



# Partnership for a Healthier Future

*Sponsoring the World Free of Obesity & Diabetes Campaign*

Association for Diabetes and Obesity Reversal  
(ADORE) Trust

*Led by Dr. Jagannath V. Dixit, MBBS, MD*



*World Free of Obesity & Diabetes Campaign*



# The Crisis & The Opportunity

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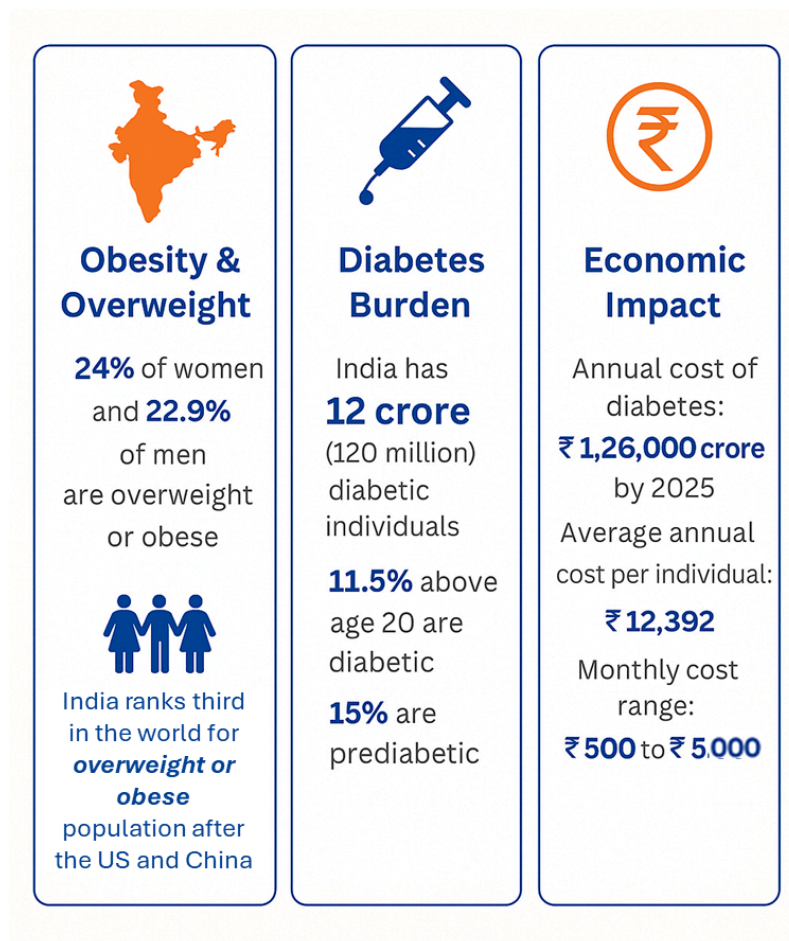
## The Inescapable Crisis

The intertwined epidemics of obesity and Type 2 Diabetes represent one of the greatest health challenges. Huge amount of money is spent annually managing symptoms, yet the prevalence continues to rise.

## The Revolutionary Opportunity -- ADORE Trust

ADORE Trust is dedicated to clinically reversing obesity and Type 2 Diabetes through the Dixit Lifestyle® --- a zero-cost, evidence-based lifestyle program. Founded on the vision of Late Dr. Shrikant Jichkar and led by Dr. Jagannath V. Dixit, this initiative empowers individuals worldwide to reclaim health.

## The India Crisis



# About ADORE

## ADORE (Association for Diabetes & Obesity REversal)

ADORE (Association for Diabetes & Obesity REversal) Trust is a global public health movement dedicated to reversing Type 2 Diabetes and obesity through the **free, evidence-based Dixit Lifestyle®**.

Founded on the scientific insights of Late **Dr. Shrikant Jichkar** and led by **Dr. Jagannath V. Dixit**, the Trust empowers individuals to reclaim their health through simple, sustainable lifestyle change — **without medicines, supplements, or cost**.

Today, ADORE Trust has inspired a worldwide community across **43+ countries**, supported by thousands of volunteers and millions of participants.

