



Government of India
Ministry of Chemicals & Fertilizers
Department of Pharmaceuticals

Jan Aushadhi VARTA



EDITION 40

28th November, 2025

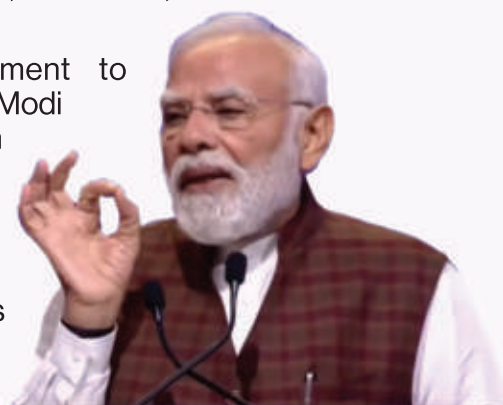
Prime Minister Highlights Massive Savings through Jan Aushadhi and Ayushman Bharat Schemes

40,000 Crore Back in your Pocket!

In an event of NDTV World Summit 2025 held at New Delhi on 17th October 2025, Hon'ble Prime Minister Narendra Modi addresses the nation and highlighted the profound impact of the Pradhan Mantri Jan Aushadhi Kendras and the Ayushman Bharat scheme on public health and financial relief. He pointed out that medicines at Jan Aushadhi Kendras were provided at an 80% discount, resulting in savings of approximately ₹ 40,000 crore for citizens. As part of the Pradhan Mantri Bharatiya Janaushadhi Pariyojana (PMBJP), this initiative played a key role in ensuring access to quality generic medicines at affordable prices across the country.

Hon'ble Prime Minister Modi also drew attention to the Ayushman Bharat scheme, which delivered over ₹ 1.25 lakh crore in savings for poor patients by covering hospitalisation costs up to ₹ 5 lakh per family annually for secondary and tertiary care. He further mentioned that the reduction in heart stent prices had annually saved the poor and middle class around ₹ 12,000 crore, easing financial pressures on vulnerable families.

Stressing the government's firm commitment to democracy and the Constitution, Prime Minister Modi affirmed that these policies focused on improving ease of living and delivering substantial financial benefits to citizens. The summit featured distinguished international guests, including Sri Lankan Prime Minister Dr. Harini Amarasuriya and former Prime Ministers of Australia and the United Kingdom, Mr. Tony Abbott and Mr. Rishi Sunak, respectively, underscoring worldwide appreciation for India's healthcare advancements.



Total No.
of Kendras
16900+



Total Sales crossed
Rs. 1245.15 Crore
FY 2025-26
(till 31.10.2025)



Estimated Savings Approx
of **4980.59 Crore** to
Citizens FY 2025-26
(till 31.10.2025)



Sales of
October 2025 is
199.51 Crore



9,000 more Jan Aushadhi Kendras Coming

Affordable Medicines *Closer to your Home!*



Hon'ble Union Minister of Health and Family Welfare and Ministry of Chemicals and Fertilizers, Shri Jagat Prakash Nadda, addressed the 19th edition of FICCI HEAL 2025 in New Delhi on 9th October 2025 on the theme "CARE@25 – Defining Moments in Healthcare." He announced plans to expand Jan Aushadhi Kendras from the current 16,000 outlets to 25,000, aiming for equitable, accessible, and affordable health for all, and called upon all stakeholders to collaborate in achieving these targets. The Hon'ble Minister highlighted a significant decline in out-of-pocket healthcare expenses from 62.6% to 39.4% in recent years, crediting schemes like Ayushman Bharat for playing a pivotal role. He also emphasized the crucial role of policymakers

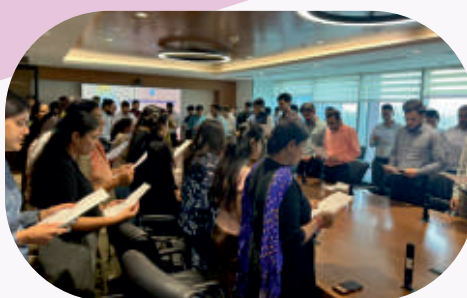
in shaping the future of healthcare. Other notable speakers included Prof. VK Paul, Member (Health), NITI Aayog, who discussed Viksit Bharat by 2047 goals, such as raising life expectancy from 71 to 85 years and healthy life expectancy from 60 to 70-75 years. FICCI President Mr. Harsha Vardhan Agarwal praised recent GST reforms reducing rates on medicines and medical devices from 12-18% to 5%, making healthcare more affordable. Dr. Harsh Mahajan, Chair of FICCI Health Services Committee, highlighted India's drive for innovation through advanced medical technology, digital health platforms, AI, and integrating preventive, promotive, and personalized medicine.



