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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 |  |

**General guidelines for the Peer Review process:**

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|  | Reviewer’s comment **Artificial Intelligence (AI) generated or assisted review comments are strictly prohibited during peer review.** | Author’s Feedback *(Please correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)* |
| **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:** | | |
|  | Reviewer’s comment | Author’s comment *(if agreed with the reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)* |
| **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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| **PART 4: Objective Evaluation:** | |
| Guideline | MARKS of this manuscript |
| 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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|  | Author’s Feedback |
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| Country of Reviewer | India |
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