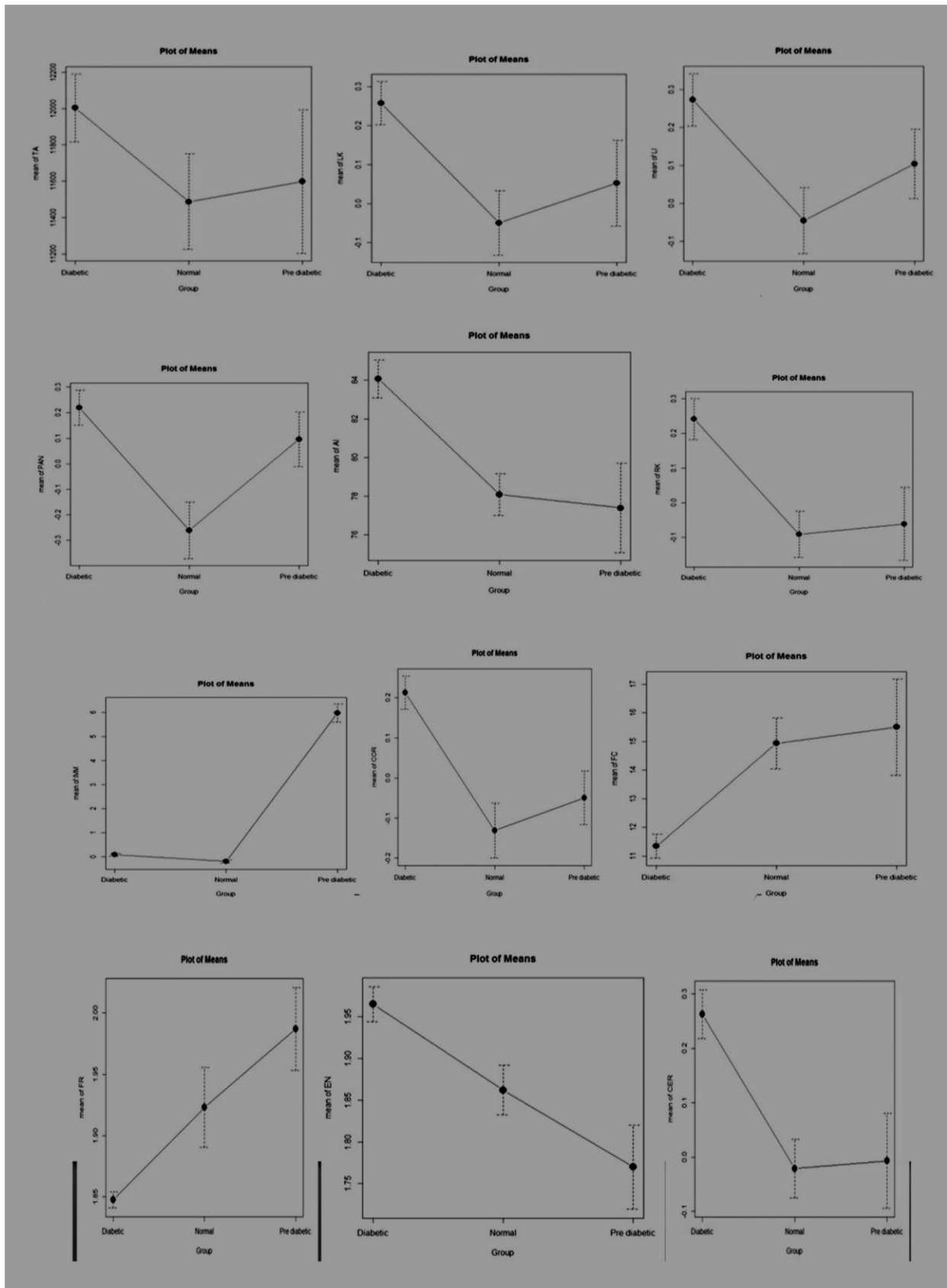


APPENDICES		
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Figure 10-21: Graphical representation of various parameters in normal, pre diabetic and diabetic state.



Appendix B

Table 28: one way ANOVA

	Diabetes		Normal		Pre diabetes		df	p	F
	Mean	Std dev	Mean	Std dev	Mean	Std dev			
Area	12003.320	1451.203	11487.860	1416.931	11597.770	1425.588	2	< 1	1.410
Intensity	84.065	7.616	78.087	5.862	77.388	8.346	2	< .001	9.029
Form Coefficient	11.344	3.239	14.934	4.792	15.502	6.064	2	< .001	10.270
Entropy	1.965	0.160	1.862	0.161	1.770	0.182	2	< .001	9.371
Fractality	1.848	0.050	1.923	0.174	1.987	0.121	2	< .001	10.820
Liver	0.274	0.532	-0.045	0.469	0.105	0.329	2	< .05	4.152
Immune Organs	0.085	0.380	-0.196	0.312	5.975	1.342	2	< .001	612.800
Pancreas	0.220	0.533	-0.261	0.595	0.096	0.387	2	< .001	7.862
Coronary	0.213	0.320	-0.131	0.369	-0.050	0.240	2	< .001	12.040
Cerebral	0.263	0.347	-0.021	0.290	-0.007	0.314	2	< .001	8.976
Left Kidney	0.258	0.431	-0.049	0.446	0.053	0.397	2	< .01	5.265
Right Kidney	0.242	0.461	-0.092	0.359	-0.062	0.380	2	< .01	7.212

Appendix C**SDM YOGA MODULE**

SI No.	Contents
1.	Lectures on diabetes
2.	Prayer , Bhajan, Meditation
3.	Breathing, Loosening, Suryanamaskar Kriya, Asana, Pranayama.
4.	Advanced Relaxation Technique.

Yoga Saptaha – Daily Schedule

6. 00 a.m to 6.10 a.m	Bhajan, Prayer, Breathing Practices, Loosening Practices.
6.10 a.m to 6.50 a.m	Surya Namaskar, Quick relaxation technique, Vakaraasana, Nadi Shudhi and Bhramari Pranayama
6.50 a.m to 7.00 a.m	Break
7.00 a.m to 7.30 a.m	Lecture on Diabetes and ‘Stop Diabetes Movement’, Adhi-Vyadhi concept and Diet, Panchkosha and Cyclic Meditation
7.30 a,m to 8.00 a.m	Cyclic Meditation practice

Cyclic Meditation

SI No	Contents	Duration
1	Opening Prayer –Avartana Dhayana Mantra	1 min
2	Instant Relaxation Technique	1 min
3	Centering	3 min
4	Standing Posture - Ardhakaticakrasana	3 min
5	Quick Relaxation Technique	5 min
6	Sitting Postures - Vajrasana, Sasankasana, Ustrasana	5 min
7	Deep Relaxation Technique	15 min
8	Closing Prayer	2 min

Appendix D

**SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA,
BENGALORE
(Declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)**

Demographic details

1. **Name** _____ **Age** _____ years

2. **Gender:** Male / Female

3. **Are you fresher?** Yes/ No

4. **Do you practice Yoga ?** Yes/ No

If yes, since how many Years ----- Months..... How many hours/ minutes per day?

