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## REVIEWER'S REPORT

Manuscript No.: IJAR-55484

Title: AWARENESS ABOUT HEALTH AND NUTRITION IN RURAL WOMEN

### 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 |           | Good |      |      |
| Clarity        | Excellent |      |      |      |
| Significance   | Excellent |      |      |      |

Reviewer Name: Dr. Sumathi

### *Detailed Reviewer's Report*

- 1. Rural women are vital to food systems and economies, working in agriculture and supporting communities, but often face significant challenges like limited access to resources (land, credit, education), less pay, and disproportionate burdens of unpaid care work, despite their essential contributions to food security and rural development.**
- 2. Empowering them through better opportunities, resource access, and decision-making power is crucial for poverty reduction and sustainable development.**
- 3. Health nutrition is about consuming the right balance of foods and nutrients (proteins, carbs, fats, vitamins, minerals, water) to fuel your body for optimal growth, energy, and disease prevention, ensuring your cells and organs function correctly and supporting overall well-being and longevity.**
- 4. It's more than just eating; it's the science of how food affects your body and making informed choices for a healthier life, reducing risks of conditions like heart disease, diabetes, and cancer.**
- 5. Self-awareness is the ability to understand your own personality, including your thoughts, feelings, strengths, weaknesses, and actions, and to recognize how these impact yourself and others, acting like an**

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**objective observer of your own inner world to guide better choices and build stronger relationships. It's a core component of emotional intelligence, helping you manage emotions, align behavior with values, and develop personal growth**

- 6. Key words are good.**
- 7. Abstract and result part are awesome with meaningful sentences.**
- 8. Discussion part should be in clear vision.**
- 9. Summary points needed.**
- 10. References are given very less should be added more with alphabetical order.**
- 11. After those corrections good to publish in your journal.**