



REVIEWER'S REPORT

Manuscript No.: IJAR-55442

Title: Comparative Perspectives on Aerobics and Yoga in Enhancing Physical and Cognitive Development of Children with Down Syndrome: A Thematic Review

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. Arpith Kumar

Detailed Reviewer's Report

1. The manuscript addresses a timely and socially relevant topic, focusing on the comparative effects of aerobics and yoga on the physical and cognitive development of children with Down syndrome. The theme aligns well with contemporary discussions on inclusive education and holistic intervention approaches.
2. The paper demonstrates a strong theoretical foundation, drawing on credible national and international literature. The integration of Indian policy frameworks such as the RPwD Act (2016) and NEP (2020) significantly enhances its practical and policy relevance.
3. The objectives are clearly stated and logically aligned with the thematic organization of the manuscript.
4. The discussion on physical development effectively distinguishes:
 - Aerobics: cardiovascular endurance, stamina, and gross motor coordination
 - Yoga: flexibility, posture, balance, and muscle tone
5. The analysis of cognitive development is well-articulated:
6. Aerobics improves attention span, sequencing, and problem-solving
7. Yoga enhances memory, concentration, emotional regulation, and self-control
8. The inclusion of psychosocial outcomes (peer interaction, confidence, emotional stability) adds depth and supports a holistic developmental perspective.
9. Areas requiring **minor revision** include:
 - Removal of duplicated references
 - Improved formatting of the thematic synthesis table
 - Minor grammatical and stylistic corrections

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- Slight condensation of the abstract for clarity

Overall, the manuscript makes a valuable contribution for educators, therapists, and policymakers working with children with Down syndrome.

Recommendation: Accept with Minor Revisions