Jan Aushadhi Team takes

Unity Pledge on Sardar Patel's

Birth Anniversary



In observance of Shri Sardar Vallabhbhai Patel's birth anniversary on 31st October 2025, CEO PMBI Shri Suvasis Das administered the Rashtriya Ekta Diwas Pledge to employees and staff members at PMBI Head Office, New Delhi. Participants dedicated themselves to preserving India's

unity, integrity, and security while paying tribute to the Iron Man of India, Sardar Patel, in a solemn ceremony that aligned with National Unity Day celebrations. The event reinforced PMBJP's commitment to national values of unity alongside its mission to provide affordable healthcare to all.



Jan Aushadhi *Says* **NO to Corruption** **Takes Integrity Pledge!**

Vigilance Awareness Week is an annual initiative observed across India in the last week of October, encompassing the birth anniversary of Sardar Vallabhbhai Patel on 31st October, to honor his legacy of integrity and nation-building while promoting a corruption-free society. Introduced by the Central Vigilance Commission (CVC) in 2000, it aims to raise public consciousness about the harmful effects of corruption—seen as anti-national, anti-economic development, and anti-poor—and to encourage ethical behavior, transparency, and accountability in governance and daily life. By drawing inspiration from Sardar Patel's principles of honesty and unity, the week fosters collective action against malpractices, aligning with the vision of a self-reliant and moral India. Under the guidance of CEO PMBI Shri Suvasis Das at PMBI Head Office, Delhi, PMBI marked Vigilance Awareness Week 2025 from 27th October to 02nd November 2025 (pledge taken



on 29th October 2025) with the theme "Vigilance: Our Shared Responsibility." Employees and team members took a formal oath of integrity, committing to uphold honesty and fight corruption in all operations. The focus was on building strong internal safeguards to ensure fair practices in medicine supply chains and Kendra operations. This initiative strengthened public confidence in PMBJP as a trustworthy platform delivering affordable, quality healthcare without any compromise on values.



HIGHLIGHTS



2nd - 31st October, 2025

Swachhata Special Campaign 5.0

11,000+ Jan Aushadhi Kendras
Go Clean & Green *this* **October**



Swachhata Special Campaign is a yearly nationwide cleanliness drive that runs from 2nd October to 31st October every year. This year, it is celebrated as Swachhata Special Campaign 5.0, which started on Mahatma Gandhi's birthday to honour his dream of a clean India. The campaign is led by the government to make offices and public places neat, fast, and efficient. It focuses on clearing old files, removing junk, saving space, and even earning money by selling scrap. It also teaches people to reduce waste, reuse items, and recycle. Everyone—from government staff to citizens—joins in to keep spaces

clean and work better for the public. As part of this campaign from 2nd to 31st October 2025 at PMBI Head Office, Delhi, and over 11,000 Jan Aushadhi Kendras across India, PMBI held a big cleanliness drive. All Kendras were chosen as special cleaning spots. Staff and shop owners worked together to remove dirt, sort waste, paint walls, plant trees, and make the areas green and fresh. The goal was to follow the simple rule: reduce, reuse, recycle. This made every Kendra look good and feel welcoming. It also turned them into trusted community spots for health, hygiene, and caring for the environment.

IN THE NEWS

investlive

07 Oct, 2025

सरकारी अस्पतालों के रजिस्ट्रेशन पर्चे पर नजदीकी जन औषधि केंद्र का नाम और पता लिखने का दिया आदेश

लखनऊ (ब्यूरो)। सरकार के सख्त आदेश के बावजूद सरकारी अस्पतालों में डॉक्टर बाहर की दवा लिख रहे हैं, जबकि सरकार जन औषधि केंद्रों पर सस्ती दवाएं उपलब्ध करा रही है। पर वहां सज्जादा ही देखने को मिलता है।



इसी को देखते हुए स्वास्थ्य विभाग द्वारा सभी सरकारी अस्पतालों के रजिस्ट्रेशन पर्चे पर नजदीकी जन औषधि केंद्र का नाम लिखना शुरू करा दिया है ताकि मरीजों को सस्ती दवाओं को खरीदने में किसी प्रकार की समस्या न हो।

