

**TO STUDY THE PREVALENCE ON TYPE 2 DIABETES IN URBAN
KARNATAKA –A SURVEY**

Dissertation submitted by

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Under the Guidance of

Ms. PADMA SRI



Towards the partial fulfillment of

**MASTER OF SCIENCE IN YOGA THERAPY
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SAMSTHANA (SVYASA)**

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INDIA

CERTIFICATE

This to certify that Niranjan Gaihre who registered for the degree of Master of yoga Therapy At Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA University) Bengaluru, under the division of yoga and life sciences, has completed the required training in acquiring the relevant knowledge of yoga therapy and has successfully carried out the research project titled **“To Study The Prevalence On Type 2 Diabetes In Urban Karnataka – A Survey”** in partial fulfillment of the course as per the regulation of the university.

Date:

Ms. Padma Sri

Place: Bengaluru

(Guide)

DECLARATION

I, hereby declare that the study was conducted by me under the guidance of Ms. PADMA SRI at Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) University, Bangalore. I also declare that the subject matter of the study entitled “TO STUDY THE PREVALENCE ON TYPE 2 DIABETES IN URBAN KARNATAKA (Survey no’s 21 and 18 of Jigani, Bangalore)” has not formed previously the basis of the award of any degree, diploma or similar titles.

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Finally, I thank that unseen Divine without whose wish, this work wouldn't have been possible.

Date:

Name: Niranjana Gaihre

Place: Bangalore

**STANDARD INTERNATIONAL TRANSLITERATION CODE USED TO
TRANSLITERATE SANSKRIT WORDS**

a = अ	ña = ण	pa = प
ā = आ	ca = च	pha = फ
i = इ	cha = छ	ba = ब
ī = ई	ja = ज	bha = भ
u = उ	jha = झ	ma = म
ū = ऊ	ñ = ञ	ya = य
ṛ = ऋ	ṭa = ट	ra = र
ṛī = ॠ	ṭha = ठ	la = ल
e = ए	ḍa = ढ	va = व
ai = ऐ	ḍha = ढ्ह	śa = श
o = ओ	ṇa = ण	ṣa = ष
au = औ	ta = त	sa = स
m̐ = अं	tha = थ	ha = ह
ḥ = अः	da = द	kṣa = क्ष
ka = क	dha = ध	tra = त्र
kha = ख	na = न	jña = ज्ञ
ga = ग	gha = घ	

ABSTRACT

Background and Introduction: To estimate the prevalence of Diabetic and pre diabetic and survey the socio-demographic, physical activity, waist circumference, BMI and blood pressure etc., correlates of type 2 diabetes among adults aged 20 years and above. With fast modernization, and the stress caused due to modernization, made the urban population to get into high risk for many psychosomatic diseases. IDRS score that is used in this study has helped to identify pre-diabetics.

Methods: The present study is among individuals of either sex, aged 20 years and above. Study variables included, socio-demographic characteristics, physical activity, and anthropometric parameters. Starting from the first house onwards all the houses within the lane were covered continuously, keeping towards the left. This procedure was continued until the whole locality was covered. Written informed consent was obtained from all the subjects. During house visits, data was collected by personal face to face interview using a pre-designed questionnaire. The questionnaire included details on socio-demographic variables, anthropometric measurements and physical activity status.

Results: 1023 participants were surveyed. Among them 502 (49.09%) were men and 521 (50.93%) were women. Among them 25.22% participants were under the age group of 20-25 years, 50.04% participants were under the age group of 26-40 years, 19.55% participants were under the age group 41-60 years and 4.69% participants participated were under the age group of 61-70 years. By using Indian Diabetes Risk Score (IDRS), 23.75% of them are under high risk (IDRS \geq 50), 24.63% are under moderate risk (IDRS range in between 30-50) and 45.94% are under low risk (IDRS < 30).

Conclusion: Results indicate that the Family History of a person highly influenced the diabetic status of an individual (59.45 % of diabetics have Family history). Also results indicate that the persons between the age range of 40 to 60Yrs are very highly prone for Diabetes (54.04% of diabetics are in the age range of 40 to 60Yrs). This study created awareness of diabetes and its complication in urban population of this region. The baseline data of the present study regarding the prevalence of T2DM could be useful for implementation of the National Program for control of Diabetes. Therefore, future research in this direction is a need of the time.

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1. INTRODUCTION

1.1 DIABETES MELLITUS

Diabetes mellitus is a disorder in the metabolism of sugar. In the diabetes, the primary problem is the defective utilization of sugar by the body. Dietary sugars are broken down to glucose by the processes of digestion, and this glucose is the major fuel for the various processes, organs and cells of the body (Karmananda, 2013).

1.2 CAUSES

The initial Cause of diabetes is long- term revitalization and sluggishness of the digestive processes due to dietary abuse, overeating, obesity, and lack of exercise. The second causative factor is that stress and frustration of modern sedentary life style (Karmananda, 2013).

1.3 SIGN AND SYMPTOMS

Symptoms include increased thirst (Polydipsia), frequent urination (Polyuria), hunger (Polyplegia), fatigue and blurred vision. In some cases, there may be no symptoms (Yogic management of common diseases by Dr. Swami Karmananda, 2013).

1.4 PREVALENCE

1.4.1 WORLD WIDE

According to a survey by WHO, estimated diabetic population in 2007 is 60%. This will develop in Asian countries by 2025. It is estimated that an individual increase of diabetes from 240 million in 2007 to 380 million in 2025 will occur. Due to growing globalization, the continent Asia has undergone a great transition in economy and lifestyle accompanied by increased population, changes in food supply and dietary patterns, transfer in technology, and cultural admixtures. In developing countries burden of diabetes is increased in aging population and urbanization (Dixit et al., 2011).

1.4.2 INDIA

65.1 million People were suffering from diabetes in India at the end of 2013 estimation by the year of 2035 is 109 million. Approximately 34.5 million males and 30.6 million females have

been diagnosed with diabetes till the end of 2013 in India in the age group of 20-79 years. 34.5 million of the diagnosed, reside in the rural areas and 30.5 million reside in urban areas in India. 13 million people diagnosed with diabetes are in the age group of 20-39 years, 36.7 million are in the age of 40-59 years and 15.4 million are in the age group of 60-79 years. Approximately 32 million people in India are not yet diagnosed with diabetes (Edition, 2013).

1.4.3 KARNATAKA

A high prevalence of diabetes was noted in the coastal population. Urban areas showed that 70.1% of diabetic population belonged to the middle class, 27.6% to the lower class, and 2.3% to the upper class. A sedentary lifestyle was observed in 11.1% of the subjects, while 41.8% were engaged in moderate physical activity. Positive family history of diabetes was present in 26% of the individuals (Chythra, Veena, Avinash, & Asha, 2010) .

1.5 RURAL POPULATION IN INDIA

More and more studies are needed to find out the prevalence of Diabetes mellitus in rural area which in turn will reflect the true overall picture of the prevalence of diabetes mellitus in Indian population. Increase in diabetes prevalence among rural population at a rate of 2.02 per 1000 population per year. The rate of increase was higher in males (3.33 per 1000 per year) as compared to females (0.88 per 1000 per year) (Himanshu et al., 2014).

1.6 URBAN POPULATION IN INDIA

In a study conducted in Chennai, a total of 6,920 individuals aged ≥ 20 were screened for participation, of which 6,906 (99%) provided questionnaire data and 876 (13%) reported a previous diabetes diagnosis. (Himanshu et al., 2014).

2. ANCIENT REVIEW ON BEHAVIOUR

अवृत्तिव्याधिशोकार्ताननुवर्तेत शक्तिः ।

Avṛttivyādhiśokārtānanuverteta Śaktiḥ।

Those who have no means of livelihood, who are suffering from diseases who are afflicted with grief should be helped (to get over their troubles) to the utmost extent.

आत्मवत्सततं पश्येदपि किटपिपीलिकम् ॥२३॥ अष्टाङ्गहृदयं सूत्रस्थानं ॥

Ātmavatsatataṁ Paśyedapi Kiṭapipīlikam||23||Aṣṭāṅgahṛdayaṁ Sūtrasthānaṁ||

Even the insects and ants should be treated (with compassion and kindness just as ones oneself).

अच्येद्देवगोविप्रवृद्धनृपातिथिन् ।

arcayeddevagovipravṛḍḍhanṛpātithin।

God, cow, Brahmana, elders, the physician, king and guest should be worshipped.

विमुखान्नार्थिनं कुर्यान्नावमन्येत नाक्षिपेत् ॥२४॥ अष्टाङ्गहृदयं सूत्रस्थानं ॥

Vimukhānnārthinam Kuryānnāvamanyeta Nākṣipet||24||Aṣṭāṅgahṛdayaṁ Sūtrasthānaṁ||

Beggars should not be disappointed abused or objected.

उपकारप्रधानः स्यादपकारपरेऽप्यरौ ।

सम्पद्विपत्स्वेकमना हेतावीर्ष्येत्फले न तु ॥२५॥ अष्टाङ्गहृदयं सूत्रस्थानं ॥

Upakārapradhānaḥ syādapakārapare'pyarau।

Sampadvipatsvekamanā hetāvīrṣyetphale na tu||25||aṣṭāṅgahṛdayaṁ sūtrasthānaṁ||

One should be very helpful even to his foes, even though they are not helpful. One should maintain a single mind (balanced mind) during (the period of) wealth as well as during (period of) calamity. One should be envious of the cause (of wealth, happiness well-being etc. of other) but not be jealous of the effect (money, happiness etc.)

काले हितं मितं ब्रूयादविसंवादि पेशलम् ।

kāle hitam mitam brūyādavisavādi peśalam

One should speak appropriate to the occasion, with words which are good, in brief, which is not untrue and which is pleasing.

पूर्वाभिभाषी सुमुखः सुशिलः करूणामृदुः ॥२६॥ अष्टाङ्गहृदयं सूत्रस्थानं ॥

नैकः सुखी न सर्वत्र विश्रब्धो न च शङ्कितः ।

न कश्चिदात्मनः शत्रुं नात्मानं कस्यचिद्रिपुम् ॥२७॥ अष्टाङ्गहृदयं सूत्रस्थानं ॥

प्रकाशयेन्नापमानं न च निःस्त्रेहतां प्रभोः ।

Pūrvābhibhāṣī sumukhaḥ suśilāḥ karūṇāmṛduḥ ||26|| *aṣṭāṅgahṛdayam sūtrasthānam* ||

Naikāḥ sukhī na sarvatra viśrabdho na ca śaṅkiataḥ

Na kaścidātmanaḥ śatruṁ nātmānaṁ kasyacidripum ||27|| *aṣṭāṅgahṛdayam sūtrasthānam* ||

Prakāśayennāpamānaṁ na ca niḥsnehatāṁ prabhoḥ

One should start conversing (with others) first, with a pleasant face; should be virtuous, kind and soft (mild), should not be comfortable and happy alone (should make others also like himself); should neither believe everybody nor suspect everyone; should not reveal that someone is his foe, and that he is an enemy of someone else; should not make public the insults he had and the disaffection towards the master (his own insults from his master or of his master towards him).

जनस्याशयमालक्ष्य यो यथा परितुष्यति ॥२८॥ अष्टाङ्गहृदयं सूत्रस्थानं ॥

तं तथैवानुवर्तेत पराराधनपण्डितः ।

Janasyāśayamālakṣya yo yathā parituṣyati ||28|| *aṣṭāṅgahṛdayam sūtrasthānam* ||

Tam tathaiṅanuvarṭeta parārādhanapaṇḍitaḥ

Keeping in mind the nature of people, one should deal with them in such manner as best pleasing to them, becoming well-versed in the art of adoring others.

न पिडयेदिन्द्रियाणि न चैतान्यतिलालयेत् ॥२९॥ अष्टाङ्गहृदयं सूत्रस्थानं ॥

na pidyedindriyāṇi na caitānyatilālayet ॥29॥ aṣṭāṅgahvadayam sūtrasthānam ॥

The sense organs should neither be trouble (strained) very much nor should they be coaxed (fondled) very much.

त्रिवर्गशून्यं नारम्भं भजेत्तं चाविरोधयन् ।

trivargaśūnyam nārambham bhajettam cāvirodhayan ॥

One should not engage himself in occupations which are devoid of the three pursuits [dharma (righteousness), artha, (wealth) and karma (pleasure)]; should carry on the occupation without going contrary to them (dharma and karma).

अनुयायात्प्रतिपदं सर्वधर्मेषु मध्यमाम् ॥३०॥ अष्टाङ्गहृदयं सूत्रस्थानं ॥

anuyāyātpratipadam sarvadharmeṣu madhyamām ॥30॥ aṣṭāṅgahvadayam sūtrasthānam ॥

In all dealing (activities), one should adopt the middle mean only (avoiding the extremes).

नीचरोमनस्वश्मश्रुनिर्मलाङ्घ्रिमलायनः ।

स्नानशीलः सुसुरभिः सुवेषोऽनुल्बणोज्ज्वलः ॥३१॥ अष्टाङ्गहृदयं सूत्रस्थानं ॥

nīcaromanasvasmaśrunirmalāṅghramalāyanah ॥

snānaśīlah susurabhiḥ suveṣo'nulbṇojjvalah ॥31॥ aṣṭāṅgahvadayam sūtrasthānam ॥

One should cut hair, nail, and mustaches (not allow them grow long), keep his feet and orifices of waste materials (ear, nose, eyes, urethra and anus) clean; take bath daily, put on scents and good dress which is not superfluous but is pleasant to look at.

धारयेत्सततं रत्नसिद्धमन्त्रमहौषधीः ।

सातपत्रपदत्राणो विचरेद्युगमात्रदक् ॥३२॥ अष्टाङ्गहृदयं सूत्रस्थानं ॥

निशि चात्ययिके कार्ये दण्डी मौली सहायवान् ।

dhārayetsatataṁ ratnasiddhamantramahauṣadhīḥ ॥

sātapatrapadatrāṇo vicaredyugamātraddak ॥32॥ aṣṭāṅgahvadayam sūtrasthānam ॥

niśi cātyayike kārye daṇḍī maulī sahāyavān|

One should always wear precious stones, potent hymns and herbs (kept inside amulets) on the person (body), one should walk holding an umbrella, putting on foot-wear and looking straight to a distance of four arm's length in front of himself; in case of urgent work at nights, one should go equipped with a baton, head- dress and an assistant.

चैत्यपूज्यध्वजाशस्तच्छायाभस्मतुषाशुचीन् ॥३३॥ अष्टाङ्गहृदयं सूत्रस्थानं ॥

नाक्रामेच्छर्करालोष्टबलिस्नानभुवो न च ।

*caityapūjyadhvajāśastacchāyābhasmatuṣāśucīn||33||aṣṭāṅgahvadayaṁ sūtrasthānaṁ||
nākrāmeccharkarāloṣṭabalisnānabhuvo na ca|*

One should not invade (trample/ set foot on /traverse/ occupy) on the shade of a holy tree on which deities reside (or a Buddhist shrine), materials (or men) of worship, banner and unholy things heap of ash, husk and dirt, (excreta etc.), sand dune, boulders places of Bali (offering to gods, demons etc.) and bathing.

नदीं तरेन्न बाहुभ्यां नग्निस्कन्धमभिव्रजेत् ॥३४॥ अष्टाङ्गहृदयं सूत्रस्थानं ॥

सन्दिग्धनावं वृक्षं च नारोहेद्दुष्टयानवत् ।

*nadīm tareṇna bāhubhyāṁ nagniskandhamabhivrajet||34||aṣṭāṅgahvadayaṁ
sūtrasthānaṁ||*

sandigdhanāvaṁ vṛkṣaṁ ca nārohedduṣṭayānavat|

One should not swim across river with arms, should not walk facing huge fire, should not travel in a risky boat, not climb a tree doubtful of strength; or ride on a vehicle of bad condition.

नासंवृतमुखः कुर्यात्क्षुतिह्वास्यविजृम्भणम् ॥३५॥ अष्टाङ्गहृदयं सूत्रस्थानं ॥

nāsamvṛtamukhaḥ kuryātkṣutihvāsya vijṛmbhaṇam||35||aṣṭāṅgahvadayaṁ sūtrasthānaṁ||

One should not sneeze, laugh or yawn without covering his mouth.

नासिकां न विकुष्णीयान्नाकस्माद्विलिखेद्भुवम् ।

नाङ्गैश्चेत्तेत विगुणं नासीतोत्कटकश्चिरम् ॥३६॥ अष्टाङ्गहृदयं सूत्रस्थानं ॥

*nāsikāṁ na vikuṣṇīyānnākasmādvilikhedbhuvam |
nāṅgaiśceṣṭeta viguṇaṁ nāsītoṭkaṭakaścīram ||36|| aṣṭāṅgahṛdayaṁ sūtrasthānaṁ ||*

One should not blow his nose (except for forcing out the dirty excretion); not scratch the ground without any reason, not do ugly movement of the parts of the body and not sit on one's own heels for a long time.

देहवाक्केतसां चेष्टाः प्राक् श्रमाद्विनिवर्तयेत् ।

नोर्ध्वजानुश्चिरं तिष्ठेत् नक्तं सेवेत न द्रुमम् ॥३७॥ अष्टाङ्गहृदयं सूत्रस्थानं ॥

*dehavākcetasāṁ ceṣṭāḥ prāk śramādviniṅvartayet |
nordhvajānūścīraṁ tiṣṭhet naktam*

One should stop the activities of the body, of speech and of the mind before getting exhausted; should not keep his knees above for long period (keeping erect the legs folded at the knees while sleeping or standing on the hands keeping the legs up etc.

तथा चत्वरचैत्यान्तश्चतुष्पथसुरालयान् ।

सूनाटवीशून्यगृहश्मशानानि दिवाऽपि न ॥३८॥ अष्टाङ्गहृदयं सूत्रस्थानं ॥

*naktam seveta na drumam ||37|| aṣṭāṅgahṛdayaṁ sūtrasthānaṁ ||
tathā catvaracaityāntaścatuspathasuralayān |*

sūnāṭavīśūnyagrhaśmaśānāni divā'pi na ||38||aṣṭāṅgahvadayaṃ sūtrasthānaṃ||

One should not reside at night on trees, meeting place of three roads, (or place where people assemble for recreation), vicinity of a holy tree (or a Buddhist shrine) meeting place of four roads and temple, (house of god). One should not reside even during daytime, in a place of slaughter, a forest, haunted house and burial ground.

सर्वथेक्षेत नादित्यं न भारं शिरसा वहेत् ।

नेक्षेत प्रततं सूक्ष्मं दीप्तामेध्याप्रियाणि च ॥३९॥अष्टाङ्गहृदयं सूत्रस्थानं ॥

sarvathekṣeta nādityaṃ na bhāraṃ śirasā vahet|

nekṣeta pratataṃ sūkṣmaṃ dīptāmedhyāpriyāṇi ca ||39||aṣṭāṅgahvadayaṃ sūtrasthānaṃ||

One should not gaze at the sun for long time, not carry heavy weight on his head, not see continuously objects which are minute, shining, dirty and unpleasant.

मद्यविक्रयसन्धानदानादानानि नाचरेत् ।

madyavikrayasandhānadānādānāni nācaret|

One should engage in selling, brewing, distributing free or receiving (for drinking) of wine.

पुरोवातातपरजस्तुषारपरूषानिलान् ॥४०॥अष्टाङ्गहृदयं सूत्रस्थानं ॥

अनृजुः क्ष्वथूद्धारकासस्वप्नान्नमैथुनम् ।

कूलछायां नृपद्विष्टं व्यालंदष्ट्रिविपाणिनः ॥४१॥अष्टाङ्गहृदयं सूत्रस्थानं ॥

हीनानार्यातिनिपुणसेवां विग्रहमुत्तमैः ।

सन्ध्यास्वभयवहारस्त्रीस्वप्नाध्ययनचिन्तनम् ॥४२॥ अष्टाङ्गहृदयं सूत्रस्थानं ॥

शत्रुसत्रगणाकीर्णगणिकापणिकाशनम् ।

गाक्रवक्रनखैर्वाद्यं हस्तकेशावधूननम् ॥४३॥ अष्टाङ्गहृदयं सूत्रस्थानं ॥

तोयाग्निपूज्यमध्येन यानं धूमं शवाश्रयम् ।

मद्यातिसक्तिं विश्रम्भस्वातन्त्र्ये स्त्रोषु च त्यजेत् ॥४४॥ अष्टाङ्गहृदयं सूत्रस्थानं ॥

*purovātātaparajastuṣāraparūṣānilān||40||aṣṭāṅgahvadayaṁ sūtrasthānaṁ||
anṛjuḥ kṣavathūdnārakāsasvapnānnamaithunam|
kūlachāyāṁ nṛpadviṣṭāṁ vyālandaṣṭrivipāninaḥ||41||aṣṭāṅgahvadayaṁ sūtrasthānaṁ||
hīnānāryātīnipuṇasevāṁ vighramuttamaiḥ|
sandhyāsvabhayavahārastrīsvapnādhyayanacintanam||42||aṣṭāṅgahvadayaṁ sūtrasthānaṁ||
śatrusatraganaḥkīrṇagaṇikāpanikāśanam|
gākravakranakhairvādyāṁ hastakeśāvadhūnanam||43||aṣṭāṅgahvadayaṁ sūtrasthānaṁ||
toyāgnipūjyamadhyena yānaṁ dhūmaṁ śavāśrayam|
madyātisaktiṁ viśrambhasvātantrye stroṣu ca tyajet||44||aṣṭāṅgahvadayaṁ sūtrasthānaṁ||*

The person should avoid the direct breeze, sunlight, dust, snow (dew), hard breeze (whirlwind etc.); should not sneeze, belch, cough, sleep, dine or copulate in improper posture, should avoid the shade of a scaffold, place hated by the king (or government), company of wild animals, biting animals and those with horns; of mean, wicked (uncivilized), and very intelligent person; avoid quarrel with good men; avoid taking foods, copulation, sleeping, study and recapitulation in the two Sandhya's, (the time of meeting of the night and sunrise, of the sunset and the night); avoid the food given by enemies, given during sacrificial ceremony, (that offered by large group of donors of different castes), that given by prostitutes and merchants; one should not make sound with the body parts, mouth and nails, nor shake the hand and hairs; should not move in between two (receptacles of) water, fire and the worshipful; should avoid the smoke of a cadaver; too much indulgence, in wine (drinking), believing and independence for women.

आचार्यः सर्वचेष्टासु लोक एव हि धीमतः ।

अनुकुर्यात्तमेवातो लौकिकेऽर्थे परिक्षकः ॥४५॥ अष्टाङ्गहृदयं सूत्रस्थानं ॥

*ācāryaḥ sarvaceṣṭāsu loka eva hi dhīmataḥ |
anukuryāttamevāto laukike'rthe parikṣakaḥ ||45|| aṣṭāṅgahvadayam sūtrasthānam ||*

For an intelligent person the whole world is a teacher, hence one should imitate the world after carefully considering their meaning (and effect) of such actions.

आर्द्रसन्तानता त्यागः कायवाक्केतसां दमः ।

स्वार्थबुद्धिः परार्थेषु पर्याप्तमिति सद् व्रतम ॥४६॥ अष्टाङ्गहृदयं सूत्रस्थानं ॥

*ādrasantānatā tyāgaḥ kāyavākcetasāṁ damaḥ |
svārthabudghih parārtheṣu paryāptamiti sad vratam ||46|| aṣṭāṅgahvadayam sūtrasthānam ||*

Compassion with all living beings, granting of gifts, controlling the activities of the body, speech and mind; feeling of selfishness in the interests of others (looking after the interest of others as his own) these are sufficient rules of good conduct (moral behavior).

नक्तंदिनानि मे यान्ति कथम्भूतस्य सम्प्रति ।

दुःखभाङ्गन भवत्येवं नित्यं सन्निहितस्मृतिः ॥४७॥ अष्टाङ्गहृदयं सूत्रस्थानं ॥

*naktandināni me yānti kathambhūtasya samprati |
duḥkhabhāṅna bhavatyevam nityam sannihitasmṛtiḥ ||47|| aṣṭāṅgahvadayam sūtrasthānam ||*

He, who constantly thinks of (reviews, examines) how his day and night are passing (and adopts the right way only) will never become a victim of sorrow.

इत्याचारः समासेन यं प्राप्नोति समाचरन् ।

आयुरारोग्यमैश्वर्यं यशो लोकांश्च शाश्वतान् ॥४८॥ अष्टाङ्गहृदयं सूत्रस्थानं ॥

ityācāraḥ samāseṇa yaṁ prāpnoti samācaran |

āyurārogyamaiśvarīrya yaśo lokāṁ śca śāśvatān ||48|| aṣṭāṅgahṛdayaṁ sūtrasthānaṁ ||

Thus was enumerated, in brief, the rule of good conduct; he who adopts it will (surely) attain long life, health, wealth, reputation and also the eternal world.

3. REVIEW OF SCIENTIFIC LITERATURE

3.1 DIABETES AND SURVEY

3.1.1 KARNATAKA

S N	Author	Methods	Results	Conclusion
1	(Mentock et al., 2017)	This cross-sectional study was carried out in the main city and surrounding periurban villages within a 2-h Drive of Mangaluru, India. The City population of over 600,000 People as recorded in the 2011 Census The Surrounding communities are comprised of more rural and low income areas.	Out of 204 participants, predictors of at target status included age and rural living area. Participants were commonly diagnosed with symptoms of diabetes (44.6%).	Screening of at risk populations, targeted SMS campaigns, or diabetes specific training for healthcare providers may improve clinical outcomes.
2	(Srinivasan et al., 2015)	A case-control study of 76 patients with type 2 diabetes mellitus who were on treatment for more than 10 years duration and undergoing a coronary angiogram for the evaluation of clinically suspected CAD at a tertiary care hospital were recruited for the study.	The difference in lipid profile, HbA1C, fasting blood sugar, BMI, waist hip ratio, waist and hip circumference was not significant. The adjusted odds ratio for insulin resistance less than 2.	The absence of comparable lipid and glycemic parameters in type 2 diabetes mellitus in patients on treatment for a duration of more than 10 years.
3	(Shidam, Roy, Sahu, Kumar, & Ananthanarayan, 2015)	Patient information was collected using a pretested interview schedule. DM status was assessed after reviewing the available records with the patients and/ or their self-reported history regarding DM status. Patients with known DM status were not investigated further for DM. Patients with unknown DM status were encouraged to undergo oral glucose tolerance testing (OGTT)	A total of 650 patients aged 730 years were recruited for DM screening during the study period. DM status could be assessed for 570 patients history of DM or estimating blood glucose levels.	One fifth of the presumed TB patients had diabetes, and nearly half of these patients were newly diagnosed.
4	(Bhalerao et al., 2014)	Community based cross sectional study was carried out at three Primary Health Centers of Handignur, Vantamoori and Kinnaye under administrative control of Jawaharlal Nehru Medical College, Belgaum, and Karnataka, India.	Age, occupation, Body Mass Index, diet, smoking, alcohol, truncal obesity and family history of DM were significantly associated with prevalence of T2DM whereas gender and literacy were not.	The prevalence of T2DM was influenced by predictors such as age, occupation, BMI, diet, Smoking, alcohol consumption, truncal obesity and family history of diabetes.

