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Revivo Clinic Forms Giant Human Blue Circle to Mark World Diabetes Day 2026



CHENNAI – 16 Nov, 2026 300 participants champion muscle strengthening for better diabetes management

Chennai, November 14, 2026: Revivo Clinic for Obesity and Diabetes marked World Diabetes Day with a public awareness initiative, “Build Muscle. Beat Diabetes.” Around 300 participants formed a Giant Human Blue Circle at YMCA Grounds, Nandanam, highlighting early action on diabetes and the importance of muscle strength in glucose regulation.

The event was graced by A. Myilvaganan Joint Chief Executive Officer of the Sports Development Authority of Tamil Nadu and Special Officer for the Mission Olympic 2036 project, as Chief Guest.

Addressing the gathering, Chief Guest A. Myilvaganan said, “We take so much care in building our home, choosing the cement, the iron rods and the tiles, yet we neglect to build our own muscle. This body is not a house; it is a temple. Give it at least one hour every day, and it will take care of the other 23 hours. It is not about the space or the facility; it is all about the mindset. Keep your mind fit, and the body will automatically become the fittest. Build yourself and build the nation.”

Speaking at the event, Dr. Arun Raghavan, Co-founder and Clinical Lead, Revivo Clinic, said, “Skeletal muscle accounts for approximately 70–80% of insulin-stimulated glucose uptake and is central to blood glucose regulation. Yet strength training remains one of the most overlooked aspects of diabetes care. Resistance training two to three times a week, alongside walking and other physical activity, should become a routine part of diabetes prevention and management.”

Arvind Ashok, Co-founder, Revivo Clinic, added, “It is possible to build muscle at any age. You don’t need a gym or expensive equipment to get started. A simple resistance band or your own body weight is enough. Walking alone may not be sufficient; building muscle requires progressively challenging the body. You can start anywhere, even at home.”

In line with the International Diabetes Federation’s World Diabetes Day theme, “Early Action on Diabetes,” the initiative called for earlier detection and regular physical activity, with muscle strengthening recognised as an essential part of long-term metabolic health.