



ACU WELLNESS

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

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(FOR PRIVATE CIRCULATION ONLY)

VOL: 12 NO: 6

FROM THE CHAIRMAN'S DESK

Dear Friends,



It has been a pleasure to produce this newsletter for the past 12 years particularly for the past 4 months for me. It is mainly due to the "TARGET

GAGANYAAN" which we started writing for the past four months. As we are starting from fundamentals of space technology, many students really got motivated to read this with the fundamentals for scientific study.

I request all students in the high schools to follow these articles as general knowledge which will be certainly useful in their future career. Also please ask fundamental questions on any subject- (**WHAT? WHERE? WHEN? WHY? WHO? HOW?**). The five Ws and one H formula will create the research flair in the minds to know about the things at the basic level. Once the principles are understood clearly, they can answer in the examinations without memorising any lesson.

"Gaganyaan", as I mentioned in earlier newsletter, is a prestigious project not only for ISRO but also for the whole country.

Each and every

educated person interested in Science and Engineering must follow the developments for the next two years and appreciate the efforts of achieving such a great task. We, the retired elders, are really proud of our contribution in the primitive years, laying a strong foundation for space research in our Country. In fact, we were subjected to many ridicules by the West in the past for spending precious foreign exchange for buying spacecraft components instead of buying essential food items for the hungry mass. The green revolution, the white revolution, the industrial revolution and now digital revolution were made possible due to high tech research started by the pioneers in the early 60s or 70s.



INDIA is now far ahead and poised for a great leap when compared to other developing countries in the field of space research. When all other developed countries are measuring their success with technology and money, INDIA is the only country measuring their success with technology and well being of the people. Yoga is a gift to the entire world and nearly 108 countries have taken it up seriously and reaping the benefit of wellness of the mind. The western world understood the principle of living healthy by observing principles of Yoga and understood that it is the responsibility of the individual to make his/her Mind and Body healthy and not by consuming medicines and other substances to control the mind. By and large the whole world accepted the principle of “Vasudaiva Kutumbam” pronounced by our PM and we have to stay together and work together to survive on this Earth.

I congratulate the new Government in Karnataka which had declared many mind boggling schemes not only for the poor but also for all people of Karnataka. My humble request to the HEALTH MINISTER of KARNATAKA is to recognize ACUPRESSURE/ACUPUNCTURE as system of MEDICINE in KARNATAKA and start an integrated five year MBBS course with Acupressure/Acupuncture. The Doctors coming out of this stream will be able to take care of emergencies, perform surgery and also practice preventive health care for the mass. I am insisting on preventive health care training for ASHA workers and also for all teachers in Government schools with YOGA and Acupressure.

While thanking all our well wishers for their support, I request the readers to register their views in the E Mail for taking this system of preventive health care to the rural areas.

We are entering into a MOU with Nargund College Of Phsiotherapy, in Hosakerehalli for a research programme

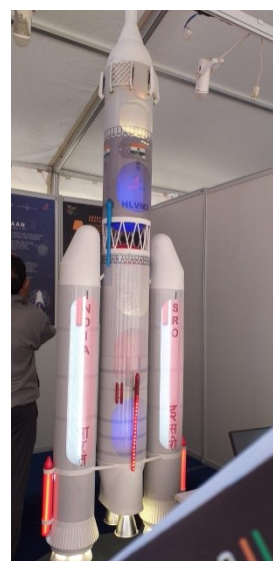


on Eye Sight Improvement for the students and also for the high school children in the Nargund International School.

I would like to thank **Dr.Sankaran, Director, U.R.Rao Satellite Centre** for his permission to visit ISITE especially to see the FLIGHT MODEL of CHANDRAYAAN 3 in the clean room. I wish TEAM ISRO all the best for grand success of Chndrayaan 3 which is likely to be starting its journey in JUNE/JULY 2023. All the ARYABHATA engineers are still attached to the Satellite Centre and conveying their blessings for this grand project.

The **LVM Gold Plated Models** for schools are available only in limited number. We have to place the order and wait for the delivery time of a week or two. We have ordered about 10 models which will be sent to the schools on,- first come first served basis.

