

ACU WELLNESS

APRIL-MAY 2022

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

1968, 8TH MAIN ROAD, E BLOCK, II STAGE RAJAJINAGAR, BANGALORE - 560010

PH-9845649914 | VOL-11 NO.04 | [HTTP//BHOJRAJ.TRIPOD.COM](http://BHOJRAJ.TRIPOD.COM)

FROM THE CHAIRMAN'S DESK

Dear Friends,

I would like to express my deep gratitude and heartfelt thanks to all our mentors, well-wishers, donors and active learners for their wonderful contribution through the decade that has helped in building this ACADEMY and to lay a strong foundation for research in Acupressure and Acupuncture.

The virtual function on March 10, 2022 conducted by the Organizing Committee headed by Shri. M V Kannan surpassed all our expectations. Each one of them did their part very well and the celebration went on flawlessly in the virtual forum.

The e-Souvenir released by Dr Surendra Pal is now also available at the Academy as limited print edition for the contributors. They can either collect from me directly or by transferring the Courier Charges (Rs 200) to our ACADEMY account. Details below.

AAA, INDIAN BANK, RAJAJINAGAR, BANGALORE, A/C No.6012588256,

IFSC IDIB000R005; CBS Code 00064



In Pic: The first hard copy of the AAA Souvenir released by Dr A

Bhaskarnarayana and Mrs Saroja B on March 31, 2022. He is the motivator for both the AAA research projects on eyesight (SIRP) and hearing (HIRP) improvement.

The highlight of the 10th Year function was the declaration of Acupuncture as a therapy by the Government of Karnataka to get the required licence for practising Acupuncture under the Karnataka Private Medical Practitioners (KPME) act.

LEARN WITH AAA & Dr H BHOJRAJ

10-DAY ACUPRESSURE TRAINING COURSE BY Dr BHOJRAJ, Ex. ISRO SCIENTIST AT EASTWEST SCHOOL, SUBRAMANYANAGAR, BENGALURE-560 021

MAY 1-10, 2022.

TIMING: 5 30 PM - 7 PM

DONATION: Rs 5,000 FOR 10 DAYS PAYABLE AT THE VENUE AFTER THE FREE INTRODUCTION CLASS ON 1ST MAY

CONTACT: Mrs JIJA SUBRAMANIAN

TO REGISTER, CALL: 99861 68181

The state government has now agreed to add it to their website for easy registration. Simply put, this means that anybody now having a certificate in Acupuncture can apply with relevant certificates and get the registration done at the earliest. Dr A R Samiullah has agreed in principle to help all the serious practitioners in Karnataka.

We also need a minimum of 1,000 'qualified' practitioners in one forum to convince the higher authorities to have a separate stream for Acupuncture in medical education - like what we currently have for Ayurveda, Yoga, Unani, Siddha and Homeopathy.

The fresh momentum and positive developments give us hope that Acupuncture will finally get its recognition and proper promotion by the Government. It should become a people's movement and people who have benefitted from Acupuncture Therapy should join us in asking the Government to approve it.

Kindly conduct, as many free camps as possible, in your locality and systematically record their improvement for a minimum six months and send it to our Association for records or research assistance. The Acupuncture Science Association (ASA) is also ready to support us in this endeavour.

We will be conducting our first One-day Acupressure Course post COVID-19 in May or June 2022 at Hotel Chalukya, Bangalore. Those who have attended our virtual function can attend this course by registering as soon as you can. All

advanced course participants (from the past two years) are also welcome to attend this special course.

Please confirm your participation by WhatsApp to my number (+91 9845649914). Any change in venue or time will be confirmed to all registered participants via WhatsApp.

The Hearing Improvement Research Program (HIRP) review was very encouraging for people above 60 years. Please spread this simple acupressure technique to prevent hearing loss to all the aged family members. Contact Mrs Kallolini (+91 9911413405) for joining this three-month active course.

The Sight Improvement Research Programme (SIRP) has given us the confidence to go for a big Project for students and SIRP 3 will begin by June 2022. Kindly contact Mrs Aarthi R (+91 9886326581), the Project Director for the next stage in this ambitious research project where we hope to educate and improve eyesight of a minimum 500 students across schools.

Once again, I thank you all for your great support for our Flagship Research Projects in particular and for Acupressure in general. May God bless you all with health, wealth and long life. And of course, healthy eyes and ears.

H BHOJRAJ,

CHAIRMAN, AAA

**CHANGE YOURSELF
DON'T TRY TO CHANGE OTHERS**

AAA DONATION BOX: MARCH 2022

Mr T L DANABALAN, Ex ISRO SCIENTIST,
BANGALORE: Rs 5,000

Mr MANOJ HOMBAL, DGM, TVS - CHENNAI:
Rs 10,000

Mr HARIT MEHTA, GM, HARAN TEXTILES: Rs
10,000

Dr SHANMUGANANDAN Rs 7,500

THANK YOU FOR YOUR SUPPORT!

