

LIST OF ILLUSTRATIONS

Figure	Description	Page #
1.	Types of Diabetes	19
2.	Diabetes Facts	23
3.	Mortality	24
4.	Top 10 Countries with Diabetes	25
5.	Diabetes Warning Signs	28
6.	Major Diabetes Complications	30
7.	Diabetes Risk Factors	40
8.	Anatomy of the Pancreas	47
9.	Diabetes - Reduce Your Risks	49
10.	Triangle of Life	51
11.	Surya Namaskar	143
12.	Vrikshasana	144
13.	Padahastasana	146
14.	Parivrtta Trikonasana	148
15.	Vakrasana	149
16.	Ardhamatsyendrasana	151
17.	Yogamudra	154
18.	Bhujangasana	156
19.	Shalabasana	158
20.	Dhanurasana	160
21.	Naukasana	162
22.	Ushtrasana	164
23.	Paschimottanasana	166
24.	Sarvangasana	168
25.	Halasana	171

26.	Matsyasana	173
27.	Pawanamuktasana	175
28.	Shavasana	177
29.	Kapalabathi Pranayama	179
30.	Bhastrika Pranayama	181
31.	Nadishodhana Pranayama	184
32.	Ujjayi Pranayama	186
33.	Silent Meditation	188
34.	Rite 1	189
35.	Rite 1A	189
36.	Rite 2	190
37.	Rite 2A	191
38.	Rite 3	192
39.	Rite 3A	192
40.	Rite 4	193
41.	Rite 4A	194
42.	Rite 5	195
43.	Rite 5A	195
44.	Relaxation and AUM Meditation	196
45.	Flow Chart - Methodology	207
46.	Traditional Yoga Training	208
47.	Tibetian Yoga Training	211
	Bar Diagram showing the Mean Difference among yogic Practices of Traditional Yoga, Tibetan Yoga and Control Group on Body Mass Index (BMI)	218

Bar Diagram showing the Mean Difference among yogic Practices of Traditional Yoga, Tibetan Yoga and Control Group on Systolic Blood Pressure	221
Bar Diagram showing the Mean Difference among yogic Practices of Traditional Yoga, Tibetan Yoga and Control Group on Diastolic Blood Pressure	225
Bar Diagram showing the Mean Difference among yogic Practices of Traditional Yoga, Tibetan Yoga and Control Group on Pulse Rate	228
Bar Diagram showing the Mean Difference among yogic Practices of Traditional Yoga, Tibetan Yoga and Control Group on Fasting Blood Sugar	232
Bar Diagram showing the Mean Difference among yogic Practices of Traditional Yoga, Tibetan Yoga and Control Group on HbA1c	235
Bar Diagram showing the Mean Difference among yogic Practices of Traditional Yoga, Tibetan Yoga and Control Group on Total Cholesterol	239
Bar Diagram showing the Mean Difference among yogic Practices of Traditional Yoga, Tibetan Yoga and Control Group on Anxiety	242
Bar Diagram showing the Mean Difference among yogic Practices of Traditional Yoga, Tibetan Yoga and Control Group on Work & Social Adjustment	246
Bar Diagram showing the Mean Difference among yogic Practices of Traditional Yoga, Tibetan Yoga and Control Group on Satisfaction with Life	249