STUDENT STUDY PROJECT

ON

A study on the impact on Millets Diet and Exercise – Prevalence of Diabetes "

Department of Zoology

\Dr.BRR Government College, Jadcherla

Dist:Mahabubnagar-509001

(Accredited by NAAC with "B^{++}" Grade
An ISO 9001-2015 Institution
Affiliated to Palamuru University)

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Academic Year 2022-23

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Mahabubnagar (DIST), Telanagana State, India-509301
Affiliated to Palamuru University

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CERTIFICATE

This is to certify that the project work **of "A study on the impact on Millets Diet and Exercise- Prevalence of diabetes" Dr. Burgula RamaKrishna Rao Govt . Degree College, Jadcherla"** is a bonafide work done **by, P.Govardhanamma, P.Maheshwari, G.Swathi, L.Shashikala, M.Nikhitha**, the students of B.Sc. (BZC)T/M, VI semester students under my supervision in Zoology at the Department of Zoology Dr.BRR Government College Jadcherla during 2022-23 and the work has not been submitted in any other college or University either part or full for the award of any degree.

Place:

Date:

Ms.K.Neeraja

Assistant Professor of Zoology

Signature of External examiner

Signature of Internal examiner

DECLARATION

We hereby declare that the project work entitled with a **study on impact of Millets Diets and Exercise Prevalence of Dr. Burgula Ramakrishna Rao Govt. Degree College, Jadcherla Town of Mahabubnagar District, Telangana, India"** is a genuine work done by us under the supervision **of Ms K.Neeraja**, Assistant .Professor, Department of Zoology, Dr.BRR Govt. degree College, and it has not been under the submission to any other Institute /University either in part or in full, for the award of any degree.

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Abstract

Millets (including sorghum) are known to be highly nutritious besides having a low carbon footprint and the ability to survive in high temperatures with minimal water. Millets are widely recognized as having a low Glycogenic Index (GI) helping to manage diabetes. This systematic review and meta-analyzes across the different types of millets and different forms of processing/cooking collated all evidences. Of the 100 studies that were collected globally, 23studies with 111 observations were used to analyze GI outcomes and 56 studies were used to analyze fasting, post-prandial glucose level, insulin index and HbA1c outcomes in a meta-analysis. It is evident from the descriptive statistics that the mean GI of millets is 52.7 ± 10.3, which is about 36% lower than in typical staples of milled rice (71.7 ± 14.4) and refined wheat (74.2 ± 14.9). The descriptive, meta and regression analyses revealed that Job's tears, fonio, foxtail, barnyard, and teff were the millets with low mean GI (<55) that are more effective (35–79%) in reducing dietary GI than the control samples. Millets with intermediate GI (55–69) are pearl millet, finger millet, kodo millet, little millet, and sorghum which have a 13–35% lower GI than the control with high GI (>69). A meta-analysis also showed that all millets had significantly ($p < 0.01$) lower GI than white rice, refined wheat, standard glucose or white wheat bread except little millet which had inconsistent data. Long term millet consumption lowered fasting and post-prandial blood glucose levels significantly ($p < 0.01$) by 12 and 15%, respectively, in diabetic subjects. There was a significant reduction in HbA1c level (from 6.65 ± 0.4 to 5.67 ± 0.4%) among pre-diabetic individuals ($p < 0.01$) who consumed millets for a long period. Minimally processed millets were 30% more effective in lowering GI of a meal compared to milled rice and refined wheat. In conclusion, millets exercise can be beneficial in managing and reducing the risk of developing diabetes and could therefore be used to design appropriate meals for exercise diabetic and pre-diabetic subjects as well as for non-diabetic people for a preventive approach. people who exercised they are non diabetic.

Keywords: millets, jowar.bajra diabetes, glycaemic index, glycaemic response, meta-analaysis Exercise.

Introduction

In recent studys It is estimated that there will be a 51% surge in diabetics globally by 2045, from 463 million in 2019 to 700 million in 2045 (1) with type 2 diabetes accounting for about 90% of the total. Eighty-seven percent of diabetes-related deaths occur in low and middle income countries where there is less diversification of staple foods. It is important to note that apart from a sedentary lifestyle and obesity, the type of food consumed plays a key role in diabetes. Main staples such as refined rice, refined wheat and maize contribute up to 80% of the energy intake in developing countries (2). Diversifying food staples and mainstreaming traditional nutritious and less glucogenic staples in the majority of developing countries is very important to manage and prevent diabetes; millets and sorghum figure first in this list of staples.

The value of a Triple Bottom Line is well-recognised in businesses and has been the stimulus for the creation of new products and impactful investments. Customising it to the Food System is the Smart Food Triple Bottom Line, defining solutions (3) that in unison are good for you (nutritious and healthy), good for the planet (environmentally sustainable) and good for the farmer (resilient). It is an approach being used to analyze the value of millets and sorghum as staples. This is the first analyses focusing on how millets and sorghum are "good for you" in terms of reducing diabetes, and comparing them to rice, wheat and maize, the "Big 3" major staple foods in Asia and Africa. Of these, polished rice, which is inherently deficient in micronutrients, provides 80% of the energy intake (4) in high rice consuming countries. Growing lifestyle diseases like type 2 diabetes make it imperative to explore dietary solutions that include nutrition and tackle major health issues. Diversifying diets by diversifying staples with the right nutritious and healthy foods can play a major role in reducing multiple health related burdens.

There are 13 types of millets available globally (5) which include pearl millet, finger millet, sorghum, little millet, proso millet, kodo millet, barnyard millet, brown top millet, foxtail millet, Guinea millet, Job's tears, fonio, and teff. Except for Job's tears, fonio, and teff, the other millets are widely distributed in India. Finger millet is widely found in India, China and in some Eastern and Southern African countries, whereas fonio is widely distributed in Western Africa and Job's tears in northeast India, southern and eastern Asia and southern China. On the other hand, teff is mainly found in Ethiopia (5). Currently, these crops are mostly grown in Africa and Asia as well as in the USA, which is the largest producer of

sorghum. Millets also occur in other parts of the world as feed and fodder or as a minor crop.

A systematic review of 19 research articles showed that millets help manage diabetes due to their high fibre, polyphenol, and antioxidant content (6). Millets were traditionally consumed in African and Asian countries and were later largely replaced by rice, wheat and maize. Considering nutrient requirements, rising non-communicable health issues like diabetes and challenges posed by climate change, it is important to popularise smart foods, i.e., foods that fulfil all criteria of being good for you, the planet and the farmer.

Many studies have demonstrated the efficacy of millets in improving glycaemic control, decreasing fasting, and post-prandial rise in blood glucose concentration (7, 8), reducing insulin index and insulin resistance and lessening glycosylated haemoglobin (HbA1c) level (8–12). Glycemic index (GI) is a measure of how much the carbohydrate present in the food affects the rate and extent of change in post-prandial blood glucose concentration. The general dietary strategy to enhance glycaemic control is to consume low GI food (13). Fasting blood glucose is generally measured following overnight fasting and post-prandial blood glucose is measured at regular intervals of up to 2 h after eating. Hyper insulinemia is associated with insulin resistance that increases the risk of type 2 diabetes (14). Therefore, along with post-prandial glucose concentration, it is important to measure insulin concentration in order to evaluate a food's ability to reduce insulin resistance. In addition, long term glycaemic control can be measured by HbA1c marker (15).

Although there are several studies on millets related to these outcomes, their information is heterogeneous. Therefore, it is important to collate scientific evidence to determine whether the studies support the glycaemic controlling ability of millets or not, including all the types and forms of processing (including cooking) they undergo, in order to serve as a dietary guide on millets. Considering the growing prevalence of diabetes among high and low socioeconomic groups in both developed and developing countries, this paper for the first time aims to undertake an in-depth systematic review and meta-analysis, simple descriptive statistics, and regression analysis of all the studies conducted to test GI, fasting and post-prandial blood glucose concentrations, insulin response and HbA1c biomarker level in millet-based diets. This includes 11 types of millets, 1 mixed millet and many forms of processing that were tested. This information will form the scientific basis for any claims about millets vis-à-vis diabetes and be useful for the scientific community, dieticians, and

nutritionists through to food processors and governments in setting policies and programs on health, nutrition and agriculture. Therefore, this study aims to address the following research question:

Does consuming millet(s)-based food help in managing and reducing the risk of developing type 2 diabetes compared to the consumption of typical staples?

Methods

The systematic review was conducted by: (1) collating all the relevant studies on the glucogenic effect of millets relative to other staple foods; (2) reviewing the methods used to study this; (3) conducting a regression analysis to find the effect of millets in managing diabetes and (4) conducting a meta-analysis to assess the science-based evidence on millets' ability to reduce insulin concentration, HbA1c biomarker and fasting and post-prandial blood glucose concentration and their effect on managing individuals with type 2 diabetes mellitus and pre-diabetic individuals compared to non-millet-based regular diets or other staples.

The following sections describe the methods in detail.

Study Period and Protocol

The systematic review was conducted from October 2022 to February 2023. The study protocol is registered in the Research Registry (Unique Identification Number; reviewregistry1094).

