

Association between yoga and physical activity among Indian children and youth: a culturally appropriate path to reduce the burden of noncommunicable diseases in the global south (#89115)

Title

The title of the manuscript provides a wide understanding of the global south, which comprises of many other countries apart from India, there is a need for changes in the title. As the study has been confined to a few states of India, and as it was done through virtual medium. The information like through virtual mode and name of states or specifically numbering (4 states of India), maybe helpful.

Sample selection

The literature review mentions the study was done through the random sampling? So would the authors like to elaborate more on the selection process of randomisation of States and process of selection of schools? It looks like both the selection was done purposefully. More clarifications required on this.

Consent

The ROL also mentions about the consent dually obtained from children and their parents for participation in the study. The format of consent is not shared in the appendix.

Review of Literature

The authors are establishing the fact that Yoga is culturally acceptable. However, as the study population is children, they would like to be involved in games and sports even which maybe a substitute to Yoga session. In certain cultures sports are more acceptable than Yoga.

Methodology

The authors have categorised the children into two groups- having active friends and not having active friends. However, as many children would know they do not have any active friend, this maybe a demotivator for all. There is a need to provide healthcare education to those who are not active friends.

A copy of questionnaire that the authors have used has not been shared. A copy of the same needs to be shared. Whether it is a standard tool or modified tool for a new tool has to be validated.

There is a difference between physical activity level in the rural and urban areas. As in the rural areas, children are more involved in outdoor games and sports, it seems that the authors have not considered these aspects.

While the authors mention about the different forms of Yoga- **physical postures (asanas), breathing techniques 60 (pranayama), and meditation practices**, it is important to understand that not all Yoga are related to Physical activity. Pranayama and Meditation practices does not translate to physical activity. However, they maybe a good indicator for mental wellbeing and respiratory wellbeing. Have the authors only looked for physical posters or a mix of the three, that has to be specified.

The study also does not inform whether the schools were located in urban or rural areas, there is also a gap with the information on whether the schools were government or private schools.

This is a very important study and the authors may like to improve the colloquial phrases from the above study. Still more outputs could be gained from this study.