Bangalore Cluster:

*“My name is Kokila. I am 38 years old and I work as an Operator at Texport Syndicate. During the screening at the factory, my blood sugar level was found to be quite high and I was advised to get a sugar test done. On an empty stomach, my fasting blood sugar level was 254 and after food intake, it was 300. I was advised to take medicines and make lifestyle modifications during the screening. Post the screening, I have started on medication and I eat more leafy vegetables. I have modified my eating habits, in the morning I drink ragi sari; in the afternoon, I consume more vegetables and in the evening I eat ragi ball. I have also reduced the intake of rice. I got health information and guidance from Swasti team at the right time and I am grateful to Texport and Swasti team”*

*I am Prakash, a 41-year-old mechanic from the village of Nelamangala who has been employed by TIPL-16 for the previous 11 years. Even though I was urinating frequently at night, I didn't take it seriously. My RBS result was 350 mg/dL when the Swasti team conducted screening at our factory. A nurse from Swasti advised me to go outside for testing, where my* ***RBS*** *level was* ***320 mg/dL****. A doctor then instructed me to take a* ***HbA1c*** *test, the results of which showed a* ***6%*** *level. The doctor then advised me to take a tablet and not to worry, as well as to eat wholesome food. Even the Swasti team urged me to eat more green, leafy vegetables, perform easy exercises, and walk, which I had not been doing. I would like to express my gratitude to the Swasti team for conducting health screening in our factory and teaching us by providing the necessary knowledge. I was able to identify my illness and begin treatment as soon as possible. During a subsequent screening, my RBS level was* ***120 mg/dL****.”*

***Prakash- Mechanic- TIPL-16***

Jaipur Cluster

1. In March 2023, I found myself at a crossroads when my RBS levels tested high at 203, leaving me feeling tired, lazy, and sleepy, affecting my work and overall well-being. Thankfully, Swasti organization conducted a health camp at our factory, where I learned about my elevated levels. Following their advice, I visited a nearby PHC and received confirmation. The doctor warned of potential medication if my lifestyle didn't change. Taking Swasti's guidance seriously, I revamped my life – fixing my sleep and eating schedule, cutting down on excessive tea consumption, and replacing it with warm water. Daily one-hour walks became a routine. Come October 2023, after diligently adhering to these changes, my RBS levels plummeted to a reassuring 103. I am immensely grateful to Swasti for not only making me aware of my condition but for being my support through this transformative journey. What was once a frightening high on the results sheet has now turned into relief and joy. Today, I'm back at work in Lodha Ventures factories, Jaipur, not just functioning but thriving.

Sawan

Cleaner, Lodha Ventures Factories, Jaipur"

1. The wake-up call came in January 2023 when a routine health screening by Swasti revealed my blood sugar levels at a staggering 266. Shocked and in disbelief, I initially ignored the advice given by the doctors. It took a reminder call from Swasti's telecare team to make me realize the gravity of the situation. After a second test confirmed high RBS levels, the prospect of medication loomed. It was Swasti's telecare team that provided me with the crucial education on lifestyle changes needed to tackle this challenge. At that moment, I questioned why, at my age, I was facing such a health crisis.

Engaging with others battling diabetes was a turning point. Hearing their stories made me realize the need for action. Talking to people who already had diabetes made me understand the challenges they faced. That's when I decided to follow Swasti's guidance.

I introduced daily one-hour running and jogging , cut down on sugar-related foods, embraced neem leaves, and switched to warm water with lemon. In July, my blood sugar levels dropped to 125, and by September, during another Swasti screening, they were down to a remarkable 97. I also shed 10 kilograms during this six-month journey.

This transformation went beyond just numbers. I battled moments of laziness and demotivation, but now, with improved diabetes management, I gained confidence. Daily exercises empowered me with higher energy levels, reduced stress, and allowed me to efficiently manage work, even leaving early to spend time with my family.

Tanraj SIngh

(Shipping Supervisor, Kagzi Exports)

**Ludhiana-**

“My name is Rajat Kumar (name changed). I live in Ludhiana. I am 49 years old, and I work as a CAD master in the factory called Ishita Knitfab. On September 25, I attended the health check-up being done in the factory by Swasti. I was shocked to discover that my RBS was 509. I also found that I am pre-hypertensive. I told the doctor I had not been taking medicines because I did not prioritize them. I used to eat a good amount of sweets. Often, I indulged myself in substances like tobacco and alcohol. I neglected the fact that I am diabetic. The doctor patiently provided me with health education and asked me to come again to get tested for an empty stomach. My FBS, then, was 494. Since then, I have been taking medicines every day and have tried to make lifestyle modifications like consuming less sugar and eating healthy food”.