

FAQ

What is Stop Diabetes Movement?

It is a customized Yoga module designed to prevent, manage and control Type II Diabetes.

This Yoga module was developed by a team of Medical Doctors and Yoga Therapists led by Dr. R. Nagarathna at Swami Vivekananda Yoga Anusandhana Samsthana University (S-Vyasa University) in Bangalore, India after many years of research.

What is Sewa ?

Sewa International is a Hindu faith-based, humanitarian, nonprofit service organization registered under Internal Revenue Code 501 (c) (3). Founded in 2003, Sewa International is part of a larger movement that started in India in 1989 and is active in twenty countries. Sewa serves humanity irrespective of race, color, religion, gender or nationality. Visit us - <https://sewaua.org/>

Why Stop Diabetes Movement Camp ?

According to American Diabetes Association, in 2015, over 30 million Americans had diabetes and over 80 million were pre-diabetic. In March 2018, American Diabetes Association estimated direct health care costs relating to Diabetes as \$237 billion dollars. This is an alarming statistic!! Stop Diabetes Movement – Yoga workshop aims to reduce health care costs in the long run by improved health, improved productivity, and reduced dependency on medication.

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Stop Diabetes Movement - Yoga Workshop:

- Helps prevent pre-diabetic individuals from becoming diabetic (Type II)
- Helps diabetic individuals to control and manage their diabetic condition.
- Reduce probability of other health complications arising from diabetic conditions.
- Reduce diabetic condition from severe to moderate, moderate to mild, and from mild to normal.

Yoga Workshop Includes:

- Asanas - Yoga postures and stretches
- Pranayam & Meditation - Yoga breathing and relaxation
- Guidance regarding diet and nutrition from certified Dietician
- Basic medical screening prior to the start of Yoga workshop to determine physical fitness to practice yoga. (Due to Covid its optional and better consult to your physician)
- Concepts of Integrated approach to help individuals change their lifestyle
- Materials provided to practice

Structure of Yoga Workshop (Important Dates & Time)

Pre-Camp Information / Instructions Session (Open to the Public)

Sunday, **March 7th, 2021 @ 8PM**

Workshop Starting from Friday March 12th to Sunday 21st, 2021

10 Sessions – Continuous 10 days for 1.5 hours

Saturday, Sunday - 7:00 AM to 8:30 AM (Open to the Public)

Monday to Friday - 6:30 PM to 8:00 PM (Only for Registered)

10 Session – 10 Weekends for 1.5 hours

Saturday & Sunday - 7:00 AM to 8:30 AM

PLEASE NOTE: All Weekend Sessions with experts lectures are Open to the Public, Feel free to invite your friends and family

Recognition of Dr. R. Nagarathna by ADA

In 2019, Dr. R. Nagarathna was selected by American Diabetes Association for Association's Vivian Fonseca and Nagendran Family Diabetes Research Award for the abstract submitted to the Scientific Sessions: "Diabetes Prevention through Yoga-Based Lifestyle" - A Pan India Randomized Controlled Trial Nagarathna R., Venkat Ram, Rajesh S.K., Amit Singh, Nagendra Ramarao Hongasandra Bengaluru, India, Hyderabad, India, Bangalore, India. The Vivian Fonseca and Nagendran Family Diabetes Research Award recognizes diabetes research focused on the South Asian, Asian American, Native Hawaiian, and Pacific Islander populations and/or research by a scientist from these areas of the world.

What is the Eligibility to Attend the SDM Camp?

Anyone aged 14+ can join.

Anyone from any location can join, But sessions will be conducted at MST (Arizona Time)

Participants should be able to perform basic physical activities like Asanas (Yoga Postures), physical exercise, pranayam (breathing exercises).

Sewa International USA is not liable for any physical or psychological injury that students may experience as a result of yoga. Sewa recommends all participants consult with their physician before participating in this workshop.

Due to the online nature of this workshop, depending on camera positioning and lighting conditions at the participant location, the instructors may not be able to suggest every minute correction. While teachers will take every effort to suggest variations, corrections for all students, it is the student's responsibility to take control of the practice and clarify with the instructor as needed, as to not incur an injury.

Should Only Diabetic People Attend this?

Anybody irrespective of whether they are diabetic or non-diabetic can attend the workshop as a yogic lifestyle helps to prevent/delay the onset of diabetes in future even if there is a strong family history of diabetes. The benefits of a healthy lifestyle is not limited to prevent & reduce diabetes only but to promote overall personal health so it's recommended for all.

Will I be cured of diabetes when I complete the workshop?

There is no promise of cure, or any magical disappearance of any ailment as a result of yoga or this particular workshop. The name 'Stop Diabetes' is not to be taken literally. We are using the name developed at VYASA to honor those who developed it.