EXPENDITURE FOR MARCH 2022

SALARIES -OFFICE ASSISTANT	Rs 10,000
DRIVER /HELPER	Rs 5,000
ZOOM MEETING CHARGES	Rs 5,000
AAA TRUSTEES MEETING EXP	Rs 7,289
NEWSLETTER PRINTING	Rs 2,000
POSTAGES	Rs 772.90
SPECIAL SOUVENIR PRINTING	Rs 8,700
TOTAL	Rs 38,761.90

AAA SPOTLIGHT: THE SPECIAL PROJECTS

PREVENTIVE HEALTH CARE IN CORPORATES



Prevention is always better than cure. At AAA, we have always worked towards better education of the masses in preventive

health care, also offering regular guidance on how one can effortlessly self-heal using acupressure and acupuncture.

Dr Bhojraj had recently initiated a pilot awareness program in preventive healthcare at Excel Die casting, Chennai - a company founded by his close college friend, Mr S. Nargunam.



This program was jointly conducted with his student & AAA special project associate Mrs Vidya. Founded in 1986 with only five employees, the company now has more than 280 employees who work on supplying quality castings to the automobile industry.

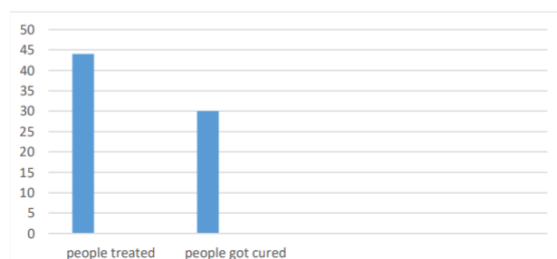
On September 25, 2021, an awareness talk on preventive healthcare was conducted at the company by Mr Bhojraj and Mrs Vidya. Next step: We met the employees once a week to treat them with their ailments. The consultation camp with Dr Bhojraj was held online while Mrs Vidya would treat them on spot following his guidance. "Some of them got cured immediately while for the others, it took a few months and regular treatment, but many of them admit having got great relief with this drugless therapy," explains Mrs Vidya.

She also admits that despite the instant relief and miracle cure, it took time for most employees to come forward for therapy. "Initially only a few of them came forward, willing to be treated. Gradually more joined in because of their personal gain and word of mouth. The spectrum of ailments that we have treated varies from

headache, knee pain, menses issues, wheezing, and constipation to body pain. We not only treated them but also guided them to treat themselves and their family members," she concludes in her half-year report.

A Quick Report Card: The academy has been doing this pilot project for six months now and in this period, we successfully have treated 44 people.

- Total number of employees treated: 44
- Number of employees who felt relief / cured: 30



RECENT SUCCESS HEALINGS REPORTED:

Patient Name: S Karunakaran

Age: 33 years



I am Karunakaran Working in “Excel die Castings”, Chennai. I had severe knee pain for the past month.

After taking acupuncture treatment from Dr Bhojraj sir and Vidya mam, I feel much better now. I can climb staircases without difficulty.

Thanks to our MD sir Mr Nargunam for arranging this awareness program.

Points Activated: SP 6 decrease, LIV 1 increase, Lu 7 decrease, P7 decrease, SP 9 increase.

Patient name: Surendar T

Age: 20 years



I am Surendar Working in “Excel die Castings”, Chennai. I was suffering from Anorexia. Dr Bhojraj sir and Vidya mam activated a few acupressure points by needling them. Within 2 sittings, I felt a great change. Now I am eating a good portion and my weight has also improved. Thanks to the team. I am regularly activating those points by myself now.

Points Activated: ST 36 increase, GB 41 decrease, LI 1 increase, TW 3 increase

Patient name: Abinesh

Age: 21 years



I am Abinesh Working in “Excel die Castings”, Chennai. I had been suffering from knee pain and shoulder pain

for a month. Dr Bhojraj sir and Vidya mam have treated me for the same by activating some acupressure points She has also taught me to do it by myself. For the past month, I am activating those points regularly and am feeling much better now.

Points Activated: GB 41 increase, LI 1 decrease, SI 5 increase and TW 3 increase.

INTERESTED INDUSTRIES AND CORPORATE OFFICES MAY CONNECT WITH AAA FOR SUCH PREVENTIVE HEALTHCARE CAMPS IN YOUR CAMPUS FOR YOUR EMPLOYEES.