5	(Anantlaxmi Ananthram & Nitin Suhas, 2015)	A cross sectional survey of 1099 households (5340 individuals) was conducted using a structured questionnaire. The prevalence and health-seeking pattern for chronic conditions in general and for hypertension and diabetes.	The overall self-reported prevalence of chronic conditions was 12 %, with hypertension (7 %) and diabetes (5.8 %) being the common conditions.	There is need to strengthen health services with a preferential focus on government services to assure affordable care for chronic conditions to urban poor.
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3.1.2 INDIA

S N	Author	Methods	Results	Conclusion
1	(Chythra et al., 2010)	The study was carried out on 1,239 respondents, using a two stage, stratified, random sampling technique. Data was collected by a personal, face-to-face interview followed by blood sugar estimation using a glucometer.	In the high socioeconomic strata, 32% of the subjects had diabetes (P = 0.018 unadjusted odds ratio 3.29, 95% CI = 1.40 – 7.74)	The high prevalence of diabetes in this coastal population needs further evaluation.
2	(Dixit et al., 2011)	A cross sectional study design was used to perform a multicenter, national level survey from August, 2011 to February, 2012 in various parts of India. Descriptive analysis was done using Statistical Package for Social Sciences (SPSS)	A total of 323 peoples were screened. 8.7% of men were diabetes, where as 8.3% of women were prone for ulcers in 1620 years of diabetes, 56.4% of the population in urban area	There is a need to bridge the disparity in awareness regarding diabetic foot management in Indian masses.
3	(Chandwani et al., 2010)	Cross-sectional study of 3,299 adult men and women from the 2005–2008 National Health and Nutrition Examination Survey (NHANES). The presence of diabetes, pre-diabetes, the metabolic syndrome and its individual components and biomarkers of glucose metabolisms were based on standardized questionnaire and physical exam data and laboratory tests. The history of glaucoma was assessed through questionnaire during the home interview.	Patients with 5 or more years of diabetes duration hadan OR for glaucoma of 3.90 (95% CI: 1.63, 9.32) compared with patients with, 5 years of diabetes duration. We also found a hockey-stick shapedassociations between biomarkers of glucose metabolisms and the prevalence of glaucoma.	Diabetes was associated with higher risk of glaucoma. Participants without diabetes but at the higher levels of fasting glucose, fasting insulin, HbA1c and HOMA-IR spectrum may also be at greater risk of glaucoma.
4	(Hulman, Daniel,	We studied a population-based sample of 3,666 Asian Indians	Approximately 22% of participants were categorized as Class 3, and	Assessing 30minPG may

	Dorte, & Kristine, 2017)	without diabetes from the CARRS-Chennai Study, India. Participants underwent a three-point (fasting, 30-minute, and 2hour) OGTT at baseline. Patterns of glycemic response during OGTT were identified using latent class mixed-effects models.	had a 10-fold risk of diabetes compared to the group with the most favorable glucose response	identify a subgroup of high-risk individuals who remained unidentified by traditional measures.
5	(Sandipana & Schellevis, 2017)	This cross sectional survey was carried out on 912 type 2 diabetes patients attending different urban primary health care facilities at Bhubaneswar. Data regarding existence of co morbidity and demographical details were elicited by predesigned, pretested questionnaire “Diabetes Co morbidity Evaluation Tool in Primary Care (DCET- PC)”. Statistical analyses were done using STATA.	Overall 84% had one or more than one co-morbid condition. The number of co morbidities was highest in the age group ≥ 60 across both sexes. Most of the male patients below 40 years of age had either single [53%] or three co morbidities [11%] whereas among female patients of the same age group single [40%] or two co morbidities [22%] were more predominantly present.	Our study findings indicate a high prevalence of co morbidities among type 2 diabetes patients. Health care providers caring for T2DM patients should take co morbid conditions into account.
6	(Mohan, Deepa, Anjana, Lanthorn, & Deepa, 2008)	564 The Chennai Urban Population Study [CUPS], an ongoing epidemiological study in two residential colonies in Chennai [the largest city in southern India, formerly called Madras] was launched in 1996; the baseline study was completed in 1997. Follow-up examination was performed after a mean period of 8 years.	Epidemiological study in Chennai. Among subjects with normal glucose tolerance (NGT) at baseline [n=476], 64 (13.4%) developed diabetes and 48 (10.1%) developed pre-diabetes (IGT or IFG). The incidence rate of diabetes was 20.2 per 1000 person years and that of pre-diabetes was 13.1 per 1000 person years among subjects with NGT. Of the 37 individuals who were pre-diabetic at baseline.	Shows that the incidence of DM is very high among south Indians while obesity.

3.1.3 WORLD WIDE

S N	Author	Methods	Results	Conclusion
1	(Kamadjeu et al., 2006)	Body mass index, waist circumference and waist-to-hip ratio were measured using standardized methods. Overall, 10,011 individuals, 6,004 women and 4,007 men, from 4,189 households, aged	Based on body mass index, more than 25% of urban men and almost half of urban women were either overweight or obese with 6.5% of men and 19.5% of women being obese. Using	Findings highlight the need to carry out further studies in Cameroonian and other Sub-Saharan African populations to provide appropriate cut-off points for the identification of people at risk of obesity-

		15 years and above participated.	body mass index provided the highest prevalence of obesity in men (6.5%) and waist-to-hip ratio the lowest prevalence (3.2%).	related disorders, and indicate the need to implement interventions to reverse increasing levels of obesity.
2	(Marrett, Radican, Davies, & Zhang, 2011)	Data were collected on the severity and frequency of hypoglycemic episodes in the 6 months prior to the survey, with severity defined as mild (no interruption of activities), moderate (some interruption of activities), severe (needed assistance of others), or very severe (needed medical attention).	A follow-up survey (HFS) score was significantly higher (17.5 versus 6.2, $p < 0.0001$) compared to patients not reporting hypoglycemia.	Self-reported hypoglycemia is independently associated with lower HRQoL, and the magnitude of this reduction increases with both severity and frequency of episodes in patients with type 2 diabetes treated with oral anti hyperglycemic agents.
3	(Ford, Giles, & Dietz, 2014)	An interview in the home, participants were invited to attend 1 Of 3 examination sessions: morning, afternoon, or evening and abdominal obesity,	Overall, the unadjusted and age adjusted prevalence of the metabolic syndrome were 21.8%, and 23.7%, respectively.	These results from a representative sample of US adults that the metabolic syndrome is highly prevalent
4	(Himanshu et al., 2014)	4523-male-2757, female-1766. The study was planned to estimate the prevalence of diabetes mellitus in various age groups by analysing the hospital record based data. Blood for glucose estimation was collected in a fluoride vacutainer and glucose was estimated by kit based GOD –POD method	Survey-Hospital record based data in Sonapat. Gender specific prevalence for diabetes was 19.36% and 16.98% for male and female respectively. Maximum prevalence of diabetes 41.96% was found in the age group of 46-60 yrs.	Maximum prevalence was found in the age group of 46-60yrs. Rural population remains exposed to high level of blood sugar for a long time due to lack of screening facility of diabetes at PHC level and this increases the chance of developing various complication of DM.
5	(Sudore et al., 2012)	13,171 adults with type 2 diabetes, aged 30–75 years, from Kaiser Permanente, Northern California.	Survey in Northern California. Mean age was 60 years; 48 % were women, and 43 % were non-white. Acute pain was prevalent (41.8 %) and 39.7 % reported chronic pain, 24.6 % fatigue, 23.7 % neuropathy, 23.5 % depression, 24.2 % insomnia, and 15.6 % physical/emotional disability.	Pain and non-pain symptoms were common among all patients, not only among those near the end of life. . Older adults reported more physical symptoms, whereas younger adults reported more psychosocial symptoms.
6	(Ford et al., 2014)	An interview in the home, participants were invited to attend 1 Of 3 examination sessions: morning, afternoon,	Overall, the unadjusted and age adjusted prevalence of the metabolic syndrome were 21.8%, and 23.7%,	These results from a representative sample of US adults that the metabolic syndrome is highly prevalent

		or evening and abdominal obesity,	respectively.	
7	(Zhao, Cho, Kim, Friedman, & Guallar, 2014)	The search retrieved a total of 2168 articles reporting diabetes risk assessment tools which, after culling, produced 41 tools developed in 22 countries, with the majority (n=26) developed in North America and Europe. All are short questionnaires of 2–16 questions incorporating common variables including age, gender, waist circumference, BMI, family history of diabetes, history of hypertension or antihypertensive medications. While scoring format and cut-offs point are diverse between questionnaires,	Overall accuracy value range of 40-97%, 24-86% and 62-87% were reported for sensitivity, specificity and receiver operating characteristic curve respectively.	In summary, there is a trend of increasing availability of diabetes prediction tools with the existing risk assessment tools being generally a short questionnaire aiming for ease of use in clinical practice. The overall performance of existing tools showed moderate to high accuracy in their predictive performance. However, further detailed comparison of existing questionnaires is needed to evaluate whether they can serve adequately as diabetes risk assessment tool in clinical practice.
8	(Leung, Carlsson, Colditz, & Chang, 2017)	Data from the Medical Expenditure Panel Survey, 2008 to 2012, were used to analyze 1) probabilities of developing diabetes and 2) annual total health care expenditures for diabetics. The age-, sex-, race-, and body mass index (BMI)-specific risks of developing diabetes were estimated by fitting an exponential survival function to age at first diabetes diagnosis.	The study observed a more than 6 times increase in diabetes risks for class III obese (BMI ≥ 40 kg/m ²) individuals compared with normal-weight individuals. Using age 50 years as an example, we found a more than 3 times increase in annual health care expenditures for those with diabetes (\$13,581) compared with those without diabetes (\$3,954). Compared with normal-weight (18.5 \leq BMI \leq 25 kg/m ²) individuals, class II obese (35 \leq BMI \leq 40 kg/m ²) and class III obese (BMI \geq 40 kg/m ²) individuals incurred an annual marginal cost of \$628 and \$756, respectively.	This article highlights the importance of obesity on diabetes burden. Our results suggested that obesity, in particular, class II and class III (i.e., BMI \geq 35 kg/m ²) obesity, is associated with a substantial increase in the risk of developing diabetes and imposes a large economic burden.
9	(Unwin et al., 2017)	Standard methods with appropriate quality control were used to collect data on height, weight, blood pressure, fasting lipids and history of diagnosed	Diabetes was defined as: FPG \geq 7.0 mmol/L or HbA1c \geq 6.5%; pre-diabetes as: FPG \geq 5.6 to $<$ 7 mmol/L or HbA1c \geq 5.7 to $<$ 6.5%. RESULTS Complete	The routine use of HbA1c for screening and diagnosis in this population would have major implications for clinical and public health policies and resources. Given the lack of

		diabetes, and to measure fasting glucose and HbA1c. Those with previously diagnosed diabetes (n = 192) were excluded from the analyses.	data were available on 939 participants without previously diagnosed diabetes.	robust evidence, particularly for pre-diabetes, on whether intervention in the individuals identified would improve outcomes, this approach to screening and diagnosis cannot be currently recommended for this population.
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4. MATERIALS AND METHODS

4.1 SUBJECTS

4.1.1 SCREENING PROCEDURE

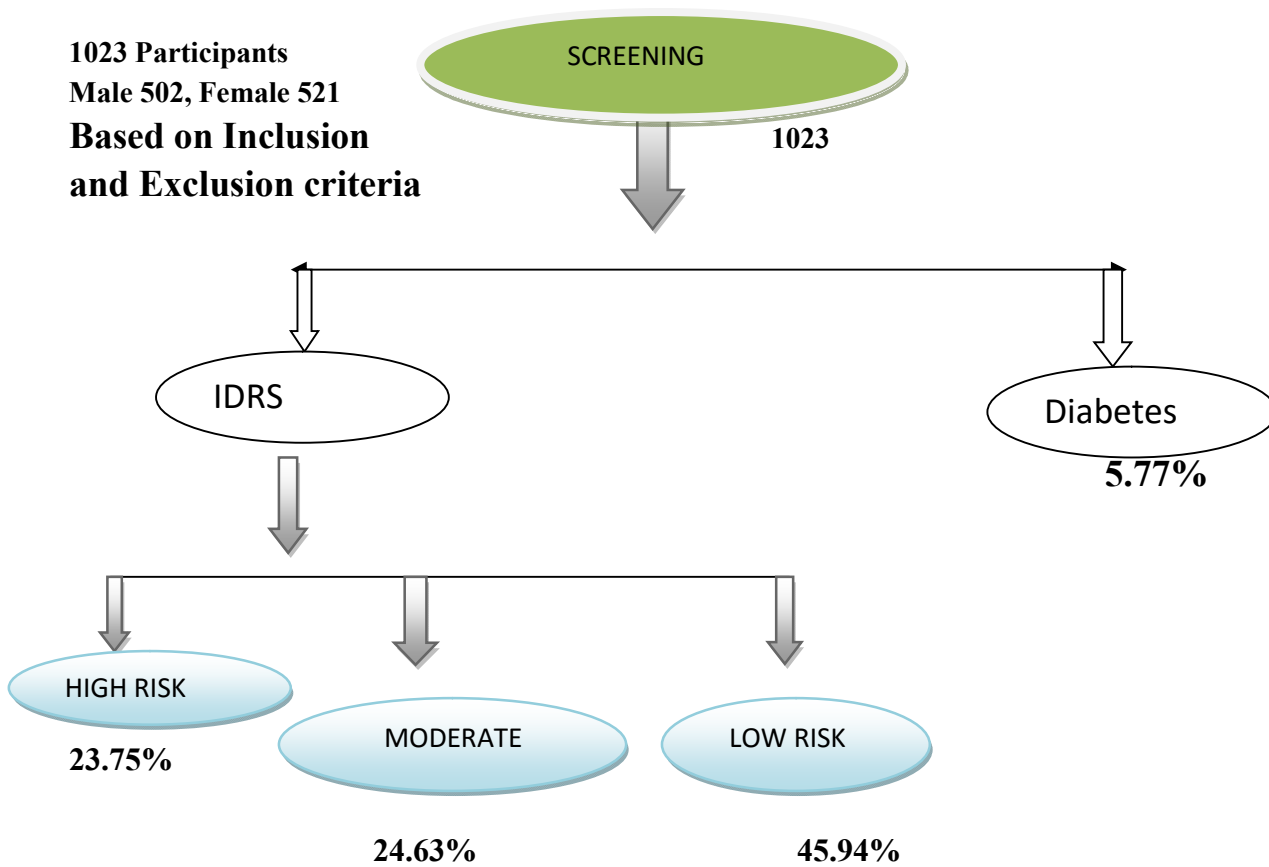
Institutional ethical committee clearance was obtained prior to the initiation of the study. Among individuals of either sex, aged 20 years and above. The study was carried out in the area of Jigani, which is situated Urban Karnataka, India. The population of Jigani is 17,036. The population in this town is homogeneous in terms of occupation, socio-economic status, food habits. Study population included all men and women aged 20 years and above. Study variables included, socio-demographic characteristics, physical activity, and anthropometric measurements. Pregnant or lactating women up to 12 weeks post-delivery were excluded from the study. The identification of the localities and the households was done with the help of the local Town Municipal Council (TMC). Starting from the first house onwards all the houses within the lane were covered continuously, keeping towards the left. This procedure was continued until the whole locality was covered. Written informed consent was obtained from all the subjects. During house visits, data was collected by personal face to face interview using a pre-designed questionnaire. The questionnaire included details on socio-demographic variables, anthropometric measurements and physical activity status. A pre-tested scale was used to grade physical activity into sedentary, moderate and heavy work based on their daily activities. Socio-economic status scale was also used to know their socio-economic status. Weight was recorded using a standard weighing scale that was kept on a firm horizontal surface. Height was recorded using a non-stretchable measuring tape to the nearest 1 cm. Subjects were requested to stand straight in bare feet, with heels together, back against the wall, arms loosely at their side and looking forward. Body mass index (BMI) was calculated using the formula, $\text{weight (kg)} / \text{height}^2$ (in meters). Waist circumference was measured to the nearest 0.1 cm at the mid-point between costal margin (lower edge of the chest) and iliac crest (super lateral margin of the greater pelvis) using a non-stretchable measuring tape. Hip circumference was measured at the level of the greater trochanters (widest portion of the hip) to the nearest 0.1 cm by a measuring tape, while the

subject was standing with the arms by the side and feet together. Waist-hip ratio was calculated as the ratio of waist circumference over hip circumference. Waist and hip circumference measurements were taken with the clothes on.

4.1.2 INCLUSION CRITERIA

Inclusion criteria was taken as age group above 20 years, either sex.

4.1.3 FLOW CHART OF THE STUDY



4.1.4 SOURCE

The study was done in Jigni, urban area of Anekal Taluk, Bengaluru.



4.1.5 ETHICAL CLEARANCE AND CONSENT

The Institute Ethics Committee Approval (SVYASA) was obtained before the start of the study. The heads of the urban areas were explained the details of the study and their oral consent was sought to conduct the survey.

4.2 METHODS

Among the Jigani age above 20 were surveyed. In that diabetic, low, medium, high risk separated by IDRS Score. Weight, waist circumference, Blood pressure were assessed in the survey.

4.2.1 PRIMARY OUTCOME MEASURES

IDRS

The IDRS, based on age, abdominal obesity, family history of diabetes, and physical activity, was calculated for each patient. Details are given in appendix.

4.2.2 SECONDARY OUTCOME MEASURES

BLOOD PRESSURE

Blood pressure was checked with Sphygmomanometer in survey.

BODY WEIGHT

The body weight was measured by using weighing machine. Subjects are asked to remove their footwear while wearing minimum clothing to stand on the scale.

BODY HEIGHT

The height (in centimeters) was measured using a scale graduated in millimeters. This scale was placed against the wall with their head neither lifted nor depressed but facing straight ahead.

BMI

BMI is calculated from the equation- dividing a person's weight in kilograms by square of height in meters.

WAIST CIRCUMFERENCE

This was measured with a non-stretchable centimeter scale, along the horizontal girth at the midpoint between the costal margin and the iliac crest.

5. RESULTS

Survey was done on Feb 2016. Participants in Jigani, Anekal Taluk were surveyed.

5.2 DEMORAPHC DATA OF POPUTATON

Jigani Urban area: Prevalence of diabetes was 5.77%, By using Indian Diabetes Risk Score (IDRS), 23.75% of them are under high risk (IDRS \geq 50), 24.63% are under moderate risk (IDRS range in between 30-50) and 45.94% are under low risk (IDRS $<$ 30). The total population of Jigani urban area, Karnataka is 17,036. In that 1023 people from shivanagar-21st lane and kuntlureddy layout-18th lane, Jigani urban area, Karnataka were surveyed by using inclusion and exclusion criteria who agreed to participate in the study. There were 49.09% of men and 50.93% women participants. Among them 25.22% participants were under the age group of 20-25 years, 50.04% participants were under the age group of 26-40 years, 19.55% participants were under the age group 41-60 years and 4.69% participants participated were under the age group of 61-70 years.

Table: Jigani population

	Surveyed population	Present population	Percentage (%)
Total population	1023	17,036	86.1
Male	502	9,990	49.09
Female	521	7,046	50.93

In jigani total population is 17,036 among them total surveyed population is 1023, male are 502 and female are 521.

Demographic data of surveyed population-Jigani

Table 1

Variable		Number of people	Percentage%
Gender	Total	1023	100
	Male	502	49.09
	Female	521	50.93

Among total 1023 surveyed population male are 49.05% and female are 50.93%.

Figure 1: Gender percentage Jigani town

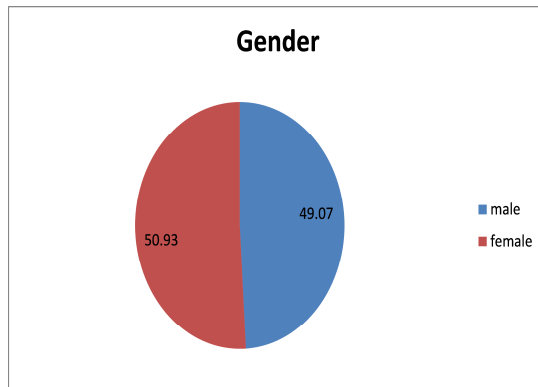


Table 2

Variable		Number of people	Percentage%
Age	20-25	258	25.22
	26-40	514	50.24
	41-60	200	19.55
	61-70	48	4.69
	70 and above	1	0.10
	Blank	2	0.20

Among 1023 population, 20-25 aged people are 25.22%, 26-40 aged people are 50.24%, 41-60 aged people are 19.55%, 61-90 aged people are 4.69%, >90 aged people are 0.10%.

Figure 2: Age percentage of Jigani population

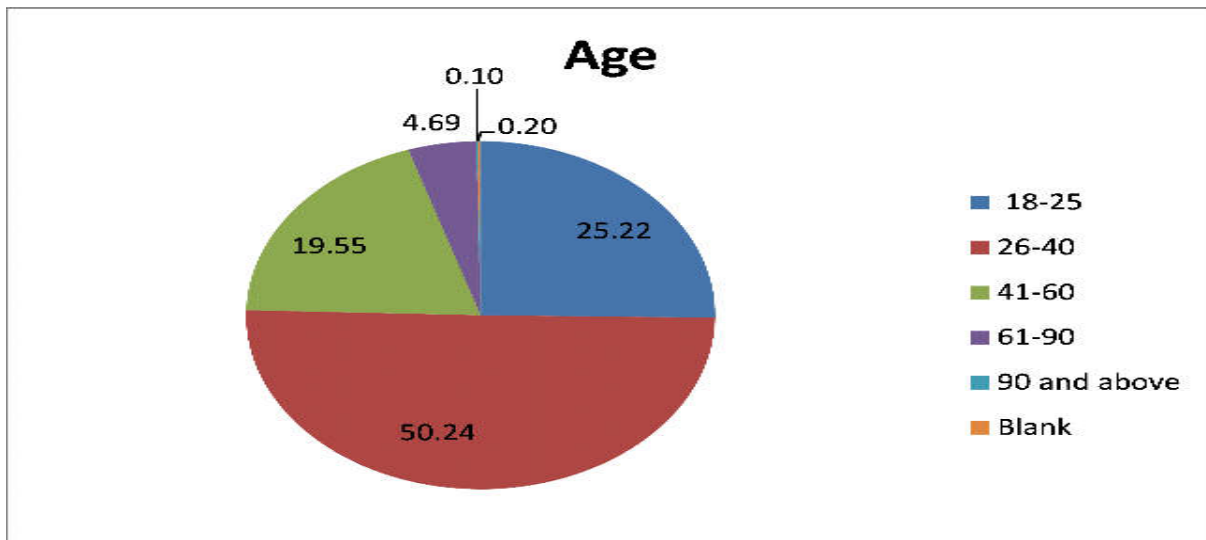


Table 3

Variable		Number of people	Percentage%
IDRS Score	High risk	243	23.75
	Medium risk	252	24.63
	Low risk	470	45.94

Among 1023 surveyed population according to IDRS score 23.75% are under high risk, 24.63% are under medium risk and 45.94% are under low risk.

Figure 3: IDRS Score of Jigani population

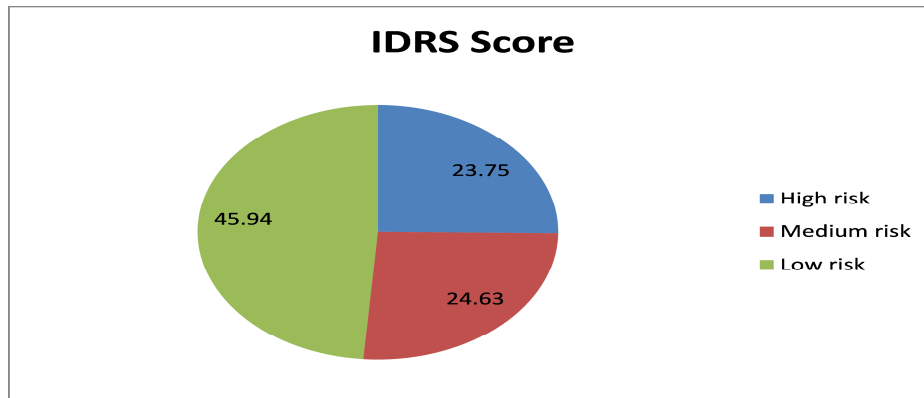


Table 4

Variable		Number of people	Percentage%
Marital status	Married	845	82.40
	Un Married	169	16.52
	Single	1	0.10
	NA	8	0.68

Among 1023 surveyed population married people are 82.40%, unmarried people are 16.52%.

Figure 4: Marital status of Jigani population

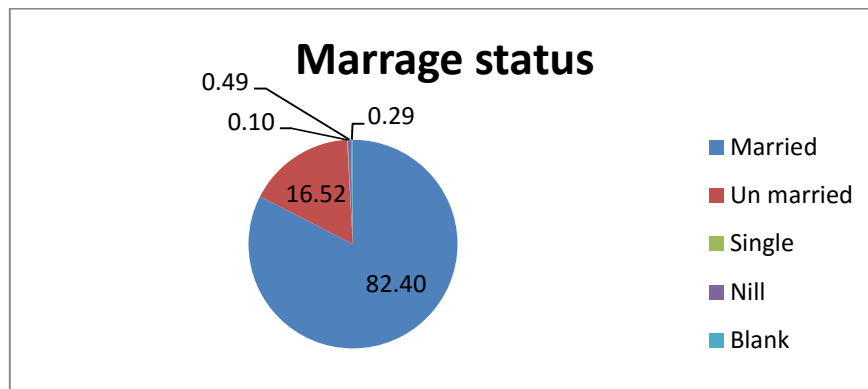
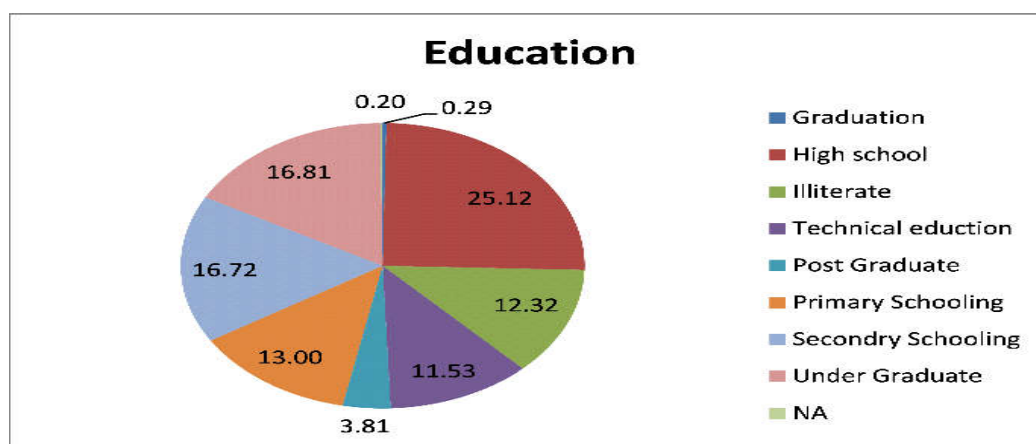


Table 5

Variable		Number of people	Percentage%
Educational qualification	Illiterate	156	12.32
	Primary	189	13
	Secondary	195	16.72
	Higher	267	25.12
	Graduation	3	0.29
	Under Graduate	198	16.81
	NA	2	0.20

Among 1023 surveyed population 12.32% are illiterate, 13% have taken primary education, 16.72% have taken secondary education, 25.12% are taken high school education, 17.01% are graduated.

Figure 5: Educational qualification of Jigani population**Table: 6**

Variable		Number of people	Percentage%
Occupation	Business	16	1.86
	Farmer	26	4.01
	Professional	70	7.23
	Clerical	109	10.65
	Unemployed	220	22.19
	House hold	236	23.85
	Simi- Professional	62	7.23
	Driver	5	0.49

	Other	36	4.89
	NA	5	0.49
	Self Employed	8	0.88
	Sale	40	4.20
	Service	54	5.38
	Skilled Manual	73	7.53
	Unskilled manual	63	6.35

Among 1023 surveyed population 1.86% are having their own business, 4.01% people are farmers, 7.23% are under professional, 10.65% does clerical work, 22.19% are unemployed, 23.85% are house holders, 7.23% are under professional work, 0.49% are drivers, 4.89% does other works, 0.88 are self-employed, 4.20% does sales work, 5.38% people does service, 7.53% are skilled workers and 6.35% are unskilled workers.

Figure 7: Occupation of Jigani population

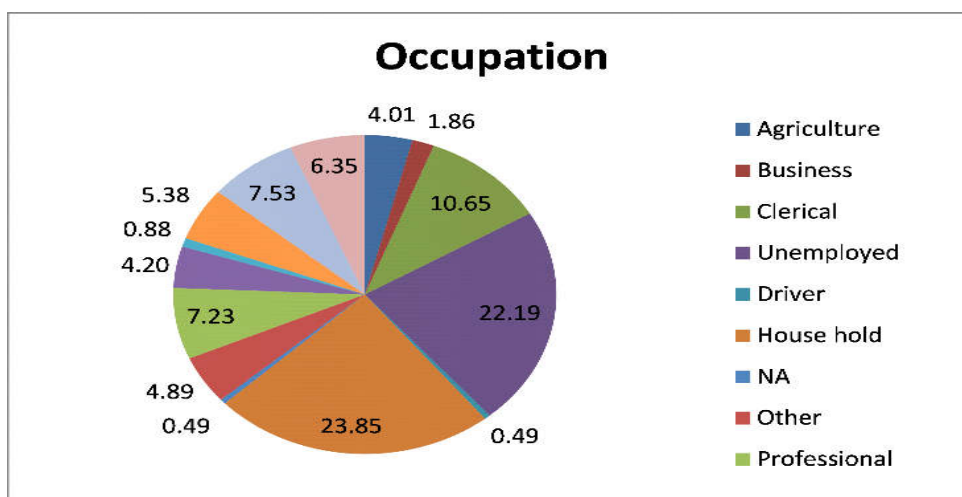


Table 7

Variable		Number of people	Percentage%
BMI	Under weight (<18)	77	7.53
	Normal (18 to 24.9)	505	49.17
	Over weight (25-29.9)	287	26.98
	Obese (>30)	105	10.26

Among 1023 surveyed population 7.53% are under weight, 49.17% are having normal weight, 26.98% are overweight and 10.26% are obese.