5. **Do you have any health problem?** Yes/ No

If yes, can you mention type of ailment you have _____

6. **Are you on Medication?** Yes/ No

7. **Have you been practicing any activities** (Tick the appropriate Box)?

Exercise	Walking	Jogging	Yoga
None			

8. **Diet** (Tick the appropriate Box):

Vegetarian/ Non-Vegetarian

9. **Any other habits** (Smoking, alcohol, drugs etc.)

10. **E-mail address:** _____

11. **Contact Mobile/Phone Number** _____

12. **State** _____

Appendix E

**SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA,
BENGALORE
(Declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)**

INFORMED CONSENT

You are being invited to participate in the research related event which is likely to be beneficial to the society.

Title of the study: Correlation of EPI parameters with biochemical parameter in pre-diabetes .

Purpose of the Study: To establish the EPI pattern for Pre-diabetes so that EPI can be used as diagnostic and monitoring tool for diabetes.

Investigator: Romesh Kumar Bhat

Guide: Dr. T. M. Srinivasan

Co-guide: Dr. Ramesh Mavathur

Safety issues

About the instrument: The instrument EPI is non-invasive and hence there won't be any harm to you. Your participation is absolutely voluntary, and you are free to withdraw yourself from the study at any time without any reason, there will not be any charge for your participation, and confidentiality of your details will be maintained. For checking the fasting sugar levels we would require blood samples for the (FBS) test on the inaugural day of camp. This is a normal blood test and a quantity of 5ml will be taken by expert professionals for this test. The procedure of the experiment was explained to me and I have given my consent for being a subject for the study.

Date

Signature of the participant



स्वामी विवेकानन्द योग-अनुसन्धान-संस्थानम्
Swami Vivekananda Yoga Anusandhāna Samsthānam

(Declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)

Eknath Bhavan, # 19, Gavipuram Circle, Kempgowda Nagar, Bangalore - 560 019

Ph: 080 - 2661 2669, Telefax: 080 - 2660 8645

E-mail: svyasa@svyasa.edu.in Website: www.svyasa.edu.in

RES/IEC-SVYASA/66/2015

March 21, 2016

To,
 Dr. Srinivasan T M
 Professor,
 Davison of Yoga and Physical Science
 S-VYASA University,
 Bangalore.

Reference:

"Correlation between GDV and Biochemical parameters in Pre-Diabetes". - Committee Approval of the above mentioned study.

Dear Dr. Srinivasan T M,

We have received from you the following study related documents vide your letter dated June 20, 2015

1	Project Proposal
2	Informed consent form

Ethics committee meeting was held on July 25, 2015 at 2:00 PM to 5:00 PM at Eknath Bhavan, Bangalore. Above documents were examined and discussed in the meeting. After due consideration, the committee has decided to approve conducting the aforementioned study.

APPROVED

Subramanyal

INSTITUTIONAL ETHICS COMMITTEE
 SVYASA, BANGALORE



स्वामी विवेकानन्द योग-अनुसन्धान-संस्थानम्
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Ph: 080 - 2661 2669, Telefax: 080 - 2660 8645

E-mail: svyasa@svyasa.edu.in Website: www.svyasa.edu.in

This is to confirm that neither Dr. Srinivasan T M nor any staff participating in this study were involved in the voting procedures and decision making.

The Institutional Review Board / Independent Ethics Committee (IEC) are expected to be informed about the progress of the study / any changes in the protocol and patient information / informed consent. The investigators are also expected to submit a copy of the final report to IEC for records.

This approval is valid up to the completion of the study at the site.

Please submit to the IEC, the status report of the study as per the SOPs.

The IEC is organized & operates according to the requirements of ICH-GCP, Indian Council of Medical Research Guidelines & Schedule Y.

Best Wishes,

Subramanya P.

Dr. Subramanya P,
 Member Secretary,
 Institutional Ethics Committee,
 S-VYASA, Bangalore.

Appendix G

RAW DATA OF DIABETES MELLITUS TYPE 2 PARTICIPANTS(WITH FBS REPORTS)															
P No.	AREA	INT	FC	EN	FR	AGE	S E X	FBS	LI	IMM	PAN	COR	CER	LK	RK
1	10288.5	79.5	14.0	2.1	1.8	41	M	74	0.50	0.48	0.73	0.51	0.37	0.34	0.26
2	11824.5	79.2	14.2	1.9	1.9	66	M	74	-0.40	0.28	0.67	0.47	0.38	-0.44	0.56
3	12330	80.9	13.3	2.1	1.8	55	M	78	0.34	0.16	-0.13	0.13	0.14	0.35	0.29
4	10706	85.1	9.6	2.0	1.8	50	F	78	0.87	0.19	0.59	0.07	0.16	0.54	0.68
5	13539	94.1	8.6	1.8	1.9	64	M	84	0.99	0.54	0.56	0.56	0.53	0.98	0.82
6	12127.5	79.7	11.8	2.0	1.9	58	F	87	-0.15	-0.40	-0.09	-0.01	0.08	-0.21	0.27
7	12102	92.5	8.2	1.9	1.8	59	F	89	0.98	0.40	0.69	0.30	0.36	0.40	0.83
8	13556.5	95.4	7.6	2.1	1.9	55	M	90	0.85	0.60	0.99	0.55	0.68	0.98	0.66
9	14083.5	97.0	7.4	2.0	1.8	64	M	91	1.07	0.34	0.77	0.45	0.56	0.84	0.98
10	12057.5	80.9	8.2	2.1	1.8	63	M	91	0.20	0.07	0.14	0.10	-0.16	0.24	0.32
11	10927.5	82.1	12.7	2.0	1.8	61	M	92	0.34	-0.24	-0.46	0.13	0.11	0.09	0.45
12	13199.5	101.9	7.1	1.7	1.8	68	M	92	0.43	0.17	0.05	0.11	0.08	0.19	0.41
13	13317	93.0	7.8	2.0	1.7	52	M	96	0.04	-0.01	0.25	0.06	-0.11	-0.38	-0.58
14	10918	81.5	15.9	2.0	1.8	50	M	97	-0.01	-0.09	-1.25	0.19	0.21	0.24	0.28
15	12691.5	88.7	8.7	2.0	1.9	60	M	97	0.41	0.41	0.87	0.91	0.69	0.45	0.37
16	9921	96.3	5.3	2.0	1.8	63	F	97	-0.10	0.16	0.06	0.72	0.95	0.15	0.15
17	11740.5	71.4	19.7	2.1	1.9	40	F	98	-0.86	0.11	-0.05	0.04	-0.41	0.22	-0.08
18	9729	84.7	9.3	1.8	1.8	57	M	105	-0.21	0.28	-0.52	0.18	0.07	0.11	0.35
19	11163.5	77.1	13.2	1.9	1.7	44	F	112	0.44	0.15	0.64	0.27	0.27	0.19	0.43
20	10947.5	81.8	11.4	2.0	1.9	50	M	112	0.08	0.05	0.20	0.23	0.37	0.31	0.19
21	10377	89.5	7.4	1.9	1.9	65	M	115	0.43	0.29	0.45	0.20	0.25	0.35	0.48
22	12690	94.0	8.2	2.0	1.8	52	M	118	0.83	0.38	0.42	0.35	0.48	1.08	0.78
23	12795	84.0	11.0	2.0	1.8	69	M	119	1.21	0.64	1.04	0.36	0.22	0.80	0.90