1. Finger millet glycaemic index. Repeat the search by replacing finger millet with other millets in the following list: "little millet," "foxtail millet," "barnyard millet," "proso millet," "kodo millet," "teff," "fonio," "job's tears," "pearl millet," "finger millet," and "sorghum"

2. Common name or local name of the millets. For example: adlay (job's tears), acha (fonio), samai (little millet), and navane (foxtail millet)

3. Glucose response of millets. Glycaemic Load (GL) of millets

4. Glucose response of finger millet. Repeated the search with all the millets in the list

5. Glucose lowering effect of finger millet. Repeated the search with all the millets in the list

6. Effect of finger millet on diabetes. Repeated the search with all the millets in the list

7. Effect of finger millet in managing diabetes. Repeated the search with all the millets in the list

Millet for Diabetes: How It Affects Blood Sugar

Could one humble grain help you control diabetes

Millet, an ancient cereal grain, has gained popularity for its high nutritional content and its potential to prevent diseases. Millet has become such an "it" food that it's earned the nickname, "the new quinoa."

Millet is actually a group of grasses with small seeds grown mainly in Asia and Africa. It's been around for thousands of years. Millet has a hearty nature, which helps it survive in dry climates.

Compared to other cereal grains like wheat, rice, and corn, millet has loads of nutrition. It's high in:

- Fiber
- Protein
- Vitamins
- Minerals
- Antioxidants

It's also gluten-free.

Millet is lower on the glycemic index (GI) than many other grains. That means it raises your blood sugar slowly and gradually instead of in quick spikes. High-fiber, low-GI foods keep blood sugar steady, lower cholesterol, and help you lose weight. All of these things are helpful for people with diabetes.

Millet Affects Blood Sugar

Millet is a whole grain. That means it still has its outer layers, the bran and germ. Food companies strip away these layers to make refined grains like white flour. Because it takes your body longer to digest whole grains, they don't raise your blood sugar as quickly as refined grains do.

There are different types of millet, including:

- Foxtail
- Pearl
- Finger
- Little

There isn't much research on millet. So far, studies show that millet helps to keep blood sugar levels steady and prevents spikes after meals.

Most of the studies done examined the foxtail variety. In one study, people with type 2 diabetes who ate a special diet with added foxtail millet lowered their blood sugar, insulin, cholesterol, and triglyceride levels. Another study found that switching from rice to foxtail millet at breakfast led to lower blood sugar levels after the meal.

Evidence on the other types of millet isn't as clear. As a result, scientists don't know how this type of millet might affect people. Although the evidence isn't firm on all types of millet, it does suggest that this grain does raise blood sugar more slowly and steadily than white-grain products. So in theory, you may be able to control your blood sugar better if you eat millet-based foods instead of white bread, pasta, and rice.

How to Cook With Millet

Look for millet at local natural foods store. You'll find it on the shelf along with quinoa and other whole grains. You can buy it online, as well.

Millet has a mild, nutty flavor that makes it a versatile addition to many types of meals. To cook it, first toast it in a pan for about 3 minutes with a little bit of vegetable oil. Then add 2 1/2 cups of boiling water for each cup of millet and cook it for 25 to 30 minutes until the grains fluff up.

There are different ways you can put millet into your meals. You can:

- Make it into a porridge for breakfast.
- Substitute millet flour instead of white or wheat flour in baked goods like bread, cake, or biscuits, or in pancake mix.
- Use it to replace grains like rice, quinoa, or bulgur in recipes

Millets for Diabetes :

Millets have enormous health benefits, but have you ever considered including these tiny grains into your diet as a diabetic?

Eating to beat diabetes is about making wise food choices than denial and deprivation.

A better way to reverse diabetes is not about compromising your favourite foods but choosing nutritionally balanced meal plan aimed at maintaining blood sugar levels within range and supporting a healthy weight.

In the current pandemic situation, people are more concerned about their health and eating habits. When it comes to diabetes, they're curious to understand many terminologies and its importance in blood sugar control.

Let's learn why millet is beneficial for people with diabetes, as well as how to include them in your routine diet.

DIABETES EAT MILLETS

Millets are high in protein and facilitate insulin sensitivity which, in turn, makes them diabetes friendly grains.

Insulin is the hormone that the body uses to convert carbohydrates into energy. Having millets once in a while won't have much of an impact, but they should be included as part of a regular diet if you want to have long-term success in managing diabetes.

These factors make millets an effective food for controlling blood glucose levels.

MILLETS BENEFITS DIABETES

Studies performed on people with type 2 diabetes, examined the effect of foxtail millet. One study found that switching from rice to foxtail millet at breakfast lowered blood sugar after meals.

Due to the presence of high fibre content and antioxidants in millets, it reduces insulin spikes gradually and eases digestion for diabetics. Most importantly, grains are the major source of complex carbohydrates which provides satiety thus initiating weight loss and reduces blood sugar spikes. Moreover, it takes a longer time for the body to metabolise and break down millets due to their low glycemic load. This means that they are absorbed more slowly into the blood stream and requires less insulin.

Research published in August 2019 in the Journal of Food and Nutritional Disorders, concluded that millets may reduce both fasting and post prandial (after meal) blood sugar levels in healthy individuals as well as for type 2 diabetes.

ANALASIS INDEX

The glycemic index (GI) is a ranking of foods based on the digestion of the carbs by their effect on blood glucose levels. The GI measures how quickly the carbohydrates in foods gets converted into glucose and how much specific food increases your blood sugar levels.
Carbohydrates from different foods lead to various blood glucose response, depending on the types of carbs consumed.

Glycemic index of foods helps to fine-tune your carb-counting while planning your meals, thus keeping blood sugar levels under control.

Glycemic Index of Millets:

High GI foods lead to an immediate spike in blood glucose levels while low GI foods get digested slowly to give a sustained glucose release, without causing sudden spikes in the blood sugar levels.

Low GI (< 55)	Moderate GI (55-70)
Kodo and barnyard millets	Foxtail, little, finger, pearl millets and jowar
Apple, pear, orange	Pineapple, papaya, mango (depends on ripeness)

Consumption of millets which has low - moderate GI foods can help in the prevention and management of type 2 diabetes and reduces the associated complications.

- Focus on a balanced diet with measured amounts of low or medium glycemic foods.
- Practice food diary concept and note down the carbohydrate-rich foods you are eating often and try to swap those foods with low or medium GI foods, to maintain the blood sugar level.

Select low GI foods based on your needs and preferences.

DIABETES SAMPLE MENU: -

Meal Pattern	Food Choices
morning	Dosa, idli, roti
Lunch	Rice, roti
Evening	Snacks
Dinner	Rice, roti, chapathi.

The serving sizes depend on the caloric needs of the individual and the choices may vary based on the meal timings and dietary preferences. Consult a qualified dietitian to plan your meals with low glycemic foods to manage diabetes.

MILLETS- DAILY MEAL

There are many ways to incorporate millet into your meals.

1. Serve it in the form of porridge for breakfast.
2. Swap rice, wheat, sooji with millets in your meals.
3. Toss cooked millet with grilled vegetables or fresh salad to make it more nutritious and filling.
4. Prepare millet dosa varieties with different chutney accompaniments.
5. Consume millet noodles and multigrain pasta instead of maida based ones

Millets are rich in insoluble fibre which adds bulk to the stools, you must concentrate on portion size too with enough hydration.

The amount of millet to be consumed depends on the sugar level of an individual, gut health sensitivity and the calorie requirements. Consult with dietician to get customized meal plan accordingly.

HERE ARE THE BEST MILLETS FOR DIABETES

- **Foxtail Millet –** A study concluded that people with type 2 diabetes who consumed a special diet enriched with foxtail millet had lower levels of blood sugar, cholesterol, and triglycerides. Another study found blood sugar levels dropped after eating foxtail millet instead of rice.
- **Finger Millet -** Raises your blood sugar slowly and gradually rather than sudden spikes. High-fibre, low-GI foods keep blood sugar steady, lower cholesterol, and help you lose weight. Diabetes patients will benefit from these factors.
- **Barnyard Millet:** A recent study indicated the potential benefits of barnyard millet in the diet therapy of diabetics. It exerted positive impact on blood glucose and serum lipid levels in diabetic and non-diabetic volunteers after the dietary intervention study of 28 days.
- **Finger Millet :** The polyphenols of finger millets were found to be major antidiabetic and antioxidant components. Finger millet based diets have shown lower glycemic response due to high fiber content and also alpha amylase inhibition properties which are known to reduce starch digestibility and absorption
- **Pearl Millet :** Pearl millets are known to increase insulin sensitivity and lower the level of triglycerides. It is also very effective for controlling diabetes because of its high fiber content. It gets digested slowly and releases glucose into the blood at a slower rate as compared to other foods. This effectively helps in maintaining the blood sugar level constant in diabetes patients for a long period of time.

MILLETS VS CONVENTIONAL GRAINS

The main difference lies in their insoluble fibre and nutritional content.

Millet is high in phosphorus, magnesium, calcium and among them finger millet is the most calcium rich source among other cereals.