## Our Vision

A world free of obesity and diabetes through knowledge, lifestyle change, and global community empowerment.

## Our Founding Visionaries

### Late Dr. Shrikant Jichkar

*Founder, Visionary Mentor*



- India's most qualified individual with **20+ academic degrees**
- Served as IAS officer, IPS officer, doctor, lawyer, and education reformer & politician.
- Served as MLA & Minister in government of Maharashtra and Member of Parliament in Rajya Sabha.
- Introduced the **role of Insulin in causing Obesity & Type 2 Diabetes**, that forms the scientific base of the Dixit Lifestyle®
- Advocated lifestyle-based reversal long before it became a global conversation
- His teachings inspired the system that now helps millions prevent and reverse chronic diseases

***"He taught the science. The world now follows the movement."***

### Dr. Jagannath V. Dixit, MBBS, MD

*Scientific Leader, Architect of the Dixit Lifestyle®*



- **MD(PSM), PGDHA, PGDHRM, FISCD, FIAPSM, FIPHA**
- Professor & Head, Department of Community Medicine with teaching experience of **35+ years**.
- Awarded Best teacher award and best of the best teachers award (all faculties) for the year 2015-2016 by Maharashtra University of Health Sciences.
- Serving as Brand Ambassador for its 'Fight Obesity' campaign by Government of Maharashtra.
- Invited by Hon. Prime Minister Narendra Modi to deliver lectures for PM office, special protection group and MPs under Fit India campaign in December 2019.
- World Record holder of "Longest diabetes awareness campaign by an individual" recognized by World Records Community, USA in September 2023.

***"Leading a global reversal movement through scientific simplicity."***



# Our Global Impact



ADORE Trust's success is not measured in enrollments or revenue — it is measured in human transformation. From India to Europe, Africa to North America, lakhs of participants have directly benefited from Dixit Lifestyle®. This movement proves that science-based lifestyle change can reverse Type 2 Diabetes and obesity without cost, medication dependency, or socioeconomic barriers.

## Key Global Highlights

### GLOBAL REACH

**43+ Countries**

Millions Of Participants

### VOLUNTEER NETWORK

**150+ Active Coordinators**

Peer-driven support worldwide

### SOCIAL MEDIA

**4M+ YouTube views**

Lectures in English, Hindi, Marathi and Kannada

### PHYSICIAN ADOPTION

**Growing internationally**

Doctors across India using Dixit Lifestyle® in practice

## Measurable Outcomes

**1000+**

Achieve non-diabetic HbA1c levels (<6.5%) without medication

**50-60%**

Achieve >10% sustained weight loss in 12 months

**>50%**

Reduction in daily medications

**15**

Peer-reviewed research papers validating Dixit Lifestyle® efficacy





# Evidence & Impact

## Scientific Validation -- Backed by Research

ADORE Trust's approach is validated by numerous peer-reviewed studies authored by Dr. Jagannath V. Dixit and collaborators.

## Selected Publications:



## Community Programs & Initiatives

- Dixit Lifestyle® Half Marathon (DLHM-2025)
- 90-Day Weight Loss Challenges
- Free Blood Testing & HbA1c Camps
- Educational Lectures across the world.