24	13071	84.7	11.4	1.9	1.8	50	M	120	0.19	0.09	0.09	0.22	0.16	0.27	0.18
25	11441	82.1	11.6	2.0	1.8	71	M	120	0.81	0.41	0.70	0.40	0.45	0.68	0.56
26	10665.5	75.2	16.6	2.2	1.8	36	F	121	0.47	-0.24	0.35	-0.13	0.12	0.28	-0.03
27	13612	82.4	10.1	1.8	1.9	50	F	125	0.32	0.06	0.27	0.17	0.37	0.07	0.13
28	12148	93.2	7.8	2.0	1.8	36	M	126	0.37	0.53	0.82	0.98	1.12	0.52	0.34
29	12251.5	78.2	15.3	2.1	1.9	60	M	127	0.34	-0.09	-0.31	0.10	0.34	0.53	0.45
30	12299.5	90.4	8.1	1.8	1.8	29	F	129	0.09	0.01	-0.14	-0.35	0.16	-0.08	0.11
31	11385.5	78.2	14.3	2.0	1.9	56	M	132	0.89	0.40	0.68	0.38	0.27	0.45	0.55
32	7952	72.4	16.6	2.0	1.7	43	M	133	-0.47	-0.47	-1.09	0.18	0.05	-0.13	-1.94
33	11427	98.8	6.0	1.8	1.8	57	F	135	-0.50	-0.66	-0.68	-0.64	-0.43	-0.83	-0.44
34	13767	74.8	16.1	2.1	1.9	63	F	138	0.16	0.07	0.13	0.18	0.28	-0.21	-0.35
35	13572.5	82.0	13.3	2.0	1.9	35	F	150	-0.52	-0.26	0.18	0.17	0.22	-0.34	-0.20
36	13224	97.7	8.1	2.1	1.8	60	F	151	0.45	-0.04	0.46	0.19	0.25	0.48	0.01
37	13266	74.2	18.1	2.2	1.9	48	M	153	-0.12	0.10	-0.07	0.23	0.29	0.24	0.18
38	12806	86.1	10.5	2.0	1.9 1	62	M	154	-0.03	-0.02	-0.19	0.19	0.16	0.03	0.18
39	11048	80.1	12.4	1.9	1.8	60	F	156	0.23	0.04	0.22	0.09	0.07	-0.20	-0.12
40	11287.5	81.7	14.9	2.0	1.9	52	F	157	0.48	0.41	-0.15	0.39	0.46	0.72	0.60
41	12189	93.9	7.5	2.0	1.9	44	M	159	0.13	0.37	0.47	0.86	0.88	0.20	0.28
42	14862.5	88.4	7.8	2.0	1.8	45	F	163	0.95	0.21	0.23	-0.22	0.17	0.53	-0.04
43	12119	83.6	11.9	2.0	1.9	59	M	164	0.24	-0.33	0.27	0.09	0.17	0.08	-0.01
44	12986	90.8	8.2	2.0	1.8	61	M	175	1.24	0.67	0.85	0.40	0.46	0.71	0.81
45	11723.5	75.2	11.6	1.9	1.9	58	M	176	1.73	1.49	1.57	1.28	1.48	1.88	1.30
46	7563	65.3	17.4	1.4	1.8	60	F	188	-0.80	-0.26	1.08	-0.48	-0.81	-0.35	-0.51
47	14038	89.0	8.0	2.0	1.9	54	M	188	0.22	-0.18	0.18	0.11	0.27	0.17	0.08
48	13340.5	82.9	12.3	2.0	1.9	40	F	194	-0.75	0.13	0.31	0.16	0.34	0.16	0.23
49	11427.5	78.7	13.7	2.1	1.9	51	F	194	0.22	0.16	0.17	0.11	-0.06	0.06	0.14
50	8606	80.4	11.8	2.0	1.9	52	F	198	-0.44	-0.68	-0.86	0.21	0.44	0.04	0.33
51	13104	87.8	10.4	1.9	1.9	49	M	202	0.33	-0.38	0.39	-0.08	0.06	0.41	0.38
52	11428	83.3	10.3	2.1	1.9	51	M	207	0.41	-0.78	0.24	0.08	0.15	0.16	0.26

