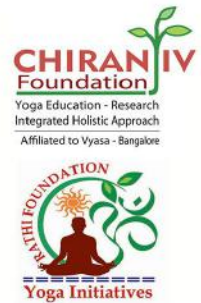




# मधुमेह मुक्त भारत Nationwide Stop Diabetes Movement



Yoga Saptaha



20-26 Aug 2016

मधुमेह मुक्त भारत  
Nationwide Stop Diabetes Movement

**VENUE:** Jyotsna Bhole Sabhagruha,  
Maharashtra Cultural Center,  
Udyog Bhavan Building, Hirabaug Chowk  
Shukrawar Peth, Next to Apsara Hotel  
( Left Turn ), Opp. Vodafone  
Pune - 411002

**TIME:** 1. 6.30 AM TO 8.15 AM  
2. 8.30 AM TO 9.45 AM

## REGISTRATION FORM

**Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Gender:** Male Female  
**Zone**  **State**   **District**   **Camp No.**   **Serial No.**

**Address:**

**Residential Phone no.**

**Mobile no:**

**Email Id:**

**Note:** Mark (✓) appropriate option:-

**Diabetes - If Yes** ☐ **Duration**   Years

**On treatment If yes** ☐ **Duration**  Years **Tablets**  **Insulin**

**Alternative Medicine:** Yes / No **If yes** **Ayurveda** **Homeopathy** **Other**

**Blood Sugar check:** Home (Glucometer) / Laboratory

**Blood Check-up:** Regular / Irregular **Frequency of check up** .....

**Complaints of:** Eye ☐ **If yes** Cataract ☐ Vision problem ☐ other problem .....

Legs ☐ **If yes** Pain/Numbness ☐ Non healing ulcer ☐

Heart ☐ **If yes** Angina/ MI ☐ other problem .....

Kidney ☐ Stroke ☐ Other medical illnesses: (Specify) -.....

**Family history:** **Diabetes** **High BP** **Heart attack** **Stroke**

**Father** ☐ ☐ ☐ ☐

**Mother** ☐ ☐ ☐ ☐

**Brothers** ☐ ☐ ☐ ☐

**Sisters** ☐ ☐ ☐ ☐

**Paternal side** ☐ ☐ ☐ ☐

**Maternal side** ☐ ☐ ☐ ☐

**Height (in cm)**  **Weight (in Kg)**  **Waist circumference (in cm)**  **BMI (Kg/m<sup>2</sup>)**

**Blood Pressure (Right Arm Sitting):**  /  mm of Hg



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## Indian Diabetes Risk Score (IRDS)

Write Score Here

1] Age < 35 years = 0, 35-49 years = 20, ≥ 50 years = 30

2] Waist circumference: Male: <90 cm = 0, 90-99 = 10, ≥ 100 = 20

Female: <80cm = 0, 80-89 = 10, ≥ 90 = 20

3] Physical activity at work/exercise:

a) Vigorous exercise or strenuous at work 0

b) Moderate exercise at home/work 10

c) Mild exercise at work/home 20

d) No exercise 30

4] Family history: Two non-diabetic parents 0

One parent diabetic 10

Both parent diabetic 20

High risk ≥ 60

Moderate risk 30-50

Low risk <30

Total Score:

Stress

Mild

Moderate

Severe

At Home

Work Place

Financial

Others

Diet: Veg  Veg+Egg  Veg + Non Veg  Frequency of Non Veg Per week

Major cereals: Wheat  Rice  Ragi  Jowar/Maize  Millets

Frequency of Meal: 1/day  2/day  2 meals & 1 Snacks  2 meals & 2 snacks

Junk food & drinks: Names: \_\_\_\_\_ Frequency -  times / day or Week

Smoking: Non Smoker  Current smoker  Past smoker  If yes,

Beedi /Cigarettes / Cigars: Packs per day  Duration in Yrs.  Other tobacco use (Specify): .....

Alcohol: Never / Current / Past - If yes, Duration in yrs  Quantity  per day or week. Brand/Type

Any other information: \_\_\_\_\_