Figure 8: BMI percentage Jigani town

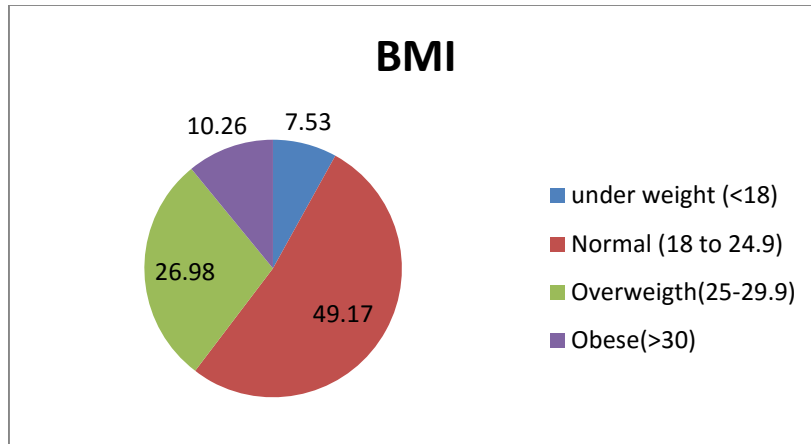


Table 8

Variable		Number of people	Percentage%
Physical activity	Vigorous	97	9.48
	Moderate	505	49.36
	Low	299	29.23
	No exercise	50	4.89
	Blank	10	0.98

Among 1023 surveyed population 9.48% does vigorous physical activity, 49.36% does moderately, 29.23% does low activity, and 4.89% does not participate in any physical activity.

Figure 8: Physical activity of Jigani population

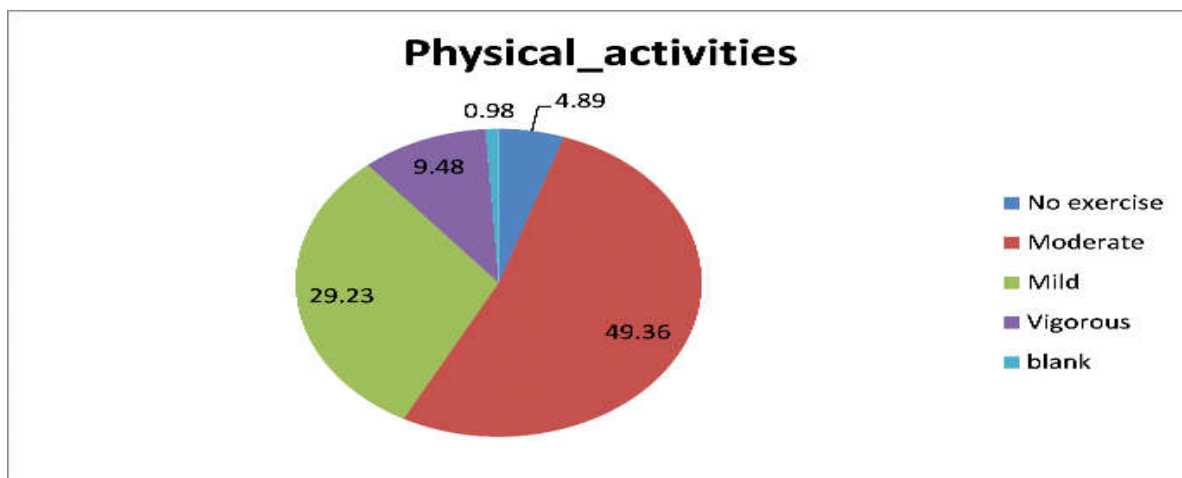


Table 9

Variable		Number of people	Percentage%
Bp SYS	Low (<99)	24	1.08
	Normal(100-120)	304	29.81
	High(>120)	693	61.68
	NA	2	6.06

Among 1023 surveyed population systolic blood pressure is low in 1.08%, normal in 29.81% and high in 61.68%.

Figure 9: Bp Sys percentage of Jigni population

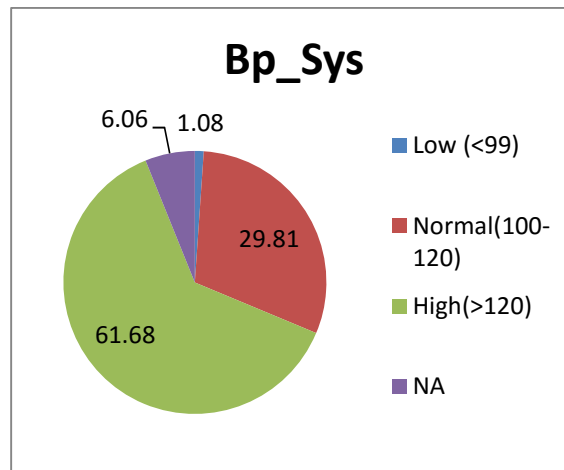


Table 10

Variable		Number of people	Percentage%
BpDia	Low(<60)	2	0.29
	Normal(60-80)	358	35.58
	High(>80)	656	57.97
	Blank	7	6.06

Among 1023 surveyed population diastolic blood pressure is low in 0.29%, normal in 35.58% and high in 57.97%.

Figure 10: BpDia percentage-Jigani town

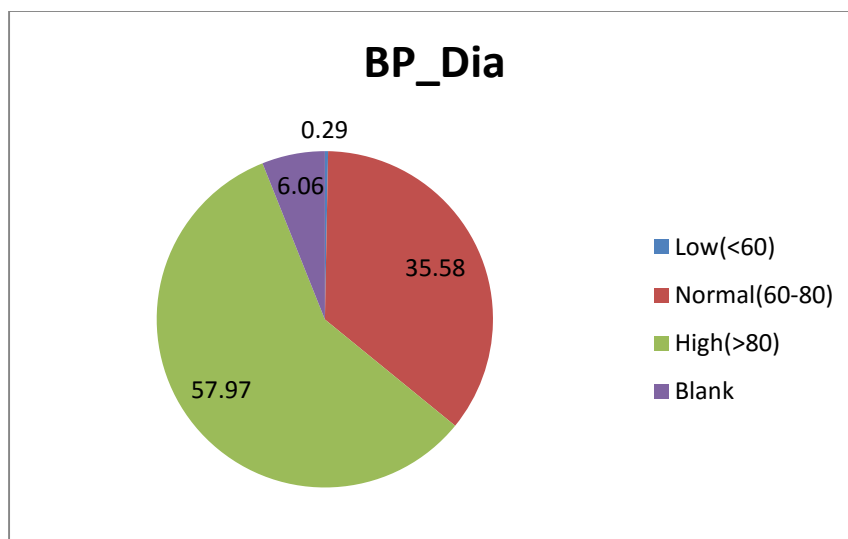


Table 11

Variable		Number of people	Percentage%
OIL FOOD	Daily	5	0.49
	Monthly Once	160	15.64
	Monthly Twice	30	3.88
	Thrice	11	1.08
	Rarely	62	6.06
	No	270	26.39
	Blank	482	47.12

Among 1023 surveyed population 0.49% take oil food daily, 15.64% take monthly once, 3.88% take monthly twice, 1.08% take monthly thrice, 6.06% take rarely and 26.39% doesn't take oil food.

Figure 11: Diet of Jigani population

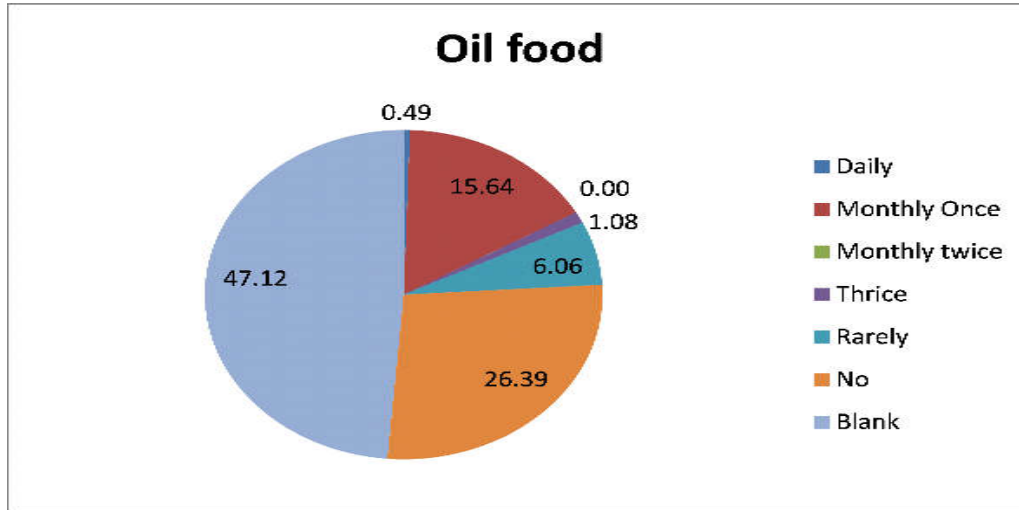


Table 12

Age- Diabetic	Age	No of People	Percentage
		30-40	10
	41-60	20	54.04
	>60	7	18.91

Among the Diabetics in Jigini 27.02% of them are within the age range from 30 to 40Yrs.

Among the Diabetics in Jigini 54.04% of them are within the age range from 41 to 60Yrs.

Among the Diabetics in Jigini 18.91% of them are above the age of 60Yrs.

Figure 12: Age- Diabetic of Jigani population

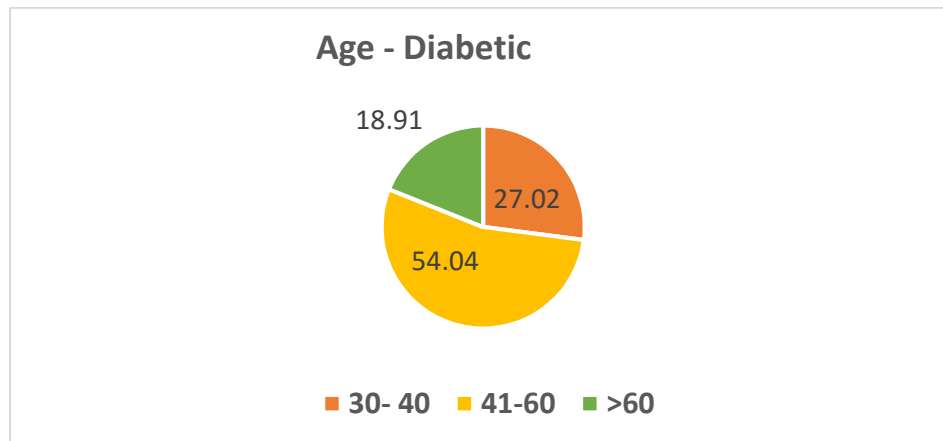


Table 13

Diabetic - Gender	Gender	No of People	Percentage
	Male	17	45.94
	Female	20	54.05

Among the diabetics in Jigini 54.05% are female and 45.94 are Male.

Figure 13: Diabetic - Gender of Jigani population

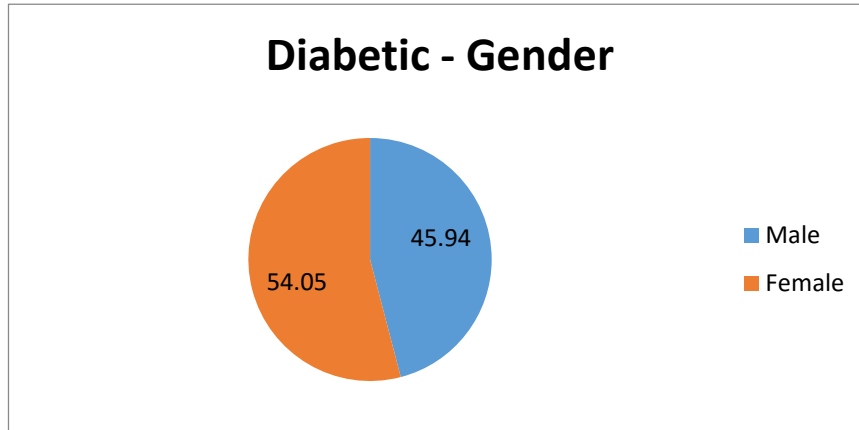


Table 14

Diabetic – Male		No of People	Percentage
	30-40	4	23.5
	41-60	9	52.94
	>60	4	23.5

Among the Male Diabetics in Jigini 23.5% of them are within the age range from 30 to 40Yrs.
 Among the Male Diabetics in Jigini 52.94% of them are within the age range from 41 to 60Yrs.
 Among the Male Diabetics in Jigini 23.5% of them are above the age of 60Yrs.

Figure 14: Diabetic- Male Age of Jigani population

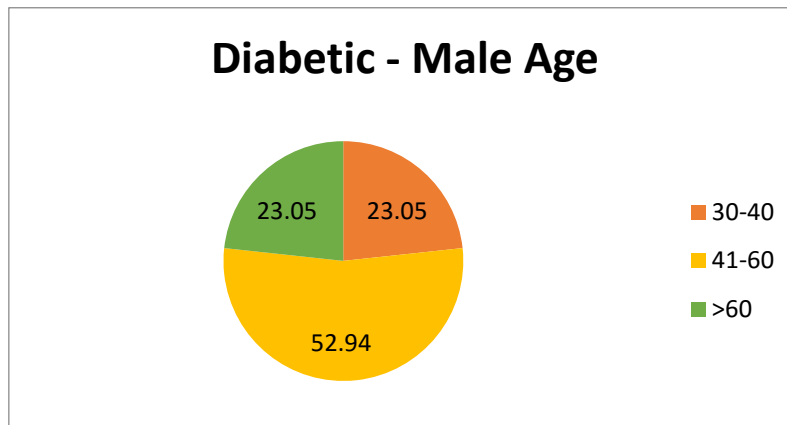


Table 15

Diabetic – Female		No of People	Percentage
	30-40	6	30
	41-60	11	55
	>60	3	15

Among the Female Diabetics in Jigini 30% of them are within the age range from 30 to 40Yrs. Among the Female Diabetics in Jigini 55% of them are within the age range from 41 to 60Yrs. Among the Female Diabetics in Jigini 15% of them are above the age of 60Yrs.

Figure 15: Diabetic - Female Age of Jigani population

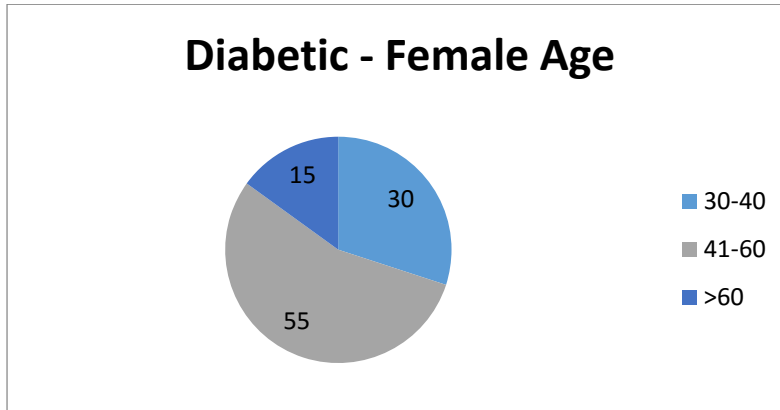


Table 16

Diabetic- Family history		No of People	Percentage
	Both	9	24.32
	Single	13	35.13

Among the diabetics in Jigani 59.45% have family history of Diabetes (Either one parent or both parents). 35.13% of Diabetics have the Family History of Single parents being Diabetic where as 24.32% diabetics have Family History with Both parents as Diabetics.

Figure 16: Diabetic – Family history of Jigani population

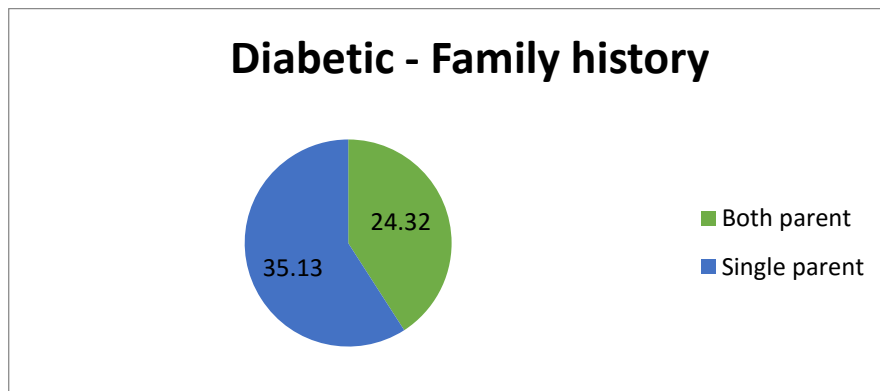


Table 17

	Age	No Of People	Percentage
High Risk Age	20-29	43	11.98
	30-40	134	37.33
	41-60	138	38.44
	>60	45	12.53

Among 1023 surveyed population high risk people are 11.98% are 20-29 aged people, 37.33% are 30-40 aged people, 38.44% are 41-60 aged people and 12.53% are >60 aged people.

Figure 17: High risk - Age of Jigani population

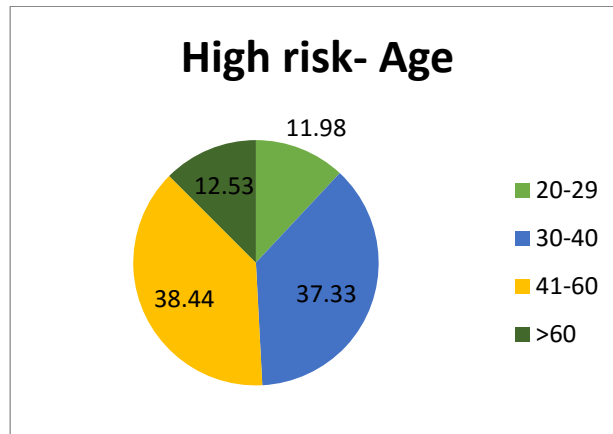


Table 18

High Risk- Family History	Family history	No Of People	Percentage
High Risk- Family History	Both Parents	10	2.79
	One parent	9	2.51

Among 1023 surveyed population in high risk 2.79% have both parents diabetes and 2.51% have one parent diabetes.

Figure 18: High risk _ Family history of Jigani population

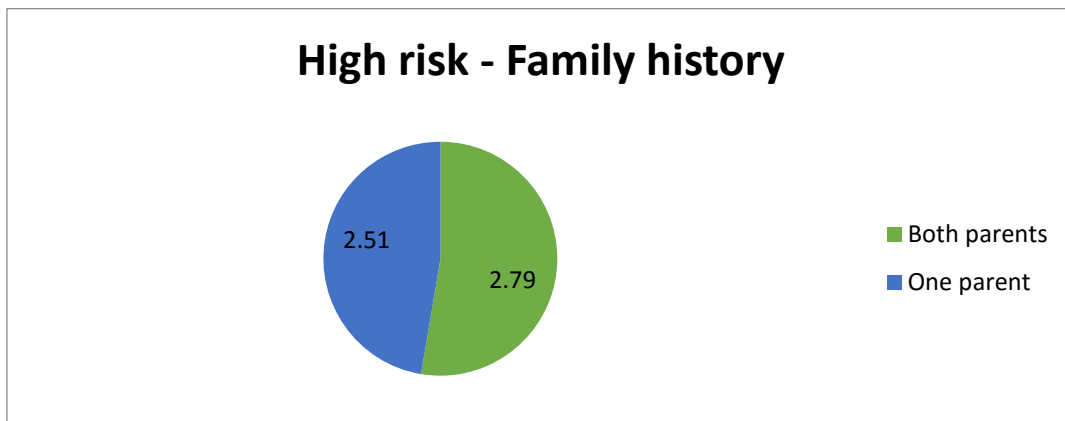


Table 19

	Age	No Of People	Percentage
Moderate Risk Age	20-29	157	38.67
	30-40	163	40.15
	41-60	74	18.23
	>60	12	2.96

Among 1023 surveyed population moderate risk people are 38.67% are 20-29 aged people, 40.15% are 30-40 aged people, 18.23% are 41-60 aged people and 2.96% are >60 aged people.

Figure 19: Moderate risk - Age of Jigani population

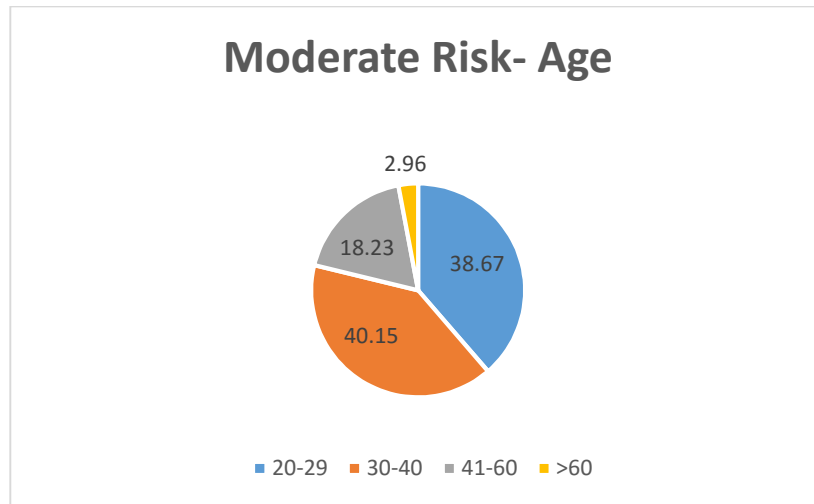
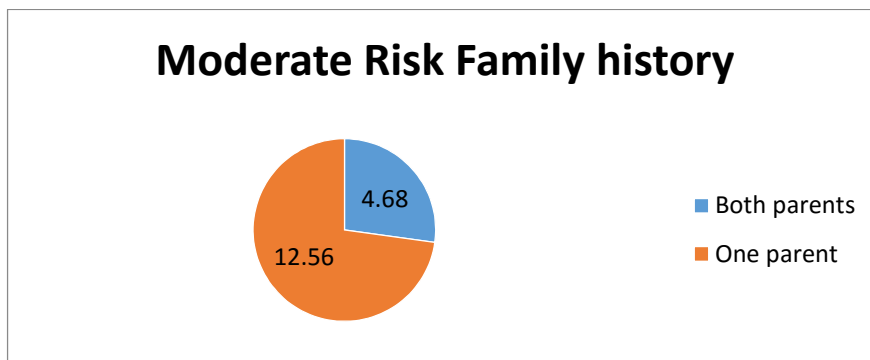


Table 20

Moderate Risk – Family history	Family history	No Of People	Percentage
	Both Parents	19	4.68
	One parent	51	12.56

Among 1023 surveyed population in moderate risk 4.68% have both parents diabetes and 12.56% have one parent diabetes.

Figure 20: Moderate risk – Family history of Jigani population



It was found that the overall prevalence of diabetes was 5.77%, high risk 23.75%, medium risk 24.63% and low risk 45.94%. Studies show that the incidence of diabetes mellitus is very high among south India. Among the diabetics in Jigini 54.05% are female and 45.94 are Male. Among the Male Diabetics in Jigini 23.5% of them are within the age range from 30 to 40Yrs. Among the male Diabetics in Jigini 52.94% of them are within the age range from 41 to 60Yrs. Among the male Diabetics in Jigini 23.5% of them are above the age of 60Yrs. Among the Female Diabetics in Jigini 30% of them are within the age range from 30 to 40Yrs. Among the Female Diabetics in Jigini 55% of them are within the age range from 41 to 60Yrs. Among the Female Diabetics in Jigini 15% of them are above the age of 60Yrs. Among the diabetics in Jigani 59.45% have family history of Diabetes (Either one parent or both parents). 35.13% of Diabetics have the Family History of Single parents being Diabetic where as 24.32% diabetics have Family History with Both parents as Diabetics. Among 1023 surveyed population high risk people are 11.98% are 20-29 aged people, 37.33% are 30-40 aged people, 38.44% are 41-60 aged people and 12.53% are >60 aged people. Among 1023 surveyed population in high risk 2.79% have both parents diabetes and 2.51% have one parent diabetes. Among 1023 surveyed population moderate risk people are 38.67% are 18-29 aged people, 40.15% are 30-40 aged people, 18.23% are 41-60 aged people and 2.96% are >60 aged people. Among 1023 surveyed population in moderate risk 4.68% have both parents diabetes and 12.56% have one parent diabetes.

6. DISCUSSION

There was a significant IDRS, waist, BMI, BP (systolic & diastolic), and hip circumference. A survey study was done for the prevalence of type 2 diabetes in Jigani area, Anekal Taluk, urban Bangalore. In this survey 1023 participants with the age group of 20 to 70 were included. It was found that the overall prevalence of diabetes was 5.77%, high risk 23.75%, medium risk 24.63% and low risk 45.94%. Studies show that the incidence of diabetes mellitus is very high among south India. The incidence rate of diabetes was 20.2 per 1000 person years among subjects 37 individual who were pre-diabetic at baseline (Mohan et al., 2008). Also, it was seen that high prevalence of type 2 diabetes among the adults in Guwahati, Assam, in north eastern part of India. The prevalence was similar to that reported from this study in southern India (8.2% age > 20 yrs.) and Northern India (6.7% age > 30) (Rachna, Manish, Balwinder, ShekharKumar, & Girish, 2009). The overall self-reported prevalence of chronic conditions was 12, with hypertension (7%) and diabetes (5.8%) being the common conditions (Krishnaveni & Gowda, 2015).

Comparison with the earlier study

Global prevalence of type 2 diabetes was 6.4% in 2010. (Shaw, j., esicree.r a., & Zimmet, 2010).

In India prevalence has been studied in four states on type 2 diabetes, 10.4% in Tamilnadu, 8.2% in Maharashtra, 5.3% in Jharkhand, 13.6% in Chandigarh in 2011 (Ramachandran, Murugesan, Mary, Snehalatha, & Yamuna, 2008). Urban village in Tamilnadu has showed lower prevalence rate (9.2%) of type 2 diabetic in 2008. In Karnataka, the prevalence rate of type 2 diabetic was 10% in Tamaka village, kolar district (Muninarayana, Balachandra, Hiremath, Iyengar, & Anil, 2010). In Karnataka prevalence of diabetes rate of type 2 diabetes was 10% in Tamaka village, kolar district in 2010 (Muninarayana et al., 2010). The present finding showed the prevalence rate of 17.72% in urban Bengaluru. Present finding supports the earlier study done by Ramachandra in 2004 on urban southern India, in that study; there was increasing trend in prevalence rate. They showed that the prevalence of diabetes increased by 3 folds compared that was seen in 2003 when compared with miller study that was done 14 years before. (From 2.2% to 6.36%) (Ramachandran et al., 2008). Mexican Americans (MAs) in Texas, USA and South Indians (SIs) in Tamil Nadu, India—have an increasing prevalence of DM. We aimed to

understand the metabolic correlates of DM in these populations to improve risk stratification and DM prevention (Watt et al., 2018).

Table 13. Earlier studies:

Earlier studies	Percentage (%) of diabetes	Year
Asian population the prevalence of type 2 diabetes.	<ul style="list-style-type: none"> • In urban-18.6%. • In rural-9.2%. 	2006
In India prevalence has been studied in four states on type 2 diabetes. Tamilnadu, Maharashtra, Jharkhand, Chandigarh.	<ul style="list-style-type: none"> • Tamilnadu-10.4% • Maharashtra-8.2% • Jharkhand-5.3% • Chandigarh-13.6 	2011
Urban village in Tamilnadu has showed lower prevalence rate of diabetes.	Tamaka village-10%.	2008
Finding showed the prevalence rate of diabetes in Channenahalli.	Channenahalli-17.2%.	2003
Present study Showed the prevalence rate of diabetes, high risk, moderate, low risk in Urban Jigani.	Jigani 5.77%	2018

7. CONCLUSION

Prevalence is diabetes 5.77%, and prediabetes by using Indian Diabetes Risk Score (IDRS), 23.75% of them are under high risk (IDRS \geq 50), 24.63% are under moderate risk (IDRS range in between 30-50) and 45.94% are under low risk (IDRS $<$ 30). Results indicate that the Family History of a person highly influenced the diabetic status of an individual (59.45 % of diabetics have Family history). Also results indicate that the persons between the age range of 40 to 60Yrs are very highly prone for Diabetes (54.04% of diabetics are in the age range of 40 to 60Yrs). This study created awareness of diabetes and its complication in urban population of this region. The baseline data of the present study regarding the prevalence of T2DM could be useful for implementation of the National Program for control of Diabetes. Therefore, future research in this direction is a need of the time.

8. APPRAISAL

8.1 STRENGTHS OF THE STUDY

This study shows the prevalence of diabetes in urban population. Also it correlates the causes and need of prevention. This type of study is useful to create awareness in people on diabetes. For researchers of prevalence studies, the results of this study would provide a substantial base for conducting future trials to know the prevalence of diabetes in other places in Bangalore.

8.2 LIMITATIONS OF THE STUDY

Every one's data couldn't be collected as some people are out of town.

8.3 RECOMMENDATIONS

Regular yoga classes should be arranged in each urban area. More awareness needs to be given to young people in town as well as in villages about yoga. And long term follow-up studies on type 2 diabetes prevalence will help to know the prevalence rates and the future action for the prevention, treatment and control of the disease.

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10. APPENDICS

10.1 INFORMED CONSENT

Consent form Information to the participants:

We understand that you are a resident of SWAMI VIVEKANANDA YOGA ANUSANDANA SAMSTHANA village, jigni, Bangalore. In this study we are evaluating prevalence of type2 diabetes in South Bangalore. Studies show that the how much awareness is in urban areas overall quality of life in type2 diabetics.

