

ACU WELLNESS

JANUARY 2022

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

**1963, 8TH MAIN ROAD, E BLOCK, II STAGE RAJAJINAGAR, BANGALORE-
560010**

PH-9845649914 | VOL-10 NO.12 | [HTTP//BHOJRAJ.TRIPOD.COM](http://bhojraj.tripod.com)

FROM THE CHAIRMAN'S DESK

HAPPY NEW YEAR 2022!

Dear Friends & Well Wishers,



The Academy of Acupressure & Acupuncture (AAA) completes 10 years on February 2, 2022.

I wish to convey my heartfelt gratitude for supporting our Academy past 10 years. Our Academy for Acupressure and Acupuncture was registered on February 2, 2012, followed by a formal inauguration on March 10, 2012.

The sole aim of our Academy was to conduct systematic research and prove to the Scientific Community that both, Acupressure and Acupuncture, have the potential to be recognized as a therapeutic system like Yoga, Ayurveda, Unani, Siddha and Homeopathy.

We have progressed well in this mission over the last decade. Our continuous training sessions have trained, supported and networked interested healers into practising Acu Therapy.

The committee formed under Dr Samiullah was nearly successful in getting recognition from the Karnataka Government however, the whole

process was kept in abeyance by the Health Ministry due to the pandemic situation. This did not discourage us. Instead, we used this lockdown period to also train people especially students for eye sight improvement and a scientific paper is under preparation by our team.

Meanwhile, the Hearing Improvement Project for elders (HIRP) has also taken off well. This project will be continued for one year to get some meaningful results.

Our vision was to build AAA as an exclusive institute for Acupressure and Acupuncture at par with international standards. Mrs Shanaz Good from South Africa, who has done our Certificate Course is interested in getting affiliation from our Academy for her training institute in Pretoria, SA. The seed planted 10 years back has grown into a tree ready to give fruits in the coming years.

We hereby request all our Donors, Certified Trainees and Beneficiaries associated with us so far, to put your experience in writing and **share it with us by e-mail to acu_bgl@yahoo.co.in or via WhatsApp to my mobile 9845649914 along with a recent photograph of yours.** These experiences will be recorded as memorable milestones in our special e-Souvenir planned to be released during the anniversary celebrations.

A committee has been formed under the Chairmanship of Mr M V Kannan to plan the event on March 10, 2022. We also request your active participation in the celebrations ahead and continue your unconditional support.

WISH YOU A HEALTHY, HAPPY PROSPEROUS 2022

H BHOJRAJ, CHAIRMAN, AAA

THANK YOU, DONORS FOR THE SUPPORT

CONTRIBUTIONS FOR DECEMBER 2021:

Mr MADHAVAN: Rs 5,000

Shri S V RANGANATH: Rs 10,000

JAY ARUN RAMAN, USA: Rs 2,500

NARAYANA RAO SAI: Rs 3,000

YOUR DONATIONS CAN BE MADE TO:

**THE ACADEMY FOR ACUPRESSURE AND
ACUPUNCTURE**

**Indian Bank, Rajajinagar Branch,
Ac.no. 6012588256**

IFSC IDIB000R005

CBS Code 00064

ACCOUNTS FOR THE MONTH

***OPENING BALANCE: Rs 71,921 (NOV 2, 2021)**

***AS ON NOV 26, 2021: Rs 92,421**

***NOVEMBER EXPENDITURE:**

SALARY & MISCELLENEOUS: Rs 25,000

LOAN RETURN TO Dr BHOJRAJ: Rs 42,193

***TOTAL: Rs 67,193**

***BALANCE AVAILABLE: Rs 25,228**

THE AAA NEWSPACE THIS MONTH

**GROUND REPORT FROM THE AAA - ADOPTED
KOKKALADA GOVERNMENT HIGH SCHOOL**

New year brings new plans into action at the Government High School at the Kokkalada village in Nilgiris, Tamil Nadu.

December 9, 2021: AAA chairman Dr H



Bhojraj visited this high school campus again and had a detailed discussion with the teaching staff and the school co-ordinator Mrs Rajeshwari D.

The school had no broadband connectivity. Alongside the cooking area also needed some




immediate repair. It was decided to use some amount from the donation towards the immediate repair of the cooking area. The

academy is also working towards getting this remote school connected online via broadband at the earliest.

Those interested in contributing to this school development programme are requested to contact Mr M V Kannan at kannanmv1950@gmail.com who has been identified by Academy for planning the development for village schools. This school has been adopted by the academy for development. There are plans to also initiate

preventive healthcare among children, especially for the eyes as part of the curriculum here. Efforts have been put to give special attention to English teaching and the overall development of the children with sports and extra-curricular activities.

