Total NIDDM at the Hospital = 2652

Applying criteria of inclusion/exclusion

Exclusion = 1020  Accepted = 1191

Stratification

Exclusion = 771  Matched = 420

Conventional PT Group = 140  Hatha Yoga Group = 140  Control Group = 140

After First Evaluation

Exclusion = 93  Accepted = 327

Conventional PT Group = 109  Hatha Yoga Group = 109  Control Group = 109

During the Application of the Programmes

Exclusion = 96  Accepted = 231

Conventional PT Group = 77  Hatha Yoga Group = 77  Control Group = 77