

# ACU WELLNESS

FEBRUARY 2022

**ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE**

1963, 8<sup>TH</sup> MAIN ROAD, E BLOCK, II STAGE RAJAJINAGAR, BANGALORE-  
560010

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## 10TH ANNIVERSARY SPECIAL FROM THE CHAIRMAN'S DESK

Dear Friends & Well Wishers,



*FEBRUARY 2* is a special day. We had registered our academy 10 years back on this very day. On March 10, 2022, our Academy will

complete ten years of dedicated research activities. We had originally planned to celebrate at Hotel Chalukya, where we had also celebrated the launch. However, due to the ongoing COVID situation and probable travel restrictions, the organizing committee has now decided to have the grand celebration online on the same date: March 10, 2022, 10.30 AM onwards. Please find the detailed invite and event details in this newsletter.

**Change is never painful. But the resistance to change is painful.** The fresh wave of covid cases pan India especially in Bangalore reminds me of this beautiful quote by Lord Buddha.

The whole world is trying to understand the inner world. Research can go on forever but Nature has its way of expressing its unhappiness to mankind.

**What it says, every one of us should understand.**

The five elements Earth, Air, Water, Akash and Fire play an important role in maintaining our health. Every individual on this Earth is also made of these five elements along with the invisible "SOUL" that maintains our body with the supply of "PRANA" from the Universe.

Though it is difficult to prove by any experiment, it is well understood when the "PRANA" supply is stopped, "SOUL" leaves the body. The actions of the so-called "BODY" comes to a stop.

**What we need is this inner knowledge. Who am I? What for I have come to this world? Why am I doing all these things? If you have a clear answer for all these simple questions, the fear of the pandemic will come down because one will realise that we live this life to know these things only.**

Almost all Spiritual GURUS have been teaching for decades across the world but

without considerable success but CORONA GURU has successfully taught everyone this message. Let us first and foremost thank the VIRUS for making us realise ourselves and also learn better self-hygiene, self-distancing and self-learning. May this viral phase continue to guide us deeper on the path to inner wisdom.

**Coming to our ACADEMY activities, we have received feedback from 67 Research Volunteers (RVs) for our Sight Improvement Research Programme II. The results are now being analysed by the Expert Committee under retired Space Scientist Mr Sundramurthy.** A preliminary conclusion is that though a considerable improvement was not reported, the eye condition slightly improved though the eye strain was much more than usual due to online activities. The positive conclusion is the eyesight has not deteriorated despite increased screen time for these volunteers. A detailed report and conclusion will be presented to the Apex Committee shortly.

The Hearing Improvement Research Programme has also taken off well and the parameter evaluation methods are being finalised by the Committee before launching on a bigger scale. Mrs Kallolini and her team are working on the project details. We plan to launch pan INDIA shortly.

**I request all those interested in attending the online anniversary celebrations may kindly call Mr M V Kannan (Ph. 97403 17133) and confirm their participation by February 28, 2022. All donors are cordially invited to the function. If you are unable to attend kindly share your message as a one-minute video message to Mr Kannan.**

A 'souvenir' in electronic format is also planned to be released on that occasion. All

followers of Acupressure and acupuncture can send their write-up (max. one page) with your photo for publishing in the Souvenir before **February 28, 2022.**

We are having discussions with different schools to take these simple healing systems to young students. Again, due to school closure we could not proceed further. Yes, we will follow up with schools as soon as the schools reopen.

**I convey my heartfelt thanks to all the Donors, ISRO Scientists, Advance Acupuncture Practitioners and all other people from various walks of life for supporting our Academy continuously for TEN solid years. THANK YOU. GOD BLESS YOU ALL WITH EXCELLENT HEALTH, BOUNTIFUL WEALTH AND LONG LIFE.**

H BHOJRAJ,

**CHAIRMAN, AAA**

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*"What started as a hobby became a lifetime passion for Dr Bhojraj and that led to the creation of AAA.*

*The academy has not only trained scores of people in the art and science of Acu-treatments but also more importantly has brought solace relieving their pains to hundreds.*

*Congratulations to Dr Bhojraj and his academy associates for the wonderful achievements on the eve of tenth year celebration of the academy."*

**- Padmashree Shri V R Katti, Ex ISRO Distinguished scientist**

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## **HEALING MIRACLES FROM ACU-WORLD**



*Mr ASHOK POPLI, Ex-Acupuncture Practitioner, Delhi details his interesting Acupuncture Experience in China as our special guest in this Anniversary edition.*

I worked in INDIAN AIRLINES for 30 years and retired in 2004. In the year 2000, I was assigned a Delhi-Bangalore sector flight quite frequently and many a time we were required to halt in Bangalore until the next day. As I learnt Reflexology on my own and started practising on myself and my fellow crew which used to provide amazing relief for pain and tiredness after heavy work during the flight.

I was very passionate and keen to learn acupressure for better relief and I learnt of Dr Bhojraj in Bangalore after searching the web. I requested him if I could learn from him in the evenings after landing in Bangalore. For a year, my learning continued with Dr Bhojraj. Gradually I also started treating all my colleagues for their ailments successfully.