They are healthier version when compared to rice/wheat because of its high dietary fibre, essential vitamins and mineral content required for the body. Therefore, aid in better digestion and have a nutritional value similar to that of fruits and vegetables.

Nutritionally, the energy value, protein and macro nutrient contents of millets is comparable and sometimes higher than conventional cereals. Research has shown that millets' phenolic properties have high antioxidant activity.

The presence of phytochemicals in millet grains has positive effect on human health by lowering the cholesterol and phytates in the body. Including more millets in the diet may improve health and decrease the risks of diseases when compared to rice.

Millets are not only rich in fibre but also protein. Rice, on the other hand, has a very minimal amount of protein content (3%) and is rich in carbohydrates. Therefore, millets are a healthier option when compared to major cereal grains.

DIABETES FRIENDLY RECIPES

The following recipes will introduce you to millet if you've never tried it before;

FOXTAIL MILLET PONGAL: -

Ingredients:

- Foxtail millet – 1 cup
- Moong dal split – half cup
- Green chillies – 2 no.
- Pepper and cumin seeds (crushed) – 2 tsp
- Curry leaves – few
- Oil – 1 tsp
- Salt to taste

Serves: 2 persons

Method of Preparation:

1. Measure 1 cup of millet and 1/2 cup of split yellow moong dal.

2. Soak the millet and dal in water for 10 minutes. Add four cups of water to the mixture.

3. Cook in a pressure cooker for 5 whistles (13-15 minutes on medium flame).

4. Now, temper the cooked millet in tsp of oil with green chillies, curry leaves, crushed pepper and cumin seeds. Add salt accordingly.

Mix well the mixture to blend with tempering.

Foxtail millet Pongal is ready to serve.

PEARL MILLET IDLI: -

Photo courtesy : https://www.chitrasfoodbook.com/2017/10/kambu-idli-dosaipearl-millet-idli-bajra.html

Ingredients:

Pearl millet – 1 cup

Urad dal – ¼ cup

Rice flakes – 2 tbsp

Salt

Serves: 10 idlis

Method of Preparation:

1. In separate bowls, soak the pearl millet in water for 4 hours, whereas urad dal and rice flakes for ½ hour.

2. Then, grind them separately and combine together in a container with ddnecessary salt.

3. The fermentation process will take about 6-7 hours. After fermentation, pour the batter into the plates and steam it for 10 minutes.

4. Pearl millet idlis are ready to serve with coriander/tomato chutney.

Grainy Glimpse!

Due to its superior nutritional qualities, millets have moved from being the 'poor main's grain' to being considered a 'nutritious grain'. They can serve as an alternative to the conventional grains and help in maintaining healthy blood sugar levels in diabetics.

DIETARY HABITS AND DIABETES

NAME	VILLAGE	WEEK	DIABETES	HEREDITI		MEDICATION	WORK
SATHYAMMA	UNDAVELLI	7	NO	NO	YES	NO	LABOUR
SAROJAMMA	JADCHARLA	7	NO	NO	YES	NO	LABOUR
BESAMMA	JADCHARLA	5	NO	NO	YES	NO	LABOUR
RAJESHWARI	JADCHARLA	5	NO	NO	YES	NO	SHOP
RAMUDU	JADCHARLA	2	NO	NO	YES	NO	SHOP
SRILAXMI	JADCHARLA	3	NO	NO	YES	NO	LABOUR
GEETHAMMA	JADCHARLA	7	NO	NO	NO	NO	LABOUR
RAGURAMUDU	JADCHARLA	3	NO	NO	YES	NO	LABOUR
SHESHAMMA	UNDAVELLI	5	NO	NO	NO	NO	LABOUR
RENUKAMMA	JADCHARLA	5	NO	NO	YES	NO	HOME
CHITTAMMA	JADCHARLA	3	NO	NO	YES	NO	AGRICULTURE
VENKATRAMULU	UNDAVELLI	1	NO	NO	YES	NO	SHOP
BHANU	JADCHARLA	4	NO	NO	NO	NO	AGRICULTURE
LINGAMMA	JADCHARLA	7	YES	YES	NO	YES	LABOUR
CHANDRAKALA	JADCHARLA	6	YES	YES	NO	YES	JOB
BINDHU	BALANAGAR	6	YES	YES	YES	YES	LABOUR
SWAPNAMMA	JADCHARLA	4	YES	YES	YES	YES	LABOUR
GOPAL	BALANAGAR	6	YES	NO	NO	YES	AGRICULTURE
SHEKAR	UNDAVELLI	5	NO	NO	NO	NO	AGRICULTURE
MAHESH	JADCHAR LA	7	NO	NO	YES	NO	AGRICULTURE
PRASAD	MANAPOD	7	NO	NO	YES	NO	AGRICULTURE
MAHALAXMI	UNDAVELLI	5	NO	NO	YES	NO	AGRICULTURE
KEISHNAVENI	UNDAVELLI	7	YES	YES	YES	YES	LABOUR
RAJAMMA	UNDAVELLI	6	YES	YES	YES	YES	AGRICULTURE
SWATHI	UNDAVELLI	4	YES	YES	YES	YES	LABOUR
RAJU	UNDAVELLI	5	NO	NO	YES	NO	AUTO DRIVER
ANJANEYULU	UNDAVELLI	5	NO	NO	YES	NO	AUTO DRIVER
GAYATHRI	JADCHARLA	6	NO	NO	NO	NO	NARSING
LAVANYA	JADCHARLA	3	NO	NO	YES	NO	HOUSE
KALPANA	JADCHARLA	2	NO	NO	NO	NO	LABOUR
MALLESHWARI	UNDAVELLI	7	YES	YES	YES	NO	JOB
LAXMI	JADCHARLA	1	NO	NO	NO	NO	LABOUR
HARIKRISHNA	JADCHARLA	5	YES	YES	YES	NO	AUTO DRIVER
VENKAT	JADCHARLA	3	NO	NO	NO	NO	LABOUR
CHANNAMMA	BALANGAR	5	NO	NO	NO	NO	LABOUR
PRAVEEN REDDY	JADCHARLA	7	NO	NO	NO	NO	SHOP
SHIVAYA	JADCHARLA	7	YES	NO	NO	YES	LABOUR
THARUN	JADCHARLA	7	YES	NO	NO	YES	AGRICULTURE
SUMAN	JADCHARLA	7	YES	NO	NO	YES	LABOUR
YADHAMMA	JADCHARLA	5	YES	NO	NO	YES	LABOUR
MAHESWARI	JADCHARLA	3	YES	NO	YES	YES	LABOUR
SAGAR	BALANGAR	7	YES	NO	NO	YES	AUTO DRIVER

43	RAVINDHAR	UPPUVELLI	5	YES	YES	YES	YES	LABOUR
44	ASHWINI	UPPUVELLI	7	YES	NO	YES	YES	LABOUR
45	JEEVITHA	SHADHNAGAR	5	YES	NO	NO	YES	TAILORING
46	MAMATHA	BALANGAR	7	YES	NO	YES	YES	LABOUR
47	SARITHA	MAHOPAD	7	YES	NO	YES	YES	AGRICULTURE
48	GANGAMMA	HYD	7	YES	NO	NO	YES	JOB
49	MANASA	UPPUVELLI	7	YES	YES	YES	YES	TECHAR
50	CHANDRIKA	UPPUVELLI	7	YES	NO	NO	YES	LABOUR
51	SWATHI	UPPUVELLI	7	YES	NO	NO	YES	HOUSE
52	PASHPURI	UPPUVELLI	7	YES	NO	NO	YES	AGRICULTURE
53	ANKITHA	JADCHARLA	4	NO	NO	NO	NO	LABOUR
54	MANAMMA	MAHABUBNAGAR	7	NO	NO	NO	NO	LABOUR
55	NARSAMMA	MAHABUBNAGAR	4	NO	NO	NO	NO	LABOUR
56	NARSIMHA	JADCHARLA	5	NO	NO	NO	NO	LABOUR
57	VASANTHA	JADCHARLA	1	NO	NO	NO	NO	LABOUR
58	LAXMAN	JADCHARLA	4	NO	NO	NO	NO	LABOUR
59	CHENNAIAH	DORNOOR	1	NO	NO	NO	NO	AGRICULTURE
60	SRINIVASULU	MAHABUBNAGAR	7	NO	NO	NO	NO	JOB
61	RAMESH	MAHABUBNAGAR	4	YES	NO	NO	YES	LAB WORK
62	SUBHA NAZREEN	MAHABUBNAGAR	7	YES	NO	NO	YES	LABOUR
63	NARESH	MUDDIREDDYPALLI	6	NO	NO	YES	NO	AGRICULTURE
64	BALAKRISHNA	RAYAPALLY	5	NO	NO	YES	NO	AGRICULTURE
65	DHAWOODHALI	RAJAPUR	7	YES	YES	NO	YES	SHOP
66	LAXMAIAH	RYAPALLY	7	NO	NO	YES	NO	LABOUR
67	NAGAMMA	RAYAPALLY	6	NO	NO	YES	NO	LABOUR
68	KRISHNAIAH	CHOKKAMPET	4	NO	NO	YES	NO	AGRICULTURE
69	MALLESH	CHOKKAMPET	2	NO	NO	NO	NO	AGRICULTURE
70	YADHAIAH	CHOKKAMPET	3	NO	NO	YES	NO	LABOUR
71	RAMULU	CHOKKAMPET	2	NO	NO	NO	NO	LABOUR
72	KRISHNA	CHOKKAMPET	5	NO	NO	NO	NO	AGRICULTURE
73	RAMAIAH	RAJAPUR	4	NO	NO	NO	NO	AGRICULTURE
74	AYESHA	RAJAPUR	6	YES	YES	NO	YES	LABOUR
75	YADHAIAH	JADCHARLA	3	NO	NO	NO	NO	LABOUR
76	NARESH	JADCHARLA	7	YES	YES	NO	YES	JOB
77	VINKATAIAH	CHOKKAMPET	2	NO	NO	YES	NO	LOABOUR
78	NARASIMHAH	CHOKKAMPET	5	NO	NO	NO	NO	AGRICULTURE
79	MAMATHA	CHOKKAMPET	7	NO	NO	NO	NO	HOME
80	VENKAT RAMULU	RAJAPUR	6	YES	YES	NO	YES	HOME
81	RAMESH	CHOKKAMPET	5	NO	NO	YES	NO	LOABOUR
82	LAXMI	RAJAPUR	4	NO	NO	NO	NO	HOME
83	SAROJA	CHOKKAMPET	4	NO	NO	NO	NO	LOABOUR
84	SHAHANAZ	CHOKKAMPET	6	YES	NO	YES	YES	JOB
85	BALAIAH	RAJAPUR	4	NO	NO	NO	NO	AGRICULTURE