CALL US ON +91 9845649914

AAA INTERACTIVE MEET WITH RESIDENTS @ PWF

- By **Mr Sundaramurthy, Ex. ISRO SCIENTIST**



March 30, 2022: Dr Bhojraj, Mr Arunachalam and myself visited Mr Kannan's apartment at Pashmina



Waterfront in Avalahalli.

It was truly a memo

orable catch up - not just as friends with our wives but also because **Mr Kannan (AAA trustee)** had organised a special interactive workshop and awareness camp for residents interested to learn single point cures for common ailments.

Around 20 members attended this session



but their excitement and interest in learning made this event a great success.

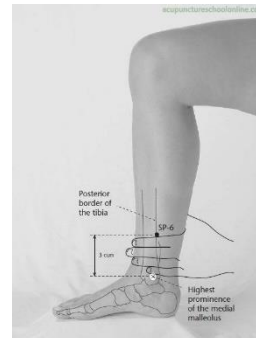
Dr Bhojraj individually enquired each one's ailment and instantly demonstrated the single point cure for it along with the practical guidance. Some also saw immediate relief! Here is a quick round up of all those wonderful learnings and healing experience from this camp:

GB 41 FOR FROZEN SHOULDER: One woman was suffering from right shoulder frozen issue not able to lift the hand

freely. Soon after activation of the Gall Bladder (GB) 41 acupressure point, she was gradually able to lift her hand almost to 160 degrees (from the initial 90 degrees).



MIRACLE SP-6 FOR VARICOSE VEINS:

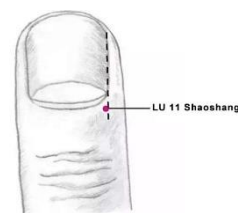


Someone who complained about Varicose veins was advised to activate the SP6 acupressure point regularly and also practise the Camel walk for

minimum 5 minutes to have faster relief with varicose veins.

Remember: SP-6 is a tried and tested miracle single point cure for many more ailments.

LU-11 THE COMMON HEADACHE HEALER:



The root of our thumbnail - LU 11 was demonstrated as the common headache point.

This was also the single point demonstrated at one workshop two decades ago, that originally got scientist Bhojraj curious to learn acupressure as a science.



THE HEALING H-9 point for the Blood Pressure. Dr Bhojraj also demonstrated

various reflex points and the method to daily activate these points for 5 minutes to boost one's activity levels.



Towards the end, the residents were also introduced to the academy's flagship projects – SIRP and HIRP. Based on the feedback received from all the participants, AAA now plans to organize similar workshops with Dr Bhojraj at apartment complexes. Interested RWAs may contact Dr Bhojraj on acu_bgl@yahoo.co.in / WhatsApp: +91 9845649914.

HIRP 2022

AAA NEW-IMPROVED ACU-HEARING KIT!

APRIL 10 - SECOND BATCH ALSO INDUCTED!!

REGISTER NOW!!! JOIN THE MOVEMENT

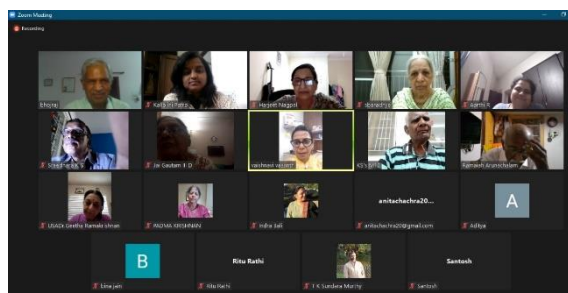


FOR DETAILS CONTACT:

Mrs Kallolini Patro
Project Director, HIRP

+91 99114 13405

March 31, 2022: AAA conducted the first review meeting for BATCH 1 volunteers of the Hearing Improvement Research Project (HIRP 2022).



"I started work on this project as the project director on February 28, 2022. Until the mid of March 2022, we had 16 registered volunteers - Nine female and Seven male volunteers – all trying their best to improve their hearing using the HIRP exercises based on activation of acupoints in and around the ears. Of them, two volunteers are not able to practise regularly as they are travelling.

Almost all of them started observing the improvement after 15 days of practice. Here are a few to name: **Arunachalam S, Ashalata, Padma Krishnan, Ravindran, and Murthy**. All these Volunteers have experienced 500 to 700 Hz improvement in their hearing. These benefits are coming out of once and twice a day practice which they are managing beautifully out of their busy schedules and at this 65+ age & 70+ age it is commendable to see the regeneration power is achieved by each of them with sincerity and continuity.



Proud moment for each one of us to have Mrs Rajalakshmi ji registering for HIRP at the age of 94 years. On April 19, during the practice session the four of us (myself, her niece Padma ma'am who is already in HIRP, her son, and SIRP

volunteer Sharadha mam were there to help her in understanding the language, the process and practice. Very sincere effort she is making. Thank you, Padma ma'am for introducing her into our journey. We all are truly blessed to have witness dedicated efforts of volunteers.

