

# INTERNATIONAL DAY OF YOGA

## 21<sup>st</sup> June 2022

COUNTDOWN: **31** Days to go

## Do you know?



CIMR in association with the Department of Endocrinology and Metabolism, conducted a study which has shown that yoga based exercise program is more effective in controlling **blood sugar level (HbA1c)** than the usual care in patients with Type-2 Diabetes Mellitus.