ET NOW स्वदेश

08 Oct, 2025

Jan Aushadhi Kendra: जानें कैसे खोल सकते हैं, तगड़ी होती है कमाई



प्रधानमंत्री जन औषधि केंद्र भारत सरकार की एक स्कीम है। इसके तहत आप मेडिकल स्टोर खोलकर अच्छी कमाई शुरू कर सकते हैं। अगर आप प्रधानमंत्री जन औषधि केंद्र खोलकर जेनेरिक दवाइयां बेचना शुरू कर कमाई शुरू कर सकते हैं। आइये यहां पर जानें कि यह कैसे किया जा सकता है।

जन औषधि केंद्र खोलने के लिए चाहिए कितनी जगह

इस योजना के तहत जन औषधि केंद्र खोलने के लिए आपके पास डी फार्मा या बी फार्मा का सर्टिफिकेट होना जरूरी है। साथ ही आपके पास कम से कम 120 वर्ग फुट जगह होनी चाहिए। जन औषधि केंद्र खोलने के लिए आवेदन शुल्क 5,000 रुपये है। इसमें तीन तरह की कैटेगरी हैं, पहली में डॉक्टर, फार्मासिस्ट और रजिस्टर्ड मेडिकल प्रैक्टीशनर आते हैं। दूसरी कैटेगरी में ट्रस्ट, एनजीओ और प्राइवेट हॉस्पिटल हैं, जबकि तीसरी कैटेगरी में वे लोग आते हैं जिन्हें राज्य सरकार ने नॉमिनेट किया हो।

हि हिन्दुस्तान

13 Oct, 2025

महंगे सप्लीमेंट को टक्कर देगा जेनेरिक प्रोटीन



अलीगढ़, वरिष्ठ संवाददाता। सेहत बनाना अब जेब पर भारी नहीं पड़ेगा। जन औषधि केंद्रों पर ब्रांडेड सप्लीमेंट्स के महंगे दामों से राहत दिलाने के लिए जेनेरिक प्रोटीन पाउडर उपलब्ध है। यह किफायती होने के साथ गुणवत्ता में भी बेहतर बताया जा रहा है। बाजार में मिलने वाले महंगे प्रोटीन पाउडर की तुलना में यह 55-60 प्रतिशत तक सस्ता है। चयनप्राप्त की नई रेंज भी आ चुकी है। प्रोटीन पाउडर के तीन विशेष वर्जन हैं, एक डायबिटीज मरीजों के लिए और दूसरा किडनी रोगियों के लिए। इसके अलावा, हाई प्रोटीन पाउडर भी उपलब्ध है, जो सामान्य स्वास्थ्य और फिटनेस के लिए उपयोगी है।

अमर उजाला

19 Oct, 2025

Gonda News: मरीजों को बाहर की दवा न लिखें चिकित्सक



बेलसरा। विधायक प्रेम नारायण पांडेय ने शनिवार को सीएससी में जन औषधि केंद्र का उद्घाटन किया। उन्होंने कहा कि जन औषधि केंद्र की दवाएं पूरी तरह कारगर हैं। ये दवाएं आम जनता को सस्ते दाम पर उपलब्ध हो रही हैं। उन्होंने चिकित्सकों से कहा कि सीएससी पर दवाएं न होने की स्थिति में मरीजों को बाहर की दवाएं लिखने के बजाय जन औषधि केंद्र की दवाएं ही लिखी जाएं। इस अवसर पर राजेंद्र प्रताप सिंह, रामधोख मिश्र, अनुज शुक्ल, डॉ. सतपाल सोनकर आदि उपस्थित रहे।

IN THE NEWS



29 Oct, 2025

PMBJP: कौन खोल सकता है प्रधानमंत्री भारतीय जनऔषधि केंद्र? जानिए योग्यता और आसान तरीका



