

## RESULTS OF GLORIOUS LIFE EXERCISE

Are you ready to make the nation glorious and free from chronic ailments?

It is proved that Glorious Life Exercise solves the individual problems related to physical, mental, social, intellectual etc. in a very short span of time. Result achieved are shown below in the tabulated form: –

**TABLE - 1**

S.NO.	PROBLEMS	% RELIEVED WITH IN 2 HOURS	REMARKS
01.	Diabetes	93.84%	If exercise continued as per instructions, complete life status including, mental and intellectual problems can be removed without medicine.
02.	Blood Pressure	84.42%	
03.	Weight	As is reqd. for healthy Life status	
	Loss	41.25%	
	Gain	21.37%	
	No change	31.41%	
04.	Other than above factors we can also obtain positive results in cardiac, cancer, kidney, skin, paralysis, spondylitis, Eye, TB, HIV, general problems etc.		

In addition to this, we also compiled the results for the various parameters of haemogram (which is shown in table No. 6), E.S.R. and for special cases such as Skin, Kidney, Arthritis, Spondylitis, Cardiac etc.

Camps are conducted for Glorious Life Exercise Part I, Part II and Part III throughout the country. Results compiled for a period - January' 2006 to August 2006 are shown below:-

**TABLE 2 - RESULTS OF DIABETIC PATIENTS**

Normal value for Blood Sugar (Random) = 70-150 mg/dl

SR.NO.	DIABETIC VALUE	NUMBER OF PATIENTS	RESULTS IN %
01	Came to Normal	442	80.07
02	Decreases	76	13.77
03	Increases	34	6.16
Total		552	

% of success is 93.84%

Remarks : Persons, whose diabetic values decreases (not came to normal) and increases are advised to do the exercise number of times so that within 2-3 days it comes to normal.



### TABLE 3 - RESULTS OF B.P. PATIENTS

Normal value for Blood Pressure  
for adults = 120/80 mmhg      for Old age = 150/110 mmhg

SR.NO.	PRESSURE	NUMBER OF PATIENTS	RESULTS IN %
01.	Came to normal	849	71.46
02.	Came near to normal	154	12.96
03.	Dcreases (low)	58	4.88
04.	Increases (high)	127	10.69
Total		1,188	

% of success is 84.42%

Remarks :- Persons whose blood pressure came near to normal, low and high are advised to do the exercise number of times so that within 2-3 days it comes to normal.

### TABLE 4 - RESULTS OF PATIENTS WHOSE WEIGHT ARE RECORDED

Unit of weight = Kg.  
As is required for good health

S.NO.	WEIGHT	NUMBER OF PERSONS	RESULTS IN %
01.	Loss	547	41.25
02.	Gain	283	21.37
03.	No change	496	37.41
Total		1326	

% of success is 100%

Remarks :- Glorious Life Exercise brings the weight of the body as is required for good healthy Life status.

### TABLE - 5 RESULTS OF PATIENTS WHOSE PULSE RATE WERE CHECKED

Normal value for pulse rate is 72-80 per minute

SR.NO.	PULSE RATE	NUMBER OF PERSONS	RESULTS IN %
01.	Come to normal	643	86.54
02.	Not normal	100	13.46
Total		743	

% of success is 86.54%

Remarks : It is suggested to those persons whose pulse rates are not normal that they have to do the exercise number of times at home to get the results.



From August 2006, we also started to keep the record of haemogram of participants those who are attending glorious life exercise Part I. For this also we are conducting pre and post test in which we get the values of following parameters:-

- a) Haemoglobin    b) R.B.C. count    c) W.B.C. count    d) Red cell absolute values  
     i) Packed cell volume                      ii) Mean corpuscular volume  
     iii) Mean corpuscular Hb                  iv) Mean corpuscular Hb con.  
 e) Differential Count  
     i) Neutrophils                                  ii) Lymphocytes                      iii) Eosinophil  
     iv) Monocytes                                  v) Basophiles                          vi) Platelet count

Results obtained are tremendous and the final values of each parameter falls under the specified reference range according to medical science. The results of haemogram parameters are shown in the tabulated form below –

**TABLE - 6 COMPLETE BLOOD COUNT PERCENTAGE**  
**Sample size = 24**

SR.NO.	TEST	UNIT	REFERENCE RANGE		DCREASE	INCREASE	NO. CHANGE %
			MALE	FEMALE			
1.	Haemoglobin	gm/dl	13-18	12-16	14.29	85.71	-
2.	R.B.C. count	ml/cmm	4.5-6.5	3.8-5.8	15.38	84.62	-
3.	W.B.C count	ml/cmm	4000	11,000	84.62	15.38	-

**RED CELL ABSOLUTE VALUES**

SR.NO.	TEST	UNIT	REFERENCE RANGE		DCREASE	INCREASE	NO. CHANGE %
			MALE	FEMALE			
1.	Packed cell volume	%	35-54	35-50	-	84.62	15.38
2.	Mean corpuscular volume	Cu micro	78-96	76-96	15.38	84.62	-
3.	Mean corpuscular Hb	Picograms	27-32	-	46.15	53.85	-
4.	Means corpuscular Hb con	g/dl	32-36	-	69.23	30.77	-

**DIFFERENTIAL COUNT**

SR.NO.	TEST	UNIT	REFERENCE RANGE		DCREASE	INCREASE	NO. Change %
			Male	Female			
01.	Neutrophils	%	40	70	76.92	7.69	15.38
02.	Lymphocytes	%	20	45	15.38	76.92	7.69
03.	Eosinophil	%	0	6	15.38	-	84.62
04.	Monocytes	%	0	8	15.38	30.77	46.15
05.	Basophils	%	0	1	-	-	100
06.	Platelet count	Lack/cmm	1.50	4.50	38.46	61.54	-

Note : All the results are mentioned in percent decrease percent, increase percent and no change percent is taken on the basis of different between post test and pre-test.

Results shown above proves that Glorious Life Exercise is the best solution for mankind which brings their body in natural, ideal and positive state. After learning exercise person will be energetic, healthy, peaceful and cooperative. In this way dream " Health to All" can be achieved much before without medicine and negligible cost.