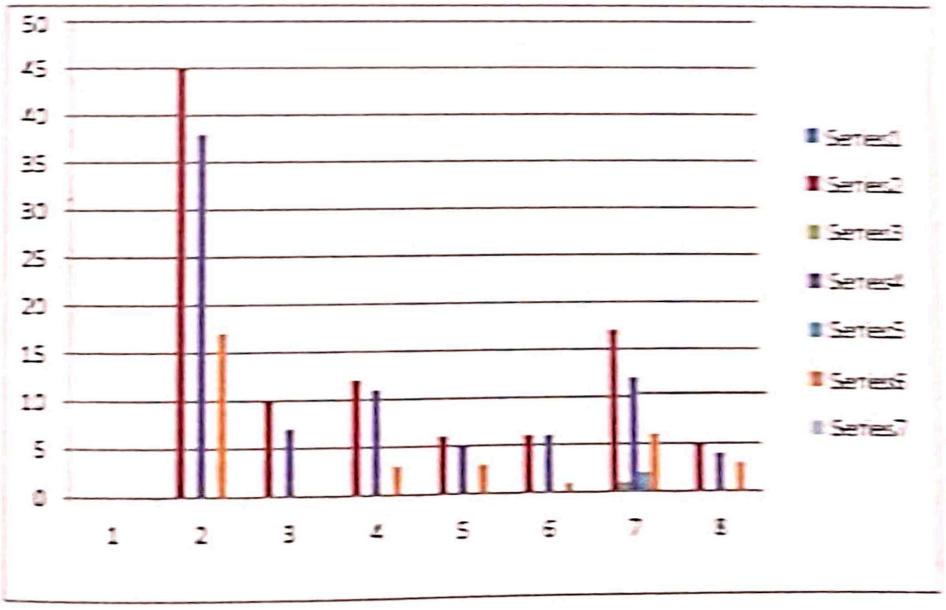
44	RICE	RICE	ROTI	FARM	SORGHUM		
32	MALT	RICE	ROTI	SHOP	RAGI SORGHUM	110	144
32	RICE	RICE	ROTI	FARM	SORGHUM		
34	RAGI ROTI	RICE	RICE	SHOP	RAGULU	120	140
47	IDLI	RICE	ROTI	FARM	SORGHUM		
54	RIGI ROTI	PEARL ROTI	RICE	FARM	RAGULU PEARL		
57	RICE	RAGI ROTI	ROTI	SHOP	RAGI SORGHUM		
72	RAGI ROTI	RICE	ROTI	SHOP	RAGULU SORGHUM	110	150
61	RAGI MALT	RICE	ROTI	FARM	RAGULU SORGHUM	148	190
54	RAGI ROTI	RICE	ROTI	FARM	PEARL MILLET SORGHUM	153	210
44	RICE	RICE	ROTI	FARM	SORGHUM	120	156
32	IDLI	RICE	ROTI	FARM	SORGHUM	199	167
44	RICE	RICE	ROTI	FARM	SORGHUM	110	140
39	RICE	RAGI	ROTI	FARM	SORGHUM	144	130
72	RICE	RAGI	RICE	SHOP	RAGULU SORGHUM	110	150
41	RAGI	RICE	ROTI	SHOP	RAGULU SORGHUM	141	230
32	RICE	RICE	ROTI	FARM	SORGHUM	140	240
54	PEARL ROTI	RICE	RICE	FARM	SORGHUM PEARL MILLET	150	200
43	RAGI ROTI	ROTI	RICE	SHOP	RAGULU PEARL	146	170
56	CHAPATHI	RICE	ROTI	SHOP	SORGHUM PEARL MILLET	147	206
46	RAGI JAVA	ROTI	RICE	SHOP	RAGULU	120	160
69	RAGI,IDLI	RICE	ROTI	SHOP	RAGULU SORGHUM	128	192
67	RICE	RICE	ROTI	SHOP	SORGHUM	120	166
34	RICE	RICE	PEARL ROTI	SHOP	PEARL MILLET SORGHUM		
60	RICE	ROTI	CHAPATHI	SHOP	PEARL MILLET SORGHUM		
50	RICE	RICE	ROTI	SHOP	SORGHUM		
60	RAGI JAVA	RICE	ROTI	SHOP	SORGHUM PEARL MILLET		
40	RICE	RICE	ROTI	SHOP	SORGHUM		
40	RICE	RICE	ROTI	SHOP	RAGULU SORGHUM		
55	DOSA	RICE	RICE	SHOP	SORGHUM		
53	IDLI	FOXTAIL RICE	ROTI	SHOP	SORGHUM		
44	RAGI JAVA	RICE	ROTI	SHOP	SORGHUM PEARL MILLET	118	182
45	RAGI JAVA	PEARL ROTI	RICE	SHOP	RAGULU PEARL	150	230
40	ROTI	RICE	CHAPATHI	FARM	RAGULU SORGHUM		
47	RICE	RICE	ROTI	SHOP	SORGHUM		
50	IDLI	RICE	CHAPATHI	SHOP	SORGHUM	102	134
40	ROTI	RICE	ROTI, RICE	FARM	SORGHUM		
38	ROTI	RICE	ROTI,RICE	FARM	SORGHUM,RICE		
50	RICE	RICE	RICE	SHOP	RICE		
45	IDLI	RICE	CHAPATHI	FARM	RICE		
49	RICE	RICE	RICE	SHOP	RICE		
52	RICE	RICE	ROTI	SHOP	SORGHUM		
55	ROTI	CHEPATHI	RICE	FARM	SORGHUM		

86	GOWRAMMA	JADCHARLA	3	NO	NO	NO	NO	LOABOUR
87	SATHAYANARAYANA	JADCHARLA	6	YES	N0	NO	YES	DRIWING
88	PARVATHAMMA	RAJAPUR	7	YES	NO	NO	YES	HOME
89	RAMULAMA	JADCHARLA	6	NO	NO	YES	NO	LOABOUR
90	VENKATAIAH	RAJAPUR	4	NO	NO	YES	NO	LOABOUR
91	YUSUF MD	JADCHARLA	7	YES	YES	YES	YES	DRIWING
92	SWATHI REDDY	RAJAPUR	5	YES	YES	NO	YES	HOME
93	SWAPNA	JADCHARLA	7	YES	NO	YES	YES	LOABOUR
94	SANDHAMMA	RAJAPUR	6	YES	YES	YES	YES	HOME
95	LALITHA	CHOKKAMPET	7	YES	YES	NO	YES	HOME
96	NAZEER MIYA	JADCHARLA	6	YES	YES	NO	YES	AUTO DRIVER
97	LAVANYA	JADCHARLA	3	NO	NO	YES	NO	JOB
98	ANJAMMA	JADCHARLA	2	NO	NO	YES	NO	LOABOUR
99	JYOTHI	JADCHARLA	1	NO	NO	NO	NO	LOABOUR
00	KURMAIAH	CHOKKAMPET	4	NO	NO	NO	NO	AGRICULTURE