Pradhan Mantri Bhartiya Janaushadhi Pariyojana: भारत में सस्ती और क्वालिटी दवाइयों की पहुंच बढ़ाने के लिए प्रधानमंत्री भारतीय जनऔषधि परियोजना (PMBJP) 2008 में शुरू की गई थी। इसे केमिकल्स और फर्टिलाइजर्स मंत्रालय के अंतर्गत फार्मास्यूटिकल्स विभाग द्वारा संचालित किया जाता है। इस योजना के तहत आम जनता को ब्रैंडेड दवाओं के मुकाबले सस्ती, जनरल (Generic) दवाइयां उपलब्ध कराई जाती हैं। योजना के मुख्य उद्देश्य हैं- सभी लोगों के लिए गुणवत्तापूर्ण दवाइयां सुलभ बनाना, खासकर गरीब और जरूरतमंद लोगों के लिए। लोगों में जनरल दवाओं के प्रति जागरूकता बढ़ाना ताकि दवा की कीमत और गुणवत्ता के बीच भ्रम न रहे। योजना के तहत व्यक्तिगत उद्यमियों को जन औषधि केंद्र खोलने का अवसर देकर रोजगार पैदा करना।



जागरण

30 Oct, 2025

Jharkhand News: अब पैक्स चलाएगा पेट्रोल पंप व जनऔषधि केंद्र, मिलेंगी और भी कई जिम्मेदारियां

जागरण संवाददाता, कोडरमा। अब बीज वितरण व धान क्रय से अलग प्राथमिक कृषि साख समितियां यानी पैक्सों के द्वारा पेट्रोल पंप और जनऔषधि केंद्रों का संचालन कराया जाएगा। यह पहल ग्रामीण क्षेत्रों में रोजगार के नए अवसर पैदा करेगी और पैक्स की आय बढ़ाएगी।

पैक्स के माध्यम से सस्ती दवाएं लोगों तक पहुंचेंगी और उन्हें आर्थिक मजबूती मिलेगी। जिले में इसकी तैयारी की जा रही है। जिले के दो पैक्स नावाडीह व आरागारो को पेट्रोल पंप योजना के लाभ के लिए चिह्नित किया गया है।

इसका प्रस्ताव तैयार कर सरकार को भेजा जा रहा है। इन दोनों पैक्सों में पेट्रोल पंप के लिए जमीन भी चिह्नित की गई है। वहीं आरागारो व सतगांवां के ट्रेडरो पैक्स में जनऔषधि केंद्र भी खोला जाएगा।

अमर उजाला

06 Oct 2025

Barabanki News: बाहर से दवाएं लिखने वाले डॉक्टरों पर कसेगा शिकंजा



बाराबंकी। जिले के सभी 23 अस्पतालों में जनऔषधि केंद्र खोल दिए गए हैं। अस्पताल में तेजात डॉक्टर अब बाहर की दवाएं नहीं लिख सकेंगे। डिप्टी सीएम के आदेश के बाद सीएमओ ने इसका कड़ाई से पालन कराने के निर्देश सभी अधीक्षकों को दिए हैं। साथ ही ऐसे डॉक्टरों को चिह्नित करने के लिए कहा गया है जो बाहर से दवाएं लिखते हैं जिससे इन पर शिकंजा कसा जा सकेगा।

CW CONSTRUCTION
WORLD.in

07 Oct, 2025

Pharma Dept Identifies 11,100 Janaushadhi Sites For Clean-Up



As part of the Special Campaign for Disposal of Pending Matters (SCDPM) 5.0, the Department of Pharmaceuticals (DoP) has identified 11,100 Pradhan Mantri Bhartiya Janaushadhi Kendras across India as Outdoor Cleaning Sites. This initiative was finalised during the preparatory phase of target identification, which concluded on 30 September 2025.

Under the department's guidance, all organisations under its purview have adopted specific Swachhata-focused targets, as cleanliness remains a key pillar of the campaign. The Pharmaceuticals and Medical Devices Bureau of India (PMBI), the implementing agency of the Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP), has planned a large-scale cleanliness initiative covering 11,000 Janaushadhi Kendras in line with guidelines issued by the Department of Administrative Reforms and Public Grievances (DARPG).



SOCIAL MEDIA HIGHLIGHTS

(PMBJP Retweeted)

Post

Jagat Prakash Nadda @JPNadda

Had a productive meeting with H.E. Badr Abdelatty, Foreign Minister of Egypt. We discussed avenues to enhance cooperation in Fertilisers, Pharmaceuticals, Chemicals and Petrochemicals, aimed at deepening industrial and economic linkages between our two nations.