Thus this study conduct as a part of the MSC Yoga Therapy Degree program, examines the prevalence of type2 diabetes in _____JIGANI_____ AREA. Your consent is sought to take part in the study. If you consent to take part in this study, the investigator will interview you. In this interview, the interviewer will ask you questions related to family health and diabetes. The information collected from you would be helpful in understanding the prevalence of diabetes in _____JIGANI_____ AREA. The interview may take half an hour. Please note that you have a right to refuse to take part in the study any time. Your refusal will not adversely affect your daily routine. Please also note that the information you are going to divulge to us will be kept in utmost confidentially

Undertaking by the investigator:

If you have any doubts about study please feel free to clarify. Even during the study you are free to contact the investigator for clarifications if you so desire. The phone number of the investigator is given below.

NIRANJAN GAIHRE: +91 8971017128

Consent: I have been informed about the procedures of the study. The possible risks too have been explained to me as stated in the information. I have understood that I have the right to refuse my consent of withdraw it any time during the study without adversely affecting me. I am aware that by subjecting to the investigation. I will have to give more time to assessments by the investigator and that these assessments do not interfere with the benefits.

Signature of the participant

Signature of the investigator

10.2 IDRS (Indian diabetic risk score)

	Score
Age	
<35years	0
35-49years	20
>50years	30
Waist circumference:	
Waist<80cm(female),<90cm(male)	0
Waist>80-89cm(female),>90-99cm(male)	10
Waist>90cm(female),>100(male)	20
Physical activity:	
Regular vigorous exercise or strenuous manual activity at home/work	0
Regular moderate exercise or moderate physical activity at home/work	10
Regular mild exercise or mild physical activity at home/work	20
No exercise or sedentary activities at home/work	30
Family history of diabetes	
No diabetes in parents	0
One parent is diabetic	10
Both parents are diabetic	20

MadhumehaNivantritaBharata (MNB) –Screening form

State	District	Village/Town	Area				YIDM-Code	Serial No
			Urban	<input type="radio"/>	Rural	<input type="radio"/>		

Name:		Age	
Gender	Marital Status	Address	
<input type="radio"/> Male	<input type="radio"/> Married		
<input type="radio"/> Female	<input type="radio"/> Unmarried		
<input type="radio"/> Transgender	<input type="radio"/> Separated		
Education	Occupation		Residential Phone no
<input type="radio"/> No formal schooling	<input type="radio"/> Professional /Executive /Manager/Big business	<input type="radio"/> Unskilled manual	Mobile no
<input type="radio"/> Primary school	<input type="radio"/> Clerical /Medium business	<input type="radio"/> Do not work/Unemployed	
<input type="radio"/> High school & higher	<input type="radio"/> Sale	<input type="radio"/> Others	Email ID
<input type="radio"/> Secondary school	<input type="radio"/> Agriculture/Self employed		
<input type="radio"/> Technical education	<input type="radio"/> Household & domestic work		
<input type="radio"/> Undergraduate degree	<input type="radio"/> Services		
<input type="radio"/> PG degree or above	<input type="radio"/> Skilled manual		

1. Diabetes Information

	Yes	No	If “Yes” duration		
Have Diabetes	<input type="radio"/>	<input type="radio"/>	___ Yrs ___ Months		
On treatment	<input type="radio"/>	<input type="radio"/>	___ Yrs ___ Months	___ Tabs/day	___ Insulin units/day
Alternative medicine	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/> Ayurveda	<input type="checkbox"/> Homeopathy	Other _____

2. Indian Diabetes Risk Score (IDRS)

Age	Physical activity at home/work	Family History	Waist Circumference cm	
			Male	Female
<input type="radio"/> <35 Years =0	<input type="radio"/> Vigorous exercise or strenuous at work=0	<input type="radio"/> Two Non-diabetic parents=0	<input type="radio"/> <90cm=0	<input type="radio"/> <80cm=0
<input type="radio"/> 35-49 Years=20	<input type="radio"/> Moderate exercise at home/work=10	<input type="radio"/> One parent diabetic=10	<input type="radio"/> 90-99cm=20	<input type="radio"/> 80-89cm=20
<input type="radio"/> >= 50 Years=30	<input type="radio"/> Mild exercise at home/work=20	<input type="radio"/> Both parent diabetic=20	<input type="radio"/> >=100cm=30	<input type="radio"/> >=90cm=30
	<input type="radio"/> No exercise=30			
Scores:				
Total Score:		High Risk >= 50, moderate risk 30-50, low risk < 30		

By signing this form, I am agreeing that I am 18 years of age or older and am agreeing to participate in this project voluntarily.

Date:

Participant’s Signature

3. Body vita

Height(cm)				
Weight(kgs)				
Hip Circumference(cm)				

Blood Pressure:

First reading					Second reading				
Systolic		Diastolic			Systolic		Diastolic		

4. Diet Information

<i>a) Oil do you use for cooking?</i>	<i>b) How frequently you are consuming these items generally?</i>			
<input type="radio"/> Mustard <input type="radio"/> Coconut <input type="radio"/> Groundnut <input type="radio"/> Sunflower <input type="radio"/> Soyabean <input type="radio"/> Palm <input type="radio"/> Gingelly <input type="radio"/> Others	#	Name of item	How much per serving?	How many times in a week?
	1	Burger/ Chips		
	2	Fried items eg: Samosa/Kachori/Bonda etc		
	3	Pizza		
	4	Cake/Pastry		
	5	Fizzy cold drinks		
	6	Chat/Masala Puri		
	7	Meat/Chicken		
8	Fish/Egg			

5. Socioeconomic Status

<i>a) Education of Head</i>	<i>b) Occupation of head</i>	<i>c) Family income / month</i>
<input type="radio"/> Profession or Honours <input type="radio"/> Graduate or Post Graduate <input type="radio"/> Intermediate /post high school diploma <input type="radio"/> High School Certificate <input type="radio"/> Middle School Certificate <input type="radio"/> Primary School Certificate <input type="radio"/> Illiterate	<input type="radio"/> Profession <input type="radio"/> Semi Profession <input type="radio"/> Clerical, Shop-Owner, farmer <input type="radio"/> Skilled Worker <input type="radio"/> Semi-Skilled Worker <input type="radio"/> Unskilled Worker <input type="radio"/> Unemployed	<input type="radio"/> ≥ Rs. 36,017 <input type="radio"/> 18,000 – 36,016 <input type="radio"/> 14,395 – 17,999 <input type="radio"/> 8,989 – 13,494 <input type="radio"/> 5,387 – 8,988 <input type="radio"/> 1,803 – 5,386 <input type="radio"/> <1,802

6. Yoga

Do you practice Yoga? Yes No If “Yes” duration ___ Yrs ___ Months

#	Name of practice	Hours per week?	
		Hrs	Min
1	Asanas		
2	Pranayama		
3	Meditation		
4	Bhajans		
5	Other		

Rate your level of yoga practice?
<input type="radio"/> Beginner
<input type="radio"/> Intermediate
<input type="radio"/> Advances
Style of yoga do you practice?

b) *Do you think practicing yoga have any side-effects?* Yes No
 If “Yes” What kinds of side-effects:

Do you think yoga can help in prevention and management of diabetes?

N
 Yes *o*
 N
 Yes *o*

d) *Do you think yoga can help in changing your life style?*

11. RAW DATA

S. No	Reg_code	Age	Gender	Marital status	Education	Occupation	Diabetics info	Physical activities	IDRS_score	Bp_Sys_first	BP_Dia_first	Oil	Height	Weight
2	KA/BEN/JI GI/01/02	40	male	Married	Secondary School	skilled	No	Mild	70	225	145	Sunflower		58
3	KA/BEN/JI GI/01/03	21	Female	Married	Under Graduate	Unemployed	No	No exercise	60	118	65	Sunflower	162	65
6	KA/BEN/JI GI/01/06	31	Female	Married	Technical education	Unemployed	No	No exercise	80	131	92	Sunflower	165	67
7	KA/BEN/JI GI/01/07	25	Female	Married	Secondary school	Unskilled manual	No	No Exercise	40	111	83	Sunflower	163	49
8	KA/BEN/JI GI/01/08	21	Female	Married	Under Graduate	Unemployed	No	No exercise	30	120	87	Sunflower	158	43
9	KA/BEN/JI GI/01/09	28	male	Married	Technical education	skilled	No	No exercise	30	139	92	Sunflower	172	66
10	KA/BEN/JI GI/01/10	37	Female	Married	No formal schooling	unskilled	No	Mild	60	111	75	Sunflower	165	55
12	KA/BEN/JI GI/01/12	30	Female	Married	Secondary school	Do not work	No	Mild	50	118	75	Sunflower	155	57
13	KA/BEN/JI GI/01/13	33	Female	Married	Under graduate	Do not work	No	Moderate	50	133	80	Sunflower	146	65
14	KA/BEN/JI GI/01/14	37	Female	Married	Under Graduate	Professional	No	Mild	90	130	82	Sunflower	172	102
15	KA/BEN/JI GI/01/15	42	Female	Married	Secondary School	Unemployed	No	Mild	70	135	89	Sunflower	157	69
16	KA/BEN/JI GI/01/16	21	male	Unmarried	Technical education	skilled	No	Moderate	30	146	79	Sunflower	167	61
17	KA/BEN/JI GI/01/17	25	male	Unmarried	Technical education	Clerical	No	Moderate	10	135	83	Sunflower	168	53
18	KA/BEN/JI GI/01/18	21	Female	Married	High school	Unemployed	No	Mild	20	118	77	Sunflower	147	49
19	KA/BEN/JI GI/01/19	22	Female	Married	High school	Unemployed	No	Mild	20	124	82	Sunflower	156	41
20	KA/BEN/JI GI/01/20	41	Male	Married	High school	Skilled manual	No	Moderate	50	124	84	Sunflower	171	74
21	KA/BEN/JI GI/01/21	24	Female	Married	Secondary school	Do not work	No	Mild	50	104	75	Sunflower	159	62
22	KA/BEN/JI GI/01/22	21	Female	Married	Secondary	Do not work	No	Mild	50	114	85	Sunflower	158	56

			e		school									
23	KA/BEN/JI GI/01/23	5 3	Female	Married	Secondary School	Unemp loyed	No	Mild	90	172	110	Sunfl ower	14 3	56
24	KA/BEN/JI GI/01/24	1 9	Female	unmarried	Technic al educati on	Unemp loyed	No	Mild	20	96	73	Sunfl ower	15 6	45
25	KA/BEN/JI GI/01/25	4 6	Female	Married	primary school	skilled	No	Mild	70	137	96	Sunfl ower	17 4	74
26	KA/BEN/JI GI/01/26	2 5	male	Married	Technic al educati on	skilled	No	Mild	20	132	81	Sunfl ower	16 8	55
27	KA/BEN/JI GI/01/27	2 4	Female	Married	Second ary School	Unemp loyed	No	Mild	20	111	81	Sunfl ower	15 8	51
28	KA/BEN/JI GI/01/28	2 6	Male	Unmarried	High school	Skilled manual	No	Moderat e	40	168	82	Sunfl ower	16 7	61
29	KA/BEN/JI GI/01/29	3 9	Female	Married	No formal schooli ng	unskille d	No	Mild	60	129	94	Sunfl ower	16 5	61
30	KA/BEN/JI GI/01/30	2 2	Female	Married	Under Gradua te	Unemp loyed	No	Mild	20	104	66	Sunfl ower	15 9	37
31	KA/BEN/JI GI/01/31	4 0	Female	Married	No formal schooli ng	Do not work	No	Mild	40	113	76	Sunfl ower	16 1	54
33	KA/BEN/JI GI/01/33	3 0	Female	Married	Second ary School	Unemp loyed	No	Mild	20	110	70	Sunfl ower	15 2	47
34	KA/BEN/JI GI/01/34	2 5	Female	Married	No formal schooli ng	Do not work	No	Mild	40	123	89	Sunfl ower	16 0	55
35	KA/BEN/JI GI/01/35	3 2	Female	Married	Second ary School	Unemp loyed	No	mild	20	109	69	Sunfl ower	15 6	36
36	KA/BEN/JI GI/01/36	3 6	Male	Married	No formal schooli ng	Unskill ed manual	No	Moderat e	50	132	87	Sunfl ower	16 9	70
37	KA/BEN/JI GI/01/37	2 4	male	Married	Second ary School	unskille d	No	Moderat e	30	159	98	Sunfl ower	17 8	71
38	KA/BEN/JI GI/01/38	2 7	Male	Married	Technic al educati on	Skilled manual	No	Mild	40	129	87	Sunfl ower	16 6	67
39	KA/BEN/JI GI/01/39	2 3	Female	Married	High school	Unemp loyed	No	Mild	20	119	71	Sunfl ower	15 6	45
40	KA/BEN/JI GI/01/40	3 3	male	Married	Technic al educati on	skilled	No	Moderat e	10	184	138	Sunfl ower	16 5	60
41	KA/BEN/JI GI/01/41	2 2	Female	Married	Under Gradua te	Unemp loyed	No	Mild	20	109	82	Sunfl ower	16 2	40
42	KA/BEN/JI GI/01/42	2 1	male	unmarried	Technic al	skilled	No	Mild	20	133	89	Sunfl ower	18 4	61

					educati on										
43	KA/BEN/JI GI/01/43	6 5	mal e	Married	Second ary School	skilled	No	Moderat e	80	167	95	Sunfl ower	16 7	75	
44	KA/BEN/JI GI/01/44	2 9	Fe mal e	Married	Under graduat e	Clerical	No	Mild	50	127	80	Sunfl ower	15 0	64	
45	KA/BEN/JI GI/01/45	5 8	Fe mal e	Married	primary school	Profess ional	No	Mild	80	147	92	Sunfl ower	15 5	70	
46	KA/BEN/JI GI/01/46	2 8	Fe mal e	Married	High school	Do not work	No	Mild	40	121	81	Sunfl ower	15 2	65	
47	KA/BEN/JI GI/01/47	3 4	Mal e	Married	Under graduat e	Clerical	No	Mild	50	136	84	Sunfl ower	17 4	74	
48	KA/BEN/JI GI/01/48	2 6	Fe mal e	Married	Under graduat e	Do not work	No	Mild	40	158	102	Sunfl ower	15 6	71	
49	KA/BEN/JI GI/01/49	2 9	mal e	Married	High school	Clerical	No	Mild	20	127	82	Sunfl ower	16 6	60	
50	KA/BEN/JI GI/01/50	2 4	Fe mal e	Married	Under Gradua te	Unemp loyed	No	Mild	20	121	80	Sunfl ower	15 5	47	
51	KA/BEN/JI GI/01/51	3 4	Mal e	Married	High school	Clerical	No	Moderat e	50	127	93	Sunfl ower	14 3	75	
52	KA/BEN/JI GI/01/52	3 8	Fe mal e	Married	No formal schooli ng	House hold	No	Vigorous	40	111	76	Sunfl ower	12 1	60	
53	KA/BEN/JI GI/01/53	3 5	Fe mal e	Married	Second ary School	househ old	No	vigorous	0	126	91	Sunfl ower	12 3	54	
55	KA/BEN/JI GI/01/55	4 2	Mal e	Married	Technic al educati on	Clerical	No	Moderat e	40	160	116	Must urd	13 6	66	
56	KA/BEN/JI GI/01/56	2 2	Fe mal e	unmarried	Under Gradua te	Unemp loyed	No	Moderat e	30	106	80	Sunfl ower	15 5	46	
59	KA/BEN/JI GI/01/59	2 1	Fe mal e	Unmarried	Under graduat e	Clerical	No	Moderat e				Sunfl ower			
60	KA/BEN/JI GI/01/60	1 9	Fe mal e	Unmarried	under graduat e	Do not work	No	Moderat e				Sunfl ower			
61	KA/BEN/JI GI/01/61	3 4	Fe mal e	Married	High school	Skilled manual	No	Moderat e	40	108	81	Grou nd nut	16 5	62	
62	KA/BEN/JI GI/01/62	4 1	Mal e	Married	Technic al educati on	Profess ion	No	Moderat e				Sunfl ower			
64	KA/BEN/JI GI/01/64	3 0	Fe mal e	Married	PG Degree	Clerical	No	Moderat e				Sunfl ower			
65	KA/BEN/JI GI/01/65	3 2	Mal e	Married	PG Degree	Clerical	No	Moderat e				Sunfl ower			
66	KA/BEN/JI GI/01/66	2 0	Fe mal e	Married	post graduat e	Unemp loyed	No	Moderat e	10	118	63	Sunfl ower	15 3	51	
67	KA/BEN/JI GI/01/67	3 0	Mal e	Married	PG Degree	Clerical	No	Moderat e				Sunfl ower			

68	KA/BEN/JI GI/01/68	3 2	Female	Married	High school	Unemployed	No	Moderate	10	112	82	Sunflower	15 2	60
69	KA/BEN/JI GI/01/69	6 7	Female	Married	PG Degree	Do not work	No	Moderate				Sunflower		
70	KA/BEN/JI GI/01/70	4 2	Male	Married	PG Degree	Service	No	Moderate				Sunflower		
71	KA/BEN/JI GI/01/71	3 0	Female	Married	Undergraduate	Do not work	No	Moderate	50	118	85	Sunflower	16 2	86
72	KA/BEN/JI GI/01/72	3 5	Male	Married	High school	Clerical	No	Moderate				Sunflower		
73	KA/BEN/JI GI/02/01	2 6	Female	Married	Secondary school	Household	No	Moderate	10	100	75	Sunflower	16 1	41
74	KA/BEN/JI GI/02/02	5 2	Male	Married	Secondary school	Sale	No	Moderate	70	131	86	Sunflower	17 8	77
75	KA/BEN/JI GI/02/03	4 7	Female	Married	Secondary school	Household	No	Moderate	40	128	84	Sunflower	16 3	53
76	KA/BEN/JI GI/02/04	2 7	Female	Married	High school	Household	No	Moderate	10	132	78	Sunflower	16 6	55
77	KA/BEN/JI GI/02/05	4 2	Female	Married	Primary school	Agriculture	No	Moderate	60	115	83	Sunflower	15 5	66
78	KA/BEN/JI GI/02/06	2 1	Female	Unmarried	Undergraduate	Do not work	No	Moderate	10	97	75	Sunflower	15 4	47
79	KA/BEN/JI GI/02/07	5 5	Male	Married	Primary school	Agriculture	No	Moderate	60	138	100	Sunflower	16 7	58
80	KA/BEN/JI GI/02/08	5 2	Female	Married	Primary school	Do not work	No	Moderate	60	143	86	Sunflower	15 0	59
81	KA/BEN/JI GI/02/09	5 0	Female	Married	Primary school	Household	No	Moderate	70	135	84	Sunflower	15 9	67
82	KA/BEN/JI GI/02/10	2 5	Female	Unmarried	Primary school	Professional	No	Moderate	10	120	76	Sunflower	16 9	52
83	KA/BEN/JI GI/02/11	3 0	Female	Married	Primary school	Do not work	No	Moderate	30	116	79	Sunflower	15 8	51
84	KA/BEN/JI GI/02/12	3 0	Female	Married	Intermediate	Household	No	Moderate	30	112	66	Sunflower	16 2	65
85	KA/BEN/JI GI/02/13	2 1	Female	Married	Primary school	Do not work	No	Moderate	20	95	68	Sunflower	15 6	50
86	KA/BEN/JI GI/02/14	2 9	Male	Married	Intermediate	Clerical	No	Moderate	10	134	86	Sunflower	17 2	73
87	KA/BEN/JI GI/02/15	2 6	Female	Married	High school	Do not work	No	Moderate	40	128	87	Sunflower	16 0	77
88	KA/BEN/JI GI/02/16	3 5	Male	Unmarried	Technical education	Clerical	No	Moderate	40	132	89	Sunflower	18 3	75
89	KA/BEN/JI GI/02/17	3 0	Female	Married	High school	Do not work	No	Moderate	10	102	75	Sunflower	16 4	55

91	KA/BEN/JI GI/02/19	4 5	Female	Married	No formal school	Unskilled Manual	No	Moderate	60	137	85	Sunflower	158	67
92	KA/BEN/JI GI/02/20	3 0	Male	Married	High school	Professional	No	Moderate	20	129	84	Sunflower	173	67
94	KA/BEN/JI GI/02/22	3 0	Male	Married	High school	Agriculture	No	Moderate	30	122	79	Sunflower	168	77
95	KA/BEN/JI GI/02/23	3 2	Female	Married	Intermediate	Do not work	No	Moderate	20	117	79	Sunflower	157	56
96	KA/BEN/JI GI/02/24	5 6	Male	Married	No formal school	Do not work	No	Moderate	70	140	81	Sunflower	153	67
97	KA/BEN/JI GI/02/25	2 7	Female	Married	High school	Do not work	No	Moderate	30	111	69	Sunflower	160	63
98	KA/BEN/JI GI/02/26	2 9	Female	Married	Secondary school	Do not work	No	Moderate	40	107	66	Soya bean	156	97
99	KA/BEN/JI GI/02/27	2 3	Female	Married	Undergraduate	Do not work	No	Moderate	40	108	77	Sunflower	152	49
100	KA/BEN/JI GI/02/28	2 7	Male	Married	Intermediate	Clerical	No	Moderate	30	129	86	Sunflower	176	79
101	KA/BEN/JI GI/02/29	3 1	Female	Married	Intermediate	Do not work	No	Moderate	20	102	68	Sunflower	160	43
102	KA/BEN/JI GI/02/30	2 4	Male	Married	Primary school	Clerical	No	Moderate	30	131	84	Sunflower		70
103	KA/BEN/JI GI/02/31	2 8	Female	Married	Primary school	Professional	No	Moderate	10	102	68	Sunflower	156	45
104	KA/BEN/JI GI/02/32	4 2	Female	Married	Undergraduate	Unskilled Manual	No	Moderate	60	131	88	Sunflower	150	64
105	KA/BEN/JI GI/02/33	3 7	Male	Married	Undergraduate	Professional	No	Moderate	60	127	95	Sunflower	176	90
106	KA/BEN/JI GI/02/34	2 0	Male	Married	Middle	Professional	No	Moderate	30	137	97	Sunflower	179	63
107	KA/BEN/JI GI/02/35	5 3	Male	Married	Technical education	Do not work	No	Moderate	40	164	93	Sunflower	168	46
108	KA/BEN/JI GI/02/36	3 4	Male	Married	Undergraduate	Professional	No	Moderate	40	154	97	Sunflower	169	73
109	KA/BEN/JI GI/02/37	3 5	Male	Married	Middle	Professional	No	Moderate	10	106	72	Sunflower	156	41
110	KA/BEN/JI GI/02/38	2 6	Female	Married	Secondary school	Do not work	No	Moderate	40	142	96	Sunflower	152	65
111	KA/BEN/JI GI/02/39	3 0	Male	Married	Illiterate	Unskilled Manual	No	Moderate	10	145	73	Sunflower	175	56
112	KA/BEN/JI GI/02/40	3 5	Male	Married	Technical education	Unskilled Manual	No	Moderate	30	150	105	Sunflower	165	70
113	KA/BEN/JI GI/02/41	2 7	Female	Married	Undergraduate	Professional	No	Moderate	50	105	67	Sunflower	158	56
114	KA/BEN/JI GI/02/42	2 3	Male	Unmarried	PG Degree or above	Do not work	No	Moderate	20	124	75	Sunflower	174	50

115	KA/BEN/JI GI/02/43	32	Female	Married	Undergraduate	Do not work	No	Moderate	40	117	78	Sunflower	147	79
116	KA/BEN/JI GI/02/44	42	Female	Married	Secondary school	Clerical	No	Moderate	60	147	97	Sunflower	159	76
117	KA/BEN/JI GI/02/45	67	Male	Married	Secondary school	Skilled manual	No	Moderate	40	131	94	Sunflower	167	60
118	KA/BEN/JI GI/02/46	24	Male	Married	Secondary school	Clerical	No	Moderate	10	148	89	Sunflower	173	75
119	KA/BEN/JI GI/02/47	34	Male	Married	Technical education	Professional	No	Moderate	40	138	94	Sunflower	189	98
120	KA/BEN/JI GI/02/48	22	Male	Unmarried	Undergraduate	Do not work	No	Moderate	10	141	97	Sunflower	175	60
121	KA/BEN/JI GI/02/49	22	Male	Unmarried	Undergraduate	Do not work	No	Moderate	10	120	78	Sunflower	169	47
122	KA/BEN/JI GI/02/50	23	Male	Unmarried	High school	Unskilled Manual	No	Moderate	10	115	74	Sunflower	174	55
123	KA/BEN/JI GI/02/51	22	Male	Unmarried	Undergraduate	Services	No	Vigorous	0	100	71	Sunflower	167	60
124	KA/BEN/JI GI/02/52	46	Male	Married	Technical education	Unskilled Manual	No	Moderate	50	121	82	Sunflower	174	71
125	KA/BEN/JI GI/02/53	33	Male	Married	Undergraduate	Professional	No	Moderate	10	127	99	Sunflower	161	54
126	KA/BEN/JI GI/02/54	40	Male	Married	Technical education	Professional	No	Moderate	40	125	84	Sunflower	177	66
127	KA/BEN/JI GI/02/55	26	Male	Married	Undergraduate	Professional	No	Moderate	30	143	104	Sunflower	173	78
128	KA/BEN/JI GI/02/56	24	Male	Married	High school	Do not work	No	Moderate	20	112	77	Sunflower	162	49
129	KA/BEN/JI GI/02/57	28	Male	Married	Technical education	Professional	No	Moderate	30	119	85	Sunflower	167	65
130	KA/BEN/JI GI/02/58	21	Female	Unmarried	High school	Do not work	No	Moderate	10	112	84	Sunflower	156	45
131	KA/BEN/JI GI/02/59	20	Male	Unmarried	Technical education	Unskilled Manual	No	Moderate	10	125	72	Sunflower	160	38
132	KA/BEN/JI GI/02/60	55	Male	Married	Primary school	Sale	No	Moderate	70	132	82	Sunflower	175	98
133	KA/BEN/JI GI/02/61	46	Female	Married	No formal school	Do not work	No	Moderate	50	100	77	Sunflower	159	60
134	KA/BEN/JI GI/02/62	29	Male	Married	Secondary school	Sale	No	Moderate	10	121	83	Sunflower	178	73
135	KA/BEN/JI GI/02/63	49	Male	Married	Primary school	Sale	No	Moderate	60	141	96	Groundnut	178	88
136	KA/BEN/JI GI/02/64	35	Female	Married	No formal school	Do not work	No	Moderate	30	114	80	Sunflower	152	51
137	KA/BEN/JI GI/02/65	25	Female	Married	Primary school	Do not work	No	Moderate	10	125	75	Sunflower	156	55

			e												
138	KA/BEN/JI GI/02/66	37	Male	Married	Primary school	Sale	No	Moderate	30	114	84	Sunflower	165	75	
139	KA/BEN/JI GI/02/67	23	Male	Married	Secondary school	Sale	No	Moderate	10	114	75	Sunflower	183	61	
140	KA/BEN/JI GI/02/68	32	Female	Married	No formal school	Do not work	No	Moderate	10	112	78	Sunflower	147	45	
141	KA/BEN/JI GI/02/69	35	Male	Married	No formal school	Agriculture	No	Moderate	50	134	89	Sunflower	173	72	
142	KA/BEN/JI GI/02/70	30	Male	Married	Secondary school	Unskilled Manual	No	Moderate	10	129	74	Sunflower	172	64	
143	KA/BEN/JI GI/02/71	30	Female	Married	Primary school	Agriculture	No	Moderate	10	104	76	Sunflower	150	61	
144	KA/BEN/JI GI/02/72	28	Female	Married	Primary school	Unskilled Manual	No	Moderate	10	122	87	Sunflower	155	65	
146	KA/BEN/JI GI/03/02	23	Male	Married	No formal schooling	Sale	No	Moderate	30	114	71	Sunflower	166	74	
147	KA/BEN/JI GI/03/03	23	Female	Married	Secondary school	Household	No	Moderate	10	112	69	Sunflower	156	40	
148	KA/BEN/JI GI/03/04	37	Female	Married	High school	Household	No	Mild	60	143	92	Sunflower	160	85	
149	KA/BEN/JI GI/03/04	69	Male	Nil	High school	Unemployed	No	Moderate	70	162	104	Sunflower	170	79	
150	KA/BEN/JI GI/03/05	48	Female	Married	Primary school	Household	No	Moderate	30	117	87	Sunflower	156	60	
151	KA/BEN/JI GI/03/06	22	Female	Married	Secondary school	Household	No	Moderate	10	141	106	Sunflower	158	46	
152	KA/BEN/JI GI/03/07	70	Female	Married	No formal schooling	Household	No	Moderate	70	138	91	Sunflower	151	67	
153	KA/BEN/JI GI/03/08	30	Male	Married	High school	Sale	No	Moderate	10	119	84	Sunflower	167	57	
155	KA/BEN/JI GI/03/11	51	Female	Married	Secondary school	Household	No	Mild	80	120	82	Sunflower	146	68	
156	KA/BEN/JI GI/03/12	24	Female	Married	High school	Household	No	Moderate	10	158	98	Sunflower	156	48	
157	KA/BEN/JI GI/03/13	63	Male	Married	Secondary school	Sale	No	Mild	80	149	84	Sunflower	167	79	
158	KA/BEN/JI GI/03/14	27	Male	Nil	High school	Sale	No	Mild	30	129	80	Sunflower	178	70	
159	KA/BEN/JI GI/03/15	65	Male	Married	No formal schooling	Unemployed	No	No exercise	90	132	93	Sunflower	170	80	
160	KA/BEN/JI GI/03/16	55	Female	Married	No formal schooling	Household	No	Moderate	40	135	96	Sunflower	157	53	