# Evidence & Impact

## Research Papers Published

- **Dixit JV.** Eating frequency and weight loss: results of 6 months follow up of a public health campaign at Aurangabad. *Int J Clin Trials*. 2014;1:67–69.
- **Dixit JV, Indurkar S.** Effect of eating frequency on prediabetes status: a self-controlled preventive trial. *Int J Clin Trials*. 2017;4(4):171–175.
- **Dixit JV.** Effect of eating frequency on diabetes: A case report from Latur City, India. *Int J Education and Research in Health Sciences*. 2017;3(3):184–186.
- **Dixit JV.** Eating frequency and fasting insulin levels: a case report from Aurangabad. *Int J Health Sci Res*. 2014;4(8):309–311.
- **Dixit JV.** Diabetes, its treatment and prevention: Are we on the right path? (Editorial) *Al Ameen J Med Sci*. 2018;11(2):79–81.
- **Dixit JV, Badgujar SY.** Correlation between insulin secretion and varying quantity of food. *Int J Basic Appl Physiol*. 2021;10(1):62–70.
- **Dixit JV, Kulkarni RS, Badgujar SY.** Diabetes care in India: A descriptive study. *Indian J Endocr Metab*. 2021;25:342–347.
- **Dixit JV, Badgujar SY, Giri PA.** Reduction in HbA1c through lifestyle modification in newly diagnosed type 2 diabetes mellitus patient: A great feat. *J Family Med Prim Care*. 2022;11:3312–3317.
- **Dixit JV, Giri PA, Badgujar SY.** ‘Daily 2-only meals and exercise’ lifestyle modification for remission of type 2 diabetes mellitus: A therapeutic approach. *J Family Med Prim Care*. 2022;11:5700–5703.
- **Ashtekar R, Paranjape S, Dhumale GB, Dixit J, Badgujar S.** A self-controlled trial with lifestyle intervention of Daily-two-only-Meals-and-Exercise (2-OMEX) for achieving remission in Type 2 Diabetes, measured by HbA1c levels in Sangli, India. *Int J Med Sci Curr Res*. 2023;6(2):187–192.
- **Ashtekar S, Deshmukh P, Ghaisas N, Kirloskar M, Kelkar M, Kivalkar R, Ashtekar C, Kumthekar A, Gandhi S, Ratnaparkhe V, Dhamangaonkar M, Ashtekar R.** Effect of Two-Only-Meal frequency and exercise on HbA1c outcomes, weight, and anti-diabetic medication in Type 2 Diabetes compared to conventional clinical management: A quasi-experimental multicenter study. *Indian J Community Med*. 2023;48(1):91–97.
- **Ashtekar SV, Ashtekar RS, Deshmukh PR, Powar JD.** Effect of a two-only-meals-a-day and exercise lifestyle on HbA1c and anti-diabetic medication in a follow-up study of subjects with type 2 diabetes attending a free clinic in North Maharashtra. *J Family Med Prim Care*. 2024;13(2):542–548. doi: 10.4103/jfmpc.jfmpc\_795\_23.
- **Dixit JV, Telang BB.** A self-controlled trial to assess the impact of competitive spirit on weight, waist circumference and HbA1c among followers of the Dixit Lifestyle® during a 90-day weight loss and diabetes reversal challenge. *Al Ameen J Med Sci*. 2024;17(3):223–229.
- **Dixit JV, Ashtekar SV, Paranjape S, Kulkarni R, Badgujar S, Khurjekar A.** Impact of Dixit Lifestyle® on HbA1c levels in Type 2 Diabetes and Prediabetes: A self-controlled preventive study. *Int J Scientific Research*. 2025;14(7). DOI: 10.36106/ijsr.



# Evidence & Impact

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## What Leading Doctors Say About the Dixit Lifestyle®

### **Dr. Venkatraman S. Ayyar**

*FRACP, Retd. Consultant Physician, Perth, Australia*

“Dr. Dixit’s lifestyle method can prevent and reverse a wide range of metabolic diseases where conventional approaches often fail. His work deserves inclusion in medical curricula across India.”

### **Dr. Parag Misar**

*MBBS, MD (Medicine), Kalyan*

“I have seen dramatic improvements in my diabetic patients following the 2-meal protocol – including complete control of sugars and significant reduction in medications. It aligns perfectly with physiology and requires zero cost.”

### **Dr. Sameeran Upasani**

*MBBS, MD (Medicine), Consultant, Upasani Hospital, Kalyan*

“After witnessing remarkable patient results – including major weight loss and normalized HbA1c – I adopted the Dixit protocol in my own practice. It is scientifically sound, practical, and life-changing.”

### **Dr. Anil Noolkar**

*M.S., FMIS, Metabolic Surgeon; Ex-Faculty, King Khalid University, Saudi Arabia*

“The Dixit Lifestyle® reversed my diabetes completely – from HbA1c 9.4 to 5.2 – along with 20+ kg weight loss. It is physiological, cost-free, and effective for millions.”