H.BHOJRAJ, CHARIMAN, AAA



VISIT TO U. R. RAO SATELLITE CENTRE

By. H.Bhojraj

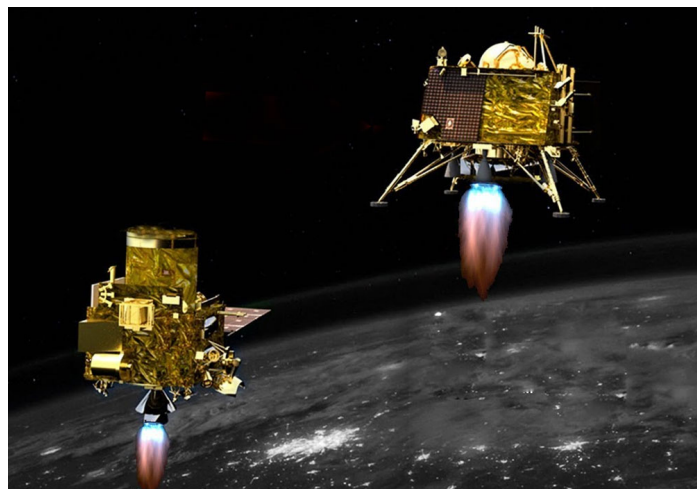
As the CHANDRAYAAN 3 spacecraft had successfully undergone all tests and getting ready for the next operations in SHAR, I requested **Dr.Shankaran, Director URSC** for permission to visit the ISITE to see the CHANDRAYAAN 3 in the clean room. It was a great day in my post retired life to see this wonderful spacecraft and the Lander almost ready with all its systems. Chandrayaan 1 was the satellite I had seen not only as Group Director but also as Controller. I thank Dr.Shankaran Director URSC for his approval of my visit to ISITE.

It will certainly create history by landing in the South Pole of the Moon where the darkness existed for long period. The rover will certainly give us the clue about the availability of water in some format for further processing.

Mr.Bindagi, Group Director Thermal Systems Group and **Mr.Rajendran**, Division Head, Thermal Fabrication Division received me and explained the salient features of CHNDRAYAAN 3. About 10 thermal engineers interacted with me after lunch and expressed their happiness for the write-ups on Gaganyaan for the students. **Most of them expressed their wish to try acupressure to improve their eye sight after listening to my own case history.**

I wish Dr.Shankaran and his team a great success of this important and path breaking project CHANDRAYAAN 3 which is likely to be launched in the third quarter of this year.

RIGHT COMMUNICATION IS THE FOUNDATION FOR HAPPINESS IN RELATIONSHIP
WORDS YOU SPEAK DECIDES YOUR PERSONALITY
THE WAY IT IS SPOKEN IS VERY IMPORTANT
FACIAL EXPRESSION PLAYS AN IMPORTANT ROLE
FINALLY HOW IT CONVEYS THE MEANING IS MOST IMPORTANT



CHANDRAYAAN 3 PROPULSION MODULE WITH LANDER AND ROVER



ROVER WILL ROLL OUT FROM LANDER



VETERANS OF SPACE TECHNOLOGY ASSEMBLED TO CELEBRATE GOLDEN ANNIVERSARY OF Mr AND Mrs.GANGARADE ON 20TH MAY 2023

Mr.HIRIYANNA,Mr.AGRAWAL,Mr.MATHUR, Mr.DASGUPTA, Mr.BHATIA,Dr.SUBRAMANIAM,Mr.MALIK,Mr.TYAGI,Mr.DAS, Dr.PAL, Mr.GANGRADE, Mr.KAILA,Dr.SAHU,Dr.AGARWAL,Mr.RAVI GUPTA,Dr.BHOJRAJ, Mr.KANNAN, Mr.BATRA,Mr.BANSIYA, Mr.DHARMA, Mr.SURESH

LVM 3 ROCKET WILL CARRY THE CHANDRAYAAN

CHANDRAYAAN 3 is the third lunar exploration mission planned by ISRO. It consists of a Lander and a Rover similar to Chandrayaan 2 but would not have an orbiter. It's propulsion module will behave like a communication relay satellite. The propulsion module will carry the Lander and Rover configuration till 100 km in lunar orbit. The spacecraft has undergone all the last phase tests including Dynamic Testing and Acoustic Testing recently and almost ready for shipping within few days when I visited ISITE clean room on 28th April 2023.