Doctors recommend healthy eating, reduced stress, yoga asanas, and pranayama as the cornerstone practices for improving health. While your individual results may vary,

research has supported that many individuals have benefited from the SDM module that was developed by S-VYASA. So, there is no promise to cure anything, but research and past experiences suggest most people find this workshop extremely beneficial to bring down their A1C score. It is also recommended that students adopt the practices learned as a way of life and not limit it to 3 months for lasting benefits.

Fees / Donations / Payment :

There are no fees for this workshop, Sewa being a charity organization operating based on donations. We are suggesting a donation of \$100 per person + \$50 per additional family member.

No obligation for needy individual having financial hardship or for students, We will consider individual cases, Please call Prasad (602) 427 8863

How the proceedings will be used:

Locally we are supporting our Native Americans brothers & sisters, The part of proceedings will be used to empower the community in Health & Education sections. Please check our photo gallery to know about Sewa contribution to this project <https://photos.app.goo.gl/LhDqS9qXzWNauvjj7>

Also, to build a Toilet for Girls Child in India which costs around \$650, for more information please visit <https://sewausea.org/Public-Hygiene-Empowerment>

How to Register & Donate ?

1. Link to Register and Donate - <https://sewausea.org/event-4126894>
2. **ONLINE:** <https://www.sewausea.org/donate> select any cause & Phoenix Chapter
3. **CHECK:** In the favor of “**Sewa International Inc**” Either you can handover to our volunteers or mail at the following address.

Prasad Koranne
6777 W Evergreen Ter, Peoria AZ 85383

4. **CASH:** Please call Subha (480) 332 8536 OR Prasad (602) 427 8863

SDM TEAM



Rashmi Vaidya

I am a breast surgical oncologist , mom, backyard gardener and occasional hiker who feels blessed to have found yoga and be certified to teach it (RYT 200) and learn something from it all the time .



Prajakta Apte

I am a Registered Dietitian and help people create healthier lifestyles. I have completed 200 hrs yoga teacher training and have been practicing yoga regularly.



Dilip Chakrabarty

Involved in practising and teaching Yoga in the traditional Indian style. During the last 15 years taught in ISKCON Arizona, J K Yog, prior to that with Chinmaya Mission, other organizations in Australia. Have studied Spiritual scriptures, Yoga, Pranayama with various teachers over decades.



Ashwini Oke

She believes and experiences that the practice of Yoga improves health holistically through conditioning the body, regulating the breath, and rejuvenating the spirit, leading to higher spiritual growth. She pursued a master's degree in Yoga from SVYASA University, Bangalore, and RYT 200 teachers training at Vivekananda Yoga, San Diego



Srinivasrao Allada

This is Srinivas, by profession I am an enterprise architect and certified yoga teacher from Vivekananda yoga.. active volunteer in sewa international, hss .. would love to learn yoga.. share and practice same with friends and family... this is what I believe "add years to your life, life to your years by embracing yoga in your life... "



Dr Sailesh Rao

Dr. Sailesh Rao is a systems engineer, story teller, author of Carbon Dharma (2011) and Carbon Yoga (2016), Human, Earth and Animal Liberation (HEAL) activist, husband, dad and since 2010, a star-struck grandfather. He is working to create a healthy, Vegan world by 2026 to fulfill a pinky promise to his granddaughter, Kimaya.



Amit Upadhye

Amit has been a self taught student of yoga since he was 15. At 18 he was formally introduced to yoga through the 1 month Vivekananda Kendra yoga course. In 1998 he joined Sarathi Yoga foundation of Los Angeles and has attended many of their retreats. In 2011 in Singapore he joined Nikam Yoga and became their instructor after 3 years. Later in 2013 he moved to Los Angeles and joined Iyengar Yoga Institute and practiced for two years and continued his Iyengar practice at Scottsdale Community for another year. Amit recently received his 200 RYT certification through Vivekananda Yoga, San Diego and now teaches yoga every Sunday morning through Sewa International.



Sushil Vijayavargiya

Being introduced to Yoga from Childhood, Sushil Vijayavargiya got trained in Yoga both in India and in the USA. He is a dual certified Yoga teacher and currently delivers Yoga classes in the community. He has also served in Stop Diabetes Movement, and in Yoga and Wellness workshops.

CONTACT:



Prasad Koranne

Sewa International USA - Phoenix Chapter Coordinator
Ph: (602) 427 8863, Email: phoenix@sewausa.org



Subha Ekambaram

Coordinator - SDM Camp, Ph: (480) 332 8536
200 Hrs, VYASA Certified Yoga Instructor