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## Personal Details

Author Name	Dr Anil kumar
Father Name	Late Bhola choudhary
Date of Birth	1979-06-13
Contact No	9931971254
Alternate contact no.	7903523601
e-mail ID	dranil9931971254@gmail.com
Nominee Name	Mrs Mamta Devi
Correspondence Address :	Motipur muzaffarpur
Landmark	Motipur
City	Motipur
State	Bihar
Pin Code	843111
Country	India

## BANK DETAILS

Account holder's name	Anil kumar rajak
Account No.	576210310000003
Bank Name	Bank of india

Branch	Motipur
IFSC Code	BkID0005762
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## **Synopsis**

### SYNOPSIS

ON

TO STUDY THE ROLE OF YOGA INTERVENTION AMONG QUALITY OF LIFE IN  
WORKING PERSONS SUFFERING FROM DIABETES MELLITUS.

## Blurb

Type 2 diabetes (DM2) has become a leading public health issue globally, with estimated 366 million people affected in 2011 [1]. This figure represents a more than twofold rise in the last three decades and parallels the growing pandemic of obesity and the increasingly widespread adoption of Western lifestyles [1, 2]. Worldwide prevalence is expected to continue rising in both industrialized and developing countries [2, 3], with numbers projected to reach 552 million adults by 2030 [1, 4]. DM2 is now a leading cause of death and disability and significantly increases risk for both macrovascular complications, such as atherosclerosis, and microvascular complications, such as retinitis, diabetic neuropathy, and renal disease [5].

The study also tried to find out the relationship between QoL and yoga intervention among type 2 diabetes patients.

Hence, a quantitative approach was considered to be appropriate and adopted for the study. The quality of life of working population with Type 2 Diabetes mellitus with yoga intervention was observed in this study. It was indicated that the quality of life of the working population suffering from diabetes mellitus with inclusion of yoga in their daily routine has proven beneficial for their health as a result of their significantly decreased glucose levels..

KEY WORDS: Quality of life, Diabetes mellitus, yoga.

**Author  
Bio**

My name is Dr Anil Kumar .I was born on 13 ,June 1979. My birth place is Daudnagar, Vashali. I had passed my M.D ( Diabetology ) in yoga 2020 presently I am providing health service in small town motipur , Muzaffarpur Bihar I had adopted yoga my life when I was in class 9th from that day journey my life now I am a doctor with specialisation in Cardio diabetology along with my passionate yoga .