Mrs.M.N.S.Padmaja, Mr.Y.G.N.Appa Rao, Mr.S.V.Bindagi Group Director, Dr.H.Bhojraj, Mr.A.Rajendra and Mr.M.Ramesh Back row:Mr.M.Suresh Babu, Mr.Dhanajay V.Tijare, Mr.Debasis Chakravorthy, Mr.Shrinivas V.Huilgol, and Dr.Anju M.Pillai

The Lander for Chandrayaan 3 will have only 4 throttle-able engines instead of 5 engines of 800 Newton. Additionally, the Chandrayaan Lander is equipped with Laser Doppler Velocimeter (LDV) to take care of the height. The impact legs are made stronger with increased instrumentation redundancy. ISRO has added multiple contingency systems to make a perfect landing on the moon in August or September 2023.

INDIA will be the first country to land in the South Pole of the Moon.

FEEDBACK FROM Mr.MURUGAPPAN, DONOR (27th April) ABOUT MAY 2023 NEWSLETTER

Dear Mr.Bhojraj,

I went through your interesting article, "KNOW YOUR CONSCIOUSNESS" and your efforts to analyse this type of complex issues is well appreciated. You have very well defined what is consciousness! Your usage of terms, 'Consciousness has no synonyms, it is beyond human comprehension, is perpetual, is omnipresent, permeates through every thought process' are all absolutely correct.

The comparison of human body, consciousness and mind to the computer hardware and software will make everyone to understand the intricacies easily. Similarly, the comparison of Acupuncture Theory YIN and YANG to CONSCIOUSNESS and PRANA also make the understanding easier. Also the comparison of mind and power bank of the computer is superb.

Congratulations for this wonderful article. We are happy to support you in this good work and we wish you all the best for your research projects.

PL.MURUGAPPAN, Ex Senior Manager, DUBAI ELECTRICITY AND WATER AUTHORITY

FEEDBACK OF WEDNESDAY ONLINE PRACTICAL CLASS(27TH APRIL 2023)

By Mr.Shridhran, Donor from Chennai

I attended the Wednesday hearing and eye sight improvement session at 7 PM. It was really interesting for me and I also got the point how to measure our timing by counting 1001 onwards. I already transferred the technology to all my family members. Your practical classes are very useful and interesting. I am finding it very useful.

GAGANYAAN SERIES No.4

CREW MODULE AND SERVICE MODULE

By.Dr.H.Bhojraj and Mr.Sundramurthy

Rtd ISRO Scientists

Reviewed by Prof.Soma, Rtd ISRO Scientist

And Mr.Nagulan Joghee, IT Consultant



GAGANYAAN –ARTIST'S VIEW

We are very happy to note the responses from the students and parents are encouraging for these series of articles on GAGANYAAN. It will be the pinnacle of INDIA's space achievement and pride when the human spaceflight takes place successfully in 2024/2025. China is already planning to send Astronauts to the Moon and walk in the Moon like USA by 2030. **India, is in the verge of achieving that feat of sending the human beings to space with HLVM 4 Rocket and bring them back successfully.** The younger generation Engineers have done wonderful job in the past 15 years and, as common men we must acknowledge and encourage their achievements profusely. This series on GAGANYAAN is really meant for the high school students for understanding the scientific principles from the fundamentals to appreciate GAGANYAAN.

In this article let us understand the fundamentals about Satellites, Probes and Spacecrafts.

SATELLITE

A Satellite is an object which orbits a primary mass. Moon is the natural satellite of the Earth. **An artificial satellite launched by a rocket revolves around the Earth in different orbits depending on the purpose and payloads in the satellite.**

PROBE

A Probe is an object which is launched to reach a pre-planned destination like Moon or Mars. So far, many probes have been launched to different planets, to study Sun, Asteroids and even Comets. Chandrayaan series are Lunar probes which are meant for scientific exploration of the Moon.

