Yoga Pradipika*, and other traditional sources. It also discusses how regular practice of Yogasanas contributes to improving flexibility, strengthening internal organs, enhancing respiratory and circulatory functions, and maintaining overall body fitness. The inclusion of references from both classical yogic literature and modern studies adds value to the theoretical discussion.

However, the manuscript requires **minor revisions** before publication. The formatting of the document needs improvement, as several sections contain spacing errors, typographical inconsistencies, and irregular alignment of text. Some portions of the manuscript appear compressed or improperly formatted, which affects readability. The structure of the article could also be improved by clearly separating sections such as introduction, objectives, methodology, discussion, and conclusion.

The methodology section indicates that the study is mainly a **theoretical or descriptive review based on classical yogic texts and secondary sources**. This should be explained more clearly to help readers understand the research design. Additionally, the discussion could be strengthened by integrating more recent empirical research on the health benefits of Yogasanas to support the arguments presented in the manuscript.

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The reference list includes a mixture of classical yogic texts and modern scholarly articles, which is commendable. However, the citation style should be standardized and formatted consistently according to the journal's guidelines.

In conclusion, the manuscript addresses an important topic related to the role of Yogasanas in promoting physical health. With improvements in formatting, language clarity, and methodological explanation, the manuscript can make a useful contribution to the academic literature on yoga and health sciences. Therefore, the manuscript may be accepted after minor revision.