Being the Project Director, my alternate days spent in a virtual mode with each of them is nothing before their commitment to improving their hearing.

This grand initiative devised and foreseen by Bhojraj sir is truly commendable. I have a firm belief to see more changes in their audibility by April end with these registered volunteers.”

Namaskar

Kallolini Patro, Project Director

BATCH - I

(*Payments received from these participants as on March 6, 2022*)

1. Mr Dinesh Chugh: Rs 1,000
2. Mr Naganathan: Rs 1,000
3. Mrs Aaradhya: Rs 1,000
4. Mr K Sakthiarunachallam: Rs 1,000
5. Mr Sreedhara K S: Rs 1,000
6. Mrs Ashalata: Rs 1,000
7. Tellur Ravindran: Rs 1,000
8. Mrs Cheryl Pareira: Rs 1,000
9. Mrs Shalini Sethi: Rs 1,000
10. Mr Sudhir Sethi: Rs 1,000
11. Mrs Indra Bali: Rs 1,000
12. Mrs Geetha Ramakrishnan: Rs 1,000
13. Mrs Padma Krishnan: Rs 1,000
14. Mr E S H Murty: Rs 1,000
15. Mr Santosh Gautam: Rs 1,000
16. Mr Harjit Nagpal: Rs 1,000

BATCH – II

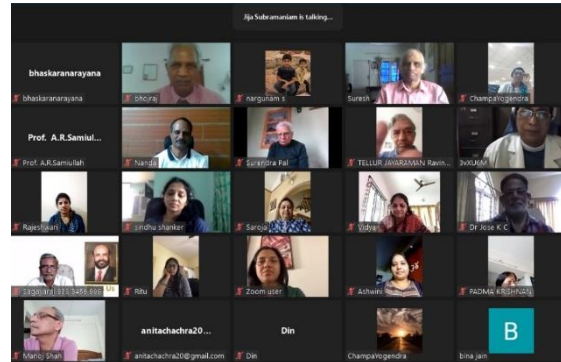
(*DONATION received as on April 12, 2022*)

1. Mr Sanjay Sitaram Yadav: Rs 1,000
2. Dr Sharad Kapoor: Rs 1,000
3. Mrs Premashree: Rs 1,000
4. Mrs Rajalakshmi: Rs 1,000
5. Mrs H M Shashikala: Rs 1,000

Memories & A Milestone:

TENTH ANNIVERSARY Celebration

- By Mrs Jija Subramanian



The 10th Anniversary of the Academy for Acupressure and Acupuncture was celebrated on March 10, 2022. The event was conducted online as a precautionary measure considering the third wave of the pandemic and with Mr Arunachalam and Mrs Aarthi R as Masters of the ceremony.

Mr M V Kannan, Chairman of the Organising Committee expressed happiness welcoming everyone on this special occasion and also welcomed the Chief Guests - Dr Surendra Pal, former Distinguished Scientist, ISRO and Shri S V Ranganath, former Chief Secretary, GoK. Both have been of immense support - for the Academy and in spreading the science of Acupuncture.

Mr Kannan concluded his welcome address requesting everybody to keep themselves updated on the Academy activities through the official website - <https://bhojraj.tripod.com> that he maintains.

The inaugural address was delivered by the **AAA Chairman Dr H Bhojraj**. He

mentioned that Dr Pal was also celebrating his 75th birthday on that day and wished him on behalf of the Academy and all those present.

Welcoming **Mr Ranganath**, he expressed his confidence that the formers' support will speed up the recognition process for Acupuncture in the state. The Chairman made special mention of **Mr Achutha Rao** and **Mr Bhaskarnarayana Rao**, whose motivation and support for the Eyesight (SIRP) and Hearing research (HIRP) programs helped the Academy survive the pandemic.

Looking to the future, Dr, Bhojraj said that the Academy was also fortunate to have two senior allopathic doctors - **Dr Alexander Thomas** and **Dr Shanmuganandan** to take up research with scientific evidence for acupuncture cures. **Dr Kanaka Rao**, Vice Chairman of the Academic has agreed to coordinate these research activities along with Dr Sanjana, another student of the Academy.

Next on the agenda was a presentation on the activities of the academy for the 10 years. **Mrs Jija Subramanian** made the presentation till 2019, followed by **Mrs Latha Murli**, for the period until February 2022. The presentation brought back a flood of memories for everyone at the

Academy and showcased all its activities for all the guests present.

Shri S V Ranganath, in his address as Chief Guest, expressed his belief in Acupuncture and explained how Acupuncture was more holistic than Allopathy in its approach to health care. He promised his support for obtaining recognition for acupuncture in Karnataka.