SPACECRAFT

Then you can ask what is spacecraft? **In general all satellites and probes are referred as spacecrafts since it enters the space as a craft with the help of the rocket.**



The orbital vehicle of the Gaganyaan mission

ORBITAL VEHICLE OF GAGANYAAN MISSION

HOW THE SATELLITE STAYS IN THE ORBIT?

A satellite injected with the velocity of 7.4 KM/Sec at an altitude of 300KM and above stays in a circular orbit mainly **by balancing two factors: its velocity and the gravitational**

pull that Earth has on it. A satellite orbiting closer to the Earth requires more velocity to resist the stronger gravitational pull.

WHY WE NEED A HUGE ROCKET FOR LAUNCHING SATELLITES?



LAUNCH VEHICLE MARK 3

We need a huge rocket to lift the entire payload and rocket with fuel weighing 440 tonnes from the ground to a velocity of 7.4 KM/Sec. The rockets are designed in 3 or 4 stages mainly to eject the dead mass of the rocket after burning. In a typical PSLV rocket, the **first stage** gives a velocity of **1-9KM/Sec** at a height of 62 KM, **second stage** gives **4KM/Sec** at 245 KM, **third stage** gives **5.9 KM/Sec** at 575 KM and **fourth stage** gives the required final velocity of **7.4KM/Sec** at 820 KM height. If the velocity is less than 7.4 KM/Sec, it will come down to earth.

GAGANYAAN PROJECT

A BIRD'S EYE VIEW

Gaganyaan meaning Celestial Vehicle is our Country's crewed orbital spacecraft indented to be the formative spacecraft of Indian Human Spaceflight Programme. The spacecraft is being designed to carry three people and in future it is planned to upgrade for rendezvous and docking capability with our own Space Station. *In its maiden crewed mission, ISRO's 5300 Kg capsule will orbit the Earth at 400 KM for up to 7 days with two or*

three Gagannauts on board. The first crewed mission is likely to take place in the fourth quarter of 2024 or first quarter of 2025 **if all qualification tests go through flawlessly.**

The Hindustan Aeronautics Limited (HAL) has already produced the structure of the Crew Module and started production activities. Defence Research and Development Organization (DRDO) with its home grown technology involved in critical human-centric systems like space-grade food, crew health care, radiation protection and measurements, parachutes for the safe recovery of the crew module etc.

CREW MODULE

Gaganyaan Crew Module is a fully autonomous 5300 Kg spacecraft designed to carry a three member crew and safely return to Earth after a mission duration of up to 7 days. The crew module is equipped with two parachutes for redundancy, while one parachute is good enough for safe flash down. The parachutes would reduce the speed of the crew module from over 216 m/sec to 11 m/sec at splash down.



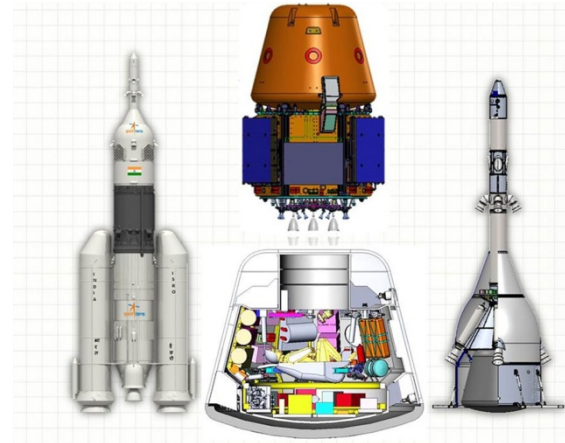
INITIAL 16 MINUTES OF LAUNCH AND FINAL 36 MINUTES OF DESCENT VERY CRUCIAL

The space capsule will have life support and environmental control systems. **It will be equipped with emergency mission abort capabilities and a Crew Escape System (CES) that can be activated during first stage or**

second stage burn. The module has already entered the production stage after the clearance of design and testing for various conditions.