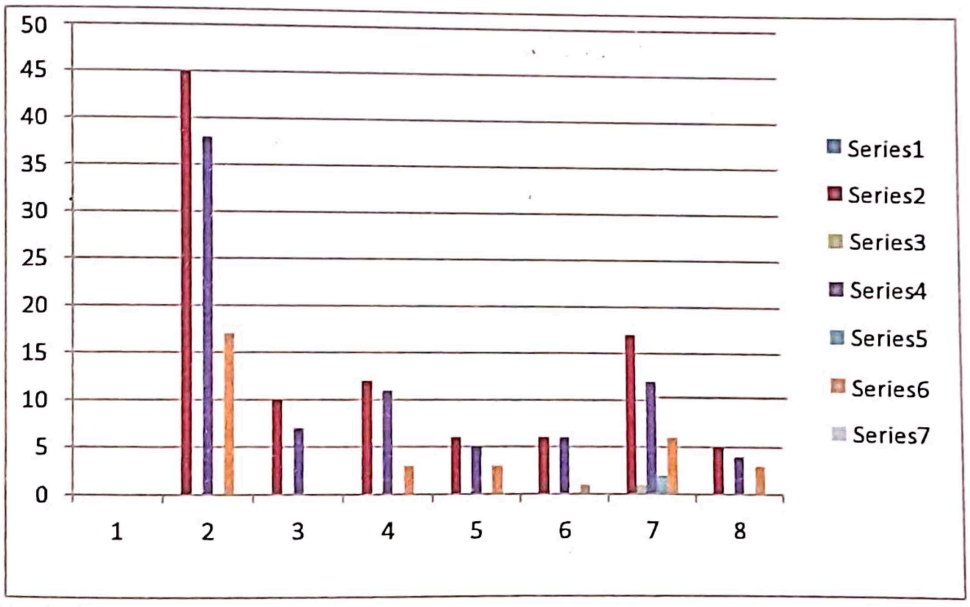
AGE	TIFFIN	LUNCH	DINNER	PLACE	WHAT IS COLLECTED	PERCENTAGE	
44	RAGI ROTI	RICE	ROTI	SHOP	RAGI SORGHUM		
42	ROTI	RICE	CHAPATHI	FARM	RAGI SORGHUM		
42	RICE	RAGI MALT	ROTI	FARM	RAGI SORGHUM		
72	RICE	RTI	RICE	FARM	PEARL MILLET SORGHUM		
72	RAGI ROTI	RICE	PEARL ROTI	FARM	PEARL MILLET SORGHUM		
52	RAGI JAVA	RICE	SORGHUM ROTI	FARM	RAGI SORGHUM		
44	RAGI ROTI	RICE	SORGHUM ROTI	SHOP	RAGI SORGHUM		
72	ROTI	RICE	RICE	FARM	SORGHUM		
52	RAGI ROTI	FOXTAIL MILLET	ROTI	FARM	SORGHUM	118	182
34	IDLI	RICE	ROTI	FARM	SORGHUM	118	150
47	CHAPATHI	RICE	ROTI	FARM	SORGHUM	124	148
34	RAGI JAVA	RICE	ROTI	FARM	RAGI SORGHUM	148	167
77	ROTI	FOXTAIL RICE	RICE	MARKET	RAGIULU	120	160
79	RICE	ROTI	RICE	FARM	SORGHUM		
62	RAGI ROTI	RICE	ROTI	FARM	RAGI SORGHUM		
75	RAGI MALT	RICE	ROTI	SHOP	RAGI SORGHUM		
43	RAGI ROTI	RICE	CHAPATHI	SHOP	RAGI SORGHUM		
54	IDLI	RICE	ROTI	SHOP	SORGHUM	160	236
38	DOSA	RICE	ROTI	FARM	RAGULU	147	206
70	RICE	ROTI	CHAPATHI	FARM	SORGHUM	230	407
32	RICE	RICE	ROTI	FARM	SORGHUM		
47	RICE	RICE	ROTI	MARKET	SORGHUM		
44	DOSA	RICE	CHAPATHI	SHOP	RAGI SORGHUM		
62	RAGI ROTI	RICE	ROTI	FARM	RAGI SORGHUM		

40	RICE	RICE	RICE	FARM	RICE		
45	IDLI	RICE	ROTI	SHOP	SOUGHUM ,RICE	129	137
44	RICE	RICR	ROTI	FARM	SOUGHUM ,RICE		
62	DOSA	BROWN RICE	ROTI	SHOP	BROUN RICE ,SOUGHUM	127	214
45	RICE	RICE	RICE	SHOP	RICE		
40	ROTI	RICE	ROTI	FARM	SOUGHUM ,RICE		
56	RAGI JAVA	RICE	ROTI	FARM	RAGI SORGHUM		
50	CHAPATHI	RICE	ROTI	FARM	RAGI SORGHUM	134	219
42	RICE	RICE	ROTI	SHOP	SOUGHUM ,RICE		
40	ROTI,RICE	RICE	CHEPATHI ,RICE	FARM	SOUGHUM ,RICE		
38	RAGI JAVA	RICE	ROTI	SHOP	SOUGHUM		
40	DOSA	FOXTAIL RICE	RICE	SHOP	FOXTAIL MILLET	301	160
44	RAGI JAVA	RICE	ROTI	FARM	SOUGHUM ,RAGULU		
40	ROTI	RICE	RAGI ROTI	FARM	SOUGHUM		
52	IDLI	RICE	ROTI	SHOP	SOUGHUM	137	224
60	DOSA,IDLI	RICE	CHEPATHI,ROTI	FARM	SOUGHUM ,RICE	129	221
35	RICE	RICE	RICE	SHOP	RICE		
46	RICE	RICE	ROTI	SHOP	SOUGHUM RICE		
58	IDLI	RICE	ROTI	SHOP	SOUGHUM	114	134
32	DOSA	RICE	ROTI,CHAPATHI	FARM	SOUGHUM,RICE	110	160
29	RICE	RICE	ROTI	SHOP	SOUGHUM,RICE	104	160
56	ROTI	RICE	CHAPATHI	SHOP	SOUMGHUM, RICE	126	210
42	RAGI ROTI,	RISE	BROWN RICE	FARM	RAGI,BROWN RICE	129	224
60	RAGI MALT	RICE	ROTI	SHOP	RAGULU,SOUGHUM	117	136
35	DOSA	RICE	CHAPATHI,ROTI	SHOP	SOUGHUM,RICE		
45	ROTI	RICE	RICE	FARM	SOUGHUM,RICE		
44	RICE	RICE	RICE	SHOP	RICE		
66	RAGI ROTI	RICE	SORGHUM ROTI	FARM	RAGULU SORGHUM		

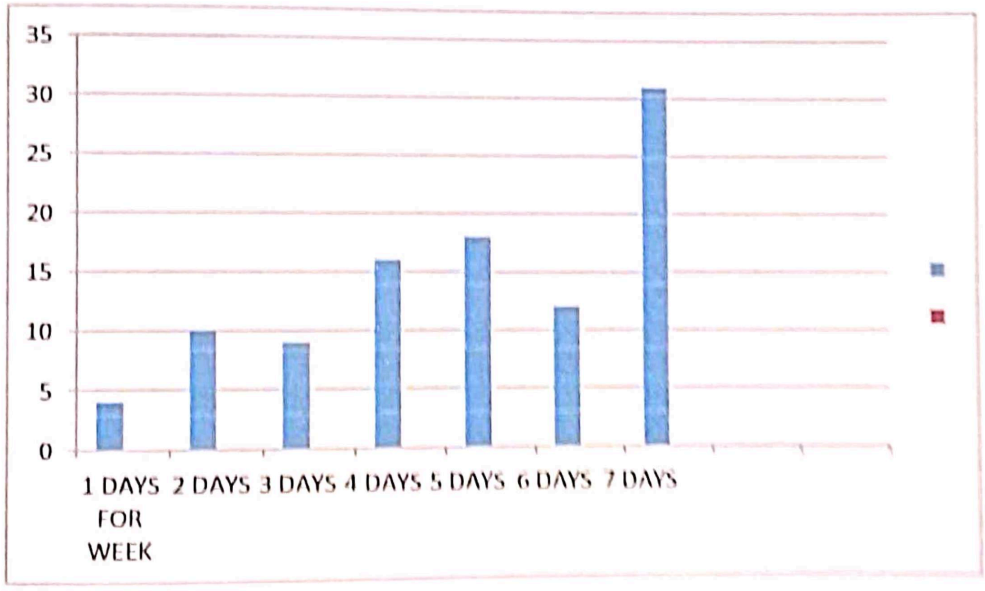
WORK	RICE	PEARL MILLATS	SORGHUM	FOXTAIL MILLET		RAGULU
LOABOUR	45		38			27
JOB	10		7			
HOUSE	12		11			3
SHOP	6		5			3
DRIVING	6		6			1
AGRICULTURE	17	1	12		2	6
TAILARING	5		4			3



WORK	RICE	PEARL MILLATS	SOUGHUM	FOXTAIL MILLAT	RAGULU	
LOABOUR	45		38			17
JOB	10		7			
HOUSE	12		11			3
SHOP	6		5			3
DRIWING	6		6			1
AGRICULTURE	17	1	12		2	6
TAILARING	5		4			3