**After my retirement, I started practising in Delhi from my residence and the results were excellent. My wife, after teaching for over two decades in Delhi, got an opportunity to teach English in a school in Beijing, China. After a year of my wife working in China, I joined her too in Beijing and started looking for a Chinese Doctor to accept me as an assistant. I got the opportunity to collaborate with a doctor, but I followed Dr Bhojraj's method of acupuncture. I was appreciated by the Chinese doctor for the diagnosis and simple treatment method. Many Indians and**

**westerners used to take treatment and have confirmed remarkable results.**

When the contract was over, we came back to Delhi, India and my wife within a few months left for a teaching assignment in Russia. This time unfortunately I could not accompany her. After completing her assignment, on the day of her departure from Russia she suffered a sudden heart attack and was admitted to the hospital. Despite the best care she left us all on 01 July 2020. Even today, I feel my presence with her in Russia would have saved her. Her faith in acupuncture treatment was remarkably high.

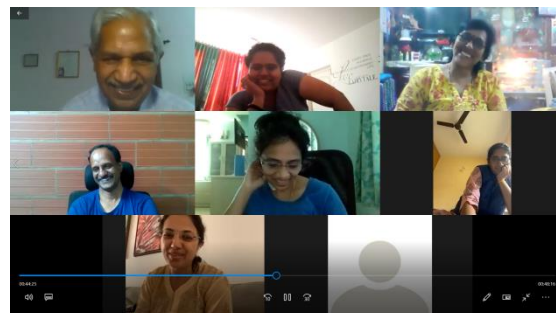
I am happy that Dr Bhojraj has started an academy for training people in acupuncture and on receiving recognition for Acupuncture Therapy by the Government. I also participated in the release event of his book "Acupuncture - The drugless path to good health" in the year 2000 as a guest of honour.

On the 10th anniversary of the academy, I wish him all the very best for all his future endeavours.

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## **THE AAA NEWSPACE THIS MONTH**

**THEORY COMPLETED. YEAR-LONG TRAINING NOW BEGINS FOR BATCH 3/2021 AT AAA**



AAA takes pride in announcing the successful completion of theory classes for the students of the Third batch of 2021 (Advance Acupressure & Acupuncture course). The

students will now be intensively trained in practical approach to Acupuncture, completely online.

It brings us immense joy that students of all the online batches so far, many of whom started as complete amateurs, are now actively using Acupressure and Acupuncture in therapy for their family and friends and undergoing further training by Dr Bhojraj. Few of them have also joined as volunteers and Research Associates (RAs) to support various projects in the Academy. The uncertainties of the COVID phase have not dampened the healing spirit of this wonderful science. Classes and training sessions have continued unabated online. The 10<sup>th</sup> Anniversary celebrations of the Academy gives us the perfect opportunity to formally handover the certificates to all students who have successfully completed with the requirements of the course in 2021.

**We wish our students the very best of future ahead. May more healing hands join AAA to support its various research projects and healing camps for better mass education and healing initiatives in holistic health.**

#### **QUICK STUDENT FEEDBACK ON AAA COURSE**



**Mrs SINDHU SHANKAR**

The acupressure course conducted by Dr Bhojraj was a very good experience with an introduction to the healing science of acupressure /

acupuncture.

The systematic introduction into this vast science was done in a simple manner facilitating a complete understanding for us, students. All concepts were explained very well, and care was taken that each participant grasped the

fundamentals. The mind-body connection and implications of our thoughts and emotions on the physical body and the primary cause of most of the ailments were given primary importance.

This course is very appropriate in empowering a person to be his own healer, with simple tools and techniques which can be implemented with ease in daily life. I am also looking forward to more learnings and intend to contribute better to society through the power of this wonderful science, healing others.

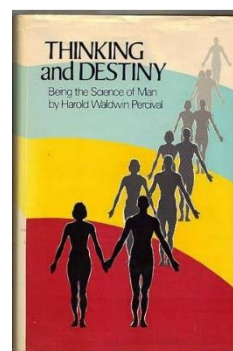
This course is a must for all of us to live a healthy and fulfilling life. Thank you, Dr Bhojraj and team, for the essential learnings.

Mrs Sindhu was not a complete fresher. However, she chose AAA to complete her formal learnings. We wish her all the very best in all her future endeavours & projects. Congratulations & Best Wishes to all Students of AAA.



#### **Q&A: THE YIN-YANG FLOW OF THOUGHTS**

##### **WHAT EXACTLY IS SUCCESSFUL LIVING?**



**By Dr H Bhojraj**

*Having enjoyed reading the 1018 pages book "THINKING AND DESTINY" BY Mr HEROLD WALDWIN PERCIVAL taking eight months of 2021, I would like to share some of his views*

*here with you all, particularly those that connect us to life and happiness.*

##### **STEP #1: EMBRACE THE 3 SIDES OF YOU**

To be frank with you, I am yet to understand the deeper concepts of the 'immortal life' explained by the author in this book. I will surely keep you connected with any further progress in this direction. For a starter, let's get our basics right.