SERVICE MODULE

The 2900 Kg service module is powered by liquid propulsion engines. The crew module is mated with service module and together they constitute 8200 Kg orbital module. **The Service Module Propulsion System (SM PS) will perform an orbit raising manoeuvre allowing Gaganyaan to reach 400 KM Low Earth Orbit (LEO), then remain docked during deorbit burn until atmospheric re-entry.** It will use a unified bipropellant system consisting of **Mixed Oxides of Nitrogen (MON-3)** as oxidizer and **Mono Mythel Hyrazine (MMH)** as fuel. It is having five main engines derived from ISRO's proven Liquid Apogee Motor (LAM) with 440 N thrust and sixteen 100N Reaction Control Systems(RCS) thrusters.



HUMAN RATED LVM 4-GAGANYAAN-PAD ABORT SYSTEM

WHAT IS LIQUID APOGEE MOTOR?

It is a rocket engine mainly used in spacecraft to attain geosynchronous circular orbit at the apogee point of the orbit. Generally, the rocket like LVM 3 injects the satellite into a highly elliptical orbit of 300KM (Perigee) by 36000 KM (Apogee) and later the LAM engine in the spacecraft would be fired at appropriate angle for specified time to attain the near circular orbit. This engine can be used for other manoeuvres like planetary orbit insertion, planetary descent/ ascent or even end of life de-orbit of communication satellites. The thrust will be about 400 Newtons.

WHAT IS REACTION CONTROL SYSTEM?

Reaction Control Systems (RCS) uses small thrusters in the range 20 to 30 Newtons to provide attitude control. The thrusters in pairs are kept in opposite directions in all the 3 axes of the spacecraft so



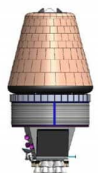
that pitch, roll and yaw can be easily controlled. Normally, reaction wheels are used for attitude control which will be covered for students in upcoming articles.

GAGANYAAN : OBJECTIVES & BENEFITS

Statement of Honourable Prime Minister

" ... a son or a daughter of India will go to Space from Indian Soil by an Indian Vehicle by 2022 (75th Year of India's Independence) or earlier"

BENEFITS



- Enhances Science & Technology Levels of the Country
- National project involving other Institutes, Academia and Industry
- Improves Industrial Growth
- Inspires Youth to take challenges in Science & Technology
- Technologies developed for societal benefits
- Additional Human Resource Development
- Provides way for the International Collaboration & Policies

INSPIRES YOUTH TO TAKE CHALLENGES IN SCIENCE AND TECHNOLOGY

TECHNOLOGIES DEVELOPED FOR SOCIETAL BENEFITS

NATIONAL PROJECT INVOLVES PREMIER INSTITUTIONS IN INDIA

IMPROVES INDUSTRIAL GROWTH

Case Histories

“Great relief for Knee Pain with Acupuncture..!!” says

Mrs.Yashodhara Gorpade, 75 years’ Ph.9448360591

I was having knee pain for the past 10 days and I was not able to climb the stairs and not even get into the car without pain. **I consulted the Doctor and as usual he was pointing at my age and asked me to go through knee replacement surgery instead of suffering like this.** I visited my close friend Mrs.Poile who was the Chief Guest for one of our main school functions in Hosapet. After listening to me, she strongly recommended me to meet Dr.Bhojraj and even called him personally to fix the appointment. I was looking for the address and I vaguely remembered the area which I visited 8 years back for the same knee pain based on the recommendation of Mrs.Sumira Sheik from Santoor who got cured of her cervical problem. I took only two or three sittings with Dr.Bhojraj at that time and I was practicing acupressure sincerely for some time. I was perfectly alright and stopped practicing acupressure.

When I met Dr.Bhojraj on 1st May 2023, I had terrible pain in the knee and I could walk very slowly with pain. Doctor remembered me and Mrs.Samira Sheik who was cured of her cervical pain. He treated me with four needles for just five minutes on my left side and asked me to walk. To my surprise the pain on the left reduced by 50 percent and I could walk slightly better. Then he taught me the acupressure points on my right and demonstrated all the points. Again I could see the change immediately on the right also. My Driver was really surprised to see me walking easily and getting into the car.