Both sides reaffirmed their commitment to advancing South-South collaboration for shared growth, innovation and self-reliance, paving the way for a stronger India-Egypt partnership. 🇮🇳🇪🇬



5:04 PM · Oct 16, 2025 · 13.3K Views

23 290 994

Post

Pushkar Singh Dhani @pushkardhani

Show translation

प्रदेश की सभी 671 सहकारी समितियों का कंप्यूटीकरण पूरा कर लिया गया है, जिससे पारदर्शिता और कार्यक्षमता में अभूतपूर्व वृद्धि हुई है। समितियाँ अब जन औषधि केंद्र और कॉमन सर्विस सेंटर (CSC) जैसे लोकहितकारी कार्य भी संचालित कर रही हैं। हमारा प्रयास सहकारिता के माध्यम से हर हाथ को काम, हर घर को सम्मान के संकल्प को पूर्ण करना है।

इस अवसर पर केंद्रीय राज्य सड़क परिवहन और राजमार्ग मंत्री श्री @AjayTamtaBJP जी, माननीय विधायक श्री @Bishan_didihat जी भी उपस्थित रहे।



4:28 PM · Oct 29, 2025 · 803 Views

6 22 33

Post

MyGov Hindi @MyGovHindi

Show translation

लोकल से ग्लोबल! 🇮🇳🌐

भारत के जन औषधि केंद्र अब विदेशों में भी; मॉरीशस में पहला केंद्र खुला, जहाँ 250+ भारतीय दवाइयों उपलब्ध।

अब फिजी, घाना, गुयाना जैसे देश भी इस पहल में रुचि दिखा रहे हैं।

#JanAushadhi



Post

Ministry of Cooperation, Government of India @MinOfCooperatn

Cooperation that Cares!

Lathikata LAMPKS Ltd., through its Jan Aushadhi Kendra (Under Pradhan Mantri Bharatiya Janaushadhi Pariyojana), has made quality medicines accessible and affordable for everyone. By adhering to cooperative principles, in just 100 days, the cooperative has served 2400+ patients, helped families save 50-90% on medicines, and empowered women, senior citizens, and local youth.

This is the power of cooperation—creating employment, income, and better health while transforming lives. 🌱

#EmpoweringCooperatives #IYC2025 #SahkarSeSamridhi #CoopsYear #सहकार_से_समृद्धि





Shri Basavaraj S Bommai
Hon'ble Member of Parliament,
Haveri, Karnataka, Gol
inaugurated PMBJK
Near GIMS Hospital,
Gadag (Karnataka)

Shri Dhullu Mahto
Hon'ble Member of Parliament,
Dhanbad, Jharkhand, Gol
inaugurated PMBJK
Makdumpur, Bokaro (Jharkhand)

