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REVIEWER'S REPORT

Manuscript No.: IJAR-57360

Title: Perception of Adolescents and Young Women (15-21 Years) Regarding Caesarean Section Deliveries: A Cross-Sectional Study in District U. S. Nagar, Uttarakhand.

Recommendation:

Accept as it is

Accept after minor revision...

Accept after major revision

Do not accept (*Reasons below*)

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

Reviewer's ID: Dr. Sumathi

Detailed Reviewer's Report

- 1. Adolescent health (ages 10-24) involves critical physical, mental, and social development, laying the foundation for adult health. Key priorities include nutritious diets, regular physical activity, and mental health support, while addressing risks like substance use, injury, and sexual health. A safe environment and open communication with trusted adults are vital for navigating these rapid changes.**
- 2. Adolescent health refers to the physical, mental, emotional, and social well-being of individuals between the ages of 10 and 19 (or up to 21-24 depending on the source). It encompasses navigating rapid developmental changes and establishing healthy behavioral patterns, including diet, physical activity, and sexual health, to prevent long-term health risks.**
- 3. A C-section (caesarean section) is a surgical procedure used to deliver a baby through incisions in the mother's abdomen and uterus. It is performed when a vaginal delivery is not possible or safe, such as during obstructed labor, breech positioning, placenta issues, or maternal health risks. Synonyms include cesarean delivery, cesarean, or C-section.**

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- 4. A caesarean section (C-section) is a surgical procedure to deliver a baby through incisions in the abdomen and uterus, typically performed when vaginal delivery poses risks to the mother or baby. It is a major surgery requiring 3-5 days in the hospital, with full recovery taking 6-8 weeks. While often lifesaving, risks include infection, bleeding, and blood clots.**
- 5. Reproductive health education provides crucial, age-appropriate information on puberty, anatomy, contraception, STI prevention, and healthy relationships to promote informed decision-making, consent, and bodily autonomy. Effective programs go beyond abstinence-only approaches, offering comprehensive, skills-based learning that reduces risks of unintended pregnancies and STIs while supporting mental and emotional development.**
- 6. Reproductive health education is a structured, evidence-based approach to teaching individuals about human anatomy, puberty, pregnancy, contraception, and STI prevention. It empowers people to make informed decisions about their bodies and relationships, reducing high-risk behaviors and promoting healthy, respectful life choices.**
- 7. Adolescents (ages 10–25) are often unfairly perceived as moody, risky, and tech-obsessed, but they are undergoing critical developmental, physical, and neural changes. This period is marked by high vulnerability to mental health issues, yet it serves as a crucial window for cognitive growth, identity formation, and skill development.**
- 8. Key words are given excellent.**
- 9. This research topic is medically very essential one.**
- 10. Tables and graphs are good.**
- 11. Significant points are given excellent.**
- 12. Summary points only can be added.**
- 13. References should be with alphabetical order.**
- 14. After a small changes good to publish in your journal.**