 **FOR REGULAR ONLINE ACUPRESSURE CONSULTATION WITH Dr H BHOJRAJ CONTACT 9845649914 BETWEEN 11 AM & 1 PM; TRAINING FOR YOUR SPECIFIC PROBLEM ALSO GIVEN. HELP YOURSELF & CURE YOURSELF!**



DECEMBER 4, 2021: The 26th meeting of the AAA Governing Council (GC) was held at St. Mark's Hotel at 11:30 am and attended by the following members:

Dr H Bhojraj, Chairman,

Mr Narendra Borwankar, Trustee

Mr Suryanarayana Rao, Trustee

Mr Kannan, Trustee

Mr Suresh Palyam, Trustee

Mrs Jija Subramanian, Trustee (Accounts).

Dr Kanaka Rao, Trustee

Mrs Meera Bhojraj, Trustee

Mr Sundar Murthy, Special Invitee

Mr Arunachalam, Special invitee

Mr Bhaskarnarayana, Special invitee

Mrs Saroja, Special invitee

Mrs Latha Murali, Special invitee

In his welcome address, Dr H Bhojraj, Chairman, AAA, expressed his happiness to be conducting the GC meeting in person after a gap of two years. He thanked Mr Achutha Rao for his financial support, which led to the Eye research program, which in turn helped the Academy tide through the pandemic situation.

Recalling the vision and mission of the Academy, the Chairman was happy that the Academy did well as far as treatment and training were concerned. The efforts to get recognition suffered a setback due to the pandemic, but ASA is still pursuing the matter with the Government. Only the vision of having the Academy's own building has not materialised, he said, and hoped that, if not in Bangalore, it will come up in the Nilgiris at least.

The minutes of the 25th Meeting was reviewed as per the agenda and was approved. Dr Bhojraj then briefed the members about the activities of the Academy:

- The SIRP-2 concluded successfully with very encouraging results.

- The Hearing Improvement Research program got off to a start in November. There was a live demonstration of the points used in this program by Dr Bhojraj.

- The Chairman is in constant touch with Mr Ranganath Rao, who has promised to help in approaching schools where the Sight and

Hearing Improvement programs can be introduced once they re-open normal classes.

- The Academy has adopted a school in the Nilgiris to spread the awareness of preventive health care. Yoga class has also been introduced in the school. It is heartening to note that the students are showing improvement in concentration, behaviour and eyesight.

- In the Academy's efforts to train school teachers, Mrs Aarthi R is in contact with Mr Sam Daniel, correspondent of a school in Chengalpet.

- The loan from Dr Bhojraj is to be written off as donation to the Academy to the tune of Rs. 4 lakh and the balance to be repaid by cheque.

Mr Sundaramurthy gave an update of the recently concluded SIRP 2. He said that even though many people dropped out during the course of the program, there was feedback available from 72 participants. Results showed that people below 40 showed an improvement of 2 lines and for people above 50, the clarity had improved. Many of them also reported improved digestion and sleep patterns.

Mrs Saroja chipped in to say that her eyebrows have grown back.

Dr Kanaka Rao suggested that the Academy approach private schools which conduct an annual health check-up for the Sight improvement Program. This way results will be easily available since refraction reading is part of the check-up. The Ophthalmologists Society of India could also be approached, in order to spread awareness of the program and get authentic data.

There was a discussion on the upcoming 10th Anniversary celebrations. It was decided in principle to have a meeting in person and not have it on Zoom.

The budget was fixed at Rs 50,000. The date was tentatively fixed for March in view of the spread of the new covid variant.

A committee was formed with Mr Kannan as the Chairman. Mr Arunachalam, Mr Suresh Palyam, Mrs Latha Murali, Mrs Aarthi R and Mrs Jija Subramanian, being the other members.

The Academy is planning for a Preventive Health Care Centre mainly for Pre diabetics and people with Hypertension. The main problem was generating income to run the Centre. Dr Kanaka Rao suggested the Academy can have a separate department in a Multispeciality Hospital.

The Chairman reminded the Trustees to keep their write up on the " 10-Year Journey" ready by the 15th of December. Mr Suryanarayana Rao was ready with his write up which he read out. **The meeting ended with a vote of thanks.**

MARK YOUR CALENDAR 2022!

2022: The Academy for Acupressure and Acupuncture (AAA) completes 10 years of active service. **An official celebration of this memorable milestone will be held at Hotel Chalukya, Bangalore on March 10, 2022 with Shri S V Ranganath, Former Chief Secretary, Karnataka as chief guest.** Due to the present Covid pandemic scenario, we are planning the event both online and offline as there could be restrictions on the number of participants for the offline event. Further details of the meet and the agenda will be communicated in due course of time.