### **Dr. Raghavendra Kulkarni**

*MD (Microbiology), Professor & HOD, SDM Medical College, Dharwad*

“Dr. Dixit’s approach is a scientific, practical, and affordable solution for lifestyle disorders driven by insulin resistance. His work brings clarity to a complex problem.”

### **Dr. Vandana Gandhi**

*Gynaecologist, Gandhi Hospital, Akhuj*

“This Lifestyle has helped my PCOS and infertility patients lose 8–12 kg, regulate cycles, and even conceive – without medicines. It is transformative for women’s health.”

### **Dr. Tushar Bandgar**

*MD, DM (Endocrinology), Professor, KEM Hospital, Mumbai*

“Dr. Dixit explains insulin resistance and lifestyle change in a simple, powerful way. His method offers a sustainable path to weight loss and diabetes reversal.”





# Financial Stewardship & Accountability

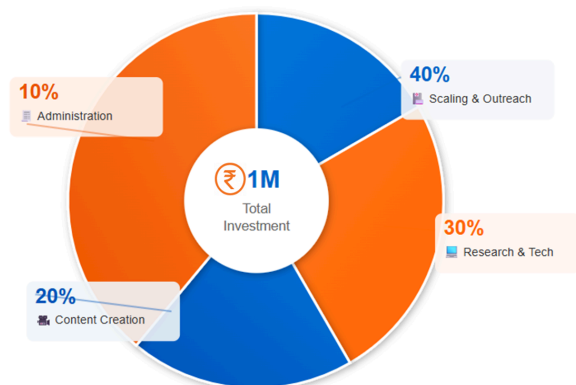






ADORE Trust operates with a commitment to financial transparency and mission integrity. Every sponsorship contribution is strategically allocated to maximize the reversal outcomes of obesity and Type 2 Diabetes worldwide.

With low administrative overhead and a data-driven funding approach, we ensure that each rupee creates measurable, sustained human health impact.

## Budget Allocation Breakdown

### How Your INR 1 Million Investment Creates Impact



 <b>Scaling &amp; Outreach Infrastructure — 40%</b> Establishing community centers, events, coordinator training	 <b>Research, Data &amp; Technology — 30%</b> App development, testing kits, academic partnerships
 <b>Content &amp; Dissemination — 20%</b> Educational video production and translations	 <b>Administration &amp; Governance — 10%</b> Audits, compliance, and essential overhead



# Financial Stewardship & Accountability

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## Transparency Statement



ADORE Trust maintains:

- Annual independent financial audits
- Quarterly sponsor reports with expenditure tracking
- Semi-annual impact assessments linking funds to measurable health outcomes

Each partner receives a customized financial and impact report summarizing program progress and return on social investment (ROSI).

## Governance & Oversight

The Trust is guided by a Board of Directors including experts in medicine, public health, and finance. All governance adheres to the highest standards of fiduciary responsibility and zero-cost mission alignment.

### Key Oversight Principles:

- Transparent fund allocation
- Third-party audit verification
- Ethical and evidence-based spending

***“Every rupee contributed to ADORE Trust is an investment in India’s health equity and long-term wellness.”***



# Our Trustees, Team & Branches

## Our Trustees



Dr. Jagannath Dixit  
*Chairman*



Mr. Balasaheb Kadam  
*Vice Chairman*



Mr. Arun Nawge  
*Secretary*



Mr. Ravi Jagannath  
*Treasurer*



Dr. Veda Nalawade  
*Trustee*



Dr. Anjali Dixit  
*Trustee*



Mr. Sanjay More  
*Trustee*



Dr. Jayant Navarange  
*Trustee*



Mr. Rajeev Bhalerao  
*Trustee*



Er. Prakash Chavan  
*Trustee*

## Our Branches

### DRCC Counselling Centres (Dr Dixit Diabetes Reversal Counselling Centres)

- **Pune, Maharashtra**
- **Nagpur, Maharashtra**
- **Nashik, Maharashtra**
- Badlapur, Maharashtra
- Bhayander (Thane), Maharashtra
- Bhiwandi, Maharashtra
- Chhatrapati Sambhajnagar, Maharashtra
- Goregaon West (Mumbai), Maharashtra
- Jalgaon, Maharashtra
- Kamothe (Navi Mumbai), Maharashtra
- Kudal (Sindhudurg), Maharashtra

- Nandura, Maharashtra
- Paithan, Maharashtra
- Sangli, Maharashtra
- Solapur, Maharashtra
- Thane, Maharashtra
- Vile Parle (Mumbai), Maharashtra
- Belagavi, Karnataka
- Gurugram, Haryana
- Madgaon, Goa
- Surat, Gujarat

### International Presence

USA, Canada, Australia, UK and many other European countries, UAE, Singapore



ADORE • World Free of Obesity & Diabetes • [drdixitlifestyle.org](http://drdixitlifestyle.org)







# Join the Movement

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## Partner with ADORE Trust and transform the trajectory of global health.

The time to shift from managing sickness to investing in true disease reversal is now. By partnering with ADORE Trust, you join a global movement that is transforming lives, restoring health, and creating a world truly free from obesity and Type 2 Diabetes.

### Why Your Partnership Matters

 <b>Fuel Global Expansion</b> Introduce Dixit Lifestyle® to underserved communities across 43+ countries.	 <b>Accelerate Scientific Research</b> Support biomarker testing, long-term studies, and medical collaborations validating lifestyle-based reversal.
 <b>Build Health Equity</b> Empower low-income families with zero-cost, evidence-based health interventions.	 <b>Scale Digital Access</b> Enable ADORE's app development and secure data platform reaching millions globally.

### What You Can Sponsor

 <b>Sponsor Programs</b> Community centers, educational events, and blood testing camps.	 <b>Sponsor Research</b> Biomarker testing for low-income participants, academic partnerships.	 <b>Sponsor Global Outreach</b> Translations, coordinator training, worldwide dissemination.
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### Invitation to Partner

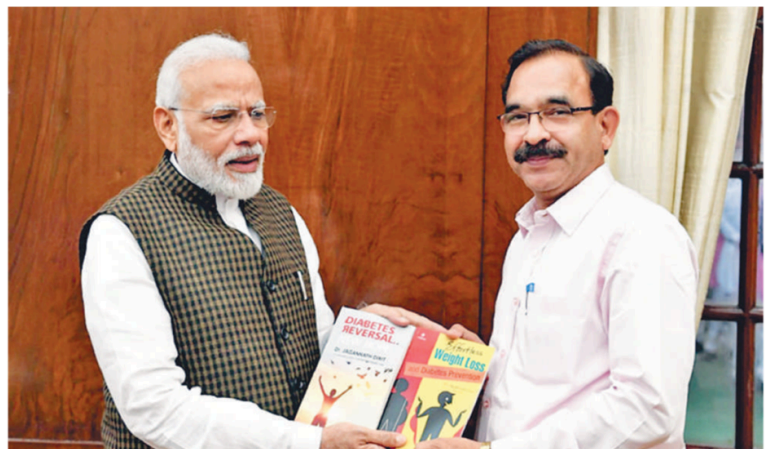
*We invite you to schedule a dedicated strategic session with our leadership team — including Dr. Jagannath V. Dixit, MBBS, MD, to explore how your sponsorship can create measurable, lasting global health impact.*

*Together, let's create a World Free of Obesity & Diabetes.*



# Join the Movement

Partner with **ADORE Trust** and transform the trajectory of global health.



To donate for this noble cause, contact **Mr. Ravi Jagannathan**.

✉ **Email:** [ewl.adoretrust@gmail.com](mailto:ewl.adoretrust@gmail.com)

☎ **Phone:** +919819576176

🌐 **Website:** [drdixitlifestyle.org](http://drdixitlifestyle.org)

*"Together, we can reverse the world's most pressing health crisis — one life at a time."*



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