161	KA/BEN/JI GI/03/17	29	Female	Married	No formal schooling	Household	No	Mild	50	116	78	Sunflower	149	64
162	KA/BEN/JI GI/03/19	24	Female	Married	Secondary school	Household	No	Mild	40	117	87	Sunflower	161	66
164	KA/BEN/JI GI/03/20	28	Female	Married	Undergraduate	Household	No	Mild	20	117	85	Sunflower	152	56
165	KA/BEN/JI GI/03/21	25	Female	Married	High school	Professional	No	Mild	20	100	60	Sunflower	152	48
166	KA/BEN/JI GI/03/22	36	Female	Married	Secondary school	Household	No	Mild	60	130	78	Sunflower	152	65
167	KA/BEN/JI GI/03/23	65	Female	Married	No formal schooling	Unemployed	No	No exercise	60	126	68	Sunflower	141	52
168	KA/BEN/JI GI/03/24	22	Female	Married	High school	Household	No	Mild	50	112	79	Sunflower	611	70
169	KA/BEN/JI GI/03/25	43	Female	Married	Primary school	Household	No	Mild	70	115	83	Sunflower	157	78
170	KA/BEN/JI GI/03/26	43	Male	Married	High school	Clerical	No	Moderate	30	135	86	Sunflower	161	60
171	KA/BEN/JI GI/03/27	30	Female	Married	Secondary school	Household	No	Mild	40	126	85	Sunflower	148	61
172	KA/BEN/JI GI/03/28	30	Female	Married	High school	Household	No	Moderate	40	101	81	Sunflower	108	56
173	KA/BEN/JI GI/03/29	21	Male	Unmarried	Secondary school	Sale	No	Mild	20	135	89	Sunflower	158	50
174	KA/BEN/JI GI/03/30	28	Female	Married	No formal schooling	Household	No	Mild	50	117	82	Sunflower	150	54
175	KA/BEN/JI GI/03/31	35	Female	Married	No formal schooling	Household	No	Mild	40	106	87	Sunflower	137	46
176	KA/BEN/JI GI/03/32	31	Female	Married	Primary school	Household	No	Mild	20	108	67	Sunflower	150	50
177	KA/BEN/JI GI/03/33	40	Female	Married	Secondary school	Agriculture	No	No exercise	70	117	82	Sunflower	152	81
178	KA/BEN/JI GI/03/34	48	Male	Married	High school	Unskilled	No	Mild	40	134	91	Sunflower	168	70
179	KA/BEN/JI GI/03/35	21	Female	Unmarried	Undergraduate	Services	No	Mild	50	106	79	Sunflower	143	66
180	KA/BEN/JI GI/03/36	44	Female	Married	Secondary school	Unemployed	No	Mild	70	111	86	Sunflower	142	80
181	KA/BEN/JI GI/03/37	30	Female	Married	High school	Household	No	Mild	40	110	79	Sunflower	155	76
182	KA/BEN/JI GI/03/38	68	Male	Married	No formal schooling	Household	No	Mild	60	169	88	Sunflower	167	66

					Educati on										
23 1	KA/BEN/JI GI/04/12	2 5	Fe mal e	Married	Second ary School	Clerical	NO	Mild	20	108	78	Sunfl ower	15 7	50	
23 2	KA/BEN/JI GI/04/13	4 5	Fe mal e	Married	High School	Unemp loyed	NO	Mild	60	141	96	Sunfl ower	15 6	72	
23 3	KA/BEN/JI GI/04/14	2 2	Mal e	Unmarried	Second ary School	Others	NO	Moderat e	30	135	100	Sunfl ower	16 9	73	
23 4	KA/BEN/JI GI/04/15	5 1	Fe mal e	Married	Second ary School	Sale	NO	Mild	50	132	89	Sunfl ower	16 3	58	
23 5	KA/BEN/JI GI/04/16	3 1	Fe mal e	Married	High School	Do Not Work	NO	Mild	50	117	83	Sunfl ower	16 0	70	
23 6	KA/BEN/JI GI/04/17	3 8	Mal e	Married	Technic al Educati on	Others	NO	Moderat e	60	111	86	Sunfl ower	18 0	78	
23 8	KA/BEN/JI GI/04/19	7 7	Fe mal e	Married	No Formal Scoolin g	Do Not Work	NO	No Exercise	90	151	91	Sunfl ower	14 6	58	
23 9	KA/BEN/JI GI/04/20	2 8	Fe mal e	Married	Primary School	Do Not Work	NO	Mild	40	112	84	Sunfl ower	15 6	72	
24 0	KA/BEN/JI GI/04/21	3 6	Fe mal e	Married	High School	Do Not Work	NO	Mild	70	186	130	Sunfl ower	15 0	84	
24 1	KA/BEN/JI GI/04/22	2 8	Fe mal e	Married	Technic al Educati on	Do Not Work	NO	Mild	20	123	78	Sunfl ower	16 8	56	
24 2	KA/BEN/JI GI/04/23	3 0	Fe mal e	Married	Second ary School	Do Not Work	NO	Mild	50	131	79	Sunfl ower	15 6	81	
24 3	KA/BEN/JI GI/04/24	5 2	Mal e	Married	No Formal Scoolin g	Sale	NO	Mild	70	127	93	Sunfl ower	15 3	65	
24 4	KA/BEN/JI GI/04/25	5 8	Fe mal e	Married	No Formal Scoolin g	Do Not Work	NO	Mild	70	121	73	Sunfl ower	14 4	64	
24 5	KA/BEN/JI GI/04/26	2 8	Fe mal e	Married	Under Gradua te	Do Not Work	NO	Mild	20	122	82	Sunfl ower	15 2	58	
24 6	KA/BEN/JI GI/04/27	2 5	Fe mal e	Married	Under Gradua te	Do Not Work	NO	Mild	20	121	84	Sunfl ower	15 1	60	
24 7	KA/BEN/JI GI/04/28	2 5	Fe mal e	Married	Under Gradua te	Do Not Work	NO	Mild	20	118	79	Sunfl ower	15 9	68	
24 8	KA/BEN/JI GI/04/29	2 7	Fe mal e	Married	Second ary School	Do Not Work	NO	Mild	50	125	88	Sunfl ower	15 5	80	
24 9	KA/BEN/JI GI/04/30	3 5	Fe mal e	Married	No Formal Scoolin g	Do Not Work	NO	Mild	40	108	78	Sunfl ower	15 8	49	
25 0	KA/BEN/JI GI/04/31	4 4	Mal e	Married	Under Gradua te	Profess ional	NO	Mild	40	100	78	Sunfl ower	16 7	55	

251	KA/BEN/JI GI/04/32	28	Female	Married	Under Graduate	Professional	NO	Mild	60	124	83	Sunflower	155	87
252	KA/BEN/JI GI/04/33	25	Female	Married	Technical Education	Do Not Work	NO	Mild	30	107	74	Sunflower	151	53
253	KA/BEN/JI GI/04/34	28	Female	Married	High School	Do Not Work	NO	Mild	20	107	72	Sunflower	156	75
254	KA/BEN/JI GI/04/35	29	Female	Married	High School	Do Not Work	NO	Mild	20	129	102	Sunflower	162	51
255	KA/BEN/JI GI/04/36	28	Female	Married	Under Graduate	Do Not Work	NO	Mild	40	115	81	Sunflower	165	82
256	KA/BEN/JI GI/04/37	29	Male	Married	Primary School	Unskilled Manual	NO	Moderate	10	119	91	Sunflower	172	64
257	KA/BEN/JI GI/04/38	23	Female		Primary School	Do Not Work	NO	Mild	20	131	84	Sunflower	152	56
258	KA/BEN/JI GI/04/39	40	Male	Married	Primary School	Do Not Work	NO			145	85	Sunflower		65
259	KA/BEN/JI GI/04/40	45	Male	Married	Primary School	Agriculture	No	Moderate	60	152	97	Sunflower	170	105
260	KA/BEN/JI GI/04/42	38	Female	Married	Primary School	skilled Manual	NO	Mild	40	150	96	Sunflower	153	48
261	KA/BEN/JI GI/04/43	26	Male	Married	Primary School	driver	NO	Mild	20	124	89	Sunflower	163	46
262	KA/BEN/JI GI/04/44	26	Male	Unmarried	Technical Education	driver	NO	Mild	20	141	89	Sunflower	169	67
263	KA/BEN/JI GI/04/45	29	Male	Unmarried	Secondary School	driver	NO	Mild	20	124	88	Sunflower	164	64
264	KA/BEN/JI GI/04/46	20	Male	Unmarried	Technical Education	skilled Manual	NO	Mild	20	147	85	Sunflower	173	54
265	KA/BEN/JI GI/04/47	23	Male	Married	Technical Education	skilled Manual	NO	Mild	20	135	96	Sunflower	172	60
266	KA/BEN/JI GI/04/47	21	Female	Unmarried	Under Graduate	Clerical	NO	Mild	20	139	70	Sunflower	158	57
267	KA/BEN/JI GI/04/48	22	Male	Unmarried	Technical Education	skilled Manual	NO	Mild	20	123	74	Sunflower	162	58
268	KA/BEN/JI GI/04/49	24	Male	Unmarried	Technical Education	skilled Manual	NO	Mild	0	137	101	Sunflower	170	58
269	KA/BEN/JI GI/04/50	23	Male	Unmarried	High School	skilled Manual	NO	Mild	20	139	96	Sunflower	176	66
270	KA/BEN/JI GI/04/51	24	Male	Unmarried	Under Graduate	Unskilled Manual	NO	Mild	20	144	91	Sunflower	165	79
271	KA/BEN/JI GI/04/52	22	Male	Unmarried	High School	Unskilled Manual	NO	Mild	20	141	77	Sunflower	165	72

272	KA/BEN/JI GI/04/53	42	Male	Married	Technical Education	skilled Manual	NO	Moderate	30	121	89	Sunflower	174	75
273	KA/BEN/JI GI/04/54	29	Male	Married	No Formal Schooling	Agriculture	NO	Mild	50	137	80	Sunflower	169	84
274	KA/BEN/JI GI/04/55	40	Male	Married	Primary School	skilled Manual	NO	Mild	60	145	87	Sunflower	175	80
275	KA/BEN/JI GI/04/56	30	Male	Married	Under Graduate	service	NO	Moderate	10	126	82	Sunflower	179	70
276	KA/BEN/JI GI/04/57	57	Male	Married	High School	Do Not Work	NO	Mild	70	161	86	Sunflower	161	60
277	KA/BEN/JI GI/04/58	23	Male	Unmarried	Technical Education	skilled Manual	NO	Mild				Sunflower		
278	KA/BEN/JI GI/04/59	37	Male	Married	Under Graduate	Unskilled Manual	NO	Moderate				Sunflower		
279	KA/BEN/JI GI/04/60	45	Female	Married	No Formal Schooling	Do Not Work	NO	Mild	60	118	82	Sunflower	158	50
280	KA/BEN/JI GI/04/61	25	Female	Married	No Formal Schooling	Do Not Work	NO	Mild	20	96	68	Sunflower	147	36
281	KA/BEN/JI GI/04/62	48	Male	Married	Technical Education	skilled Manual	NO	Moderate				Sunflower		
282	KA/BEN/JI GI/04/63	34	Male	Married	Secondary School	Unskilled Manual	NO	Moderate	20	106	76	Sunflower	169	59
284	KA/BEN/JI GI/04/65	33	Female	Married	Under Graduate	Do Not Work	NO	Mild	20	117	76	Sunflower	153	45
285	KA/BEN/JI GI/04/66	30	Female	Married	Primary School	Do Not Work	NO	Mild	40	123	78	Sunflower	156	54
286	KA/BEN/JI GI/04/67	28	Female	Married	No Formal Schooling	Do Not Work	NO	Mild	40	126	83	Sunflower	153	58
287	KA/BEN/JI GI/04/68	65	Male	Married	Primary School	Do Not Work	NO	Mild	50	124	91	Sunflower	158	53
288	KA/BEN/JI GI/04/69	58	Female	Married	Primary School	Do Not Work	NO	Mild	80	128	77	Sunflower	151	59
289	KA/BEN/JI GI/04/70	67	Male	Married	No Formal Schooling	Do Not Work	NO	Mild	50	155	77	Sunflower	170	60
290	KA/BEN/JI GI/04/71	45	Female	Married	No Formal Schooling	Do Not Work	NO	Mild	60	133	82	Sunflower	152	63
291	KA/BEN/JI GI/04/72	65	Female	Married	Primary School	Do Not Work	NO	No Exercise	90	140	94	Sunflower	158	59
292	KA/BEN/JI GI/04/73	44	Female	Married	Primary School	Do Not Work	NO	Mild	70	122	88	Sunflower	155	75

293	KA/BEN/JI GI/04/74	29	Female	Married	Secondary School	House Hold	NO	Mild	40	126	82	Sunflower	149	59
294	KA/BEN/JI GI/04/75	38	Male	Married	Under Graduate	Professional	NO	Mild				Sunflower		
295	KA/BEN/JI GI/04/76	24	Male	Married	Secondary School	Sale	NO	Mild	50	123	80	Sunflower	170	74
296	KA/BEN/JI GI/05/01	62	Female	Married	Illiterate	Unemployed	No	No	90	186	107	Groundnut	159	59
297	KA/BEN/JI GI/05/012	35	Female	Married	Technical	Household	No	Moderate	20	135	86	Sunflower	161	84
298	KA/BEN/JI GI/05/02	70	Male	Married	Illiterate	Unemployed	No	No	90	154	83	Groundnut	169	69
299	KA/BEN/JI GI/05/03	29	Female	Married	Undergraduate	Household	No	Moderate	40	134	88	Sunflower	165	79
300	KA/BEN/JI GI/05/04	49	Male	Married	High School	Sale	No	Moderate	40	134	103	Sunflower	164	75
301	KA/BEN/JI GI/05/05	40	Female	Married	Primary school	Household	No	Moderate	60	159	103	Sunflower	158	66
302	KA/BEN/JI GI/05/06	41	Female	Married	Primary school	Household	No	Moderate	30	118	78	Sunflower	157	68
303	KA/BEN/JI GI/05/07	45	Male	Married	Graduate	Clerical	No	Moderate	60	141	89	Sunflower	162	90
304	KA/BEN/JI GI/05/08	70	Male		Post graduate	Unemployed	No	Moderate	50	165	84	Sunflower	151	50
305	KA/BEN/JI GI/05/09	34	Female	Married	Primary school	Household	No	Moderate	10	150	93	Sunflower	158	68
306	KA/BEN/JI GI/05/10	24	Female	Married	Primary school	Household	No	Moderate	10	126	98	Sunflower	148	55
307	KA/BEN/JI GI/05/11	34	Male	Married	Post graduate	Profession	No	Moderate	10	137	69	Sunflower	167	65
308	KA/BEN/JI GI/05/14	32	Female	Married	Post graduate	Household	No	Moderate	10	113	78	Sunflower	156	50
309	KA/BEN/JI GI/05/15	35	Male		Primary school	service	No	Moderate	60	140	86	Sunflower	168	75
310	KA/BEN/JI GI/05/16	28	Female	Married	Primary school	Household	No	Moderate	10	136	90	Sunflower	160	64
311	KA/BEN/JI GI/05/17	35	Female	Married	Secondary School	Household	No	Moderate	30	116	80	Sunflower	151	46
312	KA/BEN/JI GI/05/18	23	Female	Married	Undergraduate	Household	No	Moderate	10	115	66	Sunflower	152	50
313	KA/BEN/JI GI/05/19	50	Female	Married	Primary school	Household	No	Mild	70	132	83	Sunflower	150	61
314	KA/BEN/JI GI/05/20	23	Male	Married	Primary school	service	No	Moderate	10	125	71	Sunflower	159	63
31	KA/BEN/JI	2	Fe	Married		Househ	No	Moderat	10	110	73	Sunfl	15	49

5	GI/05/21	9	male			old		e				ower	3	
316	KA/BEN/JI GI/05/22	38	Male	Married	Illiterate	Household	No	Moderate	50	129	92	Sunflower	156	69
317	KA/BEN/JI GI/05/23	70	Male	Married	Illiterate	Unemployed	No	Moderate	50	121	82	Sunflower	157	50
318	KA/BEN/JI GI/05/25	30	Female	Married	Post graduate	Household	No	Moderate	40	129	78	Cocunut	169	71
319	KA/BEN/JI GI/05/26	24	Female	Married	High School	Household	No	Moderate	10	113	76	Sunflower	150	53
320	KA/BEN/JI GI/05/26	26	Male	Married	Secondary School	Household	No	Moderate	40	132	85	Sunflower	164	91
321	KA/BEN/JI GI/05/27	44	Male	Married	Undergraduate	Profession	No	Moderate	10	134	87	Sunflower	167	58
322	KA/BEN/JI GI/05/28	22	Female	Married	Undergraduate	Household	No	Moderate	10	100	66	Sunflower	156	41
323	KA/BEN/JI GI/05/30	30	Male	Married	Undergraduate	Profession	No	Moderate	10	136	104	Sunflower	166	53
324	KA/BEN/JI GI/05/30	30	Male	Married	Post graduate	Profession	No	Moderate	40	136	75	Sunflower	175	85
325	KA/BEN/JI GI/05/31	49	Female	Married	Illiterate	Household	No	Mild	60	122	78	Sunflower	151	70
326	KA/BEN/JI GI/05/32	24	Male	Unmarried	Graduate	Skilled worker	No	Moderate	10	123	75	Sunflower	151	52
327	KA/BEN/JI GI/05/33	25	Female	Married	High School	Household	No	Moderate	10	105	65	Sunflower	170	54
328	KA/BEN/JI GI/05/34	36	Male	Married	Technical	Profession	No	Moderate	40	124	81	Sunflower	164	50
329	KA/BEN/JI GI/05/35	45	Female	Married	Illiterate	Unemployed	No	Moderate	40	115	83	Sunflower	155	59
330	KA/BEN/JI GI/05/36	65	Male	Married	Primary school	Agriculture	No	Vigorous	50	114	76	Sunflower	175	61
331	KA/BEN/JI GI/05/37	32	Female	Married	Illiterate	Household	No	Moderate	10	114	85	Sunflower	165	50
332	KA/BEN/JI GI/05/38	30	Female	Married	Primary school	Household	No	Moderate	30	128	71	Sunflower	158	63
333	KA/BEN/JI GI/05/39	29	Male	Married	Undergraduate	Clerical	No	Moderate	20	134	101	Sunflower	139	68
334	KA/BEN/JI GI/05/40	36	Female	Married	High School	Household	No	Mild	60	122	84	Sunflower	152	75
335	KA/BEN/JI GI/05/41	20	Female	Married	High School	Unskilled worker	No	Moderate	20	180	81	Sunflower	150	54
336	KA/BEN/JI GI/05/42	46	Male	Married	Primary school	Sale	No	Mild	70	146	100	Sunflower	171	75
337	KA/BEN/JI GI/05/43	35	Male	Married	Undergraduate	Profession	No	Moderate	60	139	86	Sunflower	185	82
338	KA/BEN/JI GI/05/44	44	Male	Married	Undergraduate	Clerical	No	Moderate	60	135	95	Sunflower	171	78
340	KA/BEN/JI GI/05/46	26	Male	Married	Technical	Profession	No	Moderate	10	124	82	Sunflower	171	57
341	KA/BEN/JI GI/05/47	13	Male	Unmarried	High School	Clerical	No	Moderate	30	120	71	Sunflower	170	77

342	KA/BEN/JI GI/05/48	26	Female	Married	High School	Household	No	Moderate	20	119	95	Sunflower	152	48
343	KA/BEN/JI GI/05/49	32	Male	Married	High School	Clerical	No	Moderate	30	129	90	Sunflower	165	60
344	KA/BEN/JI GI/05/50	27	Male	Unmarried	Primary school	Clerical	No	Moderate	30	123	81	Sunflower	164	64
345	KA/BEN/JI GI/05/51	30	Male	Married	High School	Clerical	No	Moderate	60	1120	85	Sunflower	180	88
346	KA/BEN/JI GI/05/52	44	Male	Married	Illiterate	Profession	No	Moderate	20	120	78	Sunflower	153	56
347	KA/BEN/JI GI/05/53	40	Male	Married	Post graduate	Clerical	No	Moderate	50	121	91	Sunflower	178	69
348	KA/BEN/JI GI/05/54	43	Male	Married	Post graduate	Profession	No	Moderate	50	201	133	Sunflower	175	74
349	KA/BEN/JI GI/05/55	39	Female	Married	Illiterate	Household	No	Moderate	50	137	99	Sunflower	151	74
350	KA/BEN/JI GI/05/56	22	Male	Unmarried	Undergraduate	Profession	No	Moderate	10	133	85	Sunflower	175	58
351	KA/BEN/JI GI/05/57	45	Female	Married	Primary school	Household	No	Moderate	50	121	78	Sunflower	145	61
352	KA/BEN/JI GI/05/58	38	Female	Married	Undergraduate	Household	No	Moderate	30	110	82	Sunflower	156	55
353	KA/BEN/JI GI/05/59	68	Female	Married	Illiterate	Unemployed	No	Mild	80	127	83	Sunflower	153	68
354	KA/BEN/JI GI/05/60	34	Female	Married	Illiterate	Household	No	Moderate	50	153	89	Sunflower	153	66
356	KA/BEN/JI GI/05/62	28	Female	Married	Secondary School	Household	No	Moderate	10	118	80	Sunflower	159	44
357	KA/BEN/JI GI/05/63	30	Male	Married	High School	Skilled worker	No	Moderate						
358	KA/BEN/JI GI/06/01	37	FEMALE	Married	Undergraduate degree	Household	No	Mild	80	124	84	Sunflower	161	69
359	KA/BEN/JI GI/06/02	27	FEMALE	Married	NA	Household	No	Moderate	50	125	81	Sunflower	155	80
360	KA/BEN/JI GI/06/03	29	FEMALE	Married	Undergraduate degree	Household	No	Moderate	30	109	74	Sunflower	101	46
361	KA/BEN/JI GI/06/04	34	FEMALE	Married	Undergraduate degree	Unskilled manual	No	Moderate	10	100	61	Sunflower	166	46
362	KA/BEN/JI GI/06/05	28	MALE	Married	Technical education	Clerical	No	Mild	50	134	94	Sunflower	182	75
363	KA/BEN/JI GI/06/06	18	FEMALE	Married	Secondary school	Household	No	Mild	10	104	73	Sunflower	163	51
364	KA/BEN/JI GI/06/07	23	MALE	Unmarried	Undergraduate degree	Do Not work	No	Moderate	30	118	66	Sunflower	183	82

365	KA/BEN/JI GI/06/08	24	MA LE	Unmarried	Technic al educati on	Clerical	No	Mild	20	150	86	Sunfl ower	18 6	63
367	KA/BEN/JI GI/06/10	38	FE MA LE	Married	Second ry school	Househ old	No	Moderat e	80	127	80	Sunfl ower	15 7	84
368	KA/BEN/JI GI/06/11	35	FE MA LE	Married	Under graduat e degree	Househ old	No	Moderat e	60	128	84	Sunfl ower	16 4	76
369	KA/BEN/JI GI/06/12	27	FE MA LE	Married	Under graduat e degree	Househ old	No	Moderat e	30	103	73	Sunfl ower	15 3	63
370	KA/BEN/JI GI/06/13	34	MA LE	Married	Technic al educati on	Profess ional	No	Mild	20	149	99	Sunfl ower	16 1	67
371	KA/BEN/JI GI/06/14	51	FE MA LE	Married	No formal schooli ng	Househ old	No	Mild	70	171	110	Sunfl ower	14 2	46
372	KA/BEN/JI GI/06/15	25	FE MA LE	Married	Second ry school	Househ old	No	Mild	50	111	73	Sunfl ower	16 9	62
373	KA/BEN/JI GI/06/16	24	FE MA LE	Married	Technic al educati on	Househ old	No	Mild	20	109	72	Sunfl ower	14 8	47
374	KA/BEN/JI GI/06/17	38	MA LE	Married	Technic al educati on	Clerical	No	Mild	60	143	77	Sunfl ower	14 1	67
375	KA/BEN/JI GI/06/18	27	FE MA LE	Married	Primary school	Househ old	No	Moderat e	10	115	73	Sunfl ower	15 5	46
376	KA/BEN/JI GI/06/19	36	MA LE	Married	Second ry school	Profess ional	No	Moderat e	50	112	75	Sunfl ower	16 5	62
377	KA/BEN/JI GI/06/20	27	FE MA LE	Married	High school	NA	No	No exercise	30	120	74	Sunfl ower	15 2	47
378	KA/BEN/JI GI/06/21	37	FE MA LE	Married	Second ry school	Househ old	No	Moderat e	50	129	81	Sunfl ower	16 4	64
379	KA/BEN/JI GI/06/22	35	FE MA LE	Married	No formal schooli ng	Do Not work	No	Vigorous	40	150	98	Sunfl ower	16 0	62
380	KA/BEN/JI GI/06/23	38	MA LE	Married	Primary school	Sale	No	Moderat e	60	147	108	Sunfl ower	17 5	84
381	KA/BEN/JI GI/06/24	40	FE MA LE	Married	No formal schooli ng	Househ old	No	Moderat e	60	133	94	Sunfl ower	15 7	68
382	KA/BEN/JI GI/06/25	23	FE MA LE	Married	Primary school	Househ old	No	Mild	40	115	73	Sunfl ower	15 2	56
383	KA/BEN/JI GI/06/26	32	MA LE	Married	Technic al educati on	Clerical	No	Mild	40	109	85	Sunfl ower	17 6	81
385	KA/BEN/JI GI/06/28	40	FE MA	Married	Primary school	Househ old	No	Mild	40	132	88	Sunfl ower	15 2	54

			LE												
386	KA/BEN/JI GI/06/29	35	MA LE	Married	Under graduat e degree	Sale	No	Mild	70	149	99	Sunfl ower	17 0	84	
387	KA/BEN/JI GI/06/30	26	FE MA LE	Married	High school	Househ old	No	Mild	20	110	74	Sunfl ower	17 0	60	
388	KA/BEN/JI GI/06/31	26	MA LE	Unmarried	High school	Clerical	No	Mild	20	146	92	Sunfl ower	17 7	76	
389	KA/BEN/JI GI/06/32	23	FE MA LE	Married	Primary school	Househ old	No	Mild	20	99	73	Sunfl ower	16 2	55	
390	KA/BEN/JI GI/06/33	53	FE MA LE	Married	Primary school	Househ old	No	Mild	50	163	102	Sunfl ower	15 7	53	
391	KA/BEN/JI GI/06/34	41	FE MA LE	Married	Second ry school	Househ old	No	Moderat e	60	134	92	Sunfl ower	15 5	60	
392	KA/BEN/JI GI/06/35	21	FE MA LE	Unmarried	Under graduat e degree	Househ old	No	Mild	20	95	56	Sunfl ower	15 5	37	
393	KA/BEN/JI GI/06/36	44	MA LE	Married	Technic al educati on	Profess ional	No	Mild	70	163	103	Coco nut oil	16 7	70	
394	KA/BEN/JI GI/06/37	36	FE MA LE	Married	PG degree	Househ old	No	Mild	60	143	76	Coco nut oil	15 3	48	
395	KA/BEN/JI GI/06/38	28	MA LE	Unmarried	PG degree	Profess ional	No	Mild	50	154	83	Sunfl ower	18 3	77	
397	KA/BEN/JI GI/06/40	41	FE MA LE	Married	Under graduat e degree	Househ old	No	Mild	60	154	104	Sunfl ower	16 3	59	
398	KA/BEN/JI GI/06/41	30	MA LE	Married	Technic al educati on	Clerical	No	Mild	30	126	79	Sunfl ower	17 0	56	
399	KA/BEN/JI GI/06/42	29	FE MA LE	Married	Under graduat e degree	Househ old	No	Mild	40	108	74	Sunfl ower	15 1	44	
400	KA/BEN/JI GI/06/43	68	FE MA LE	Married	No formal schooli ng	Househ old	No	Mild	50	168	102	Sunfl ower	15 0	39	
401	KA/BEN/JI GI/06/44	36	MA LE	Married	Technic al educati on	Clerical	No	Mild	40	158	104	Sunfl ower	16 5	65	
402	KA/BEN/JI GI/06/45	50	MA LE	Unmarried	Primary school	Service s	No	Mild	60	130	94	Sunfl ower	17 4	75	
403	KA/BEN/JI GI/06/46	70	FE MA LE	Married	No formal schooli ng	Househ old	No	Mild	70	112	65	Sunfl ower	16 4	57	
404	KA/BEN/JI GI/06/47	31	MA LE	Married	High school	Others	No	Mild	50	130	82	Sunfl ower	17 1	73	
405	KA/BEN/JI GI/06/48	25	FE MA LE	Married	High school	Househ old	No	Mild	40	121	79	Sunfl ower	15 8	58	
40	KA/BEN/JI	3	MA	Married	High	Clerical	No	Mild	20	124	90	Sunfl	18	70	