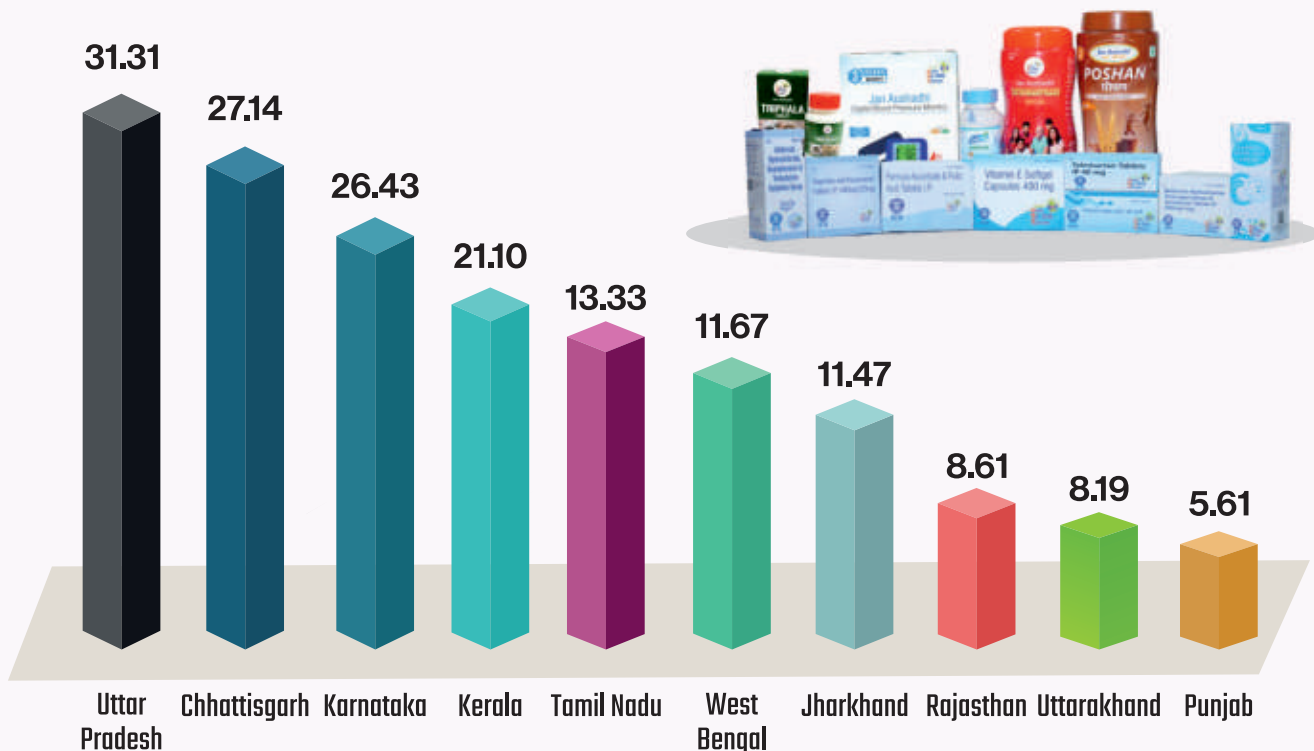


Shri Praveen Patel
Hon'ble Member of Parliament,
Phulpur, Uttar Pradesh, Gol
inaugurated PMBJK
Tej Bahadur Sapru Hospital,
Prayagraj (Uttar Pradesh)

Ch. Kanwar Singh Tanwar
Hon'ble Member of Parliament,
Amroha, Uttar Pradesh, Gol
inaugurated PMBJK
Gajraula, Amroha (Uttar Pradesh)

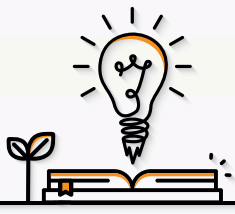


Best Performing States *in terms of* Sales in Rs. Crores **OCTOBER 2025**



Welcoming new Partners who joined PMBI family in the month of **October 2025**

1 PMBJK20404 - Rajamahanthi Bhavana - Assmt No 674 Ground Floor, Near Devisri Kalyana Mandapam, J R Puram Ranasthalam, Andhra Pradesh - 532407	11 PMBJK20184 - Guruprasad R - SY. No. 48, No. 28, 14 th Cross, Haranoor Defence, MS Ramaiah, Nagasandra Post, Bengaluru North, Karnataka - 560073
2 PMBJK20362 - Dhira Krishna Sutradhar - Narabari, K.D. Road, P.O. PS. Kokrajhar, Assam - 783370	12 PMBJK20150 - Sajitha Chettiam Thodi - 19/482-E, Patternadakkavu, Near Urban Co-operative bank, Thirunavaya Post, Tirur Taluk, Malappuram, Kerala - 676301
3 PMBJK20189 - Lalita Kumari - Near Raferal Hospital, Pirpointi Barahat Road, Bhagalpur, Bihar - 813209	13 PMBJK20242 - Amit Laad - Shop No/Plot No- Ward No 10, Padawa Chowk, Panchyat Ke Pass Chhaigaon Makhon, Khandwa, Madhya Pradesh - 450771
4 PMBJK20453 - Meenakshi Negi - Shop No. 1 (Part Of House No. 97), Village Dariya, Near Guga Mardi, Chandigarh - 160101	14 PMBJK20183 - Vanshree Hemant Menewar - Shop No. UGF 2 B, Upper GF, Property No. 7/2, Surbey No. 17/1, Plot no. 7/2, Shreeraj com, Pusad, Yavatmal, Maharashtra - 445215
5 PMBJK20475 - Bhagyashree Parde - Ward No 21, Kh No 1574/221, House No 308, Ekta Chowk, Kailash Nagar, Bhillai, Durg, Chhattisgarh - 490026	15 PMBJK20457 - Naorem Jayenta Singh, Yaikul Moirangkham Chingakham Leikai Imphal, Wangoi, Imphal West, Manipur - 795001
6 PMBJK20347 - Rakesh Singh Chauhan - Shop no.14, Ground Floor, Sector-5, Pushp Vihar, Mb Road, Ambedkar Nagar, South Delhi - 110017	16 PMBJK20226 - Amit Kumar - Shop No. 4, Village Barmajra, Mahali Tal Ajitgarh, Mahali, S.A.S Nagar, Punjab - 160055
7 PMBJK20371 - Panara Yuktiben Jay - Tower-A/1, Shop No. FF-14, Akshar Pavillion, Near Priya Talkies, Vasna Bhayli Road, Vadodara, Gujarat - 390021	17 PMBJK20148 - Suman - Community Health Center, Sandwa, Bidasar, Churu, Rajasthan - 331517
8 PMBJK20267 - Veena Rani - 2, Naharpur, Near Balmiki Mandir, Shamshan Ghat Road, Naharpur, Jagadhri, Yamuna Nagar, Haryana - 135001	18 PMBJK20364 - Nima Wangchuk Bhutia - Pakyong Bazar, Pakyong, Sikkim - 737106
9 PMBJK20445 - Ishfaq Ahmad Wani - 02, Ground Floor of Mantoo Building, Near J&K Bank Branch Jablipora, Bijbehara, Anantnag, J & K - 192124	19 PMBJK20405 - Sivaranjani K - Door No.84/14, West Facing, GF, Shop No 1 From South, ST-2 Market Street, Melpattampakkam, Panruti, Cuddalore, Tamil Nadu - 607106
10 PMBJK20337 - Priti Choubey - Sadar Hospital, Campus, P.O. & P.S- Khunti, Jharkhand - 835210	20 PMBJK20474 - Ayesha Sulthana - D.N.No-1-142, Srirangapur(V), Srirangapur(M), Wanaparthy, Telangana - 509120