1 DAYS FOR WEEK	4
2 DAYS	10
3 DAYS	9
4 DAYS	16
5 DAYS	18
6 DAYS	12
7 DAYS	31



Sure DIAGNOSTIC

Cell 9030132030
surediagnostic21@gmail.com

Patient Name	: Mrs.SUSHEELA	Sample Type	: WB-EDTA
Age/Gender	: Y rs/FEMALE	Registered On	: 27-Mar-2023 09:02:20 AM
Ref. No.	: 23033772	Collected On	: 27-Mar-2023 09:02:20 AM
Ref. Doctor	: SELF	Reporting On	: 27-Mar-2023 12:29:15 PM

Test Name	Observed Values	Units	Biological Reference Intervals
H b.A1C	: 9.2	%	NON DIABETIC : 4 - 7% GOOD CONTROL : 7 - 8% FAIR CONTROL : 8 - 10% POOR CONTROL ABOVE 10%
MEAN BLOOD GLUCOSE(MBG)	: 217.3	mg/dl	90-120 - EXCELLENT CONTROL 121-150 - GOOD CONTROL 151-180 - AVERAGE CONTROL 181-210 - ACTION SUGGESTED

DEPARTMENT OF BIOCHEMISTRY

GLYCOSYLATED HAEMOGLOBIN(GHBA1C)

Method : PROVISIO NEPHLOMETRY

Lab Incharge

Note: Please Correlate With Clinical Findings if Necessary Discuss
"This is an Electronically Authenticated Report"

Sure DIAGNOSTIC

Cell. 9030132030
surediagnostic21@gmail.com

Patient Name	: Mr.SURESH		Sample Type	: SERUM
Age/Gender	: 48 Yrs/MALE		Registered On	: 15-Apr-2023 09:08:20 AM
Ref. No.	: 23043988		Collected On	: 15-Apr-2023 09:08:20 AM
Ref. Doctor	: SELF		Reporting On	: 15-Apr-2023 12:04:32 PM

DEPARTMENT OF BIOCHEMISTRY

FASTING & POST LUNCH(FBS & PLBS)

Test Name	Observed Values	Units	Biological Reference Intervals
FASTING BLOOD SUGAR	: 129	mg/dl	70 - 110
FASTING URINE SUGAR	: N/G		
POST-LUNCH BLOOD SUGAR	: 235	mg/dl	110 - 160
POST-LUNCH URINE SUGAR	: N/G		

Method : GOD-POD

Lab Incharge

Note: Please Correlate With Clinical Findings If Necessary Discuss
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Cell. 9030132030
surediagnostic21@gmail.com

Patient Name	: Mr.SURESH	Sample Type	: WB-EDTA
Age/Gender	: 48 Yrs/MALE	Registered On	: 15-Apr-2023 09:08:20 AM
Ref. No.	: 23043988	Collected On	: 15-Apr-2023 09:08:20 AM
Ref. Doctor	: SELF	Reporting On	: 15-Apr-2023 12:05:30 PM

DEPARTMENT OF BIOCHEMISTRY

GLYCOSYLATED HAEMOGLOBIN(GHBA1C)

Test Name	Observed Values	Units	Biological Reference Intervals
H b.A1C	: 7.0	%	NON DIABETIC : 4 - 7% GOOD CONTROL : 7 - 8% FAIR CONTROL : 8 - 10% POOR CONTROL ABOVE 10%
MEAN BLOOD GLUCOSE(MBG)	: 154.2	mg/dl	90-120 - EXCELLENT CONTROL 121-150 - GOOD CONTROL 151-180 - AVERAGE CONTROL 181-210 - ACTION SUGGESTED

Method : PROVISIO NEPHLOMETRY

Lab Incharge

Sure DIAGNOSTIC
Cell: 9030132030
surediagnostic21@gmail.com

Patient Name	: Mr.SHAAM SUNDAR	Sample Type	: SERUM
Age/Gender	: 72 Yrs/MALE	Registered On	: 27-Mar-2023 10:43:11 AM
Ref. No.	: 23033776	Collected On	: 27-Mar-2023 10:43:11 AM
Ref. Doctor	: SELF	Reporting On	: 27-Mar-2023 12:29:57 PM

Test Name	Observed Values	Units	Biological Reference Intervals
	DEPARTMENT OF BIOCHEMISTRY		
	FASTING & POST LUNCH(FBS & PLBS)		
FASTING BLOOD SUGAR	: 230	mg/dl	70 - 110
FASTING URINE SUGAR	: N/G		
POST-LUNCH BLOOD SUGAR	: 407	mg/dl	110 - 160
POST-LUNCH URINE SUGAR	: N/G		

Method : GOD-POD

Lab Incharge

Note: Please Correlate With Clinical Findings, If Necessary Discuss
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Quality in Health Service

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Cell. 9030132030
surediagnostic21@gmail.com

Patient Name	: Mr.SHAAM SUNDAR	Sample Type	: WB-EDTA
Age/Gender	: 72 Yrs/MALE	Registered On	: 27-Mar-2023 10:43:11 AM
Ref. No.	: 23033776	Collected On	: 27-Mar-2023 10:43:11 AM
Ref. Doctor	: SELF	Reporting On	: 27-Mar-2023 12:30:12 PM

Test Name	Observed Values	Units	Biological Reference Intervals
DEPARTMENT OF BIOCHEMISTRY			
GLYCOSYLATED HAEMOGLOBIN(GHBA1C)			
H b.A1C	: 14.1	%	NON DIABETIC : 4 - 7% GOOD CONTROL : 7 - 8% FAIR CONTROL : 8 - 10% POOR CONTROL ABOVE 10%
MEAN BLOOD GLUCOSE(MBG)	: 358.0	mg/dl	90-120 - EXCELLENT CONTROL 121-150 - GOOD CONTROL 151-180 - AVERAGE CONTROL 181-210 - ACTION SUGGESTED

Method : PROVISIO NEPHLOMETRY

Lab Incharge

Note: Please Correlate With Clinical Findings If Necessary Discuss
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Sure DIAGNOSTIC
Reg No. 1413221 Expertise Empowering you

Cell. 9030132030
surediagnostic21@gmail.com

Patient Name	: Mrs.SABIHA NAZNEEN	Sample Type	: WB-EDTA
Age/Gender	: 45 Yrs/FEMALE	Registered On	: 05-Mar-2023 11:04:17 AM
Ref. No.	: 23033521	Collected On	: 05-Mar-2023 11:04:17 AM
Ref. Doctor	: KALEEM, M.D	Reporting On	: 05-Mar-2023 11:39:59 AM

Test Name	Observed Values	Units	Biological Reference Intervals

DEPARTMENT OF BIOCHEMISTRY

GLYCOSYLATED HAEMOGLOBIN(GHBA1C)

H b.A1C	:	14.3	%	NON DIABETIC : 4 - 7% GOOD CONTROL : 7 - 8% FAIR CONTROL : 8 - 10% POOR CONTROL ABOVE 10%
MEAN BLOOD GLUCOSE(MBG)	:	363.7	mg/dl	90-120 - EXCELLENT CONTROL 121-150 - GOOD CONTROL 151-180 - AVERAGE CONTROL 181-210 - ACTION SUGGESTED

Method : PROVISIO NEPHLOMETRY

Lab Incharge

Note: Please Correlate with Clinical Findings, if Necessary Discuss
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Sure DIAGNOSTIC
Cell. 9030132030
surediagnostic21@gmail.com

Patient Name : Mrs.SABIHA NAZNEEN
Age/Gender : 45 Yrs/FEMALE
Ref. No. : 23033521
Ref. Doctor : KALEEM, M.D

Sample Type : SERUM
Registered On : 05-Mar-2023 11:04:17 AM
Collected On : 05-Mar-2023 11:04:17 AM
Reporting On : 05-Mar-2023 01:09:50 PM

Test Name	Observed Values	Units	Biological Reference Intervals
DEPARTMENT OF BIOCHEMISTRY			
FASTING & POST LUNCH(FBS & PLBS)			
FASTING BLOOD SUGAR	: 150	mg/dl	70 - 110
FASTING URINE SUGAR	: N/G		
POST-LUNCH BLOOD SUGAR	: 236	mg/dl	110 - 160
POST-LUNCH URINE SUGAR	: N/G		

Method : GOD-POD

Lab Incharge

Note: Please Correlate With Clinical Findings, If Necessary Discuss With Our Pathologist. Authenticated Report

Patient Name	: Mrs.SADIYA	Sample Type	: SERUM
Age/Gender	: 76 Yrs/FEMALE	Registered On	: 23-Mar-2023 09:24:59 AM
Ref. No.	: 23033730	Collected On	: 23-Mar-2023 09:24:59 AM
Ref. Doctor	: ASMA ANJUM,MD(AM)	Reporting On	: 23-Mar-2023 10:22:16 PM

DEPARTMENT OF BIOCHEMISTRY
FASTING & POST LUNCH(FBS & PLBS)

Test Name		Observed Values	Units	Biological Reference Intervals
FASTING BLOOD SUGAR	:	142	mg/dl	70 - 110
FASTING URINE SUGAR	:	NIL		
POST-LUNCH BLOOD SUGAR	:	175	mg/dl	110 - 160
POST-LUNCH URINE SUGAR	:	NIL		

Method : GOD-POD

Note : Please Correlate Clinically If necessary kindly discuss.