On 4th May, I had my second sitting for my knee pain mainly on the right knee and again to my surprise the pain was relieved almost 50% within five minutes. Doctor taught me again the points for curing the root cause like Sp-6, Liv-1, Lu-7 and P-7 and asked me to activate every day to produce the synovial fluid in the knee joint.

I am sure I will be able to avoid Knee Replacement Surgery in future with self acupressure.

Reported as on 4th May 2023.

“ABLE TO WALK EASILY WITHOUT TIREDNESS AFTER ACUPUNCTURE TREATMENT..!!”

says Mr.Shanmuga Vadivel from Salem Ph.9894852034

I had undergone bypass surgery almost a year back and after recovery Doctor advised me to walk regularly. I was trying to walk daily by I could not walk freely as my legs become numb after few minutes of walking. I have been taking all the tablets as per the prescription and my walking at a stretch was very difficult.

When I met my classmate Mr.Muralidhran during our vacation to Goa, he casually mentioned to try acupuncture with Dr.Bhojraj in Bangalore. In March me and my wife Seethalakshmi, decided to try acupuncture and drove from Salem to Bangalore only for the treatment. We both met Dr.Bhojraj and after initial pulse diagnosis he inserted 4 needles for 10 minutes and gave us certain points for daily activation. Since I have studied acupuncture few years back, I was little disappointed with this short treatment. My wife was also treated for leg pain and acute eye allergy which comes on and off and she

could come out of it with steroid eye drops. He asked us to come after 15 days.

Within a fortnight, we could see the changes. I started walking almost half KM without getting numbness and my wife's leg pain showed improvement within a week of treatment. We visited him after one month for follow up treatment and we both felt the change in our general energy level. He checked both of us with Nadiswara Pluse Analyser and gave treatment accordingly. This time I was thanking Mr.Muralidharan for showing me the right person to solve our problem and I bought the advance Acupuncture Book written by Dr.Bhojraj to try some points myself as per the book. My wife's allergic reactions in the eye almost become all right and we have not used the drops till date.

Thank you Doctor, for the wonderful AcupunctureTreatment.

“Hearing Improvement, really observed within three months of exercise” Says Mrs.Lalitha Bhandula,Rtd Bank Manger.

I retired in 2020 and I was affected by Corona at that time. After my recovery from Carona , my hearing capacity had come down. I used to hear very sharp earlier to Corona. Earlier I attended eyesight improvement programme and my eye power came down by 0.5 on both eyes.

When HIRP was announced, I was confident that my hearing also would improve since I believed in Dr.Bhojraj's scientific approach. After practicing with Ms. Kallolini for three months my hearing ability is almost back to normal. Thanks to Dr.Bhojraj and Ms. Kallolini for this wonderful programme. In fact when I travelled by flight to Dubai for nearly four hours, I never used any cotton for my ear

block and pain. Usually I used to get some blockage or pain but this is the first time I was perfectly alright throughout my journey. Thanks to the HIRP team.

SIRP NEWS

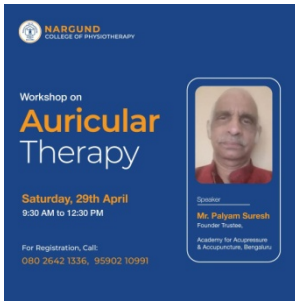
“I could read without glasses..!!” says Mr.Sundramurthy, Ex.Space Scientist and Editor—

Nearly four years back we started our Sight Improvement Research Programme (SIRP1) and subsequently SIRP 2 with nearly 300 participants. As the review committee member, I used to listen to the participants and was really surprised by the positive feedbacks from all those who practiced sincerely. I was also motivated by the results and started practicing the eye exercise regularly for the past one year. To my surprise I could read the mobile and computer without my reading glasses most of the time. Only for reading very small letters sometime I use the glass. In the recent eye check up I observed the reading glass power has come down and I am planning to change it to lower power glass.