Dr Surendra Pal was called upon to release a special souvenir on this occasion, which included memoirs from people who have had a long-standing relationship with the academy and supported it over the years. He congratulated Dr Bhojraj and his entire team and wished the Academy a bright future.

Mrs Aarthi R, Course Coordinator made the introductory presentation of the Academy's Sight Improvement Research Project, SIRP-2. She explained in detail the training and data collection procedure. The highlight of her presentation was a report by a teacher from DPS, Delhi, who, with regular exercise, had almost stopped using glasses for reading. She always started her online classes with these exercises and her students have reported less headache, less/no pain around the eyes and good relaxation.

Mrs Aarthi also shared a picture of a painting she was able to complete after these exercises improved her eyesight and eye-hand coordination. **Mr Sundaramurthy** in his capacity as Vice Chairman of SIRP-2 presented all the statistics of this research project. The



results are very encouraging for people who have been regular with the exercises.

Besides eyesight improvement, participants have reported improved skin texture, better sleep, reduced headache, relaxed mind and body and reduce menstrual cramps and mood swings.

This was followed by the Graduation ceremony conducted by **Mrs Vidya** from Chennai. A total 15 students received their graduation certificates this year on that day. One of the students, **Mr Nanda Kumar** made the acceptance speech on behalf of all the students.

The next program was reminiscences by the Guests of Honour.

Mr Achutha Rao emphasized the need to popularize such types of holistic and cost-effective treatment among the people.

Mr Bhaskar Narayana recalled how effective acupuncture treatment has been for him to treat frozen shoulder, eye and hearing issues and his wife's knee pain.

Mr N K Malik spoke of the magical cure that Dr Bhojraj's acupuncture treatment did for his calf muscle pain and restless leg syndrome. His neurologist was also very supportive of this treatment after seeing its effectiveness.

Dr H Devraj commended his elder brother and the academy for the efforts and hard work that has been put in over the last 10 years. Just like Modiji popularized Yoga throughout the world, Dr Bhojraj must popularize acupuncture throughout the length and breadth of this country, he said. He was also happy that the academy

is bringing out a quantity of data in its research projects.

Mr Nargunam applauded the academy on the completion of 10 years, which is a big achievement for any institution. He thanked the chairman for the preventive health care program that the latter conducted for the staff of Excel Di Castings, Chennai.

Dr A R Samiullah congratulated the Academy on the completion of 10 years. On the insistence of Dr Bhojraj, he has also started documenting details of treatment given at his institution. He explained in detail the progress being made regarding the recognition of acupuncture and the registration of practitioners. He stated that the Chief Minister of Karnataka appreciated the effectiveness and affordability of acupuncture treatment.

In his concluding remarks, Dr Bhojraj expressed confidence that acupuncture therapy will soon be recognised in Karnataka. He reiterated that holistic treatment and allopathy should coexist. He stressed the importance of quantified research which will be taken up shortly at the academy under the able guidance of qualified and senior specialist doctors. He thanked one and all for their support and hoped to have more offline interactions shortly.

The function ended with a vote of thanks by Mrs Jija Subramanian.

**WITHOUT CLEAR VISION AND FOCUS
YOUR MIND IS YOUR OWN ENEMY**

CONSCIOUSNESS, MIND AND IMMUNITY:

A SUMMER SPECIAL COLUMN BY Dr H BHOJRAJ

The topic is very interesting because we are going to analyse the effect of mind and consciousness on the role of immunity. **Both mind and consciousness are invisible so the scientific system will never accept the influence over immunity.** But acupuncture and the yoga system say that we can't separate mind and consciousness from the body and analyse the immunity. Before explaining the effect of mind and consciousness let us understand these terms in layman's language.

IMMUNITY:

Immunity is directly connected with the Lymphatic system. The fluid (lymph) flowing through lymph vessels with the help of muscular contractions contains water, protein molecules, salts, glucose, urea and disease-fighting white blood cells. The lymphatic system is packed with specialised white blood cells which use various methods to eradicate foreign bodies or invaders, such as bacteria, viruses and cancer cells.

It is a one-way system, the vessels gradually increase in size, pass through lymph nodes and finally empty into the veins of the circulatory system. The lymph nodes which manufacture lymphocytes are located in the lower jaw and neck, the armpit (axilla), and the groin. Lacteals, important in the absorption of fats, are

lymphatic vessels in the walls of the digestive system which collect large molecules and lipids extracted from food.

The lymphoid organs are the thymus, the spleen and mucosa-associated lymphoid tissue. The thymus secretes hormones, which it uses to manufacture T-lymphocytes.

The spleen has the largest concentration of lymphatic tissue in the body. It filters blood through an extensive network of capillaries and sinuses, called the red pulp. Lymphocytes are produced and stored in the spleen.