—END OF REPORT—

FOCUSED ON QUALITY

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Cell: 9030132030
surediagnostic21@gmail.com

Patient Name	: Mr.RAMESH	Sample Type	: SERUM
Age/Gender	: 44 Yrs/MALE	Registered On	: 17-Apr-2023 11:29:46 AM
Ref. No.	: 23044008	Collected On	: 17-Apr-2023 11:29:46 AM
Ref. Doctor	: SELF	Reporting On	: 17-Apr-2023 02:46:35 PM

Test Name	Observed Values	Units	Biological Reference Intervals
DEPARTMENT OF BIOCHEMISTRY			
FASTING & POST LUNCH(FBS & PLBS)			
FASTING BLOOD SUGAR	: 118	mg/dl	70 - 110
FASTING URINE SUGAR	: N/G		
POST-LUNCH BLOOD SUGAR	: 182	mg/dl	110 - 160
POST-LUNCH URINE SUGAR	: N/G		

Method : GOD-POD

Lab Incharge

Note: Please Compare With Clinical Findings If Necessary Discuss
This is a Electronically Authenticated Report

Sure DIAGNOSTIC
Cell: 9030132030
surediagnostic21@gmail.com

Patient Name	: Mr.DR PAVAN RAJ PUROHIT	Sample Type	: SERUM
Age/Gender	: 43 Yrs/MALE	Registered On	: 06-Apr-2023 08:32:49 AM
Ref. No.	: 23043894	Collected On	: 06-Apr-2023 08:32:49 AM
Ref. Doctor	: SELF	Reporting On	: 06-Apr-2023 11:53:31 AM

Test Name	Observed Values	Units	Biological Reference Intervals
DEPARTMENT OF BIOCHEMISTRY			
FASTING & POST LUNCH(FBS & PLBS)			
FASTING BLOOD SUGAR	: 128	mg/dl	70 - 110
FASTING URINE SUGAR	: N/G		
POST-LUNCH BLOOD SUGAR	: 192	mg/dl	110 - 160
POST-LUNCH URINE SUGAR	: N/G		

Method : GOD-POD

Lab Incharge

Sure DIAGNOSTIC
Cell: 9030132030
surediagnostic21@gmail.com

Patient Name	: Mr.VIJAY KUMAR	Sample Type	: WB-EDTA
Age/Gender	: 54 Yrs/MALE	Registered On	: 31-Mar-2023 07:10:02 AM
Ref. No.	: 23033823	Collected On	: 31-Mar-2023 07:10:02 AM
Ref. Doctor	: SELF	Reporting On	: 31-Mar-2023 10:57:40 AM

Test Name	Observed Values	Units	Biological Reference Intervals
DEPARTMENT OF BIOCHEMISTRY			
GLYCOSYLATED HAEMOGLOBIN(GHBA1C)			
H b.A1C	: 11.5	%	NON DIABETIC : 4 - 7% GOOD CONTROL : 7 - 8% FAIR CONTROL : 8 - 10% POOR CONTROL ABOVE 10%
MEAN BLOOD GLUCOSE(MBG)	: 283.4	mg/dl	90-120 - EXCELLENT CONTROL 121-150 - GOOD CONTROL 151-180 - AVERAGE CONTROL 181-210 - ACTION SUGGESTED

Method : PROVISIO NEPHLOMETRY

Lab Incharge

Sure DIAGNOSTIC
Cell: 9030132030
surediagnostic21@gmail.com

Patient Name	: Mr.DR PAVAN RAJ PUROHIT	Sample Type	: WB-EDTA
Age/Gender	: 43 Yrs/MALE	Registered On	: 06-Apr-2023 08:32:49 AM
Ref. No.	: 23043894	Collected On	: 06-Apr-2023 08:32:49 AM
Ref. Doctor	: SELF	Reporting On	: 06-Apr-2023 11:13:49 AM

Test Name	Observed Values	Units	Biological Reference Intervals
DEPARTMENT OF BIOCHEMISTRY			
GLYCOSYLATED HAEMOGLOBIN(GHBA1C)			
H b.A1C	: 9.3	%	NON DIABETIC : 4 - 7% GOOD CONTROL : 7 - 8% FAIR CONTROL : 8 - 10% POOR CONTROL ABOVE 10%
MEAN BLOOD GLUCOSE(MBG)	: 220.2	mg/dl	90-120 - EXCELLENT CONTROL 121-150 - GOOD CONTROL 151-180 - AVERAGE CONTROL 181-210 - ACTION SUGGESTED

Method : PROVISIO NEPHLOMETRY

Lab Incharge

Name	**: MRS. SANDHAMMA**		
Age/Sex	**: 56 yrs /F**	**Registration No**	**: 3102**
Referred by : DR. RAFEEQ SAHAB		**Sample collection on : 07th Apr,2023**	
		Reported on	**: 07th Apr,2023**

SAMPLE: SERUM & Urine
METHOD : Glucose GOD,POD Method

DIVISION OF BIOCHEMISTRY

INVESTIGATION		RESULT	REFERENCE RANGE
FASTING BLOOD SUGAR	:	126 mg/dl	60 – 120 mg/dl
CORRESPONDING URINE SUGAR	:	Nil	
POST LUNCH BLOOD SUGAR	:	210 mg/dl	110 – 160 mg/dl
CORRESPONDIND URINE SUGAR	:	Green Colour (0.5%)	

Name : MR. MD. YUSUF

Age/Sex : 58 yrs /M

Referred by : DR. RAFEEQ SAHAB

Registration No : 3106

Sample collection on : 08th Apr,2023

Reported on : 08th Apr,2023

SAMPLE: SERUM & Urine

METHOD : Glucose GOD,POD Method

DIVISION OF BIOCHEMISTRY

INVESTIGATION		RESULT	REFERENCE RANGE
FASTING BLOOD SUGAR	:	114 mg/dl	60 120 mg/dl
CORRESPONDING URINE SUGAR	:	Nil	
POST LUNCH BLOOD SUGAR	:	114 mg/dl	110 160 mg/dl
CORRESPONDIND URINE SUGAR	:	Nil	

Name : MRS. AYESHA
Age/Sex : 45 yrs / F
Referred by : DR.RAFEEQ SAHAB

Registration No : 3163
Sample collection on : 21st Apr,2023
Reported on : 21st Apr,2023

Sample: Serum
Method: Erba Semi Auto Analyzer Method

BIO-CHEMISTRY REPORT

INVESTIGATION		RESULT	UNITS	REFERENCE RANGE
Random Blood Sugar	:	129	mg/dl	80 to 160
Corresponding Urine Sugar	:	Nil		

Name	**: MR. NARENDHAR**	**Registration No**	**: 3156**
Age/Sex	**: 62 yrs /M**	**Sample collection on**	**: 20th Apr,2023**
Referred by	**: DR. RAFEEQ SAHAB**	**Reported on**	**: 20th Apr,2023**

SAMPLE: SERUM & Urine
METHOD : Glucose GOD,POD Method

DIVISION OF BIOCHEMISTRY

INVESTIGATION		RESULT	REFERENCE RANGE
FASTING BLOOD SUGAR	:	127 mg/dl	60 - 120 mg/dl
CORRESPONDING URINE SUGAR	:	Nil	
POST LUNCH BLOOD SUGAR	:	211 mg/dl	110 - 160 mg/dl
CORRESPONDIND URINE SUGAR		Green Colour (0.5%)	

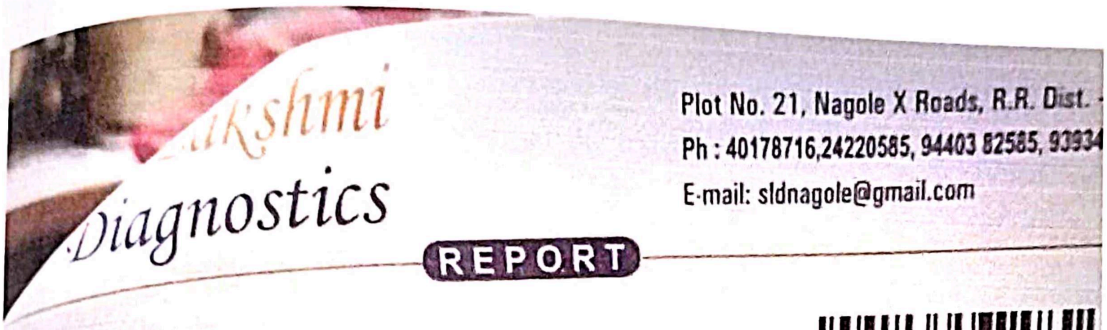
Name : MRS. LALITHA
Age/Sex : 42 yrs /F
Referred by : DR. RAFEEQ SAHAB

Registration No : 3101
Sample collection on : 07th Apr.2023
Reported on : 07th Apr.2023