COMMENTS FROM CHARMAN, AAA

It is really heartening to see the results of sincere and regular eye exercise which improves the eye sight. **I had also undergone the regular eye check-up in Narayana Netralaya last month and found the eye sight has been maintained as almost normal.** Ophthalmologist after through check up asked me to check for cataract next year as it is slightly starting in the corner. I stopped using specs for past 10 years. **Thanks to Prof.Palanisamy.**

H.BHOJRAJ



**Nargund
Physiotherapy
College,
Hosakerehalli,
Bangalore**

AURICULAR THERAPY WORKSHOP

The College Administration organized a practical workshop on **Auricular Therapy** and invited **Mr.Suresh Palyam** to give a theory cum practical session for 3 hours on **29th April 2023** in their Auditorium. The workshop was attended by **50 students** from I Year to 4th Year studying BPT course in the college. Mr.Suresh explained the relationship between the inverted child in the mother's womb and



the ear which represents the whole body in that position. He also demonstrated how to find the painful points and to identify the organ which is in problem.



Dr.Bhojraj explained how to activate the points with metallic jimmy, vocaria seeds and fine needles. Dr.Paul Nogier from France was the inventor of this modern Auricular Therapy and more than 16000 doctors were practicing Auricular Therapy in Paris alone

when he visited France almost 30 years back on official visit to test the Apple Spacecraft Thermal Model in Toulouse for 2 months.



The course participation certificate was issued to all participants. The feedback was taken from all of them and overall rating was



excellent in the feedback forms. **Almost all of them wanted to join our Advance Course of our Academy and the MOU is being finalised for signing with the management in coming days.**



***NARGUND PHYSIOTHERAPY COLLEGE STUDENSTS
WITH FACULTY MEMBERS***

ADVANCE ACUPUNCTURE COURSE-MY EXPERIENCE FOR PAST 6 MONTHS By.S.K.Kiran Kumar

I am from Hubli in Karnataka and started learning Advanced Acupuncture Course from Dr. H.Bhojraj by on line since November 2022. I was motivated to join this online course mainly due my own experience in getting wonderful relief with acupressure for my knee pain. I used to get pain in my knees while climbing stairs in local stations when I was working in Chennai. One of my cousins who had done Acupuncture Course and practicing in Hydrabad, asked me to activate some points in the hand especially on the second joint of the middle finger using tip of the ball pen. To my surprise pain vanished within few minutes and it never returned. Our whole family members got treated for our problems with unbelievable relief.

This type of cure motivated me to search for acupuncture training in Karnataka especially in Bangalore. In Google search, I could locate Dr.Bhojraj and joined the online course by The Academy for Acupressure and Acupuncture from November 2022. It was a fantastic course covering the theory of five elements, pulse diagnosis and treatment with both fingers and needles.

One day we were travelling in the bus with my family and my elder son was having some sort of nauseating feeling. I remembered the acupressure points Liv-3 and P-6, just pressed and releases these points for a minute. He felt much better within minutes and almost slept well during the journey. I myself tried the acupressure points for cough as per the points given in the advance course book, cough gradually reduced and stopped within two days without taking any medicine.

After undergoing this course, we in our family never used any medicine and solved all our problems with acupressure. The book gives points for almost all diseases and it really working like miracle. I thank Dr. Bhojraj for his theoretical explanations for all the health

problems and teaching the foundation for good health.

I will try with Acupuncture for next six months and come back with the report for our research.

By.Dr.Mohan Chandran, Pediatrician

I am practicing Paediatrician. I came to know about this course when I was searching for pulse diagnosis in internet. I joined the course to know more about Acupuncture and Acupressure. Modern medicines work well for emergency conditions, surgery and infections. But it is not curative for diabetes, pain syndromes like migraine, sciatica etc, autoimmune disease and psychological diseases where only symptomatic treatment is given. I joined the course to know if the above diseases can be cured without side effects. Though the Acupuncture subject is deep and complex, Dr. Bhojraj taught in a simple and easy to understand. Being Allopathy practioners I could easily grasp the essence of Acupuncture cure which has been approved by WHO in 112 countries.



I feel the subject holds a lot promise particularly in our Country and I indent to start using it in my practice as soon as I get a good grip over concepts of diagnosis and treatment.