6	GI/06/49	4	LE		school							ower	0	
407	KA/BEN/JI GI/06/50	35	MALE	Married	Technic al educati on	Sale	No	Mild	80	144	103	Sunfl ower	170	90
408	KA/BEN/JI GI/06/51	22	FEMALE	Unmarried	Under graduat e degree	Skilled manual	No	Mild	40	146	106	Sunfl ower	163	46
409	KA/BEN/JI GI/06/52	36	MALE	Married	Second ry school	Skilled manual	No	Mild	40	174	119	Sunfl ower	171	56
410	KA/BEN/JI GI/06/53	52	MALE	Married	Technic al educati on	Skilled manual	No	Mild	70	173	117	Sunfl ower	174	68
411	KA/BEN/JI GI/06/54	44	FEMALE	Married	Second ry school	Househ old	No	Mild	70	131	86	Sunfl ower	149	96
412	KA/BEN/JI GI/06/55	41	FEMALE	Married	Second ry school	Househ old	No	Mild	70	140	83	Sunfl ower	163	97
413	KA/BEN/JI GI/06/56	44	MALE	Married	High school	Unskill ed manual	No	Moderat e	30	138	89	Sunfl ower	184	70
414	KA/BEN/JI GI/06/57	34	MALE	Married	Second ry school	Skilled manual	No	Moderat e	10	121	77	Sunfl ower	169	66
415	KA/BEN/JI GI/06/58	27	MALE	Unmarried	Under graduat e degree	Skilled manual	No	Mild	20	125	86	Sunfl ower	185	69
416	KA/BEN/JI GI/06/59	35	FEMALE	Married	Technic al educati on	Service s	No	Moderat e	60	127	91	Sunfl ower	154	58
417	KA/BEN/JI GI/06/60	28	FEMALE	Married	Under graduat e degree	Skilled manual	No	Mild	20	135	85	Sunfl ower	165	46
418	KA/BEN/JI GI/06/61	23	FEMALE	Married	Second ry school	Househ old	No	Mild	20	137	88	Sunfl ower	156	37
419	KA/BEN/JI GI/06/62	37	FEMALE	Married	Second ry school	Househ old	No	Mild	70	118	71	Sunfl ower	150	67
420	KA/BEN/JI GI/07/01	35	Female	Married	High school	Househ old	No	Moderat e	30	117	74	Sunfl ower	153	63
421	KA/BEN/JI GI/07/02	33	Female	Married	High school	Househ old	No	Moderat e	50	150	92	Sunfl ower	150	66
422	KA/BEN/JI GI/07/03	25	Male	Unmarried	Technic al educati on	Profess ion	No	Mild	20	130	89	Sunfl ower	182	77
423	KA/BEN/JI GI/07/04	30	Female	Married	High school	Househ old	No	Moderat e	10	112	81	Sunfl ower	163	52
424	KA/BEN/JI GI/07/05	48	Female	Married	High school	Agricul ture	No	Moderat e	30	153	89	Sunfl ower	155	51
425	KA/BEN/JI GI/07/06	32	Male	Married	High school	Busines s	No	Moderat e	40	146	93	Sunfl ower	117	97

426	KA/BEN/JI GI/07/07	29	Female	Married	High school	Household	No	Moderate	30	117	86	Sunflower	148	45
427	KA/BEN/JI GI/07/08	29	Female	Married	Undergraduate	Household	No	Moderate	40	142	68	Sunflower	158	74
428	KA/BEN/JI GI/07/09	40	Male	Married	Undergraduate	Unemployed	No	Mild	50	115	86	Sunflower	161	64
429	KA/BEN/JI GI/07/10	24	Male	Unmarried	Primary School	Clerical	No	Moderate	10	114	78	Mustard	173	60
430	KA/BEN/JI GI/07/11	39	Male	Married	Undergraduate	Medium business	No	Moderate	30	124	78	Sunflower	167	60
431	KA/BEN/JI GI/07/12	32	Female	Married	High school	Household	No	Moderate	40	121	71	Sunflower	152	76
432	KA/BEN/JI GI/07/13	23	Male	Unmarried	High school	Sale	No	Moderate	10	127	75	Sunflower	166	55
433	KA/BEN/JI GI/07/14	27	Female	Married	Technical education	Profession	No	Moderate	10	109	69	Sunflower	149	52
434	KA/BEN/JI GI/07/15	32	Male	Married	Technical education	Medium business	No	Moderate	10	110	78	Sunflower	165	47
437	KA/BEN/JI GI/07/18	55	Female	Married	Primary School	Household	No	Moderate	30	142	85	Sunflower	154	55
439	KA/BEN/JI GI/07/20	23	Female	Married	High school	Household	No	Moderate	10	98	60	Sunflower	159	47
440	KA/BEN/JI GI/07/21	25	Male	Married	High school	Business	No	Moderate	10	130	80	Sunflower	165	80
441	KA/BEN/JI GI/07/22	23	Female	Married	High school	Household	No	Moderate	10	105	67	Sunflower	155	47
442	KA/BEN/JI GI/07/23	29	Male	Married	Technical education	Medium business	No	Moderate	10	126	86	Sunflower	166	57
443	KA/BEN/JI GI/07/24	41	Female	Married	High school	Household	No	Moderate	50	158	96	Groundnut	158	80
444	KA/BEN/JI GI/07/25	49	Male	Married	Technical education	Medium business	No	Moderate	40	138	80	Groundnut	160	70
445	KA/BEN/JI GI/07/26	27	Female	Married	Technical education	Household	No	Moderate	10	127	69	Sunflower	161	47
446	KA/BEN/JI GI/07/27	41	Male	Married	Technical education	Medium business	No	Moderate	30	122	84	Sunflower	168	65
447	KA/BEN/JI GI/07/28	43	Female	Married	Illiterate	Household	No	Moderate	50	126	82	Sunflower	158	70
448	KA/BEN/JI GI/07/29	23	Female	Unmarried	Post Graduate	Unemployed	No	Moderate	20	108	65	Sunflower	153	54
450	KA/BEN/JI GI/07/31	27	Male	Unmarried	Post Graduate	Unemployed	No	Moderate	20	120	80	Sunflower	168	75

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45 1	KA/BEN/JI GI/07/32	2 6	Mal e	Unmarried	High school	Skilled Manual	No	Moderat e	20	115	85	Sunfl ower	16 4	79	
45 2	KA/BEN/JI GI/07/33	2 4	Mal e	Unmarried	Underg raduate	Unemp loyed	No	Moderat e	20	117	88	Sunfl ower	16 2	70	
45 3	KA/BEN/JI GI/07/34	2 7	Mal e	Unmarried	Underg raduate	Skilled Manual	No	Moderat e	10	143	86	Sunfl ower	16 7	64	
45 4	KA/BEN/JI GI/07/35	6 3	Mal e	Married	Techinc al educati on	Skilled Manual	No	Moderat e	40	130	90	Sunfl ower	16 5	75	
45 5	KA/BEN/JI GI/07/36	2 1	Mal e	Unmarried	Techinc al educati on	Skilled Manual	No	Moderat e	10	112	74	Sunfl ower	16 1	45	
45 6	KA/BEN/JI GI/07/37	2 6	Mal e	Unmarried	Techinc al educati on	Skilled Manual	No	Moderat e	10	130	85	Sunfl ower	16 0	72	
45 7	KA/BEN/JI GI/07/38	2 8	Mal e	Unmarried	Techinc al educati on	Skilled Manual	No	Moderat e	10	133	87	Sunfl ower	16 4	75	
45 8	KA/BEN/JI GI/07/39	3 1	Mal e	Married	Techinc al educati on	Skilled Manual	No	No Eeersise	30	122	79	Sunfl ower	14 8	53	
45 9	KA/BEN/JI GI/07/40	2 6	Mal e	Married	Techinc al educati on	Skilled Manual	No	Moderat e	20	130	72	Sunfl ower	12 8	81	
46 0	KA/BEN/JI GI/07/41	2 2	Fe mal e	Unmarried	High school	Househ old	No	Mild	50	115	80	Sunfl ower	15 6	69	
46 1	KA/BEN/JI GI/07/42	2 5	Fe mal e	Married	Primary School	Househ old	No	No Eeersise	30	105	71	Sunfl ower	15 3	67	
46 2	KA/BEN/JI GI/07/43	3 6	Fe mal e	Married	High school	Service s	No	Moderat e	50	124	82	Sunfl ower	14 8	56	
46 4	KA/BEN/JI GI/07/45	3 3	Fe mal e	Married	High school	Househ old	No	Moderat e	30	128	81	Sunfl ower	16 1	64	
46 5	KA/BEN/JI GI/07/46	3 8	Mal e	Married	Techinc al educati on	Skilled Manual	No	Moderat e	10	132	85	Sunfl ower	16 7	60	
46 6	KA/BEN/JI GI/07/47	3 0	Fe mal e	Married	Techinc al educati on	Others	No	No Eeersise	30	108	75	Sunfl ower	15 3	60	
46 7	KA/BEN/JI GI/07/48	3 2	Mal e	Unmarried	Techinc al educati on	Profess ion	No	Mild	40	116	70	Sunfl ower	16 0	63	
46 8	KA/BEN/JI GI/07/49	3 5	Fe mal e	Married	Primary School	Househ old	No	Moderat e	60	153	96	Grou ndnu t	15 4	55	
46 9	KA/BEN/JI GI/07/50	4 0	Mal e	Married	High school	Unskill ed manual	No	Moderat e	30	155	98	Grou ndnu t	16 1	59	
47 0	KA/BEN/JI GI/07/51	2 4	Mal e	Unmarried	Underg raduate	Unemp loyed	No	Moderat e	10	130	80	Sunfl ower	17 1	65	
47	KA/BEN/JI	2	Mal	Unmarried	Underg	Others	No	Mild	20	135	85	Must	15	60	

1	GI/07/52	3	e		raduate							ard	9	
472	KA/BEN/JI GI/07/53	28	Male	Married	High school	Unskilled manual	No	Moderate	30	144	104	Sunflower	171	100
473	KA/BEN/JI GI/07/54	25	Female	Married	High school	Household	No	Moderate	10	125	93	Sunflower	160	43
474	KA/BEN/JI GI/07/55	45	Male	Married	Technical education	Skilled Manual	No	Moderate	30	122	89	Sunflower	176	58
475	KA/BEN/JI GI/07/56	36	Female	Married	Technical education	Skilled Manual	No	No Exercise	30	100	60	Sunflower	153	46
478	KA/BEN/JI GI/07/59	43	Male	Married	High school	Unskilled manual	No	Moderate	30			Sunflower		
479	KA/BEN/JI GI/07/60	44	Male	Married	High school	Skilled Manual	No	Moderate	30			Sunflower		
480	KA/BEN/JI GI/07/61	38	Male	Married	High school	Business	No	Moderate	30			Soya bean		
481	KA/BEN/JI GI/07/62	22	Male	Unmarried	Technical education	Skilled Manual	No	Moderate	10	134	89	Sunflower	164	59
482	KA/BEN/JI GI/07/63	35	Female	Married	Illiterate	Unskilled manual	No	Moderate	50	128	89	Sunflower	## #	56
483	KA/BEN/JI GI/07/64	55	Male	Married	Illiterate	Unskilled manual	No	Moderate	40	130	93	Sunflower	167	59
484	KA/BEN/JI GI/07/65	22	Male	Unmarried	High school	Skilled Manual	No	Moderate	10	133	98	Palm	164	59
485	KA/BEN/JI GI/07/66	26	Male	Married	High school	Skilled Manual	No	Moderate	10	129	89	Palm	165	65
486	KA/BEN/JI GI/07/67	24	Female	Married	High school	Household	No	Moderate	10	113	82	Palm	156	48
487	KA/BEN/JI GI/07/68	43	Female	Married	Illiterate	Household	No	Moderate	60	138	100	Palm	158	69
488	KA/BEN/JI GI/07/69	26	Female	Married	High school	Household	No	Moderate	10	111	78	Groundnut	153	58
490	KA/BEN/JI GI/07/71	24	Female	Married	Post Graduate	Household	No	Moderate	10	140	84	Sunflower	176	58
491	KA/BEN/JI GI/07/72	34	Male	Married	Technical education	Skilled Manual	No	Moderate	10			Sunflower		
492	KA/BEN/JI GI/07/73	27	Male	Married	Primary School	Agriculture	No	Moderate	10	112	73	Sunflower	167	81
493	KA/BEN/JI GI/07/74	22	Female	Married	Primary School	Household	No	Moderate	10	122	81	Sunflower	152	55
494	KA/BEN/JI GI/08/01	35	Female	Married	Secondary school	Clerical	No	Moderate	30	111	81	Sunflower	174	56
495	KA/BEN/JI GI/08/02	29	Female	Married	Undergraduate	Household	No	Vigorous	30	121	91	Oters	158	59
49	KA/BEN/JI	2	Mal	Unmarrid	Underg	Unemp	No	Moderat	30	125	89	Sunfl	17	61

6	GI/08/03	1	e		graduate	employed		e				owner	0	
497	KA/BEN/JI GI/08/04	40	Female	Married	Primary School	Household	No	Vigorous	50	130	101	Sunflower	159	63
498	KA/BEN/JI GI/08/05	42	Male	Married	Secondary school	Clerical	No	No exercise	70	133	100	Sunflower	153	60
499	KA/BEN/JI GI/08/06	40	Female	Married	Secondary school	Household	No	Vigorous	50	142	90	Sunflower	157	63
500	KA/BEN/JI GI/08/07	52	Male	Married	Primary School	Do not work	No	No exercise	80	132	96	Sunflower	168	60
501	KA/BEN/JI GI/08/08	24	Male	Unmarried	Undergraduate	Clerical	No	Moderate	10	128	96	Sunflower	167	57
502	KA/BEN/JI GI/08/09	74	Male	Married	No formal schooling	Do not work	No	No exercise	60	117	76	Sunflower	176	42
503	KA/BEN/JI GI/08/10	66	Female	Married	No formal schooling	Household	No	Moderate	60	150	83	Sunflower	150	42
504	KA/BEN/JI GI/08/11	50	Female	Married	Primary School	Household	No	Vigorous	60	120	89	Sunflower	154	66
505	KA/BEN/JI GI/08/12	38	Female	Married	Primary School	Household	No	Vigorous	50	184	101	Mustard	161	85
506	KA/BEN/JI GI/08/13	48	Female	Married	Primary School	Household	No	Vigorous	50	129	79	Sunflower	159	50
507	KA/BEN/JI GI/08/14	54	Male	Married	High school	Sale	No	Vigorous	30	152	94	Sunflower	159	63
508	KA/BEN/JI GI/08/15	24	Male	Unmarried	Technical	Clerical	No	Mild	20	129	95	Sunflower	169	62
509	KA/BEN/JI GI/08/16	51	Male	Married	Undergraduate	Services	No	Mild	70	185	103	Mustard	163	70
510	KA/BEN/JI GI/08/17	40	Female	Married	Undergraduate	Clerical	No	Vigorous	50	130	85	Sunflower	156	66
511	KA/BEN/JI GI/08/18	45	Female	Married	Secondary school	Services	No	Vigorous	60	133	93	Groundnut	157	62
512	KA/BEN/JI GI/08/19	52	Male	Married	Undergraduate	Sale	No	Vigorous	30	131	89	Groundnut	168	72
513	KA/BEN/JI GI/08/20	30	Female	Married	High school	Household	No	Mild	50	122	71	Sunflower	158	64
514	KA/BEN/JI GI/08/22	26	Female	Married	Secondary school	Household	No	Vigorous	40	125	84	Sunflower	155	57
515	KA/BEN/JI GI/08/23	47	Female	Married	High school	Household	No	Mild	70	126	80	Groundnut	150	75
516	KA/BEN/JI GI/08/24	35	Female	Married	Secondary school	Clerical	No	No exercise	90	132	91	Sunflower	170	77
517	KA/BEN/JI GI/08/25	28	Male	Unmarried	Undergraduate	Clerical	No	Moderate	30	126	74	Sunflower	170	89
518	KA/BEN/JI GI/08/26	27	Male	Unmarried	Undergraduate	Clerical	No	No exercise	30	126	83	Sunflower	168	77
519	KA/BEN/JI GI/08/27	49	Male	Married	Primary School	Sale	No	Moderate	30	124	87	Sunflower	163	55

520	KA/BEN/JI GI/08/28	2	Female	Unmarried	Technical	Clerical	No	Mild	50	121	78	Sunflower	148	62
521	KA/BEN/JI GI/08/29	25	Male	Unmarried	Technical	Clerical	No	Mild	20	145	85	Others	167	65
522	KA/BEN/JI GI/08/30	23	Male	Unmarried	Technical	Clerical	No	Vigorous	0	138	75	Sunflower	169	57
523	KA/BEN/JI GI/08/31	21	Male	Unmarried	Secondary school	Clerical	No	Vigorous	0	135	88	Sunflower	166	8
524	KA/BEN/JI GI/08/32	23	Male	Unmarried	Secondary school	Clerical	No	Vigorous	0	136	122	Sunflower	166	53
525	KA/BEN/JI GI/08/33	31	Male	Married	Undergraduate	Clerical	No	Vigorous	20	142	87	Sunflower	164	69
526	KA/BEN/JI GI/08/34	21	Male	Unmarried	High school	Clerical	No	No exercise	30	123	70	Sunflower	168	57
527	KA/BEN/JI GI/08/35	20	Male	Married	High school	Clerical	No	Vigorous	0	133	80	Sunflower	169	50
528	KA/BEN/JI GI/08/36	35	Male	Married	Secondary school	Sale	No	Vigorous				Sunflower		
529	KA/BEN/JI GI/08/37	26	Male	Married	Secondary school	Sale	No	Vigorous				Sunflower		
530	KA/BEN/JI GI/08/38	20	Female	Unmarried	Undergraduate	Skilled manual	No	Vigorous				Sunflower		
531	KA/BEN/JI GI/08/39	21	Male	Married	Secondary school	Professional	No	Vigorous	0	118	78	Sunflower	143	56
532	KA/BEN/JI GI/08/40	20	Female	Married	Undergraduate	Services	No	Vigorous				Sunflower		
533	KA/BEN/JI GI/08/41	40	Female	Married	Na	Household	No	Vigorous				Sunflower		
534	KA/BEN/JI GI/08/42	45	Female	Married	Secondary school	Household	No	Vigorous	40	108	71	Sunflower	145	51
535	KA/BEN/JI GI/08/43	24	Male	Unmarried	Technical	Services	No	Vigorous				Sunflower		
536	KA/BEN/JI GI/08/44	24	Male	Unmarried	Undergraduate	Others	No	Vigorous				Sunflower		
538	KA/BEN/JI GI/08/45	66	Female	Married	No formal schooling	Household	No	Vigorous	60	169	93	Sunflower	115	75
539	KA/BEN/JI GI/08/46	32	Male	Married	Technical	Skilled manual	No	Vigorous				Sunflower		
540	KA/BEN/JI GI/08/47	36	Male	Married	High school	Skilled manual	No	Vigorous				Sunflower		
541	KA/BEN/JI GI/08/48	44	Male	Married	Secondary school	Clerical	No	No exercise				Sunflower		
542	KA/BEN/JI GI/08/50	23	Male	Married	Secondary school	Professional	No	Vigorous	0	115	73	Sunflower	158	60
543	KA/BEN/JI GI/08/51	24	Female	Married	Undergraduate	Household	No	Vigorous	30	111	77	Sunflower	150	60
544	KA/BEN/JI GI/08/52	51	Male	Married	High school	Services	No	Vigorous	50	145	95	Sunflower	171	73
545	KA/BEN/JI GI/08/53	20	Female	Married	High school	Household	No	Vigorous	20	121	79	Sunflower	156	66

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546	KA/BEN/JI GI/08/54	69	Male	Married	Secondary school	Unemployed	No	Vigorous	30	151	93	Sunflower	147	50	
547	KA/BEN/JI GI/08/55	21	Female	Married	Secondary school	Household	No	Vigorous	0	97	64	Sunflower	154	43	
550	KA/BEN/JI GI/08/58	40	Female	Married	Technical	Household	No	Vigorous	60	146	98	Palm	151	65	
551	KA/BEN/JI GI/08/59	33	Male	Married	Technical	Clerical	No	Vigorous	0	125	76	Sunflower	154	65	
552	KA/BEN/JI GI/09/01	41	Male	Married	Postgraduate	Professional	No	Mild	40	136	84	Sunflower	180	75	
553	KA/BEN/JI GI/09/02	32	Female	Married	Undergraduate	Household	No	Mild	40	112	83	Sunflower	176	79	
554	KA/BEN/JI GI/09/03	49	Male	Married	Undergraduate	Self Employed	No	Mild	60	158	98	Sunflower	168	67	
555	KA/BEN/JI GI/09/04	47	Male	Married	No formal Schooling	Household	No	Mild	70	121	88	Sunflower	160	74	
556	KA/BEN/JI GI/09/05	25	Female	Married	Technical Education	Unemployed	No	Mild	30	108	67	Sunflower	149	43	
557	KA/BEN/JI GI/09/06	38	Female	Married	Secondary school	Unemployed	No	Mild	70	128	81	Sunflower	159	77	
558	KA/BEN/JI GI/09/07	45	Male	Married	Undergraduate	Clerical	No	Mild	60	118	85	Sunflower	164	78	
559	KA/BEN/JI GI/09/08	21	Male	Unmarried	Undergraduate	Sale	NO	Mild	20	142	87	Sunflower	180	66	
560	KA/BEN/JI GI/09/09	50	Female	married	primary school	self Employed	No	Mild	80	161	103	Groundnut	156	60	
561	KA/BEN/JI GI/09/10	41	Female	Married	No formal Schooling	Household	No	Mild	70	146	88	Sunflower	163	76	
562	KA/BEN/JI GI/09/11	25	Female	Married	Postgraduate	Household	No	Mild	50	116	69	Sunflower	157	62	
563	KA/BEN/JI GI/09/12	30	Female	Married	Undergraduate	Household	No	Mild	40	94	70	Sunflower	157	65	
564	KA/BEN/JI GI/09/14	37	Male	Married	Primary school	Self Employed	No	Mild	60	123	85	Sunflower	169	75	
565	KA/BEN/JI GI/09/15	23	Female	Married	Primary school	Household	No	Mild	50	119	74	Sunflower	160	70	
566	KA/BEN/JI GI/09/16	27	Female	Married	Postgraduate	Professional	No	Mild	40	123	72	Sunflower	157	63	
567	KA/BEN/JI GI/09/17	24	Female	Married	Postgraduate	Household	NO	Mild	20	113	62	Sunflower	160	55	
568	KA/BEN/JI GI/09/18	33	Male	Married	Technical Education	Clerical	No	Mild	50	117	83	Sunflower	167	75	

569	KA/BEN/JI GI/09/19	22	Female	Married	Undergraduate	Household	NO	Mild	20	108	75	Sunflower	150	43
570	KA/BEN/JI GI/09/20	27	Male	Married	Highschool	Medium Business	NO	Moderate	30	142	80	Sunflower	175	89
571	KA/BEN/JI GI/09/21	32	Female	Married	Highschool	Household	No	Mild	50	127	92	Sunflower	159	70
572	KA/BEN/JI GI/09/22	42	Male	Married	Primary school	Medium Business	NO	Mild	20	137	86	Mustard	168	80
573	KA/BEN/JI GI/09/23	42	Male	Married	Highschool	Clerical	No	Mild	40	126	82	Mustard	170	70
574	KA/BEN/JI GI/09/24	24	Male	Unmarried	Technical Education	Others	NO	Mild	20	163	128	Groundnut	164	46
575	KA/BEN/JI GI/09/25	21	Male	Unmarried	Technical Education	Others	NO	Mild	20	183	91	Groundnut	178	60
576	KA/BEN/JI GI/09/26	26	Female	Married	Secondary school	Household	NO	Mild	20	116	72	Sunflower	145	39
577	KA/BEN/JI GI/09/27	21	Female	Married	Highschool	Household	NO	Mild	20	114	76	Sunflower	150	54
578	KA/BEN/JI GI/09/28	55	Male	Married	Secondary school	Unskilled	No	Mild	70	144	92	Sunflower	166	64
579	KA/BEN/JI GI/09/29	24	Male	Unmarried	Postgraduate	Medium Business	NO	Mild	20	105	61	Sunflower	167	45
580	KA/BEN/JI GI/09/30	20	Male	Unmarried	Postgraduate	Medium Business	NO	Mild	20	135	91	Groundnut	174	58
581	KA/BEN/JI GI/09/30	35	Female	Married	No formal Schooling	Household	No	Mild	40	119	89	Sunflower	149	60
582	KA/BEN/JI GI/09/31	20	Male	Unmarried	Technical Education	Medium Business	NO	Mild	20	151	86	Groundnut	166	65
583	KA/BEN/JI GI/09/32	20	Male	Unmarried	Undergraduate	Medium Business	NO	Mild	20	155	95	Sunflower	164	59
584	KA/BEN/JI GI/09/33	27	Male	Unmarried	Primary school	Others	NO	Moderate	10	178	117	Mustard	159	58
585	KA/BEN/JI GI/09/34	29	Male	Married	Secondary school	Unskilled	No	Mild	40	130	78	Sunflower	172	76
586	KA/BEN/JI GI/09/35	30	Female	Married	Primary school	Household	NO	Mild	20	129	70	Sunflower	147	48
587	KA/BEN/JI GI/09/36	35	Female	Married	Secondary school	Household	No	Mild	50	114	103	Sunflower	148	52

588	KA/BEN/JI GI/09/37	36	Male	Married	Secondary school	Unskilled	No	Moderate	50	131	91	Sunflower	169	66
589	KA/BEN/JI GI/09/38	40	Female	Married	technical Education	Others	No	Mild	60	150	98	Sunflower	140	58
590	KA/BEN/JI GI/09/39	28	Male	Married	Undergraduate	Others	No	Moderate	40	135	85	Sunflower	162	67
591	KA/BEN/JI GI/09/40	27	Female	Married	Postgraduate	Others	NO	Mild	20	98	74	Sunflower	140	34
592	KA/BEN/JI GI/09/41	21	Male	Unmarried	Technical Education	Unskilled	NO	Mild	20	113	74	Sunflower	164	52
593	KA/BEN/JI GI/09/42	44	Male	Married	Highschool	Clerical	No	Moderate	60	145	86	Sunflower	166	74
594	KA/BEN/JI GI/09/43	22	Male	Unmarried	Undergraduate	Service	NO	Mild	30	161	78	Sunflower	171	70
595	KA/BEN/JI GI/09/44	22	Male	Unmarried	Technical Education	Sale	NO	No Exercise	30	133	91	Sunflower	167	57
596	KA/BEN/JI GI/09/45	32	Male	Married	Undergraduate	Household	NO	Mild	20	121	84	Sunflower	156	67
597	KA/BEN/JI GI/09/46	35	Male	Married	Undergraduate	Professional	No	No Exercise	70	170	154	Sunflower	156	60
598	KA/BEN/JI GI/09/47	26	Male	Unmarried	Postgraduate	Professional	NO	Moderate	10	123	93	Sunflower	178	66
599	KA/BEN/JI GI/09/48	40	Male	Married	Secondary school	Household	No	Mild	50	149	93	Sunflower	148	62
600	KA/BEN/JI GI/09/49	24	Female	Married	Secondary school	Household	No	No Exercise	50	119	86	Sunflower	142	55
601	KA/BEN/JI GI/09/50	26	Male	Unmarried	Secondary school	Clerical	No	Moderate	10	113	69	Sunflower	158	41
602	KA/BEN/JI GI/09/51	24	Male	Unmarried	Secondary school	Clerical	No	Mild	20	150	99	Mustard	157	57
603	KA/BEN/JI GI/09/52	27	Male	Unmarried	Highschool	Clerical	No	Moderate	30	145	99	Mustard	169	75
604	KA/BEN/JI GI/09/53	28	Male	Unmarried	Highschool	Sale	No	Moderate	10	130	86	Mustard	163	60
605	KA/BEN/JI GI/09/54	21	Male	Unmarried	Secondary school	Clerical	No	Moderate	10	146	83	Mustard	166	55
606	KA/BEN/JI GI/09/55	22	Male	Unmarried	Technical Education	Sale	No	Moderate	10	143	87	Sunflower	171	49
607	KA/BEN/JI GI/09/56	26	Male	Unmarried	Technical Education	Skilled	No	Moderate	10	130	93	Sunflower	174	63
608	KA/BEN/JI GI/09/57	26	Male	Unmarried	Highschool	Clerical	No	Moderate	10	120	91	Mustard	172	70
609	KA/BEN/JI GI/09/58	32	Female	Married	Secondary school	Household	No	Moderate	30	105	70	Sunflower	139	56
610	KA/BEN/JI GI/09/59	28	Female	Married	Undergraduate	Service	No	Moderate	10	117	75	Sunflower	150	48