SAMPLE: SERUM & Urine
METHOD : Glucose GOD,POD Method

DIVISION OF BIOCHEMISTRY

INVESTIGATION		RESULT	REFERENCE RANGE
FASTING BLOOD SUGAR	:	129 mg/dl	60 - 120 mg/dl
CORRESPONDING URINE SUGAR	:	Green Colour(0.5%)	
POST LUNCH BLOOD SUGAR	:	224 mg/dl	110 - 160 mg/dl
CORRESPONDIND URINE SUGAR	:	Yellow Colour (1.0%)	



Plot No. 21, Nagole X Roads, R.R. Dist. -
Ph : 40178716,24220585, 94403 82585, 93934
E-mail: sldnagole@gmail.com

REPORT

: Mrs. SWATHI REDDY
Gender : 32 Y / Female
ient No : 0700
ered By : Dr.PAVAN KUMAR REDDY

Bill No : 0763
Nationality : INDIA
Registered Date : 17-Apr-2023 08:36:00 A
Reported Date : 18-Apr-2023 05:55:41 P
Report Printed on : 17-Apr-2023 11:36:53 A

est Description	RESULT	Reference Range
	BIOCHEMISTRY	
lucose Fasting	157.6 mg/dl ↑	60 - 110
thod: GOD POD		
ine Sugar Fasting	---	

terpretation :
sting Blood Sugar more than 126 mg/dl on more than one occasion can indicate Diabetes Mellitus.

ucose Post Prandial	220.4 mg/dl ↑	80 - 160
thod: GOD POD-Enzymatic		
ne Sugar Post Prandial	---	

erpretation :
ostprandial glucose reading of 160-199 mg/dl indicates prediabetes.
ostprandial reading over 200 mg/dl indicates diabetes.

Name	**: MR. DHAWOODH ALI**	**Registration No**	**: 3161**
Age/Sex	**: 50 yrs /M**	**Sample collection on**	**: 21st Apr,2023**
Referred by : SELF		**Reported on**	**: 21st Apr,2023**

SAMPLE: SERUM & Urine

METHOD : Glucose GOD,POD Method

DIVISION OF BIOCHEMISTRY

INVESTIGATION		RESULT	REFERENCE RANGE
FASTING BLOOD SUGAR	:	102 mg/dl	60 - 120 mg/dL
CORRESPONDING URINE SUGAR	:	Not Given	
POST LUNCH BLOOD SUGAR	:	134 mg/dl	110 - 160 mg/dl
CORRESPONDIND URINE SUGAR	:	Not Given	

Name	**: MRS. SHAHANAZ**	**Registration No**	**: 3118**
Age/Sex	**: 40 yrs /F**	**Sample collection on**	**: 10th Apr,2023**
Referred by :	**DR.RAFEEQ SAHAB**	**Reported on**	**: 10th Apr,2023**

Sample: Serum
Method:Erba Semi Auto Analyzer Method

BIO-CHEMISTRY REPORT

INVESTIGATION		RESULT	UNITS	REFERENCE RANGE
Random Blood Sugar	:	310	mg/dl	80 to 160
Corresponding Urine Sugar	:	Not Given		

Name	**: MR. NAZEER MIYA**	**Registration No**	**: 3103**
Age/Sex	**: 60 yrs /M**	**Sample collection on**	**: 07th Apr,2023**
Referred by : DR. MOINUDDIN GARU		**Reported on**	**: 07th Apr,2023**

SAMPLE: SERUM & Urine

METHOD : Glucose GOD.POD Method

DIVISION OF BIOCHEMISTRY

INVESTIGATION		RESULT	REFERENCE RANGE
FASTING BLOOD SUGAR	:	117 mg/dl	60 - 120 mg/dl.
CORRESPONDING URINE SUGAR	:	Nil	
POST LUNCH BLOOD SUGAR	:	136 mg/dl	110 - 160 mg/dl
CORRESPONDIND URINE SUGAR	:	Nil	

Name	**: MR. SATHYA NARAYANA**	**Registration No**	**: 3126**
Age/Sex	**: 52 yrs /M**	**Sample collection on**	**: 12th Apr,2023**
Referred by : DR. PUSHPA GARU		**Reported on**	**: 12th Apr,2023**

SAMPLE: SERUM & Urine

METHOD : Glucose GOD,POD Method

DIVISION OF BIOCHEMISTRY

INVESTIGATION		RESULT	REFERENCE RANGE
FASTING BLOOD SUGAR	:	137 mg/dl	60 - 120 mg/dl
CORRESPONDING URINE SUGAR	:	Green Colour(0.5%)	
POST LUNCH BLOOD SUGAR	:	224 mg/dl	110 - 160 mg/dl
CORRESPONDIND URINE SUGAR	:	Yellow Colour(1.0%)	

Name	**: MRS. PARVATHAMMA**	**Registration No**	**: 3107**
Age/Sex	**: 60 yrs /F**	**Sample collection on**	**: 08th Apr,2023**
Referred by : SELF		**Reported on**	**: 08th Apr,2023**

SAMPLE: SERUM & Urine

METHOD : Glucose GOD, POD Method

DIVISION OF BIOCHEMISTRY

INVESTIGATION		RESULT	REFERENCE RANGE
FASTING BLOOD SUGAR	:	129 mg/dl	60 - 120 mg/dl
CORRESPONDING URINE SUGAR	:	Green Colour(0.5%)	
POST LUNCH BLOOD SUGAR	:	221 mg/dl	110 - 160 mg/dl
CORRESPONDIND URINE SUGAR	:	Yellow Colour (1.0%)	

Name : MRS. SWAPNA
Age/Sex : 29 yrs / F
Referred by : DR.RAFEEQ SAHAB

Registration No : 3105
Sample collection on : 07th Apr,2023
Reported on : 07th Apr,2023

Sample: Serums
Method Erba Semi Auto Analyzer Method

BIO-CHEMISTRY REPORT

INVESTIGATION	RESULT	UNITS	REFERENCE RANGE
Random Blood Sugar	104	mg/dl	80 to 160
Corresponding Urine Sugar	Nil		

Name	**: MR. VENKAT RAMANAIAH**		
Age/Sex	**: 50 yrs /M**	**Registration No**	**: 3129**
Referred by : DR. BALA SRINIVAS GARU		**Sample collection on**	**: 13th Apr,2023**
		Reported on	**: 13th Apr,2023**

SAMPLE: SERUM & Urine
METHOD : Glucose GOD.POD Method

DIVISION OF BIOCHEMISTRY

INVESTIGATION		RESULT	REFERENCE RANGE
FASTING BLOOD SUGAR	:	134 mg/dl	60 - 120 mg/dl
CORRESPONDING URINE SUGAR	:	Green Colour (0.5%)	
POST LUNCH BLOOD SUGAR	:	219 mg/dl	110 - 160 mg/dl
CORRESPONDIND URINE SUGAR	:	Yellow Colour (1.0%)	

Sure DIAGNOSTIC

Cell 9030132030
surediagnostic21@gmail.com

Patient Name	: Mrs.UMA DEVI	Sample Type	: SERUM
Age/Gender	: 42 Yrs/FEMALE	Registered On	: 15-Apr-2023 09:27:05 AM
Ref. No.	: 23043992	Collected On	: 15-Apr-2023 09:27:05 AM
Ref. Doctor	: SELF	Reporting On	: 16-Apr-2023 11:29:14 AM

Test Name	Observed Values	Units	Biological Reference Intervals
	DEPARTMENT OF BIOCHEMISTRY		
	FASTING & POST LUNCH(FBS & PLBS)		
FASTING BLOOD SUGAR	: 124	mg/dl	70 - 110
FASTING URINE SUGAR	: N/G		
POST-LUNCH BLOOD SUGAR	: 148	mg/dl	110 - 160
POST-LUNCH URINE SUGAR	: N/G		

Method : GOD-POD

RESULT ANALYSIS

Those who go to work , 13 have diabetes. Among those who go to work, even though they ar e taking sorghum small grains, they have diabetes because of yheir hard work

Physical acitivity, they have diabetes. Like wise they exerted themselves but a greater pereentage rested they have diabetes.

Sugar 7+5=12 ,100 is changed among those staying at home 7 has sugar with those staying at home. Ereryone is also taking sancks but eating too much rice also gave them dibetes.Dud to not eating properly. Atese suger is there

There is suger their sorghum,ragu even though they are eating rice they have suger. They got suger because of sitting too much even though some or suffeing from diabetes. After millets dite also because take of exercise.

Only 38 of the 100 pepole will surveyed had diabetis among 100 of simple 13 are known diabetis 7 members among those who work.

Among those who are at home are also 7 are suffering from diabetis due to lack of physical exertion.

Among the business people are there is only 1 sugger among the tradrrs diabetis due lacle physical excertio

Among the drivers they dont mainlaem those who drive is a total pepole dite of limiings of lack of physical aetivity. Beacuse of few are suffering from diabetis the people work at fields. They are physically active because of this only are is diabets among 6 members of people cardio excessise many are suffering personnel due to lack.

CONCLUSION

In our survey majority people are latring millats is thir diet in some people millet diet profoundly seduce the blood sugar levels but in few people millet diet does not show an y affect

Diabetes is a life style disease we teke proper dite do physical activity and stress free lifeb we have to do yoga meditation also keeps diabetes at bay

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