53	10540.5	73.7	14.5	2.1	1.9	43	F	220	0.09	-0.54	-0.25	-0.06	-0.16	-0.51	-0.03
54	11727.5	82.0	11.7	1.8	1.9	64	M	235	0.73	0.16	0.68	0.46	0.59	0.74	0.60
55	12087	76.3	13.5	2.1	1.8	52	F	247	-0.82	-0.35	-0.65	0.07	0.13	0.14	-0.02
56	12095	76.5	11.4	1.9	1.9	40	F	279	0.35	0.18	-0.09	-0.08	0.32	0.11	-0.15
57	13350	82.5	11.7	1.2	1.9	50	F	299	0.29	0.22	0.51	0.17	0.37	0.08	0.11
58	12839	82.7	12.1	2.0	1.9	50	F	323	0.38	-0.02	-0.13	-0.09	0.24	0.14	0.28
59	12439	86.7	10.6	1.9	1.9	73	M	326	0.20	-0.15	-0.09	0.05	0.03	0.25	0.08
60	13465.5	82.0	12.5	1.9	1.8	58	M	415	0.27	-0.13	0.42	0.10	0.09	0.17	0.39
RAW DATA OF NORMAL PARTICIPANTS (WITH FBS REPORTS)															
61	10220.5	78.7	14.0	1.7	2.0	42	F	81	-0.12	-0.06	0.11	-0.29	-0.23	-0.05	0.07
62	12545	80.2	16.4	2.0	1.8	60	F	99	0.18	0.14	0.19	0.08	0.21	0.10	-0.09
63	10313.5	72.7	21.8	1.7	1.8	44	M	92	-0.04	-0.52	-0.09	0.08	-0.85	-0.21	-0.87
64	11490	80.7	15.0	1.8	1.9	46	F	88	0.06	0.26	0.07	0.09	0.24	0.38	-0.20
65	11719.5	92.4	7.9	1.7	1.9	55	F	89	0.37	0.07	0.26	-0.10	0.15	0.22	-0.31
66	11614	77.6	15.8	1.7	2.4	40	F	94	0.26	0.11	0.19	-0.48	0.22	0.39	-0.14
67	13500	82.4	10.0	1.8	1.9	42	F	82	0.37	-0.18	0.49	-0.02	0.18	-0.26	0.17
68	12104	76.6	14.8	1.7	1.9	40	F	96	-0.29	-0.38	-0.14	-0.25	-0.34	0.07	0.28
69	12384	81.9	13.3	1.9	1.9	38	F	87	0.28	-0.28	0.20	-0.07	0.08	0.16	0.16
70	12219.5	87.3	11.1	1.8	2.2	42	M	90	0.28	0.10	0.20	-0.02	0.14	0.17	-0.01
71	11774	79.9	14.5	2.0	1.8	59	F	93	0.23	0.01	0.05	-0.13	-0.09	0.23	0.12
72	8087	72.1	20.2	1.6	1.8	35	F	85	-0.60	-0.29	-2.02	-1.71	-0.56	-1.65	-1.29
73	11846.5	80.5	9.9	2.0	2.2	47	F	85	0.62	-0.20	-0.24	-0.09	0.08	0.31	0.19
74	11761	75.1	14.1	1.9	1.7	34	F	90	-0.27	-0.10	-0.70	-0.05	0.09	-0.83	0.06
75	13212.5	78.3	14.5	1.4	2.0	40	M	87	0.23	-0.15	0.16	0.11	0.16	0.15	0.21
76	8856.5	68.6	24.4	2.0	2.0	37	F	96	-0.88	-0.26	-1.98	-0.11	-0.27	-0.01	-0.09
77	10367.5	65.2	29.4	1.7	1.7	68	M	99	-0.51	-0.43	-0.76	0.12	0.32	-0.45	-0.52
78	11283	76.1	15.5	1.7	2.0	32	F	83	0.17	-0.44	-0.63	0.07	0.13	0.36	0.15
79	12636.5	71.5	18.9	1.7	2.0	25	M	85	-0.17	0.13	-0.06	0.21	0.05	0.12	0.07
80	10709	73.8	13.4	1.9	2.2	40	M	88	0.24	-0.16	-0.26	-0.42	-0.23	0.10	-0.02

81	11119.5	82.3	8.3	1.9	1.8	37	F	77	0.17	-0.06	-0.13	-0.46	-0.13	-0.06	-0.09
82	10482.5	74.6	17.4	2.0	1.9	41	M	83	-1.18	-0.61	-0.53	0.17	0.21	-0.81	-0.41
83	10954	70.6	18.2	2.1	1.9	33	F	84	-0.33	-0.09	-0.26	0.02	-0.24	0.11	0.07
84	8637.5	81.7	10.5	2.0	1.7	60	F	77	-1.12	-0.83	-0.76	-0.16	0.07	0.02	-0.45
85	10951	74.7	15.4	2.1	1.8	38	M	87	-0.40	-1.16	-0.71	-0.63	-0.02	-0.58	-0.38
86	12631.5	85.4	13.4	2.0	1.9	36	M	86	0.22	-0.20	0.16	0.03	0.14	-0.02	0.01
87	12688.5	81.6	10.6	1.9	1.8	54	M	98	0.15	-0.14	-0.20	-0.04	-0.60	0.10	0.08
88	14008	84.7	10.0	1.9	1.8	68	M	98	0.72	0.21	0.26	0.08	0.34	0.36	0.44
89	13025	77.4	14.4	2.0	1.9	56	M	91	0.05	-0.18	-0.44	0.16	0.14	0.16	0.12

RAW DATA OF PRE-DIABETIC PARTICIPANTS (WITH FBS REPORTS)

90	12464.5	91.4	10.4	1.9	1.8	60	F	108	0.63	0.11	0.54	-0.25	0.20	0.42	0.30
91	11745	82.7	14.4	1.9	1.9	31	F	246	-0.33	-0.37	0.48	0.13	0.01	0.35	-0.75
92	11595	79.8	11.9	1.7	2.1	35	F	142	0.33	0.07	0.02	-0.04	-0.03	-0.04	0.17
93	12298	92.9	7.0	1.9	1.8	55	F	142	0.38	-0.06	0.39	-0.16	0.15	0.03	-0.17
94	10317.5	73.1	16.5	1.5	2.1	40	M	102	0.01	-0.38	-0.31	-0.58	-0.38	-0.46	-0.20
95	8161.5	66.8	31.8	1.9	2.1	43	M	135	-0.37	-0.82	-0.86	0.18	-0.85	-0.99	-0.92
96	12104.5	75.3	14.6	2.0	1.9	65	F	103	0.26	0.07	0.39	-0.04	-0.07	0.04	0.15
97	11679.5	76.3	13.5	1.5	2.1	52	F	107	-0.36	-0.36	0.10	-0.25	0.08	0.17	-0.17
98	13599	80.	12.6	2.0	1.8	68	M	136	0.35	0.06	0.37	0.17	0.21	0.27	0.20
99	12175	70.8	17.8	1.6	2.0	41	F	102	-0.07	-0.51	-0.19	0.18	-0.14	0.13	0.18
100	10143	64.7	21.7	1.6	2.0	53	M	116	0.05	-0.06	0.24	0.05	0.29	0.10	0.12
101	11210.5	73.4	16.0	1.8	2.0	54	F	102	0.47	0.07	0.14	0.23	0.19	0.54	0.22
102	13275	78.8	13.2	1.7	2.0	68	M	130	0.01	-0.10	-0.06	-0.27	0.25	0.13	0.07

RAW DATA OF DIABETES MELLITUS TYPE 2 PARTICIPANTS (WITH HbA1c REPORTS)

P No.	AREA	INT	FC	EN	FR	AG E	S E X	HbA1c	LI	IMM	PAN	COR	CER	LK	RK
103	13617.1	82.7	13.7	1.9	1.9	35	F	6.3	-0.52	-0.26	0.18	0.17	0.22	-0.34	-0.20
104	12615.5	79.0	12.3	2.0	1.9	58	F	7.3	-0.15	-0.40	-0.09	-0.01	0.08	-0.21	0.27