611	KA/BEN/JI GI/09/60	24	Male	Unmarried	Highschool	Clerical	No	Moderate	10	125	82	Groundnut	161	55
612	KA/BEN/JI GI/09/61	20	Female	Unmarried	Highschool	Household	No	Mild	20	108	79	Sunflower	154	47
613	KA/BEN/JI GI/09/62	37	Female	Married	Secondary school	Household	No	Moderate	40	129	92	Sunflower	149	53
614	KA/BEN/JI GI/09/63	23	Male	Unmarried	technical Education	Unemployed	No	Moderate	10	120	81	Sunflower	174	66
615	KA/BEN/JI GI/09/64	24	Male	Unmarried	Technical Education	Unemployed	No	Moderate	20	121	84	Sunflower	172	59
616	KA/BEN/JI GI/09/65	21	Male	Unmarried	Technical Education	Sale	No	Moderate	20	132	103	Sunflower	178	64
617	KA/BEN/JI GI/09/66	48	Male	unmarried	Highschool	Clerical	No	Moderate	60	126	90	Mustard	170	91
618	KA/BEN/JI GI/10/01	35	Male	Married	Technical education	manual	No	Moderate	30	122	78	Sunflower	161	68
619	KA/BEN/JI GI/10/02	32	Female	Married	Undergraduate	Unemployed	No	Moderate	30	93	104	Sunflower	148	56
620	KA/BEN/JI GI/10/03	25	Female	Married	High school	Othres	No	Moderate	10	99	65	Sunflower	149	39
621	KA/BEN/JI GI/10/04	28	Male	Married	Undergraduate	Service	No	Moderate	40	107	76	Sunflower	168	75
622	KA/BEN/JI GI/10/05	31	Female	Married	Undergraduate	Othres	No	Moderate	40	140	97	cocunut	152	59
623	KA/BEN/JI GI/10/06	36	Male	Married	Undergraduate	sale	No	Vigorous	40	115	81	Sunflower	162	68
624	KA/BEN/JI GI/10/07	35	Female	Married	Undergraduate	Othres	No	Moderate	70	118	69	Sunflower	166	72
625	KA/BEN/JI GI/10/08	60	Female	Married	High school	Othres	No	No exercise	90	132	79	Sunflower	155	69
626	KA/BEN/JI GI/10/09	36	Male	Married	High school	Othres	No	Mild	40	160	100	Sunflower	170	63
627	KA/BEN/JI GI/10/10	40	Female	Married	Primary school	Othres	No	Moderate	30	133	88	Sunflower	146	50
628	KA/BEN/JI GI/10/11	28	Female	Married	Undergraduate	Clerical	No	Moderate	50	117	69	Othe r	154	67
629	KA/BEN/JI GI/10/12	28	Male	Married	Technical education	Clerical	No	Moderate	10	149	78	Sunflower	180	63
630	KA/BEN/JI GI/10/13	23	Male	Unmarried	Secondary school	manual	No	Moderate	20	124	78	Sunflower	168	71
631	KA/BEN/JI GI/10/14	24	Female	Married	High school	Othres	No	Moderate	50	130	77	Sunflower	151	59

632	KA/BEN/JI GI/10/15	30	Male	Unmarried	Technical education	Professional	No	Moderate	40	142	94	Sunflower	174	83
633	KA/BEN/JI GI/10/16	62	Male	Married	Primary school	Service	No	Moderate	60	150	80	Sunflower	180	64
634	KA/BEN/JI GI/10/17	60	Female	Married	Illiterate	Othres	No	Vigorous	30	131	72	Sunflower	161	46
635	KA/BEN/JI GI/10/18	25	Female	Married	Primary school	Othres	No	Moderate	40	140	98	Othe r	158	74
636	KA/BEN/JI GI/10/19	29	Male	Married	Underg raduate	Profession al	No	Moderate	30	147	92	Sunfl ower	172	81
637	KA/BEN/JI GI/10/20	24	Female	Married	Primary school	Othres	No	Moderate	40	125	82	Sunfl ower	153	67
638	KA/BEN/JI GI/10/22	24	Male	Unmarried	Second ary school	manual	No	Moderate	10	130	92	Sunfl ower	180	75
639	KA/BEN/JI GI/10/23	40	Male	Married	High school	Service	No	Moderate	50	124	89	Sunfl ower	165	70
641	KA/BEN/JI GI/10/25	31	Female	Married	Underg raduate	Service	No	Vigorous	20	110	77	Sunfl ower	155	70
642	KA/BEN/JI GI/10/26	33	Female	Married	High school	Othres	No	Vigorous	0	128	77	Sunfl ower	160	65
643	KA/BEN/JI GI/10/27	37	Male	Married	Underg raduate	sale	No	moderate	50	151	105	Othe r	172	70
644	KA/BEN/JI GI/10/28	28	Male	Married	High school	Service	No	Moderate	10	139	95	Sunfl ower	160	51
645	KA/BEN/JI GI/10/29	55	Female	Married	no formal schooli ng	Othres	No	Mild	60	118	81	Othe r	159	47
646	KA/BEN/JI GI/10/29	27	Female	Married	High school	Othres	No	Moderate	10	112	75	Sunfl ower	154	41
647	KA/BEN/JI GI/10/30	21	Female	Married	High school	Othres	No	Moderate	10	152	72	Sunfl ower	157	59
648	KA/BEN/JI GI/10/31	28	Female	Married	Second ary school	Housh hold	No	Moderate	10	120	91	Sunfl ower	146	51
649	KA/BEN/JI GI/10/32	28	Female	Married	High school	Othres	No	Moderate	40	119	91	Sunfl ower	163	68
650	KA/BEN/JI GI/10/33	45	Male	Married	Second ary school	Service	No	Mild	70	121	90	Sunfl ower	168	73
652	KA/BEN/JI GI/10/35	27	Female	Married	High school	Othres	No	Moderate	10	115	73	Sunfl ower	153	51
653	KA/BEN/JI GI/10/36	46	Male	Married	High school	Unskill ed	No	Moderate	70	125	86	Sunfl ower	167	77
654	KA/BEN/JI GI/10/37	36	Female	Married	Underg raduate	Othres	No	Moderate	50	116	71	Sunfl ower	159	56
655	KA/BEN/JI GI/10/38	40	Male	Married	Second ary school	manual	No	Moderate	50	154	110	Sunfl ower	170	85
656	KA/BEN/JI GI/10/39	43	Male	Married	Primary school	Service	No	Vigorous	50	143	97	Must ard	172	74

657	KA/BEN/JI GI/10/40	24	Male	Unmarried	High school	Service	No	Vigorous	20	132	86	Sunflower	150	67
658	KA/BEN/JI GI/10/41	38	Male	Married	Secondary school	Clerical	No	Moderate	30	120	86	Sunflower	164	60
659	KA/BEN/JI GI/10/42	34	Male	married	High school	Service	No	Mild	40	115	87	Sunflower	168	75
660	KA/BEN/JI GI/10/43	43	Male	Married	High school	Service	No	Moderate	30	135	87	Sunflower	155	57
661	KA/BEN/JI GI/10/44	33	Male	Married	Undergraduate	Professional	No	Vigorous	30	163	113	Other	170	80
663	KA/BEN/JI GI/10/46		Male	married			No							
664	KA/BEN/JI GI/10/47	20	Male	Unmarried	High school	Unskilled	No	Vigorous	10	122	77	Mustard	180	52
665	KA/BEN/JI GI/10/48		Male	Unmarried	Undergraduate	Unskilled	No	Moderate				Sunflower		
666	KA/BEN/JI GI/10/49	34	Male	Married	Undergraduate	self employed	No	Moderate	20	148	98	Sunflower	170	64
667	KA/BEN/JI GI/10/50	22	Male	Married	High school	Othres	No	Moderate				Other		
668	KA/BEN/JI GI/10/51	22	male	Married	Undergraduate	Othres	No	Moderate	30	128	70	Sunflower	160	65
669	KA/BEN/JI GI/10/52	25	Male	Married	High school	Driving	No	Moderate	10	135	82	Sunflower	165	55
670	KA/BEN/JI GI/10/53	26	Female	Married	High school	Skilled	No	Moderate	10	117	75	Sunflower	149	39
671	KA/BEN/JI GI/10/54	45	Male	Married	no formal schooling	Unskilled	No	Vigorous	20	120	89	Sunflower	167	48
672	KA/BEN/JI GI/10/55	55	Male	Married	High school	manual	No	Mild	40	119	75	Sunflower	164	68
673	KA/BEN/JI GI/10/56	20	Female	Married	High school	Othres	No	Moderate	40	119	75	Sunflower	164	68
675	KA/BEN/JI GI/10/58	29	Male	Married	High school	Professional	No	Moderate	40	128	84	Sunflower	182	77
676	KA/BEN/JI GI/10/59	25	Female	Married	Undergraduate	Othres	No	Mild	20	124	73	Groundnut	158	58
677	KA/BEN/JI GI/10/60	57	Female	Married	Undergraduate	Othres	No	Moderate	70	178	93	Sunflower	154	66
678	KA/BEN/JI GI/10/61	26	Male	Married	High school	Othres	No	Mild	40	120	76	Sunflower	173	77
679	KA/BEN/JI GI/10/62	26	Female	Married	Secondary school	Othres	No	Vigorous	0	108	66	Sunflower	156	41
680	KA/BEN/JI GI/10/63	25	Male	Unmarried	no formal schooling	Service	No	Moderate	10	133	85	Sunflower	170	59
681	KA/BEN/JI GI/10/64	26	Female	Married	High school	Othres	No	Moderate	10	112	80	Sunflower	151	40
682	KA/BEN/JI GI/10/65	35	Female	Married	Undergraduate	Othres	No	Moderate	50	144	96	Sunflower	51	59
683	KA/BEN/JI GI/10/66	26	Male	Married	Technical education	Unskilled	No	Moderate	10	124	86	Sunflower	174	64

684	KA/BEN/JI GI/11/01	32	Male	Married	Primary school	Unemployed	No	Moderate	40	125	75	sunflower	109	72
685	KA/BEN/JI GI/11/02	42	Male	Married	Undergraduate	Clerical	No	Moderate	60	113	86	sunflower	170	70
686	KA/BEN/JI GI/11/03	30	Male	Married	Technical	Clerical	No	Moderate	40	141	102	Soya bean	170	82
687	KA/BEN/JI GI/11/04	31	Female	Married	High school	Unemployed	No	Moderate	40	113	64	sunflower	153	72
688	KA/BEN/JI GI/11/05	35	Male	Married	High school	Clerical	No	Moderate	50	136	86	sunflower	166	61
689	KA/BEN/JI GI/11/06	28	Female	Married	High school	No work	No	Moderate	30	91	65	sunflower	158	49
690	KA/BEN/JI GI/11/07	34	Male	Married	Undergraduate	Clerical	No	Vigorous	30	129	87	sunflower	176	75
691	KA/BEN/JI GI/11/08	26	Female	Married	Primary school	Unemployed	No	Moderate	40	117	80	sunflower	157	75
692	KA/BEN/JI GI/11/09	24	Female	Married	High school	Unemployed	No	Moderate	50	105	73	sunflower	156	58
693	KA/BEN/JI GI/11/10	39	Male	Married	High school	Professional	No	Moderate	60	116	81	sunflower	171	70
694	KA/BEN/JI GI/11/11	35	Female	Married	High school	Household	No	Moderate	50	125	83	sunflower	160	64
695	KA/BEN/JI GI/11/12	26	Female	Married	High school	Household	No	Moderate	40	101	55	sunflower	168	50
696	KA/BEN/JI GI/11/13	42	Male	Married	High school	Professional	No	Moderate	60			sunflower	177	130
697	KA/BEN/JI GI/11/14	37	Female	Married	High school	Household	No	Moderate	60	160	85	sunflower	155	64
698	KA/BEN/JI GI/11/15	30	Female	Married	Secondary school	Household	No	Moderate	30	125	78	Soya bean	146	52
699	KA/BEN/JI GI/11/16	27	Female	Married	Secondary school	Household	No	Moderate	30	106	72	Soya bean	156	56
700	KA/BEN/JI GI/11/17	28	Female	Married	Primary school	Household	No	Moderate	10	123	78	sunflower	164	44
701	KA/BEN/JI GI/11/18	36	Male	Married	High school	Clerical	No	Moderate	60	115	76	sunflower	168	75
702	KA/BEN/JI GI/11/19	24	Female	Married	High school	Household	No	Moderate	20	108	61	Sunflower	154	54
703	KA/BEN/JI GI/11/20	28	Male	Married	High school	Services	No	Moderate	30	150	88	sunflower	170	65
704	KA/BEN/JI GI/11/21	24	Female	Married	High school	Household	No	Moderate	30	131	87	sunflower	158	65
705	KA/BEN/JI GI/11/22	20	Female	Married	High school	Unemployed	No	Moderate	30	128	83	sunflower	160	54
707	KA/BEN/JI GI/11/24	46	Female	Married	Primary school	Household	No	Vigorous	50	129	77	sunflower	153	67
708	KA/BEN/JI GI/11/25	37	Female	Married	High school	Household	No	Moderate	60	155	106	sunflower	147	70

709	KA/BEN/JI GI/11/26	33	Male	Married	High school	Clerical	No	Moderate	10	120	81	sunflower	167	52
710	KA/BEN/JI GI/11/27	35	Female	Married	Illiterate	Household	No	Moderate	60	122	81	sunflower	160	64
711	KA/BEN/JI GI/11/28	25	Male	Married	High school	Clerical	No	Moderate	10	121	86	sunflower	153	52
712	KA/BEN/JI GI/11/29	30	Female	Married	High school	Household	No	Moderate	10	113	84	Soya bean	155	59
713	KA/BEN/JI GI/11/30	24	Female	Married	High school	Household	No	Moderate	40	115	75	sunflower	163	62
715	KA/BEN/JI GI/11/32	32	Male	Married	High school	Skilled manual	No	Moderate	40	163	99	Mustard	173	65
717	KA/BEN/JI GI/11/34	29	Female	Married	Primary school	Household	No	Moderate	40	127	80	sunflower	161	69
718	KA/BEN/JI GI/11/35	27	Female	Married	High school	Household	No	Moderate	50	135	89	Soya bean	163	55
719	KA/BEN/JI GI/11/36	43	Male	Married	Technical	Clerical	No	Moderate	30	138	98	Others	165	51
720	KA/BEN/JI GI/11/37	38	Female	Married	High school	Household	No	Moderate	20	123	86	Others	156	44
721	KA/BEN/JI GI/11/38	27	Female	Married	High school	Household	No	Moderate	30	109	73	sunflower	156	56
723	KA/BEN/JI GI/11/39	21	Female	Married	High school	Unemployed	No	Moderate	20	126	83	sunflower	151	39
724	KA/BEN/JI GI/11/40	30	Female	Married	High school	Clerical	No	Moderate	20	122	62	sunflower	146	50
725	KA/BEN/JI GI/11/41	23	male	Unmarried	Undergraduate	Clerical	No	Vigorous	20	144	90	sunflower	170	70
726	KA/BEN/JI GI/11/42	31	Male	Married	Secondary school	Services	No	Moderate	30	132	96	Others	179	88
727	KA/BEN/JI GI/11/43	29	Male	Married	Undergraduate	Professional	No	Moderate	10	117	68	sunflower	162	75
728	KA/BEN/JI GI/11/44	38	Male	Married	High school	Clerical	No	Moderate	50	129	85	sunflower	158	76
729	KA/BEN/JI GI/11/45	24	Female	Married	Primary school	Household	No	Moderate	30	111	74	sunflower	145	64
730	KA/BEN/JI GI/11/46	38	Male	Married	High school	Skilled manual	No	Vigorous	40	115	83	sunflower	144	74
731	KA/BEN/JI GI/11/47	27	Female	Married	Undergraduate	Services	No	Vigorous	30	113	66	sunflower	158	64
732	KA/BEN/JI GI/11/48	22	Female	Married	High school	Household	No	Moderate	30	119	86	Others	145	54
733	KA/BEN/JI GI/11/49	25	Male	Married	High school	Services	No	Moderate				Others		
734	KA/BEN/JI GI/11/50	27	Male	Married	High school	Services	No	Moderate				Groundnut		
735	KA/BEN/JI GI/11/51	33	Male	Married	High school	Services	No	Moderate				sunflower		

736	KA/BEN/JI GI/11/52	30	Male	Married	High school	Services	No	Vigorous				Soya bean		
737	KA/BEN/JI GI/11/53	50	Male	Married	Illiterate	Clerical	No	Vigorous				sunflower		
738	KA/BEN/JI GI/11/54	34	Male	Married	Post graduate	Services	No	Vigorous	20	122	90	sunflower	172	73
739	KA/BEN/JI GI/11/55	27	Female	Married	High school	House hold	No	Vigorous	20	101	79	sunflower	158	46
740	KA/BEN/JI GI/11/56	50	Male	Married	Illiterate	Unemployed	No	Moderate	40	130	89	sunflower	161	50
741	KA/BEN/JI GI/11/57	55	Female	Married	Illiterate	House hold	No	Moderate	30	96	68	sunflower	155	44
742	KA/BEN/JI GI/11/58	40	Female	Married	Illiterate	House hold	No	Moderate	20	120	80	sunflower	153	50
743	KA/BEN/JI GI/11/60	28	Female	Married	Primary school	House hold	No	Moderate	30	114	74	sunflower	162	64
744	KA/BEN/JI GI/11/61	26	Female	Married	High school	House hold	No	Moderate	10	125	91	sunflower	154	51
745	KA/BEN/JI GI/11/62	25	Male	Married	High school	Sale	No	Moderate	0	128	87	sunflower	174	65
746	KA/BEN/JI GI/11/63	37	Female	Married	Primary school	House hold	No	Moderate	60	190	78	Others	144	65
747	KA/BEN/JI GI/11/64	23	Male	Unmarried	Primary school	Sale	No	Moderate	20	123	87	sunflower	175	53
748	KA/BEN/JI GI/11/65	25	Female	Married	High school	House hold	No	Moderate	10	121	65	sunflower	164	59
750	KA/BEN/JI GI/11/67	28	Male	Married	High school	House hold	No	Vigorous	10	119	79	sunflower	169	69
751	KA/BEN/JI GI/11/68	40	Female	Married	Illiterate	House hold	No	Moderate	60	137	104	Soya bean	145	60
752	KA/BEN/JI GI/11/69	28	Female	Married	High school	House hold	No	Moderate	40	105	70	sunflower	150	59
753	KA/BEN/JI GI/11/70	35	Female	Married	Illiterate	House hold	No	Moderate	60	112	86	sunflower	156	56
754	KA/BEN/JI GI/11/71	29	Female	Married	High school	House hold	No	Moderate	50	107	81	sunflower	148	64
755	KA/BEN/JI GI/11/72	55	Female	Married	Illiterate	House hold	No	Vigorous	30	128	80	sunflower	158	45
756	KA/BEN/JI GI/12/01	43	Female	Married	High school	Others	NO	Moderate	30	117	76	Sunflower	170	48
757	KA/BEN/JI GI/12/02	93	Male	Married	High school	House hold and domestic work	NO	Moderate	50	139	86	Sunflower	162	63
758	KA/BEN/JI GI/12/03	70	Male	Married	No foraml school	Do not work	NO	No exercise	80	168	96	Sunflower	165	57
759	KA/BEN/JI GI/12/04	62	Female	Married	No foraml school	Do not work	NO	No exercise	60	119	70	Sunflower	155	66

760	KA/BEN/JI GI/12/06	46	Male	Married	Second ary school	Mediu m busines s	NO	Moderat e	80	114	88	Sunfl ower	17 7	95
764	KA/BEN/JI GI/12/10	24	Female	Married	No foraml school	Do not work	NO	Moderat e	10	120	74	Sunfl ower	15 9	67
765	KA/BEN/JI GI/12/11	43	Female	Married	Primary School	House hold and domest ic work	NO	Moderat e	30	131	83	Sunfl ower	17 0	67
766	KA/BEN/JI GI/12/12	21	Male	Unmarried	PG	Profess ional	NO	Moderat e	10	125	89	Sunfl ower	17 5	54
767	KA/BEN/JI GI/12/13	39	Male	Married	High school	Skilled Manual	NO	Vigorous	20	158	121	Sunfl ower	16 5	67
768	KA/BEN/JI GI/12/14	23	Female	Married	Second ary school	Do not work	NO	Mild	20	112	66	Sunfl ower	15 6	33
769	KA/BEN/JI GI/12/15	29	Female	Married	No foraml school	Do not work	NO	Mild	70	122	83	Sunfl ower	15 3	63
770	KA/BEN/JI GI/12/16	35	Female	Married	Second ary school	Do not work	NO	Mild	20	117	79	Sunfl ower	15 6	48
771	KA/BEN/JI GI/12/17	27	Female	Married	Second ary school	N/A	NO	Mild	50	137	83	Sunfl ower	16 5	59
772	KA/BEN/JI GI/12/18	27	Male	Unmarried	High school	Skilled Manual	NO	Moderat e	10	130	83	Sunfl ower	17 0	54
773	KA/BEN/JI GI/12/19	24	Male	Unmarried	High school	Skilled Manual	NO	Moderat e	30	144	96	Sunfl ower	14 6	58
774	KA/BEN/JI GI/12/20	44	Male	Married	PG	Profess ional	NO	Moderat e	40	125	94	Sunfl ower	16 9	60
775	KA/BEN/JI GI/12/21	32	Female	Married	Technic al educati on	Do not work	NO	Mild	40	93	63	Sunfl ower	14 3	48
776	KA/BEN/JI GI/12/22	22	Male	Married	High school	Skilled Manual	NO	Moderat e	30	126	86	Sunfl ower	16 3	56
777	KA/BEN/JI GI/12/23	42	Female	Married	No foraml school	Do not work	NO	Mild	60	127	73	Sunfl ower	15 7	55
779	KA/BEN/JI GI/12/25	37	Male	Married	High school	Profess ional	NO	Moderat e	60	130	82	Sunfl ower	16 1	69
780	KA/BEN/JI GI/12/25	20	Male	Unmarried	High school	House hold and domest ic work	NO	Moderat e	30	139	83	Sunfl ower	16 5	45
781	KA/BEN/JI GI/12/26	25	Female	Married	High school	Do not work	NO	Mild	30	114	79	Sunfl ower	14 6	48
782	KA/BEN/JI GI/12/27	32	Male	Married	PG	Skilled Manual	NO	Moderat e	30	137	89	Sunfl ower	17 8	75
783	KA/BEN/JI GI/12/28	33	Female	Married	Primary School	Do not work	NO	Mild	40	110	70	Sunfl ower	15 5	54
784	KA/BEN/JI GI/12/29	25	Male	Unmarried	PG	Profess ional	NO	Moderat e	10	121	86	Sunfl ower	17 4	65
785	KA/BEN/JI GI/12/30	24	Male	Unmarried	PG	Profess ional	NO	Moderat e	10	143	90	Sunfl ower	16 9	63
786	KA/BEN/JI GI/12/31	40	Female	Married	High school	Do not work	NO	Moderat e	70	117	68	Sunfl ower	15 2	68

787	KA/BEN/JI GI/12/32	33	Female	Married	Under Graduate	Do not work	NO	Moderate	30	110	76	Sunflower	160	54
788	KA/BEN/JI GI/12/33	65	Female	Married	No foraml school	Do not work	NO	No exercise	80	95	74	Sunflower	149	45
790	KA/BEN/JI GI/12/35	36	Female	Married	No foraml school	NA	NO	Moderate	50	118	80	Sunflower	160	57
791	KA/BEN/JI GI/12/36	27	Male	Unmarried	Technical education	Service	NO	Moderate	30	147	98	Sunflower	177	67
792	KA/BEN/JI GI/12/37	48	Male	Married	High school	Sale	NO	Mild	80	126	87	Sunflower	163	67
793	KA/BEN/JI GI/12/38	46	Male	Married	Second ary school	Self employ ed	NO	Mild	80	144	82	Sunflower	162	65
795	KA/BEN/JI GI/12/40	35	Male	Married	Second ary school	Service	NO	Moderate	70	136	88	Sunflower	171	68
796	KA/BEN/JI GI/12/41	30	Female	Married	Primary School	Do not work	NO	Moderate	60	106	78	Sunflower	159	78
797	KA/BEN/JI GI/12/42	20	Male	Married	Primary School	Service	NO	Vigorous	50	116	78	Sunflower	159	58
798	KA/BEN/JI GI/12/43	25	Male	Married	Primary School	Professional	NO	Moderate	30	132	86	Sunflower	169	52
799	KA/BEN/JI GI/12/44	22	Male	Unmarried	Second ary school	Service	NO	Vigorous	20	122	57	Sunflower	181	58
800	KA/BEN/JI GI/12/45	20	Male	Unmarried	High school	Service	NO	Moderate	30	128	71	Sunflower	173	57
801	KA/BEN/JI GI/12/46	22	Male	Unmarried	High school	Clerical	NO	Moderate	60	116	78	Sunflower	169	62
802	KA/BEN/JI GI/12/47	30	Male	Married	High school	Sale	NO	Moderate	30	116	72	Sunflower	159	58
803	KA/BEN/JI GI/12/48	36	Male	Married	High school	Sale	NO	Moderate	50	113	72	Sunflower	162	79
804	KA/BEN/JI GI/12/49	53	Male	Married	High school	Service	NO	Moderate	90	128	69	Sunflower	159	78
805	KA/BEN/JI GI/12/50	29	Male	Married	High school	Agriculture	NO	Moderate	30	122	78	Sunflower	163	53
806	KA/BEN/JI GI/12/51	28	Male	Unmarried	Primary School	Sale	NO	Moderate	30	122	82	Sunflower	167	56
807	KA/BEN/JI GI/12/52	20	Male	Unmarried	Primary School	Service	NO	Moderate	30	120	80	Sunflower	143	41
808	KA/BEN/JI GI/12/53	69	Female	Married	No foraml school	Do not work	NO	Moderate	90	171	100	Sunflower	150	50
809	KA/BEN/JI GI/12/54	24	Male	Unmarried	Primary School	Agriculture	NO	Moderate	20	117	91	Sunflower	167	47
810	KA/BEN/JI GI/12/55	30	Female	Married	High school	Do not work	NO	Moderate	30	108	71	Sunflower	151	49
811	KA/BEN/JI GI/12/56	35	Male	Married	No foraml school	Unskill ed work	NO	Moderate	70	108	71	Sunflower	154	49
812	KA/BEN/JI GI/12/57	70	Female	Married	No foraml school	Do not work	NO	Moderate	80	164	99	Sunflower	156	62
813	KA/BEN/JI GI/12/58	38	Female	Married	Primary School	Do not work	NO	Moderate	50	140	81	Sunflower	152	54