ADVANCE ACUPUNCTURE COURSE

II BATCH (2023)

**STARTS FROM 3RD JUNE (SATURDAY) AT
5PM**

**ONE YEAR CERTIFICATE COURSE
3 MONTHS THEORY (EVERY SATURDAY)**

**FIRST TWO CLASSES FREE
PAYMENT AFTER THIRD CLASS
REGISTER WITH H.BHOJRAJ**

9845649914

ZOOM MEETING ID WILL BE SENT



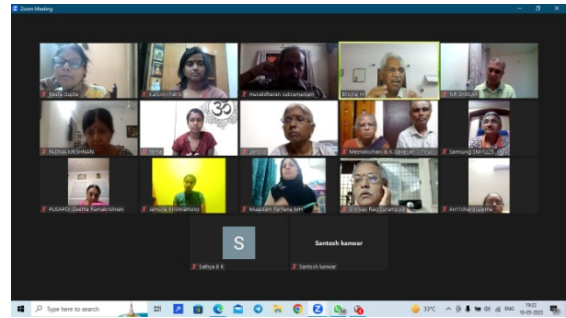
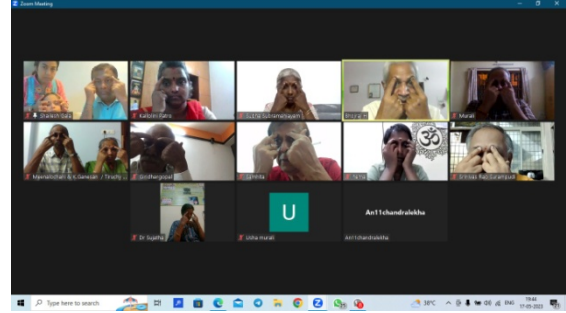
FIRST LVM3 GOLD PLATED MODEL SENT TO SRI AMBAL VIDYALAYACBSE SCHOOL, VILATHIKULAM, THOOTHUKUDI on 11th May

The school management requested AAA to send the model for display in the school to encourage the students to know about space activities in general and about GAGANYAAN in particular. Mr.Veemaraj, my engineering college classmate who has been managing the school very efficiently for many years took the decision to sponsor the first model. I thank him for this encouragement and we planned for a session in their school possibly in September 2023.

H.BHOJRAJ

LATEST GAGANYAAN NEWS-14TH MAY 2023

PARACHUTES FOR RE-ENTRY CAPSULE set to undergo fitment tests at ISRO facility in Bangalore. The first test demonstration is likely to take place in July 2023.



HEARING AND SIGHT IMPROVEMENT CLASS EVERY WEDNESDAY 7PM

HEARING IMPROVEMENT FIRST CUT RESULTS

ID No.	MARCH 2023	APRIL 2023	MAY 2023	FEEDBACK
1.F.55	11000	11300	11300	VERY GOOD
2.M.63	11600	11600	11700	NICE
3.F.75	2200	2600	2900	IMPROVED
4.F.67	5200	5600	5900	GOOD
5.F.50	9750	9900	10500	EXCELLENT
6.M.74	8800	9100	9200	GOOD
7.M.75	5450	5500	5800	IMPROVED

IMPROVE YOUR EYE SIGHT AND HEARING ABILITY

WEEKLY PRACTICAL SESSIONS EVERY WEDNESDAY AT 7PM FOR ONE HOUR FOR THREE MONTHS

NEW BATCH STARTS FROM

7TH JUNE 2023

GET TRAINED-TRAIN OTHERS ALSO

COURSE DIRECTOR

Dr.H.BHOJRAJ,9845649914

COURSE CO-ORDINATOR Ms.KALLOLINI PATRO, 9911413405

DONATION Rs.3000 (THREE THOUSAND ONLY) PEOPLE CAN JOIN TILL 30TH JUNE

TRANSFER TO AAA, INDIAN BANK,RAJAJINAGAR BRANCH A/C 6012588256, IFSC: IDIB000R005

EDITORIAL TEAM

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Mr.SUNDRAMURTHY 9611196052

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Prof.SOMA 9739321056