The mucosa-associated lymphoid tissue is found in the lining of the respiratory, urogenital and digestive tracks. These tissues contain B and T cells presenting a line of defence in those cavities of the body exposed to foreign invaders from the external environment.

B cells produce chemicals called antibodies, which circulate in the blood and attack specific disease-causing organisms; T cells attack the organisms directly. These cells can retain a memory of earlier infections and respond quickly to further attacks.

MIND:

The mind can be defined in layman's language as a composition of thoughts. The mind can think only through the senses. It is restricted to the senses and sensuous matter. **The real purpose of the mind is for the use of feeling and desire, to care for the body and to control the body.** But in real life, the desire overtakes

the feeling and the actions are taken against the interest of the body. **So, the mind plays an important role in our total health.**

CONSCIOUSNESS:

Consciousness is nothing but the PRESENCE in all things again connected with the five senses. Consciousness is with knowledge. But consciousness is beginningless and endless. Everything is dependent on it. The whole universe is filled with consciousness. Every human being, every living thing on this planet depends on this consciousness.

Mind is part of this invisible consciousness. The pituitary gland has a connection to the hypothalamus gland which is the seat of our mind and our consciousness. Just a little focus at this centre every day can positively affect the whole nervous system.

Consciousness works through these glands and brings energy into the immune system, strengthening one's immune system. The pituitary gland is the "Master Gland" which monitors and regulates many bodily functions through the hormones it produces including growth and reproductive hormones (Thyroid, Adrenal and Gonads). Hypothalamus is a gland in the brain that controls the hormonal system. It releases hormones to the pituitary gland which sends hormones to different organs.

In short, the chemicals produced in the body have a direct connection with your "THOUGHTS".

The mind is not located in one location in our body. It is a field like an electromagnetic field and is present all over the body. The main aim of life is to know our nature which is the TRUTH-CONSCIOUSNESS-BLISS i.e., SAT-CHIT-ANANDA.

So, simple meditation improves your immune system and also gives you the higher human values like compassion, friendliness, cooperation, a smiling face, brightness in your face, wanting to help, a sense of belongingness and caring for each other.

Body and mind are so linked that what we put in the mind reflects in the body and what we put in the body reflects in the mind.

The message is very clear. 'GO INSIDE'. "LOOK INWARDS". "KNOW THYSELF". "CURE THYSELF"

Motivation comes from the outside and Inspiration comes from the inside. Modern medicine started recognizing this inseparable connection between body and mind and started integrating meditation for good health and happiness.

LET US WELCOME THIS CHANGE.

USING THE EYES FOR LONG TIME INCREASES PRESSURE IN THE EYE. BRAIN PRESSURE ALSO INCREASES...

IMMUNITY WILL ALSO COME DOWN...

SO, USE YOUR EYES JUDICIOUSLY

“MIRACLE CURE WITH ACUPUNCTURE FOR MY FATHER’S LONG-STANDING EAR PAIN” says Mr Naveen, a Building Contractor

It was an unbelievable experience for my father when Dr Bhojraj visited our house and inserted four needles into my father’s leg and near the ear for 10 minutes. A few minutes later his treatment was also done!

The effect of the treatment was witnessed by evening on the same day when my father slowly started walking on his own without any ear pain. My mother and uncle could not believe this miracle cure with Acupuncture.

My father Shri H B Nagabhushanam, Ex HAL employee is 82-years old. He was keeping fit until last year when he had few tooth extractions. His hearing ability had also gradually reduced. We got him the hearing aid for both the ears.

All of a sudden, two months back, he complained of terrible ear pain and we took him to the ENT specialist. After a thorough check up, the specialist suggested antibiotics which did not improve the condition. **His condition was becoming worse day-by-day and he was almost restricted to the bed except for minimum activities due to vertigo.**

Someone has to be always with him and during this time, taking him to the doctor itself was a great effort for me! My Uncle Mr Ramasamy who had done Acupressure

Course with Dr Bhojraj, our family friend and neighbour, suggested that I try acupuncture treatment for my father. He requested Dr Bhojraj to come home and give treatment.

My father found relief within the same day of treatment and has also started moving inside the house without any assistance for the past 20 days! Dr Bhojraj also suggested him to try acupressure points in and around the ear which my mother has also been doing regularly for the past 30 days and we **see considerable improvement in his hearing with hearing aid.** Now we are planning to go to the Dentist for his denture fixing which also requires the hearing check.

I would like to express my heartfelt gratitude to Dr Bhojraj for his personal care and acupuncture treatment. I will give our feedback after three months.

THE SECOND MIRACLE: My 16-year-old son Sumuk had his backpain cured in just one sitting of Acupuncture!