105	13526.2	78.0	14.0	2.1	1.8	55	M	7.4	0.34	0.16	-0.13	0.13	0.14	0.35	0.29
106	12812.7	88.9	9.6	2.0	1.8	36	F	7.5	0.47	-0.24	0.35	-0.13	0.12	0.28	-0.03
107	8546.7	75.2	15.3	2.1	1.8	43	M	7.8	-0.47	-0.47	-1.09	0.18	0.05	-0.13	-1.94
108	13584.2	82.5	11.4	2.0	1.9	40	F	7.9	-0.75	0.13	0.31	0.16	0.34	0.16	0.23
109	12318	84.2	12.4	1.9	1.9	60	F	8.2	0.23	0.04	0.22	0.09	0.07	-0.20	-0.12
110	12989.1	88.1	8.0	1.9	1.7	72	F	8.2	0.37	-0.21	-0.04	0.03	0.07	0.25	0.05
111	14780.5	90.8	7.0	2.0	1.7	45	F	8.7	0.95	0.21	0.23	-0.22	0.17	0.53	-0.04
112	11071.3	74.3	14.4	2.1	1.9	43	F	8.8	0.09	-0.54	-0.25	-0.06	-0.16	-0.51	-0.03
113	10125	75.2	17.7	2.0	1.8	60	F	8.8	0.45	-0.04	0.46	0.19	0.25	0.48	0.01
114	13110.2	82.7	13.3	2.0	1.9	59	M	9.7	0.24	-0.33	0.27	0.09	0.17	0.08	-0.01
115	13141.2	76.5	11.6	2.0	1.8	40	F	10.1	0.35	0.18	-0.09	-0.08	0.32	0.11	-0.15
116	13620.5	75.8	17.5	2.0	1.9	48	M	10.6	-0.12	0.10	-0.07	0.23	0.29	0.24	0.18
117	12778.2	78.4	12.6	2.0	1.8	52	F	10.7	-0.82	-0.35	-0.65	0.07	0.13	0.14	-0.02
118	14143.7	88.	8.6	2.0	1.8	66	M	11.3	0.39	0.09	0.20	0.19	0.23	0.12	0.46
119	13575.2	83.8	11.6	1.9	1.9	50	F	12.1	0.38	-0.02	-0.13	-0.09	0.24	0.14	0.28
120	14165.5	84.8	10.4	1.8	1.8	50	F	12.2	0.29	0.22	0.51	0.17	0.37	0.08	0.11
121	13183.6	80.5	13.0	1.9	1.8	58	M	13.2	0.27	-0.13	0.42	0.10	0.09	0.17	0.39
122	12778.2	78.4	12.6	2.0	1.8	52	F	10.7	-0.52	-0.26	0.18	0.17	0.22	-0.34	-0.20
123	14143.7	88.3	8.6	2.0	1.8	66	M	11.3	-0.15	-0.40	-0.09	-0.01	0.08	-0.21	0.27
124	13575.2	83.8	11.6	2.0	1.9	50	F	12.1	0.34	0.16	-0.13	0.13	0.14	0.35	0.29
125	14165.5	84.8	10.4	1.8	1.8	50	F	12.2	0.47	-0.24	0.35	-0.13	0.12	0.28	-0.03
126	13183.6	80.5	13.0	1.9	1.8	58	M	13.2	-0.47	-0.47	-1.09	0.18	0.05	-0.13	-1.94
RAW DATA OF NORMAL PARTICIPANTS (WITH HbA1c REPORTS)															
127	11679.5	76.3	13.5	1.5	2.1	52	F	4.3	-0.36	-0.36	0.10	-0.25	0.08	0.17	-0.17
128	12631.5	85.4	13.4	2.0	1.9	36	M	4.8	0.22	-0.20	0.16	0.03	0.14	-0.02	0.01
129	11668.5	78.6	15.5	2.1	1.8	25	M	4.8	0.12	-0.14	0.22	0.25	-0.03	-0.05	-0.38
130	11919.0	75.7	16.3	2.1	1.9	25	M	4.8	0.26	0.13	-1.10	0.07	0.19	0.42	-0.64
131	11476.0	81.9	11.8	2.0	1.9	28	F	4.8	0.35	-0.26	0.07	-0.07	-0.06	0.14	-0.18
132	12066.5	78.7	13.7	2.0	1.9	33	F	4.8	0.48	-0.65	-0.33	-0.08	0.16	-0.62	0.01

133	11119.0	78.6	18.4	2.0	1.9	22	M	4.8	0.38	-0.01	0.14	-0.16	0.08	0.11	0.10
134	11792.0	80.6	11.2	2.0	1.8	23	M	4.9	0.31	-0.25	-0.42	0.10	0.09	0.16	-0.32
135	11614.0	77.6	15.8	1.7	2.4	40	F	5	0.26	0.11	0.19	-0.48	0.22	0.39	-0.14
136	9176.0	72.5	20.0	1.9	1.8	40	M	5	-0.76	-0.30	-0.57	-0.46	-0.03	-0.41	-2.45
137	12815.5	83.0	14.3	2.0	1.9	35	M	5	0.44	0.29	0.46	0.22	0.22	-0.01	0.19
138	12498.0	89.7	10.0	1.9	1.9	22	F	5	0.04	0.15	-0.31	-0.02	0.06	0.08	-0.32
139	11307.5	87.2	8.7	2.1	1.8	35	F	5	0.75	-0.08	-0.32	-0.73	-0.04	-0.12	-0.15
140	11719.5	92.4	7.9	1.7	1.9	55	F	5.1	0.37	0.07	0.26	-0.10	0.15	0.22	-0.31
141	12384.0	81.9	13.3	1.9	1.9	38	F	5.1	0.28	-0.28	0.20	-0.07	0.08	0.16	0.16
142	8087.0	72.1	20.2	1.6	1.8	35	F	5.1	-0.60	-0.29	-2.02	-1.71	-0.56	-1.65	-1.29
143	10954.0	70.6	18.2	2.1	1.9	33	F	5.1	-0.33	-0.09	-0.26	0.02	-0.24	0.11	0.07
144	11230.0	74.5	18.5	1.8	1.9	55	F	5.1	0.30	-0.53	-0.60	-0.05	-0.57	-0.35	-0.27
145	12511.5	78.2	12.6	2.0	1.8	30	F	5.1	0.17	-0.69	-0.56	-0.03	0.05	-0.13	-0.12
146	10261.0	76.2	15.0	2.1	1.9	36	M	5.1	-0.18	-0.23	0.15	-0.48	-0.04	-0.17	0.47
147	12464.5	91.4	10.4	1.9	1.8	60	F	5.2	0.63	0.11	0.54	-0.25	0.20	0.42	0.30
148	10220.5	78.7	14.0	1.7	2.0	42	F	5.2	-0.12	-0.06	0.11	-0.29	-0.23	-0.05	0.07
149	10951.0	74.7	15.4	2.1	1.8	38	M	5.2	-0.40	-1.16	-0.71	-0.63	-0.02	-0.58	-0.38
150	13082.5	86.5	10.2	1.8	1.9	45	M	5.2	0.42	0.08	0.31	0.08	0.14	0.17	0.38
151	11349.5	76.2	21.6	2.0	1.9	64	M	5.2	-0.19	0.32	0.09	0.10	0.33	0.18	-0.30
152	10364.5	75.4	15.4	2.1	1.9	30	F	5.2	0.22	-0.59	0.08	0.07	0.06	-0.26	0.13
153	8780.5	75.0	23.3	2.0	1.8	36	M	5.2	-0.28	-0.31	0.04	-0.09	-0.72	0.35	0.08
154	11490.0	80.7	15.0	1.8	1.9	46	F	5.3	0.06	0.26	0.07	0.09	0.24	0.38	-0.20
155	12104.0	76.6	14.8	1.7	1.9	40	F	5.3	-0.29	-0.38	-0.14	-0.25	-0.34	0.07	0.28
156	10709.0	73.8	13.4	1.9	2.2	40	M	5.3	0.24	-0.16	-0.26	-0.42	-0.23	0.10	-0.02
157	8637.5	81.7	10.5	2.0	1.7	60	F	5.3	-1.12	-0.83	-0.76	-0.16	0.07	0.02	-0.45
158	14469.5	86.9	8.2	1.8	1.8	31	M	5.3	0.55	-0.10	0.36	0.20	0.13	0.36	0.53
159	12169.5	82.5	12.8	2.0	1.9	40	F	5.3	0.32	-0.14	0.11	-0.90	-0.07	-0.12	0.15
160	11789.5	82.4	12.4	2.0	1.8	28	F	5.3	0.26	0.16	0.12	-0.01	0.07	0.29	-0.02
161	10313.5	72.7	21.8	1.7	1.8	44	M	5.4	-0.04	-0.52	-0.09	0.08	-0.85	-0.21	-0.87