- H Bhojraj, Chairman AAA

AAA PREVENTIVE HEALTH CARE CAMP IN EXCEL DIE CASTING FOR EMPLOYEES

After observing the benefits of Acupressure, **Mr S Nargunam, Managing Director of Excel Die Casting in Chennai** discussed the idea of taking this preventive therapy to his employees with Dr H Bhojraj who was his classmate in Engineering College. The academy gladly accepted the offer and deputed Mrs Vidya, who got her Certificate in Acupuncture from our Academy. On September 25, 2021, she gave a general lecture on Acupressure and motivated all of them to try reflexology and acu-meditation every day.



Subsequently, every week she visited EDC and treated nearly 60 employees for various ailments like headache, knee pain, leg pain, breathing difficulty, cold etc. The employees' feedback was excellent. Almost 85% of people were either fully cured or got excellent relief. Few chronic cases are also being monitored and asked to change their lifestyle to show good improvement. We have planned to continue this exercise for a minimum of one-year and observe the general health status alongside any significant improvement in their production.

A company founded by Mr Nargunam with just five employees in 1986 has grown into 280 employees as of today. Excel Die Casting supplies quality castings to Automobile Industries.

The success of this pilot project is sure to motivate other Corporates to go for preventive health care for their employees. All certified healers get ready to take care of this demand.

THE EXCEL FEEDBACK & SUCCESS STORIES



Patient Name: M Geetha Age: 49 yrs

I work as a Receptionist in Excel die Castings, Chennai. I suffered terrible pain in my knee and leg for the past year. Bhojraj sir and Vidya mam treated me for the same by activating some acupressure points. She has also taught me to do it by myself. Now for the past month, I am activating those points regularly and am feeling much better now. Many thanks to Doctor and Team.

Patient Name: Rajkumar E Age: 30 yrs

I work at Excel Die Casting, Chennai. I have had migraine issues for some years and also developed neck pain recently. I use to get headaches very often, 2 or 3 times a week. Sometimes, it will be so unmanageable, that I had to take off from work to rest at home. Mrs Vidya mam and Bhojraj sir treated me by activating some points with acupuncture needles. Within a few sittings, I could see some difference and they have taught me to do acupressure on those points by myself. Activating those points regularly along with acu meditation has given me great relief.

My neck pain is completely cured. The frequency of Migraine episodes has also now come down to once in 2 weeks or so.

Patient Name: Saravanan M Age:27yrs

I am a staff at Excel Die Castings, Chennai. I have had a Migraine issue for a long time and was taking medicine for it. Yet I suffered an episode at least twice a week.

Through the awareness programme on preventive health care by Mrs Vidya mam, I learnt some meditation exercises. Further, she along with Dr Bhojraj sir activated some acupressure points for me. Now by regularly doing the meditation and activation of those points by myself, I am seeing good improvement. The frequency of headaches



has also come down drastically (once in 2 weeks now).

Special Thanks to our MD sir who organised this for us.

THE AAA QUICK HEARING BOOSTER KIT



HEARING WITH HIRP

THE DECEMBER MEET WITH VOLUNTEERS

December 30, 2021: The Academy constituted an exclusive research committee for its Hearing Improvement Research Project (HIRP). The new committee under the Chairmanship of Mr Arunachalam, Mrs Kallolini Patro as the main Project Director and Mrs Aarthi R as Director will plan on further standardisation of the research procedure and evaluation methods. This project conceived by Dr Bhojraj aims to not just collect research data from participants but also provide holistic and reliable cure for common hearing problems, especially for the 40

plus crowd. Senior Apex committee members Mr Sundaramurthy and Mr Kannan continue to be chief advisors for the project along with Dr H Bhojraj.

Dates for the new & improved HIRP 2022 will be announced shortly. Interested individuals may WhatsApp Kallolini Patro on 9911413405 for registration details. Let us look forward to healthy hearing and a happy year-ahead.

Meanwhile, our December meet online for interested volunteers of HIRP on December 21, 2021 was a memorable learning experience.

Senior Educationalist from Chennai Mr Sam Daniel attended the session with one of his staff. The session commenced with Dr Bhojraj emphasising the motive behind HIRP and the need for improving one's hearing ability. He also stressed that being consistent with the practice would get better results.

"We want to monitor the practice and make sure something happens inside and get to know how it happens," he said.

HIRP project director Mrs Kallolini gave in some insights about the success of the Sight Improvement Research Project that was previously organised. "These holistic practices might look very simple to people, but these are very magical and powerful", she explained.

Ms Karuna, one of the sincere followers of the HIRP sessions came forward to share her observations after the practice. She reported a significant increase in her hearing power even at lower volumes. A brief presentation was provided on the baselines of ear functioning for the benefit of the new joiners. A simple audiometry test was suggested using

the television volume and the readings before the practice was noted down.