814	KA/BEN/JI GI/12/59	40	Male	Married	Primary School	Profess ional	NO	Moderat e					Sunfl ower		
816	KA/BEN/JI GI/13/01	32	Female	Married	Second ary school	Unskill ed manual	No	Moderat e	10	127	80		Sunfl ower	18 0	69
817	KA/BEN/JI GI/13/02	22	Female	Married	Second ary school	House holder	NO	Vigorous exercise	20	121	81		Sunfl ower	16 4	56
818	KA/BEN/JI GI/13/03	30	Male	Unmarried	Underg raduate degree	Sale	NO	Vigorous exercise	30	119	83		Sunfl ower	16 4	81
819	KA/BEN/JI GI/13/04	29	Male	Married	Second ary school	Unskill ed manual	NO	Vigorous exercise	20	135	100		Sunfl ower	16 0	64
820	KA/BEN/JI GI/13/05	22	Female	Unmarried	Second ary school	Do not work	NO	Vigorous exercise	30	121	87		Sunfl ower	15 5	50
821	KA/BEN/JI GI/13/06	30	Female	Married	Underg raduate degree	Others	NO	Vigorous exercise	20	110	70		Sunfl ower	15 8	60
822	KA/BEN/JI GI/13/07	28	Male	Married	Second ary school	Unskill ed manual	NO	Vigorous exercise	0	122	77		Sunfl ower	16 4	63
823	KA/BEN/JI GI/13/08	32	Female	Married	Second ary school	Unskill ed manual	NO	Vigorous exercise	0	142	96		Sunfl ower	15 2	52
824	KA/BEN/JI GI/13/10	32	Female	Married	Underg raduate degree	Others	NO	Vigorous exercise	20	127	102		Sunfl ower	16 9	65
825	KA/BEN/JI GI/13/11	28	Female	Married	High school	Do not work	NO	Vigorous exercise	0	114	79		Sunfl ower	15 0	55
826	KA/BEN/JI GI/13/12	29	Female	Married	Underg raduate degree	Do not work	NO	Vigorous exercise	0	125	66		Sunfl ower	15 4	44
827	KA/BEN/JI GI/13/13	24	Female	Married	Second ary school	Do not work	NO	Vigorous exercise	20	112	77		Sunfl ower	15 8	55
828	KA/BEN/JI GI/13/14	41	Female	Married	Second ary school	Do not work	NO	Vigorous exercise	50	128	85		Sunfl ower	15 2	70
829	KA/BEN/JI GI/13/15	30	Female	Married	High school	Do not work	NO	Vigorous exercise	0	110	80		Sunfl ower	15 5	48
830	KA/BEN/JI GI/13/16	25	Female	Married	Underg raduate degree	Do not work	NO	Vigorous exercise	30	153	93		Sunfl ower	15 2	75
831	KA/BEN/JI GI/13/17	33	Female	Married	Underg raduate degree	Do not work	NO	Vigorous exercise	20	141	79		Sunfl ower	16 2	59
832	KA/BEN/JI GI/13/18	29	Female	Married	High school	Do not work	NO	Vigorous exercise	20	130	76		Sunfl ower	15 3	57
833	KA/BEN/JI GI/13/19	33	Male	Married	Second ary school	Self employ ed	NO	Mild	50	137	91		Sunfl ower	17 7	95
834	KA/BEN/JI GI/13/20	23	Female	Married	High school	Do not work	NO	Mild	20	103	66		Sunfl ower	14 4	49
835	KA/BEN/JI GI/13/21	28	Male	Married	High school	Mediu m busines s	NO	Mild	20	118	88		Sunfl ower	16 7	53
836	KA/BEN/JI GI/13/22	38	Female	Married	No formal	Do not work	NO	Mild	40	110	72		Sunfl ower	15 2	42

			e		schooling										
839	KA/BEN/JI GI/13/25	50	Male	Married	secondary school	Unskilled manual	NO	Vigorous exercise	50	171	84	Sunflower	160	75	
840	KA/BEN/JI GI/13/26	28	Female	Married	Secondary school	Do not work	NO	Vigorous exercise	30	128	82	Sunflower	151	84	
841	KA/BEN/JI GI/13/27	25	Female	Married	High school	Do not work	NO	Vigorous exercise	0	112	68	Sunflower	158	67	
842	KA/BEN/JI GI/13/28	32	Male	Married	Undergraduate degree	Professional	NO	Moderate	40	122	83	Sunflower	172	74	
843	KA/BEN/JI GI/13/29	36	Female	Married	No formal schooling	Do not work	NO	Vigorous exercise	20	123	93	Others	156	59	
844	KA/BEN/JI GI/13/30	65	Male	Married	No formal schooling	Do not work	NO	No exercise	80	186	111	Others	174	67	
845	KA/BEN/JI GI/13/31	28	Female	Married	Primary school	Do not work	NO	Vigorous exercise	0	110	68	Others	160	54	
846	KA/BEN/JI GI/13/32	23	Female	Married	Primary school	Do not work	NO	Mild	40	104	77	Sunflower	155	58	
847	KA/BEN/JI GI/13/33	55	Female	Married	Primary school	Do not work	NO	Vigorous exercise	30	170	112	Sunflower	156	60	
848	KA/BEN/JI GI/13/34	28	Female	Married	Secondary school	Self employed	NO	Vigorous exercise	0	120	92	Sunflower	146	44	
849	KA/BEN/JI GI/13/35	29	Male	Married	Undergraduate degree	Unskilled manual	NO	Mild	20	130	82	Sunflower	150	45	
850	KA/BEN/JI GI/13/36	42	Female	Married	No formal schooling	Do not work	NO	Moderate	70	122	80	Sunflower	164	64	
851	KA/BEN/JI GI/13/37	56	Female	Married	No formal schooling	Do not work	NO	No exercise	70	144	100	Sunflower	160	71	
852	KA/BEN/JI GI/13/38	33	Male	Married	Primary school	Self employed	NO	No exercise	60	120	80	Sunflower	172	70	
853	KA/BEN/JI GI/13/39	24	Female	Unmarried	Secondary school	Do not work	NO	Vigorous exercise	30	117	81	Sunflower	157	64	
854	KA/BEN/JI GI/13/40	30	Female	Married	No formal schooling	Do not work	NO	Vigorous exercise	20	135	89	Sunflower	159	60	
855	KA/BEN/JI GI/13/41	28	Male	Married	High school	Unskilled manual	NO	Moderate	10	112	66	Sunflower	156	59	
856	KA/BEN/JI GI/13/42	24	Female	Married	High school	Do not work	NO	Mild	20	103	83	Sunflower	164	86	
857	KA/BEN/JI GI/13/42	42	Male	Married	Undergraduate degree	Unskilled manual	NO	Vigorous exercise	40	123	90	Sunflower	165	73	

858	KA/BEN/JI GI/13/43	23	Male	Unmarried	Undergraduate degree	Unskilled manual	NO	Mild	30	147	96	Sunflower	176	56
860	KA/BEN/JI GI/13/45	32	Female	Married	Undergraduate degree	Do not work	NO	Vigorous exercise	0	152	90	Sunflower	158	66
861	KA/BEN/JI GI/13/46	29	Female	Married	High school	Do not work	NO	Mild	40	113	75	Sunflower	146	51
863	KA/BEN/JI GI/13/48	38	Female	Married	Primary school	Unskilled manual	NO	Mild	50	142	100	Sunflower	151	52
864	KA/BEN/JI GI/13/49	66	Female	Married	No formal schooling	Do not work	NO	Moderate	80	175	99	Sunflower	141	44
865	KA/BEN/JI GI/13/50	33	Male	Married	Undergraduate degree	Others	NO	No exercise	30	115	78	Sunflower	156	55
866	KA/BEN/JI GI/13/51	38	Male	Married	Undergraduate degree	Professional	NO	Moderate	30	107	64	Sunflower	162	60
867	KA/BEN/JI GI/13/52	32	Male	Married	Undergraduate degree	Professional	NO	Moderate	30	110	74	Sunflower	174	62
868	KA/BEN/JI GI/13/53	29	Male	married	Undergraduate degree	Professional	NO	Vigorous exercise	0	126	88	Sunflower	174	78
869	KA/BEN/JI GI/13/54	32	Male	Married	Undergraduate degree	Professional	NO	Moderate	10	121	85	Sunflower	169	64
870	KA/BEN/JI GI/13/55	22	Female	Unmarried	Undergraduate degree	Do not work	NO	No exercise	40	107	77	Sunflower	153	37
871	KA/BEN/JI GI/13/56	22	Male	Unmarried	High school	Clerical	NO	Moderate	50	128	82	Sunflower	167	87
872	KA/BEN/JI GI/13/57	27	Male	Married	Secondary school	Sale	NO	Moderate	10	128	91	Sunflower	169	69
873	KA/BEN/JI GI/13/58	30	Female	Married	Undergraduate degree	Professional	NO	Moderate				Sunflower		40
874	KA/BEN/JI GI/13/59	28	Male	Married	Primary school	Professional	NO	Moderate				Sunflower		60
875	KA/BEN/JI GI/13/60	21	Male	Unmarried	secondary school	Service	NO	Moderate				Sunflower		
876	KA/BEN/JI GI/13/61	66	Male	Married	secondary school	Clerical	NO	Vigorous exercise	50	164	106	Sunflower	163	62
877	KA/BEN/JI GI/13/62	27	Male	Unmarried	Undergraduate degree	Clerical	NO	Moderate				Sunflower	170	56
878	KA/BEN/JI GI/13/63	52	Female	Married	High school	Self employed	NO	Moderate	70	142	88	Sunflower	143	65
879	KA/BEN/JI GI/13/64	31	Male	Married	High school	Medium business	NO	Moderate	10	176	127	Sunflower	167	52
880	KA/BEN/JI GI/13/65	49	Male	Married	No formal schooling	Agriculture	NO	Moderate	70	122	84	Sunflower	174	84

883	KA/BEN/JI GI/13/68	40	Male	Married	No formal schooling	Agriculture	NO	Moderate	30	138	106	Sunflower	154	41
884	KA/BEN/JI GI/13/69	25	Female	Married	Secondary school	Householder	NO	Moderate	10	124	77	Sunflower	152	41
885	KA/BEN/JI GI/13/70	42	Female	Married	High school	Householder	NO	Moderate	60	113	78	Sunflower	146	66
886	KA/BEN/JI GI/13/71	45	Female	Married	No formal schooling	Householder	NO	Vigorous exercise	50	153	99	Sunflower	154	71
887	KA/BEN/JI GI/13/72	24	Female	Married	Technical education	Householder	NO	Moderate	50	101	69	Sunflower	150	54
888	KA/BEN/JI GI/13/73	24	Male	Unmarried	High school	Do not work	NO	Mild	60	143	68	Sunflower	173	69
889	KA/BEN/JI GI/13/74	31	Male	Unmarried	Primary school	Clerical	NO	Moderate	30	165	93	Sunflower	167	73
890	KA/BEN/JI GI/13/75	36	Male	Unmarried	Primary school	Clerical	NO	Moderate	50	140	106	Sunflower	171	75
891	KA/BEN/JI GI/13/76	55	Male	Unmarried	Primary school	Clerical	NO	Moderate	40	134	90	Sunflower	159	55
892	KA/BEN/JI GI/14/01	38	Female	Married	Primary school	Agriculture	No	Moderate	80	134	91	Sunflower	152	69
893	KA/BEN/JI GI/14/02	47	Male	Married	Technical education	Skilled manual	No	Moderate	30	136	95	Sunflower	166	65
894	KA/BEN/JI GI/14/03	56	Male	Married	Secondary school	Do not work	No	Moderate	70	167	114	Sunflower	162	72
895	KA/BEN/JI GI/14/04	44	Female	Married	Secondary school	Household	No	Moderate	30	123	81	Sunflower	150	38
896	KA/BEN/JI GI/14/05	23	Female	Married	High school	Household	No	Mild	60	112	74	Sunflower	160	76
897	KA/BEN/JI GI/14/06	22	Female	Married	High school	Household	No	Moderate	30	120	80	Sunflower	152	51
898	KA/BEN/JI GI/14/07	40	Female	Married	Primary school	Household	No	Mild	60	185	104	Sunflower	156	72
899	KA/BEN/JI GI/14/08	27	Female	Married	High school	Agriculture	No	Moderate	10	98	70	Sunflower	166	57
900	KA/BEN/JI GI/14/09	35	Female	Married	No formal schooling	Household	No	Moderate	50	149	92	Sunflower	148	53
901	KA/BEN/JI GI/14/10	40	Male	Married	Secondary school	Agriculture	No	Moderate	30	115	79	Sunflower	161	61
902	KA/BEN/JI GI/14/11	36	Female	Married	Secondary school	Skilled manual	No	Moderate	50	115	80	Sunflower	149	61
903	KA/BEN/JI GI/14/13	29	Female	Married	Undergraduate	Household	No	Moderate	30	136	85	Sunflower	153	35

904	KA/BEN/JI GI/14/14	32	Female	Married	Secondary school	Agriculture	No	Moderate	50	115	71	Sunflower	146	60
905	KA/BEN/JI GI/14/15	32	Female	Married	Secondary school	Agriculture	No	Mild	40	121	80	Sunflower	151	50
906	KA/BEN/JI GI/14/16	33	Female	Married	No formal schooling	Household	No	Moderate	40	105	72	Sunflower	148	62
907	KA/BEN/JI GI/14/17	45	Female	Married	No formal schooling	Household	No	Moderate	60	108	75	Groundnut	167	55
908	KA/BEN/JI GI/14/18	29	Female	Married	High school	Household	No	Moderate	30	128	74	Sunflower	155	49
909	KA/BEN/JI GI/14/19	20	Female	Married	Secondary school	Household	No	Moderate	30	106	67	Sunflower	150	42
910	KA/BEN/JI GI/14/20	20	Female	Unmarried	Secondary school	Household	No	Moderate	10	115	73	Sunflower	153	47
911	KA/BEN/JI GI/14/20	19	Female	Married	Secondary school	Household	No	Moderate	40	123	82	Sunflower	150	55
912	KA/BEN/JI GI/14/21	50	Male	Married	No formal schooling	Do not work	No	Mild	50	128	91	Sunflower	162	54
913	KA/BEN/JI GI/14/22	45	Female	Married	No formal schooling	Household	No	Moderate	60	109	73	Sunflower	146	54
914	KA/BEN/JI GI/14/23	24	Female	Married	Secondary school	Household	No	Moderate	40	119	88	Sunflower	157	85
915	KA/BEN/JI GI/14/24	20	Female	Married	Secondary school	Household	No	Moderate	10	99	96	Sunflower	148	38
916	KA/BEN/JI GI/14/25	33	Female	Married	PG degree	Clerical	No	Mild	50	113	78	Sunflower	150	58
917	KA/BEN/JI GI/14/26	27	Male	Married	Undergraduate	Professional	No	Mild	20	138	89	Sunflower	160	70
918	KA/BEN/JI GI/14/27	26	Female	Married	Undergraduate	Household	No	Moderate	10	136	99	Sunflower	146	36
919	KA/BEN/JI GI/14/28	25	Male	Unmarried	Secondary school	Do not work	No	Mild	20	108	69	Sunflower	168	56
920	KA/BEN/JI GI/14/29	32	Female	Married	Secondary school	Household	No	Moderate	40	96	77	Sunflower	152	67
921	KA/BEN/JI GI/14/30	40	Female	Married	Secondary school	Household	No	Moderate	60	118	81	Sunflower	162	74
922	KA/BEN/JI GI/14/31	23	Female	Married	Secondary school	Household	No	Moderate	40	130	79	Sunflower	135	56
923	KA/BEN/JI GI/14/32	25	Male	Unmarried	High school	Clerical	No	Mild	20	141	92	Sunflower	164	59

924	KA/BEN/JI GI/14/33	55	Female	Married	No formal schooling	Household	No	Moderate	60	146	86	Sunflower	147	64
925	KA/BEN/JI GI/14/34	60	Male	Married	Primary school	Agriculture	No	Moderate	70	117	75	Sunflower	163	80
926	KA/BEN/JI GI/14/35	31	Female	Married	Secondary school	Household	No	Moderate	40	128	75	Sunflower	145	74
927	KA/BEN/JI GI/14/36	33	Female	Married	Secondary school	Household	No	Moderate	60	138	100	Sunflower	151	60
929	KA/BEN/JI GI/14/38	45	Female	Married	No formal schooling	Household	No	Moderate	60	188	114	Sunflower	143	56
930	KA/BEN/JI GI/14/39	48	Female	Married	No formal schooling	Household	No	Moderate	80	141	86	Sunflower	157	67
931	KA/BEN/JI GI/14/40	54	Female	Married	Primary school	Sale	No	Moderate	70	127	85	Sunflower	151	53
932	KA/BEN/JI GI/14/41	50	Female	Married	No formal schooling	Household	No	Moderate	80	101	71	Sunflower	150	97
933	KA/BEN/JI GI/14/42	22	Female	Married	Primary school	Household	No	Moderate	30	129	83	Sunflower	151	49
934	KA/BEN/JI GI/14/43	71	Male	Married	Secondary school	Clerical	No	Moderate	70	130	92	Sunflower	168	73
935	KA/BEN/JI GI/14/44	31	Male	Married	Undergraduate	Professional	No	Mild	40	133	94	Sunflower	170	75
936	KA/BEN/JI GI/14/45	26	Male	Married	High school	Clerical	No	Mild	20	113	80	Sunflower	175	60
937	KA/BEN/JI GI/14/46	21	Male	Unmarried	High school	Clerical	No	Vigorous	0	138	97	Sunflower	170	65
938	KA/BEN/JI GI/14/47	40	Female	Married	No formal schooling	Household	No	Moderate	60	124	83	Sunflower	146	55
939	KA/BEN/JI GI/14/48	30	Male	Married	Secondary school	Skilled manual	No	Moderate	10	131	82	Sunflower	170	60
940	KA/BEN/JI GI/14/49	25	Female	Married	High school	Skilled manual	No	Moderate	30	97	62	Sunflower	155	47
941	KA/BEN/JI GI/14/50	36	Male	Married	Primary school	Professional	No	Moderate	30	110	84	Sunflower	158	63
942	KA/BEN/JI GI/14/51	38	Male	Married	Secondary school	Clerical	No	Moderate	30	147	97	Sunflower	165	59
943	KA/BEN/JI GI/14/52	21	Male	Married	Technical education	Do not work	No					Sunflower		
944	KA/BEN/JI GI/14/53	38	Male	Married	Secondary	Unskilled	No					Sunflower		

					school	manual							r		
945	KA/BEN/JI GI/14/54	20	Female	Unmarried	Undergraduate	Other	No						Sunflower		
946	KA/BEN/JI GI/14/55	21	Male	Unmarried	Secondary school	Do not work	No	No exercise	30	147	99		Sunflower	167	64
947	KA/BEN/JI GI/14/56	20	Male	Unmarried	Primary school	Unskilled manual	No						Sunflower		
948	KA/BEN/JI GI/14/57	50	Male	Married	No formal schooling	Unskilled manual	No						Sunflower		
949	KA/BEN/JI GI/14/58	23	Male	Unmarried	High school	Skilled manual	No						Sunflower		
950	KA/BEN/JI GI/14/59	20	Male	Unmarried	Technical education	Skilled manual	No						Sunflower		
951	KA/BEN/JI GI/14/60	38	Male	Married	Technical education	Skilled manual	No						Sunflower		
952	KA/BEN/JI GI/14/61	21	Female	Married	Secondary school	Household	No	Moderate	10	112	71		Sunflower	152	35
953	KA/BEN/JI GI/14/62	30	Female	Married	Secondary school	Unskilled manual	No	Moderate	30	108	71		Sunflower	156	60
954	KA/BEN/JI GI/14/63	26	Male	Unmarried	Secondary school	Skilled manual	No	Moderate	10	133	82		Sunflower	169	61
955	KA/BEN/JI GI/14/64	37	Male	Married	Primary school	Skilled manual	No	Moderate	50	118	82		Sunflower	172	72
956	KA/BEN/JI GI/14/65	35	Male	Married	Undergraduate	Clerical	No	Moderate	50	129	94		Sunflower	171	71
957	KA/BEN/JI GI/14/66	47	Female	Married	Primary school	Household	No	Mild	70	129	77		Sunflower	144	63
958	KA/BEN/JI GI/14/67	34	Female	Married	PG degree	Household	No	Moderate	40	126	85		Sunflower	163	89
959	KA/BEN/JI GI/14/68	23	Male	Unmarried	Secondary school	Do not work	No	Mild	20	137	90		Sunflower	180	63
960	KA/BEN/JI GI/14/69	22	Male	Unmarried	Undergraduate	Clerical	No	Mild	20	135	88		Sunflower	170	57
961	KA/BEN/JI GI/14/70	21	Male	Unmarried	Undergraduate	Do not work	No	Mild	20	152	86		Sunflower	156	53
962	KA/BEN/JI GI/14/71	25	Female	Married	Undergraduate	Household	No	Moderate	10	135	81		Sunflower	161	37
963	KA/BEN/JI GI/14/72	28	Female	Married	Primary school	Skilled manual	No	Moderate	40	108	66		Sunflower	115	65
964	KA/BEN/JI GI/15/01	70	Male	Married	High school	Other	No	No Exercise	80	120	80		Sunflower	175	65
96	KA/BEN/JI	4	Mal	Married	Underg	Service	No	Mild	70	110	79		Sunfl	18	75

6	GI/15/03	3	e		graduate							ower	4	
967	KA/BEN/JI GI/15/04	51	Male	Married	High school	Unemployed	No	No Exercise	60	125	90	Soya bean	169	56
968	KA/BEN/JI GI/15/05	61	Female	Married	High school	Unemployed	No	Mild	50	152	90	Sunflower	148	45
969	KA/BEN/JI GI/15/06	32	Male	Married	Undergraduate	Service	No	Mild	40	110	91	Sunflower	167	67
970	KA/BEN/JI GI/15/07	28	Female	Married	Undergraduate	Unemployed	No	Moderate	20	122	97	Sunflower	156	35
971	KA/BEN/JI GI/15/08	34	Male	Unmarried	Undergraduate	Skilled Manual	No	Moderate	10	91	71	Sunflower	172	46
972	KA/BEN/JI GI/15/09	35	Female	Married	Primary School	Unemployed	No	Moderate	60	123	87	Sunflower	160	61
973	KA/BEN/JI GI/15/10	18	Male	Unmarried	High school	Other	No	No Exercise	30	142	96	Sunflower	172	46
974	KA/BEN/JI GI/15/11	29	Female	Married	Post Graduate	Unemployed	No	Moderate	60	124	87	Coco nut	163	61
975	KA/BEN/JI GI/15/12	30	Male	Married	Undergraduate	Profession	No	Mild	60	148	103	Coco nut	179	89
976	KA/BEN/JI GI/15/13	70	Female	Separated	Illiterate	Unemployed	No	Moderate	70	133	75	Sunflower	151	45
977	KA/BEN/JI GI/15/14	23	Female	Married	Undergraduate	Unemployed	No	Moderate	30	95	67	Sunflower	165	45
978	KA/BEN/JI GI/15/15	39	Female	Married	High school	Service	No	Mild	70	136	93	Sunflower	175	80
979	KA/BEN/JI GI/15/16	37	Female	Married	High school	Unemployed	No	Moderate	60	128	86	Sunflower	165	76
981	KA/BEN/JI GI/15/18	40	Male	Married	High school	Clerical	No	No Exercise	80	128	77	Sunflower	173	95
982	KA/BEN/JI GI/15/19	33	Female	Married	Primary School	Unemployed	No	Moderate	40	122	81	Sunflower	164	75
983	KA/BEN/JI GI/15/20	24	Female	Married	High school	Agriculture	No	Moderate	40	123	79	Sunflower	165	72
984	KA/BEN/JI GI/15/21	28	Female	Married	High school	Unemployed	No	Moderate	40	127	92	Sunflower	163	69
985	KA/BEN/JI GI/15/22	23	Male	Unmarried	Primary School	Agriculture	No	No Exercise	30	116	78	Sunflower	171	41
986	KA/BEN/JI GI/15/23	38	Female	Married	Illiterate	Unemployed	No	Moderate	70	125	88	Mustard	155	46
987	KA/BEN/JI GI/15/24	26	Female	Married	Undergraduate	Service	No	Moderate	10	97	68	Sunflower	155	48
988	KA/BEN/JI GI/15/25	46	Female	Married	Primary School	Unemployed	No	Moderate	60	120	89	Sunflower	155	51
989	KA/BEN/JI GI/15/26	28	Female	Married	High school	Unemployed	No	Moderate	40	124	76	Sunflower	154	81
990	KA/BEN/JI GI/15/27	38	Female	Married	Undergraduate	Unemployed	No	Moderate	0	119	81	Sunflower	162	44
99	KA/BEN/JI	2	Mal	Unmarried	Primary	Skilled	No	Vigorous	0	142	93	Sunfl	18	70

1	GI/15/28	2	e		School	Manual						ower	4	
99 2	KA/BEN/JI GI/15/29	4 8	Mal e	Married	Illiterat e	Busines s	No	Moderat e	30	110	82	Sunfl ower	16 2	62
99 3	KA/BEN/JI GI/15/30	4 5	Fe mal e	Married	Illiterat e	Mediu m Busines s	No	Moderat e	50	177	106	Sunfl ower	15 4	45
99 4	KA/BEN/JI GI/15/31	2 2	Mal e	Unmarried	Gradua te	Unemp loyed	No	Mild	40	142	81	Sunfl ower	16 3	76
99 5	KA/BEN/JI GI/15/32	2 0	Mal e	Unmarried	Technic al Educati on	Unemp loyed	No	Mild	20	143	80	Sunfl ower	16 8	70
99 6	KA/BEN/JI GI/15/33	2 3	Mal e	Unmarried	Underg raduate	Unemp loyed	No	Mild	60	137	69	Sunfl ower	18 3	104
99 7	KA/BEN/JI GI/15/34	4 9	Mal e	Married	High school	Unskill ed Manual	No	Mild	70	160	80	Sunfl ower	17 6	76
99 8	KA/BEN/JI GI/15/35	3 5	Fe mal e	Married	Illiterat e	Clerical	No	Moderat e	80	162	112	Sunfl ower	16 8	66
99 9	KA/BEN/JI GI/15/36	2 9	Mal e	Unmarried	Technic al Educati on	Agricul ture	No	Moderat e	60	123	85	Grou ndnu t	16 6	87
10 00	KA/BEN/JI GI/15/37	2 6	Fe mal e	Unmarried	Technic al Educati on	Service	No	Mild	60	114	78	Grou ndnu t	16 8	57
10 01	KA/BEN/JI GI/15/38	3 4	Mal e	Married	High school	Skilled Manual	No	No Excercise	30	101	69	Sunfl ower	17 3	49
10 02	KA/BEN/JI GI/15/39	3 6	Mal e	Married	High school	Unskill ed Manual	No	Mild	40	119	77	Sunfl ower	17 5	53
10 03	KA/BEN/JI GI/15/40	3 7	Fe mal e	Married	Underg raduate	Unemp loyed	No	Mild				Sunfl ower		
10 04	KA/BEN/JI GI/15/41	2 9	Mal e	Married	High school	Agricul ture	No	Mild	20	127	88	Sunfl ower	17 7	55
10 05	KA/BEN/JI GI/15/42	2 7	Fe mal e	Married	Post Gradua te	Unemp loyed	No	Moderat e	30	121	76	Sunfl ower	16 0	51
10 06	KA/BEN/JI GI/15/43	2 4	Mal e	Married	High school	Unskill ed Manual	No	Mild				Sunfl ower		
10 07	KA/BEN/JI GI/15/44	2 4	Mal e	Unmarried	High school	Unemp loyed	No	Mild				Grou ndnu t	16 6	80
10 08	KA/BEN/JI GI/15/45	4 0	Mal e	Married	Illiterat e	Unskill ed Manual	No	Mild				Must ard		
10 09	KA/BEN/JI GI/15/46	2 7	Mal e	Unmarried	Primary School	Clerical	No	Mild	20	117	73	Sunfl ower	17 5	55
10 10	KA/BEN/JI GI/15/47	2 3	Fe mal e	Married	High school	Unemp loyed	No	Moderat e	10	99	63	Sunfl ower	16 3	37
10 11	KA/BEN/JI GI/15/48	2 1	Mal e	Unmarried	Technic al Educati on	Unskill ed Manual	No	Mild	20	147	91	Sunfl ower	17 0	64
10 12	KA/BEN/JI GI/15/49	2 1	Mal e	Unmarried	Technic al Educati on	Unskill ed Manual	No	Mild	20	157	67	Sunfl ower	16 5	52

10 13	KA/BEN/JI GI/15/50	3 0	Fe mal e	Married	Primary School	Unemp loyed	No	Moderat e	40	126	78	Sunfl ower	16 1	80
10 14	KA/BEN/JI GI/15/51	3 5	Fe mal e	Married	High school	Unemp loyed	No	Moderat e	60	119	64	Must ard	15 3	66
10 15	KA/BEN/JI GI/15/52	3 9	Mal e	Married	High school	Skilled Manual	No	Mild	60	134	98	Must ard	16 8	71
10 16	KA/BEN/JI GI/15/53	1 9	Mal e	Unmarried	High school	Unemp loyed	No	Mild	40	134	84	Soya bean	18 5	74
10 17	KA/BEN/JI GI/15/54	2 5	Fe mal e	Married	Primary School	Unemp loyed	No	Moderat e	30	130	80	Sunfl ower	16 2	59
10 18	KA/BEN/JI GI/15/55	4 6	Mal e	Married	Underg raduate	Unskill ed Manual	No	Moderat e	50	156	113	Must ard	16 9	66
10 19	KA/BEN/JI GI/15/56	2 1	Mal e	Unmarried	High school	Clerical	No	Mild	20	121	73	Grou ndnu t	17 0	50
10 20	KA/BEN/JI GI/15/57	2 0	Mal e	Unmarried	High school	Unskill ed Manual	No	Moderat e	10	130	79	Sunfl ower	17 8	51
10 21	KA/BEN/JI GI/15/58	3 9	Fe mal e	Married	Illiterat e	Unemp loyed	No	Moderat e	30	120	78	Sunfl ower	16 9	43
10 22	KA/BEN/JI GI/15/59	3 2	Fe mal e	Married	Primary School	Unskill ed Manual	No	Moderat e	40	104	73	Sunfl ower	16 4	55
10 23	KA/BEN/JI GI/15/60	2 9	Fe mal e	Married	High school	Unemp loyed	No	Moderat e	60	117	71	Must ard	16 0	62