162	13500.0	82.4	10.0	1.8	1.9	42	F	5.4	0.37	-0.18	0.49	-0.02	0.18	-0.26	0.17
163	12219.5	87.2	11.1	1.8	2.2	42	M	5.4	0.28	0.10	0.20	-0.02	0.14	0.17	-0.01
164	11283.0	76.1	15.5	1.7	2.0	32	F	5.4	0.17	-0.44	-0.63	0.07	0.13	0.36	0.15
165	12279.5	73.1	19.2	1.9	1.9	38	M	5.4	-0.23	-0.34	0.46	-0.61	0.09	0.57	0.07
166	14520.5	86.6	13.1	1.9	1.9	50	M	5.4	0.56	0.23	0.40	0.23	0.26	0.52	0.53
167	10937.5	70.4	21.8	2.1	1.9	33	F	5.4	-1.10	0.18	-0.46	-0.28	0.14	-1.55	0.22
168	12636.5	71.5	18.9	1.7	2.0	25	M	5.5	-0.17	0.13	-0.06	0.21	0.05	0.12	0.07
169	11647.5	92.5	9.4	2.0	1.7	51	M	5.5	0.32	-0.02	0.24	0.17	0.17	0.29	0.16
170	12598.5	81.3	14.4	2.0	1.9	29	M	5.5	0.12	0.18	0.34	0.15	0.15	0.26	-0.06
171	13578.0	79.9	12.0	2.1	1.8	55	F	5.5	0.18	0.26	0.45	0.04	0.08	-0.62	-0.18
172	12687.0	84.4	13.2	2.1	1.9	32	M	5.5	0.15	0.17	0.36	0.11	0.15	0.03	-0.13
173	12670.5	77.7	11.0	2.0	1.9	35	F	5.5	0.48	-1.11	-0.49	-0.14	-0.20	0.15	0.28
174	10317.5	73.1	16.5	1.5	2.1	40	M	5.6	0.01	-0.38	-0.31	-0.58	-0.38	-0.46	-0.20
175	10482.5	74.6	17.4	2.0	1.9	41	M	5.6	-1.18	-0.61	-0.53	0.17	0.21	-0.81	-0.41
176	12428.0	87.0	11.0	2.0	1.8	41	M	5.6	0.35	0.23	0.25	0.27	0.28	0.34	-0.10
177	11846.5	80.6	9.9	2.0	2.2	47	F	5.7	0.62	-0.20	-0.24	-0.09	0.08	0.31	0.19
178	13212.5	78.3	14.5	1.4	2.0	40	M	5.7	0.23	-0.15	0.16	0.11	0.16	0.15	0.21
179	10367.5	65.2	29.4	1.7	1.7	68	M	5.7	-0.51	-0.43	-0.76	0.12	0.32	-0.45	-0.52
180	12145.5	91.7	9.3	1.9	1.9	52	F	5.7	0.06	0.30	-0.14	0.15	0.17	-0.15	0.36
181	8856.5	68.6	24.4	2.0	2.0	37	F	5.8	-0.88	-0.26	-1.98	-0.11	-0.27	-0.01	-0.09
182	11119.5	82.3	8.3	1.9	1.8	37	F	5.8	0.17	-0.06	-0.13	-0.46	-0.13	-0.06	-0.09
183	12545.0	80.2	16.4	2.0	1.8	60	F	5.9	0.18	0.14	0.19	0.08	0.21	0.10	-0.09
184	11774.0	79.9	14.5	2.0	1.8	59	F	5.9	0.23	0.01	0.05	-0.13	-0.09	0.23	0.12
185	10425.5	77.6	11.4	2.2	1.8	30	F	5.9	-0.91	-1.42	-0.02	0.06	-0.58	0.26	0.01
186	12104.5	75.3	14.6	2.0	2.0	65	F	6.1	0.26	0.07	0.39	-0.04	-0.07	0.04	0.15
187	13117.0	90.8	12.1	2.0	1.9	55	F	6.1	0.16	-0.16	0.26	0.24	0.20	0.28	0.19
188	11761.0	75.1	14.1	1.9	1.7	34	F	6.3	-0.27	-0.10	-0.70	-0.05	0.09	-0.83	0.06
190	13148.5	83.7	11.0	2.1	1.8	25	F	6.3	0.59	-0.07	0.41	0.01	-0.06	0.47	-0.03
191	14454.5	85.3	10.2	2.1	1.8	75	M	6.3	0.78	0.18	0.01	0.25	0.18	0.13	0.44

