**Participant Information Sheet**

**Title of the study:**

**Dear Sir / Madam,**

You are being requested to volunteer in the above research study. Dr.………………..is the Principal investigator for the study. This document will provide you with the information needed to help you decide whether you wish to take part in this study. You may read the text before you consent to participate in the study.

**Information and importance of the study:**

**Objective of the study:**

**How will this study be done?**

Mention eligibility of the participant, study/ intervention protocol, Intervention period, withdrawal criteria…… etc.

Whether compensation will be given to the participant or not.

**Advantage of this study**

If you participate in the study and follow the exercise/yoga regime properly, your muscle function may improve and you may revert back from pre-diabetic stage. Practicing the same further will delay the onset of diabetes or may even prevent it.

**What happens if you refuse to take part in the study or change your mind after you agree?**

Participation in study is voluntary and you have right to withdraw your participation from the study anytime.

**Participant’s responsibilities in this study**

Following the instructions of yoga/gym instructor will be basic responsibility of the participant. Further, you are requested to comply with the other requisites of the study.

**Possible risk, if any**

Blood examination may cause nil/ minimal discomfort at the site of needle prick. Apart from this no other potential risk is involved.

**Confidentiality of study and medical records**

Your confidentiality would be protected as required by law. All the records will be kept confidential and used for scientific purposes only. Only study personnel will be allowed to see these records. These records will not be available to the public or any other person not connected with the project. Only the Institutional Ethics Committee and other regulatory bodies under Government of India law would have access to these records. If you have any doubts or questions the investigator/s will give you required answers or clarifications.

**Result of the study may be presented at meetings or may be published?**

The results of the study may be published for scientific purpose, however identity of the participants will not be revealed.

**Whom to contact for the study related queries and rights of the subjects**

If you have any query related to the study and information of the study will be acquired from the study investigators mentioned below.

(Name)

Principal Investigator

Phone:

(Name)

Co- Investigator 1

Phone: