**Abstract**

Diabetes has emerged as one of the world’s biggest health problem. It is a major and growing health problem affecting more than 171 million people worldwide. India is one of the top three countries with a high number of diabetic populations. The number of diabetes patients is likely to rise to 101 million in India by 2030, estimates the World Health Organisation (WHO). The study on awareness regarding diabetes and its management is restricted to diabetes patients. It evaluates the awareness among the diabetes. It also identifies the psychological factors and remedies to overcome diabetes. Purposive sampling method has been used to collect the data from the respondents. Simple Percentage analysis, Multiple responses, Descriptive statistics, ANOVA and t-test. The findings of the study reveal that 50.7 per cent of the respondents take Allopathic medicine to reduce their sugar level. The study suggests that Yoga and proper physical exercise can reduce the risk of diabetes.