192	11372.0	84.1	10.3	2.0	1.9	42	F	6.4	0.27	0.08	0.20	0.15	-0.17	0.35	-0.13
RAW DATA OF PRE-DIABETIC PARTICIPANTS (WITH HbA1c REPORTS)															
193	11846.5	80.6	9.9	2.0	2.2	47	F	5.7	0.62	-0.20	-0.24	-0.09	0.08	0.31	0.19
194	13212.5	78.3	14.5	1.4	2.0	40	M	5.7	0.23	-0.15	0.16	0.11	0.16	0.15	0.21
195	10367.5	65.2	29.4	1.7	1.7	68	M	5.7	-0.51	-0.43	-0.76	0.12	0.32	-0.45	-0.52
196	12145.5	91.7	9.3	1.9	1.9	52	F	5.7	0.06	0.30	-0.14	0.15	0.17	-0.15	0.36
197	8856.5	68.6	24.4	2.0	2.0	37	F	5.8	-0.88	-0.26	-1.98	-0.11	-0.27	-0.01	-0.09
198	11119.5	82.3	8.3	1.9	1.8	37	F	5.8	0.17	-0.06	-0.13	-0.46	-0.13	-0.06	-0.09
199	12545.0	80.2	16.4	2.0	1.8	60	F	5.9	0.18	0.14	0.19	0.08	0.21	0.10	-0.09
200	11774.0	79.9	14.5	2.0	1.8	59	F	5.9	0.23	0.01	0.05	-0.13	-0.09	0.23	0.12
201	10425.5	77.6	11.4	2.2	1.8	30	F	5.9	-0.91	-1.42	-0.02	0.06	-0.58	0.26	0.01
202	12104.5	75.3	14.6	2.0	2.0	65	F	6.1	0.26	0.07	0.39	-0.04	-0.07	0.04	0.15
203	13117.0	90.8	12.1	2.0	1.9	55	F	6.1	0.16	-0.16	0.26	0.24	0.20	0.28	0.19
204	11761.0	75.1	14.1	1.9	1.7	34	F	6.3	-0.27	-0.10	-0.70	-0.05	0.09	-0.83	0.06
205	13148.5	83.7	11.0	2.1	1.8	25	F	6.3	0.59	-0.07	0.41	0.01	-0.06	0.47	-0.03
206	14454.5	85.3	10.2	2.1	1.8	75	M	6.3	0.78	0.18	0.01	0.25	0.18	0.13	0.44
207	11372.0	84.1	10.3	2.0	1.9	42	F	6.4	0.27	0.08	0.20	0.15	-0.17	0.35	-0.13
208	12298.0	92.9	7.0	1.9	1.8	55	F	6.6	0.38	-0.06	0.39	-0.16	0.15	0.03	-0.17
209	11595.0	79.8	11.9	1.7	2.1	35	F	6.7	0.33	0.07	0.02	-0.04	-0.03	-0.04	0.17
RAW DATA OF DIABETIC PARTICIPANTS (PRE SDM YOGA INTERVENTION)															
210	13911.3	90.0	9.7	1.9	1.8	64			0.37	0.27	0.29	0.20	0.93	32.9	0.28
211	13347.2	84.3	10.2	1.9	1.8	50			0.41	0.10	0.10	0.41	0.93	25.9	0.10
212	12373.8	77.3	14.6	2.0	1.9	70			0.09	-0.26	-0.10	0.11	0.85	35.9	-0.18
213	12880.0	78.2	13.2	1.9	1.9	55			0.23	-0.38	-0.32	0.02	0.88	28.4	-0.35
214	12803.5	82.2	10.2	1.9	1.8	57			0.75	-0.25	0.28	0.18	0.99	29.4	0.02
215	14613.5	79.6	15.2	2.0	1.9	54			-0.04	0.06	0.38	-0.37	1.01	27.9	0.22
216	13431.2	80.8	11.3	1.9	1.8	63			0.27	-0.11	0.09	0.22	0.83	32.4	-0.01
217	13825.5	88.0	8.8	2.0	1.8	68			0.54	0.08	0.55	0.44	0.89	34.9	0.31
218	13680.6	89.2	9.0	1.9	1.8	48			0.64	0.08	0.25	0.42	0.99	24.9	0.16

219	14057.4	81.0	12.6	1.9	1.9	48	0.24	0.25	0.23	0.06	0.93	24.9	0.24
220	12429.4	81.5	10.8	1.9	1.9	52	0.39	0.19	-0.07	0.22	0.84	26.9	0.06
221	12935.4	79.6	13.3	1.9	1.9	68	0.17	0.04	0.10	-0.06	0.98	34.9	0.07
222	14191.6	85.5	10.9	1.9	1.9	53	0.34	0.39	-0.17	0.00	1.04	27.4	0.11
223	13732.6	80.8	14.0	1.9	1.9	52	0.33	0.14	0.31	-0.44	0.75	26.9	0.22
224	13786.4	78.4	15.6	2.0	1.9	60	0.10	0.26	0.12	0.12	1.06	31.0	0.19
225	12472.0	78.2	13.8	2.0	1.9	46	0.14	-0.01	-0.32	-0.14	0.63	23.9	-0.16
226	12808.3	89.7	8.5	2.0	1.8	72	0.27	-0.01	-0.32	0.15	0.92	36.9	-0.16
227	13492.4	76.9	15.1	2.0	1.9	53	0.35	0.13	0.14	-0.11	0.96	27.4	0.13
228	13443.3	74.6	16.6	2.0	1.9	47	0.11	-0.42	-0.04	0.01	0.95	24.4	-0.23
229	14562.7	82.1	11.8	1.9	1.8	55	0.22	0.12	0.18	0.07	0.96	28.4	0.15
230	13928.0	81.6	13.3	2.0	1.9	56	0.21	0.18	0.51	0.00	0.70	29.0	0.35
231	14670.4	91.5	8.2	2.0	1.8	51	0.48	0.20	0.07	0.30	1.01	26.4	0.13
232	14102.9	91.8	8.1	1.9	1.8	55	0.67	0.04	0.25	0.22	0.82	28.4	0.14
233	14745.4	76.3	18.7	2.1	1.9	59	0.25	0.10	0.07	0.26	1.13	30.5	0.08
234	12300.9	77.9	13.0	1.9	1.8	50	0.18	-0.74	0.27	0.01	0.72	25.9	-0.24
235	13285.8	81.4	11.6	2.0	1.8	60	0.38	0.15	-0.04	0.17	0.92	30.9	0.06
236	13363.6	79.6	13.0	2.0	1.9	50	0.14	-0.20	-0.04	0.14	0.90	25.9	-0.12
237	12813.7	76.1	16.6	2.1	1.9	52	0.08	-0.65	-0.74	0.18	0.79	27.0	-0.69
238	14294.4	75.5	17.2	2.0	1.9	67	0.17	0.02	0.79	0.31	0.98	34.4	0.41
239	13716.5	83.6	10.5	1.9	1.9	50	0.31	0.03	0.20	-0.11	0.49	25.9	0.12
240	12325.9	74.2	17.6	2.0	1.9	65	0.22	-0.51	0.02	-0.26	1.00	33.4	-0.25
241	11590.1	70.8	18.6	2.0	1.9	46	-0.15	-0.61	-0.37	0.00	0.38	23.9	-0.49
242	14162.8	81.0	13.0	1.9	1.9	59	0.51	0.34	0.35	0.41	1.01	30.4	0.34
243	12496.3	86.8	8.5	1.9	1.8	67	0.47	0.09	0.16	0.33	0.88	34.4	0.12
244	13911.0	82.0	12.2	2.0	1.9	55	0.59	0.13	0.22	0.37	0.82	28.4	0.17
245	13299.2	80.2	11.9	1.9	1.9	56	0.13	-0.38	0.45	0.21	1.01	28.9	0.03
246	14380.4	83.3	12.6	1.9	1.8	56	0.27	-0.11	0.45	0.23	0.90	28.9	0.17