March first week, my son fell down and hurt his back. He was unable to sit or stand for long time. As exams also started during that time, we consulted a doctor for quick pain relief. He managed to attend the exam with the prescribed pain-killers and came back home.

Considering that he also had to prepare for the examination, **I took him straight to Dr Bhojraj who as usual, inserted the needle on 4 points for 10 minutes and asked him to walk... What we see is that his pain reduced immediately and he was able to walk straight without much pain!**

The next day when Dr Bhojraj visited our house to treat my father, Sumuk was almost 70% better. One more sitting on that day almost cured him. He was able to prepare for his exam much better and without pain. Once again, I thank Doctor for this wonderful therapy.

**PLEASE CALL 9845649914 FOR APPOINTMENT.
Dr.BHOJRAJ ALSO WILL VISIT YOU IF NEEDED**

KOKKALADA VILLAGE SCHOOL UPDATE

The village school in Nilgiris which was revived in 2020 with the help of the local MLA and the education department started functioning with 50 students and successfully completed one year. Since January 2022, the physical classes were started and the examination also was conducted.



The Parents Teachers Association and the Teaching Staff decided to celebrate the success of the revival with an annual celebration on April 22, 2022 and invited our Chairman Dr H Bhojraj as the Chief Guest and Dr T Raju, Ex Scientist of Coffee Board as Guest of Honour, who was also the student from this village school.



The celebration was attended by the local village heads, students and their parents. Students displayed their talents through a wonderful cultural show with dance performance, skits and drama for three hours. Lunch was served for about 150 participants. Shri Murthy Head Master and PTA President were mainly responsible for this excellent outcome.



IN PIC: WITH THE VILLAGE HEADS

The Chairman declared that the village school teachers must prepare to not only teach students up to 10th standard but also for 11th and 12th grades, after two years.

The village heads also agreed in principle to ask the local MLA Shri GANESH for an Arts and Science College utilizing the infrastructure available in this school. It was truly a memorable and meaningful celebration of a milestone at this school.



(In Pic: TOP – At the Function; Bottom: With the students and staff at the Kokkalada school.)

“GREAT IMPROVEMENT FOR MY TRIGGER FINGER WITH ACUPUNCTURE” Shares a 50-year-old Mrs SUJATA RASTOGI

I am a homemaker with three daughters. I have suffered recurrent migraine headaches for more than 40 years. I used to get this headache every month especially during periods. I have also been under Thyronorm medication for thyroid-related problems for the past few years. I used to get stiffness in the joints especially in the mornings and used to get the sounds in the joints especially the knee.

For the past one month I was not able to use my fingers freely while cooking because of the pain in the thumb and literally I had to use the left hand to release it. There was also a slight swelling in the wrist joints and slight water

retention was there in the body especially my face.

One of my close friends suggested me to try acupuncture with Dr Bhojraj because of her own experience in similar symptoms. Though the therapy is new for me, because of her strong recommendation I wanted to give it a try.

I started my treatment on April 23, 2022. After listening to my complaints Dr Bhojraj checked my pulse on both hands and inserted 4 needles in the leg and hand. I was feeling little lightness immediately. At the second sitting after a week, my pain was less and the thumb movement improved. After the third week I was feeling much better and my water retention has come down especially in the face.

My physiotherapist mentioned that my face was looking normal. I started my preventive therapy as mentioned by Dr Bhojraj and started spinal massage for all my family members with a spine roller which really gave all of us instant energy and lightness. I would like to thank the doctor for not only curing my trigger finger but for also having given me the technique to solve my migraine and thyroid problem.

The emotional code exercise helped me a lot to overcome my childhood suppression of my emotion. I will give the feed back after three months.

THE AAA TRUSTEES MEETING

March 4, 2022: All trustees attended the special meeting conducted at Hotel Radissons Atria at 5pm to review the preparations for the AAA Virtual Meet & Celebrations on March 10.

The Chairman welcomed the members and appreciated the efforts of the Organizing Committee, the Souvenir team in particular for bringing out the memorable collection of articles by healers and many healing experiences through the decade at AAA.

Mr M V Kannan, Chairman of the Organizing Committee briefed the members of the overall programme.



The Compendium of Newsletters published during 2020 and 2021 was also released by Dr Surendra Pal, Distinguished ISRO Scientist, and was received

by Dr Kanaka Rao, Rtd Chief Medical Officer, ISRO.

The special issue of March 2022 Newsletter



prepared by Mrs Aarthi R was released by Mrs Meera Bhojraj, Trustee and was received by the Chairman, AAA.

This meeting was very productively held to fine-tune the virtual meet which was also a grand success. The meeting ended with vote of thanks by Mr Sundramurthy, Ex ISRO Scientist.



