International Day of Yoga
मधुमेह मुक्त भारत
Nationwide Stop Diabetes Movement
An initiative of VYASA, Bengaluru
Technical support by S-VYASA Yoga University
Supported by Arogya Bharati and Indian Yoga Association

Yoga Saptaha
21 to 27 June, 2015

Are You Diabetic or Pre-Diabetic?
Join Madhumeha Mukta Bharat - Yoga Saptaha
Camp: 21 - 27 June, 2015 ; 6 - 8 am daily

- Madhumeha Mukta Bharat is a nation-wide united effort to tackle the problem of Diabetes throughout India and About 2000 Madhumeha Mukta Bharat - Yoga Saptaha camps will be conducted throughout the nation in all 671 districts

Salient features
- Yoga taught under the guidance of Doctors
- Simple, easy yet effective techniques are taught
- No age bar, those who cannot sit on the floor or stand for a long time can also do Yoga using a Chair
- Daily Two hours of Yoga classes
- Free Blood sugar checkup (FBS & PPBS).

Instructions
- Bring all your medical reports during registration
- Come with comfortable loose clothing and a Yoga Mat
- Come with empty stomach

Who Should attend the camp
1. Those who are on medications for Diabetes
2. Prediabetics - those who score above 3 on Indian Diabetes Risk Score test
3. Those who have family history of Diabetes
4. Obese people

Venue:

Contact:

Register at the earliest & avail the benefits of Yoga Therapy

Registrations & Screening
Pre-camp Blood test : 20 & 21 June, 2015
Post-camp Blood test : 28 June, 2015

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For more details: www.svyasa.edu.in