RAW DATA OF DIABETIC PARTICIPANTS (POST SDM YOGA INTERVENTION)

247	13382.6	92.5	8.4	1.9	1.8	64	0.26	0.03	0.04	0.04	0.16	0.15	0.10
248	13205.1	86.2	11.3	1.9	1.8	50	0.30	0.02	0.41	-0.20	0.09	0.01	0.10
249	11793.5	78.0	17.0	2.0	1.9	70	-0.55	-0.17	0.14	0.24	0.12	-0.88	-0.18
250	13399.2	80.7	12.9	1.9	1.9	55	0.44	-0.11	-0.20	0.09	0.19	0.28	0.24
251	12174.8	82.3	12.3	2.1	1.8	57	0.27	0.14	-0.39	-0.13	-0.25	0.17	0.22
252	13585.3	74.8	19.1	2.0	1.9	54	0.01	0.17	-0.71	0.22	0.07	0.07	0.42
253	13629.2	80.4	14.8	2.0	1.8	63	0.17	-0.18	0.17	0.05	0.19	0.39	0.25
254	14199.7	88.6	9.3	1.9	1.8	68	0.69	-0.01	0.34	0.11	0.11	-0.07	-0.34
255	13081.4	85.7	11.8	1.9	1.9	48	0.15	0.13	0.20	0.08	0.08	0.00	0.23
256	11291.0	77.3	17.8	2.1	1.8	48	-0.09	0.02	-0.12	-0.71	-0.23	-0.32	0.04
257	11283.1	80.1	13.6	2.0	1.9	52	-0.58	-0.20	0.04	-0.16	-0.13	-0.20	-0.41
258	12748.3	81.8	13.7	2.0	1.9	68	0.24	0.07	-0.30	0.13	0.14	0.07	-0.48
259	15190.5	91.8	10.5	1.9	1.9	53	0.23	0.19	-0.34	0.23	0.33	0.18	0.28
260	9771.5	74.8	24.4	2.0	1.9	52	-0.95	-0.40	-1.20	-0.22	-0.31	-0.35	-1.23
261	12815.9	77.1	18.4	2.1	1.9	60	-0.41	0.25	0.15	-0.09	0.18	-0.46	-0.74
262	10278.0	77.8	19.6	2.0	1.9	46	-0.47	-0.60	-0.42	-0.34	-1.03	0.18	-0.65
263	12810.0	85.7	11.4	1.9	1.8	72	0.21	-0.01	0.04	0.08	0.08	-0.05	-0.20
264	12628.2	80.0	15.6	2.0	1.9	53	-0.24	0.03	-0.57	0.23	0.11	0.17	0.31
265	13979.3	75.6	17.5	2.0	1.9	47	0.14	0.02	-0.10	0.23	0.29	-0.08	0.40
266	14110.5	84.3	12.4	1.9	1.9	55	0.04	0.08	-0.09	0.23	0.19	0.28	-0.14
267	12883.9	80.1	15.5	2.0	1.9	56	-0.04	-0.46	-0.21	0.08	0.18	-0.04	0.31
268	14035.4	91.0	9.0	2.0	1.8	51	0.33	0.19	0.11	0.10	0.12	0.27	0.08
269	13056.6	87.8	10.6	1.9	1.8	55	0.35	-0.18	-0.23	0.06	0.04	0.21	0.30
270	13346.6	76.4	20.7	2.1	1.9	59	-0.09	0.36	0.26	0.20	0.21	-0.22	0.09
271	12175.0	78.7	15.1	2.0	1.8	50	-0.51	-0.39	-0.16	-0.06	0.13	-0.39	-0.17
272	11577.9	77.3	16.9	2.0	1.9	60	-0.18	-0.02	-0.04	-0.02	0.12	0.11	-0.52
273	12408.6	81.1	13.3	2.0	1.9	50	0.14	-0.09	0.15	-0.12	0.10	-0.03	0.02

274	12202.6	75.5	17.7	2.1	1.9	52		-0.13	-0.30	0.27	-0.16	0.09	-0.20	0.13
275	14600.8	85.3	13.1	2.0	1.9	67		0.19	0.10	0.46	0.30	0.20	0.17	0.32
276	12324.9	79.7	15.4	2.0	1.9	50		0.16	-0.91	-0.52	-0.17	-0.03	0.00	0.07
277	12088.2	77.5	17.6	2.0	1.8	65		0.28	0.17	-0.73	-0.75	-0.69	0.37	0.31
278	10192.5	78.7	17.7	2.0	1.8	46		-0.60	-1.08	0.16	0.00	-1.32	-0.16	0.11
279	14070.7	84.2	13.8	2.0	1.9	59		0.37	0.16	0.30	0.25	0.16	0.16	0.22
280	13565.4	87.1	10.0	1.9	1.8	67		0.44	-0.07	0.18	-0.25	0.20	0.25	0.27
281	13318.3	80.9	14.2	2.0	1.9	55		0.38	-0.22	0.15	0.21	0.06	0.41	0.17
282	13503.7	84.7	10.9	2.0	1.9	56		0.37	0.16	0.29	0.10	0.11	0.07	0.16
283	14130.0	84.6	12.5	1.9	1.8	56		0.34	-0.03	0.19	0.08	0.23	0.22	0.18

Appendix H**Publications from Doctoral Work**

1. Bhat R.K., Guru Deo., Mavathur R., Srinivasan T.M. Correlation of Electro Photonic Imaging Parameters with Fasting Blood Sugar in Normal, Pre diabetic and Diabetic Study Participants. Journal of Evidence Based Complementary and Alternative Medicine, 2016; 1-8
2. Bhat R.K., Mavathur R., Srinivasan T.M. Diabetes type 2 and Yoga: EPI Perspective. Internationla Journal of Yoga (awaiting issue).
3. Bhat R.K., Guru Deo., Mavathur R., Srinivasan T.M. Electro Photonic Imaging Parameters (EPI) of diabetes type 2 and their correlation with Glycated Hemoglobin (HbA1c).International Research Journal of India, 2016;vol 2 issue 3.