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| Journal Name: | [**Asian Journal of Medicine and Health**](https://journalajmah.com/index.php/AJMAH) |
| Manuscript Number: | **Ms\_AJMAH\_134363** |
| Title of the Manuscript:  | **HOLISTIC HEALTH MANAGEMENT: NUTRITION, EXERCISE AND GLYCEMIC INDEX** |
| Type of the Article |  |

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| **Please write a few sentences regarding the importance of this manuscript for the scientific community. A minimum of 3-4 sentences may be required for this part.** | **The manuscript mentions overall importance of nutrition, exercise and its relation to glycaemic index.****It may be helpful for academician in terms of nutrition and varying levels of glycaemic index as per the review written.****Most of the text in the article is duplicated, avoid wherever duplication is not required and delete the text.** |  |
| **Is the title of the article suitable?****(If not please suggest an alternative title)** | **Not suitable** **Impact and in relation to words can be used in the title** **Impact of HOLISTIC HEALTH MANAGEMENT in relation to NUTRITION, EXERCISE AND GLYCEMIC INDEX.** |  |
| Is the abstract of the article comprehensive? Do you suggest the addition (or deletion) of some points in this section? Please write your suggestions here. | **Abstract can be structured, instead of unstructured.** **Key words should be as per PubMed mesh words** |  |
| Is the manuscript scientifically, correct? Please write here. | **Correct**  |  |
| **Are the references sufficient and recent? If you have suggestions of additional references, please mention them in the review form.** | **Sufficient but less recent articles****More recent articles could be added from 2021 onwards, as nutrition topic has been changed post covid drastically** |  |
| Is the language/English quality of the article suitable for scholarly communications? | **Suitable but avoid duplication of the text wherever possible.** |  |
| Optional/General comments | **Is this study approved by ethics committee**  |  |

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| **PART 2:**  |
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| **Are there ethical issues in this manuscript?**  | *(If yes, Kindly please write down the ethical issues here in detail)***Nil**  |  |
| **Are there competing interest issues in this manuscript?** | **Nil**  |  |
| **If plagiarism is suspected, please provide related proofs or web links.** | **Nil**  |  |

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| **PART 3: Declaration of Competing Interest of the Reviewer:** |
| Here reviewer should declare his/her competing interest. If nothing to declare he/she can write “I declare that I have no competing interest as a reviewer” |

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| Give OVERALL MARKS you want to give to this manuscript ( Highest: 10 Lowest: 0 )**Guideline:** Accept As It Is: (>9-10)Minor Revision: (>8-9)Major Revision: (>7-8)Serious Major revision: (>5-7)Rejected (with repairable deficiencies and may be reconsidered): (>3-5)Strongly rejected (with irreparable deficiencies.): (>0-3) | **8** |

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