This was followed by Dr Bhojraj guiding everyone with the simple acupressure points in and around the ear. The audiometry test was performed again post-practice and significant results could be derived. Some of them could hear at comparatively lower volumes than before. Dr Bhaskarnarayana was also present amidst the gathering to share his learning experience with his dear friend Dr Bhojraj. The benefits of practising a series of meditation before the acupoints were observed to provide relaxation and make people more receptive to the activation of the region.

Mr. Arunachalam, retired ISRO scientist and new chairperson for HIRP also shared his key observations post practice. He also detailed on how Dr Bhojraj has been a great mentor in his approach to holistic healing.

Though many could not make it to the session due to various reasons, a short review of the previous meet was done and many new participants were benefitted. The future meetings are expected to host a lot more people and provide maximum insights into such practices.

Good Luck & Best Wishes.

Compiled by Mrs Aarthi R & Ms Sruthi S

Q&A: THE YIN-YANG FLOW OF THOUGHTS

ALL ABOUT HEARING & EAR STRUCTURE



By Dr H Bhojraj

(Last month we explained our inner hearing infrastructure in detail. Now it's time to understand how our ears help in maintaining

balance.)

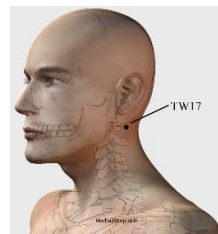
Let us begin from where we stopped last month – The Inner ear structure. There are three semi-circular canals in our inner ear which are partially filled with fluid and moved inside depending on the body position.

Now look at this picture below that briefly describes how the inner ear structure connects to your vestibular (Balance) system.



Let me try and explain this beautiful process in the simplest possible manner with the knowledge and experience I have gained over the years healing many patients with vertigo / dizziness.

PLEASE NOTE: Dizziness or vertigo is mainly due to the malfunction of this ear gyro due lack of energy/blood circulation. TW-17 acupressure point will immediately supply energy to the gyro and will give immediate relief.



The moment we alter our position messages go from all the relevant muscles to the brain depending on the fluid position in the canals.

This will automatically trigger opposite muscles to counteract and bring the body to the stable position. This we call in space technology the Gyroscope to stabilize the satellite. God has created such a wonderful GYRO in our ear and we balance our body mainly due to this.

*(*Images used in this article have been sourced from the internet for educative purpose.)*

YOUR FEEDBACK: BEST WAY TO LOOK BACK

2021 was truly a memorable year for the Academy despite the challenges and COVID. Each one of your Feedback has helped us grow through the years. This month we are pleased to share this special Feedback from Mr Nandish B and Mrs Jansi Nandish.

The active couple are in their 50s. Recently Mrs Jansi consulted Dr Bhojraj for a blocked ear problem. Interestingly, her husband Nandish was also healed by Dr Bhojraj 23 years ago! Their trust in his healing hands had got them back to him in December 2021.

Here is what Mrs Jansi Nandish and Mr Nandish B have to share about the memorable healing experience with AAA:



Hi all. I am Jansi, 51-years old. I recently consulted Dr Bhojraj Sir with a blocked ear problem. I had it for over few weeks and was very tensed with this problem. I had to travel again to the Ghats which meant that it would aggravate the problem again. I visited him for some guidance in advance and if possible, also find a cure. Sir showed me some points to activate by myself. One of it especially helped a lot - Putting the little finger into the ear as deep as possible and breathe through the mouth. I did it frequently and this helped a lot. The real problem with blocked ears is taking time but with the self-activation of these points I am feeling much better. Now I am also better equipped to heal myself. Can't thank Dr Bhojraj enough for helping me and explaining the points to me.

Now read on for the detailed feedback from her husband Nandish about his healing experience 23 years ago:

"I am Nandish, aged 55 now. I first consulted Bhojraj Sir around 23 years back when I was in a helpless condition. I had severe numbness in my feet. I couldn't even climb the staircase without railing support.

I fondly recall how with the guidance from Dr Bhojraj for 15 days and continuous follow up for another 3 months then, I started recovering very well.

Today I am leading a normal life. I even climb ladders during my site visits at work! I have been practising his techniques for last 23 years and very happy about the Results.

Thank You Bhojraj Sir!

Regards Nandish.

Thank You So Much Mr Nandish B & Mrs Jansi Nandish for sharing your experience. Wishing you the best of health ahead.

Readers, Students & Well-Wishers:

Do continue to motivate us by sending your regular feedback:

*As Patients who have healed with AAA

*As Students on your learning experience with AAA

*As Readers of our books and monthly newsletters. **Please mail your detailed feedback to acu_bgl@yahoo.co.in along with your complete name, age and a recent photo of yourself.**

THE AAA EDITORIAL COMMITTEE

***Mrs. SAROJA BHASKAR, Mrs. AARTHI R,
Mr. SUNDRAMURTHY, Mrs. LATHA M,
Ms SRUTHI S, Mrs. JYOTHIKA D***