SEVEN TIPS TO BE HAPPY IN LIFE

- 1.NEVER HATE ANYONE**
- 2.DON'T WORRY**
- 3.LIVE SIMPLE LIFE**
- 4.EXPECT A LITTLE**
- 5.GIVE A LOT**
- 6.ALWAYS SMILE**
- 7.AND KEEP IN TOUCH WITH GOD**

IDENTIFY TRAPPED EMOTIONS AND RELEASE FOR GOOD

HEALTH – BY Dr H BHOJRAJ

We all know, body has the built-in ability heal itself. Body has got its innate intelligence. The body sometimes needs help to restore itself to a state of balance. We must help to detoxify the body and mind by removing the unwanted waste materials and unwanted trapped emotions in any part of the body. After this proper nutrition and Acupuncture will work like miracle for any disease.

Life is also about serving others, feeling grateful for all that we have and learning to create the best life we want. So keep yourself healthy and strong.

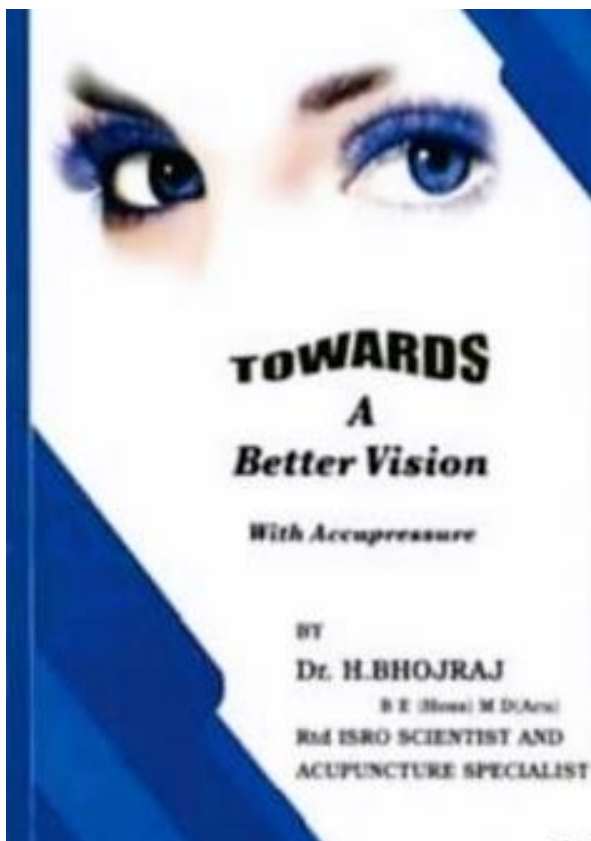
TRAPPED EMOTION TEST

1. Obtain permission from the person.
2. Establish a baseline for testing.

3. Confirm the existence of trapped emotions.
4. Release the trapped emotions.
5. Check to see if the emotion was released

A muscle test or sway test will be taught to the advance course students to assess the existence of trapped emotions by asking questions which gives either yes or no.

ADVANCE ACUPUNCTURE PRACTITIONERS WILL BE TAUGHT THIS TECHNIQUE IN OUR ONE DAY COURSE IN HOTEL CHALUKYA IN THIRD WEEK OF MAY.




ANNOUNCING COMMERCIAL PRINTING OF OUR REVISED EYE BOOK - 'TOWARDS A BETTER VISION'. INTERESTED PEOPLE CAN BULK-ORDER A MINIMUM OF 50 BOOKS FOR Rs 15,000. - (THIS IS AT 50 PERCENT DISCOUNT!) CONTACT US NOW!!!



ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE
BANGALORE

LEARNING WITH AAA & DR H BHOJRAJ



10-DAY COURSE IN ACUPRESSURE

FREE INTRODUCTORY CLASS ON MAY 1, 2022

TIME: 5.30-7 pm (10 days)

VENUE: East-West school, Rajajinagar

CONTACT FOR DETAILS / REGISTRATION
+91 99861 68181 / +91 9845649914

NEXT BATCH OF STUDENTS FOR THE AAA ADVANCE COURSE IN ACUPUNCTURE WILL BE INDUCTED IN MAY THIRD WEEK. CONTACT 9886326581 / 9789051423 / 9945013000 FOR DETAILS.

THE AAA EDITORIAL TEAM:

CHAIRMAN: Dr H Bhojraj

Mr M V Kannan (Web Support)

Editorial Advisory Head: Mr Sundaramurthy,
Mrs Saroja A Bhaskarnarayana

Screening & Archives: Mrs Jija S

Consulting Editor: Mrs Aarthi R

Special Project Associates: Mrs Kallolini (HIRP), Mrs Vidya (Excel Die Castings, Chennai), Mrs Ashwini