Diabetes

What is Diabetes?

Diabetes is a group of diseases characterised by high blood sugar levels, occurring when the pancreas doesn't produce enough insulin or the body can't effectively use the insulin it produces. Common symptoms include increased thirst, frequent urination, and fatigue. The main types are type 1, type 2, and gestational diabetes, and while it can lead to serious long-term damage to nerves, eyes, kidneys, and heart, managing the condition through healthy eating, physical activity, and medication can prevent or delay many complications.

Symptoms of Diabetes

- 01** Frequent urination (especially at night)
- 02** Excessive thirst and hunger
- 03** Unexplained weight loss
- 04** Fatigue and weakness
- 05** Blurred vision
- 06** Slow-healing wounds or frequent infections
- 07** Tingling or numbness in hands/feet

If you notice these, consult a doctor and get a simple blood test at a nearby health centre





Jan Aushadhi GYAN GHARONDA

Causes & Risk Factors

The body becomes resistant to insulin (cells don't respond well).

The pancreas produces little or no insulin.

Key Risk Factors:

- 01 Family history of diabetes
- 02 History of gestational diabetes (in pregnancy)
- 03 Age (risk increases after 45)
- 04 High blood pressure or cholesterol
- 05 Sedentary lifestyle
- 06 Obesity or overweight (especially abdominal fat)
- 07 Unhealthy diet high in sugars, refined carbs, and processed foods

Types of Diabetes

1. Type 1 Diabetes: An Autoimmune condition where the body attacks insulin-producing cells. Usually starts in childhood/young age. Requires lifelong insulin injections. (5-10% of cases)

2. Type 2 Diabetes: Most common (90-95% cases). The body becomes insulin-resistant, often due to lifestyle. Managed with diet, exercise, and oral medicines.

3. Gestational Diabetes: Develops during pregnancy; usually resolves after delivery, but increases future Type 2 risk.

4. Prediabetes: Blood sugar is higher than normal but not diabetic yet. Reversible with lifestyle changes.





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Prevention and management:

1. Maintain a healthy weight: Losing even a small amount of weight can lower the risk of developing type 2 diabetes.

2. Be physically active: Aim for about 30 minutes of moderate aerobic activity on most days of the week.

3. Eat a healthy diet: Focus on fruits, vegetables, and whole grains, while limiting high-fat foods, processed foods, and sugar.

4. Medication: Your doctor may prescribe medication to help manage your blood sugar levels.

5. Monitor blood sugar: Regularly checking your blood sugar can help you and your doctor understand how your body is responding and adjust your management plan as needed.



KHELO BHI PADHO BHI

Fill in the Blanks

02. Frequent _____ is a symptom of diabetes.

01. In diabetes, blood _____ level rises.

03. The most common type in India is _____ 2 diabetes.

04. To prevent diabetes, walk _____ minutes daily.

05. Affordable medicines are available at _____ Aushadhi Kendras.