Any human being has three distinct parts:

- **"The Knower"** connected with Self-ness and I-ness,
- **"The Thinker"** connected with reason and righteousness
- **"The Doer"** connected with desire and feeling.

**The "TRIUNE" self is the combined three selves - the Knower, Thinker and Doer together aka the indivisible self-knowledge and immortal one.**



***The mind of Self-ness, I-ness, Reason, Rightness (which are not connected to the "doer"), Desire, Feeling and the Body-mind which consists of the physical body and the senses. They are in direct connection with, and at the service of the "doer" in the body.***

The "Doe", identified itself as the body and by the name of the body, has an active side as desire and a passive side as feeling. Desire dominates men while feeling dominates women. But feeling and desire are never separate. Rather, men dominate the 'feeling' side while women dominate the 'desire'.

### **So, WHAT IS DESIRE?**

Simply put, it is the 'conscious' power within. It brings changes and causes changes in other things. Desire is the active part of the "doer" in the body, the passive side of which, is feeling.

### **A FEW KEY POINTS TO REMEMBER:**

- Desire cannot act without Feeling.
- Desire is indivisible but appears to be divided.

**The Desire for knowledge and the desire for sex is an interesting study. It is, with feeling, the cause for the production and reproduction of all things known or sensed by a human.**

The desire for sex remains obscure while the desire for food, possessions, a name, and for power manifests in every human being. This also includes the innumerable offshoots - hunger, love, hate, affection, cruelty, greed, ambition, adventure, discovery and accomplishments. All of these are covered under desire.

Though desires change with time, situations and the individual, the desire for knowledge remains constant as the desire for self-knowledge. But only a few people realise this in their life span. You could be one among them. Maybe that is why you have started reading more about it here.

One last concept to brush up on before next month... **WHAT IS FEELING?**

The feeling is that of one's 'consciousness' which feels and generates sensations in the body. It is the passive side of the "doer" and the active side of which is desire.

The Oxford dictionary explains feeling as 'Something that you feel in your mind and body' As in a feeling of hunger, happiness, fear, helplessness etc. / As a belief or idea that something is true or is likely to happen.

It is the one that feels the body but does not identify and distinguish itself.

### **HOW THE SYSTEM WORKS?**

**Our sense organs Eyes, Ears, Nose and Tongue have clear roles to protect us. Eyes for seeing, ears for hearing, tongue for tasting and nose for sensing the smell. But the fifth sense touch, though it has no clear role, it protects us from extreme heat or cold. Whatever food we take in, gets transformed into basic building blocks and stays as ourself for certain period. That is**



**why the food has to be cleared by the eyes (seeing) the fingers (touching), by nose(smelling) and tongue (tasting).** The sound created while eating (ears) also satisfies the mind.

All the sense organs work in tandem for making the products from the Mother Earth as a part of ourself, which is also made of the Earth Element. Fire is produced by burning in the cell with the help of air and heat produced is controlled by water.

**These four sense organs get input from outer world and are capable of producing many desires and only the fifth sense can have the feeling raising out of these desires.**

We will try to understand with a practical example. While window shopping in a mall, one may get the desire to buy a costly watch but the price tag puts a brake for possessing the watch. With disappointment the person returns. But this desire generated once should be balanced and nullified with effective thinking. We know, all watches show the same time irrespective of the price tag. Otherwise, it keeps burning inside the system for long time. The passive aspect of this desire is the feeling which will hang on in his life till it is satisfied. So be careful with all these four senses. If they produce any desire, you must balance it immediately by using your intelligence i.e, Reason and Rightness.

Now another scenario where you get the feeling of pity on seeing someone hungry and the desire comes to help him. This action will satisfy your mind immediately.

Both actions are by the “DOER” but the first one takes you in the negative direction of happiness and satisfaction. HOWEVER, the second act takes you towards the positive direction of happiness and satisfaction. For

the entire life, we strive for happiness and satisfaction in our actions.

If you want to live with happiness and satisfaction, use the fifth sense “Feeling” and fulfil the desire coming out of it. FEELING FIRST DESIRE... SECOND FOR SUCCESS IN LIFE!

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**Greetings from Excel Die Castings, Chennai**

Congrats to AAA Chairman Dr H Bhojraj & the entire team!

His principle is very simple - You Can Treat Yourself. I did manage to heal myself and few people following his advice. My friend, Mr G Srinivasan, VP (Hyundai Motors, India Ltd), suffered severe migraine headache for over five years. In 2002 I consulted Dr Bhojraj and treated him by simply activating the root of the thumbnail. In three sittings he saw some difference. He was advised to activate those points as a preventive measure. After one month he was completely cured from migraine. He has not taken any medication (tablets) for headache after this.

Similarly, my brother Elango had high BP 20 years ago. He was under heavy medication. Dr Bhojraj advised activation of GB 20 & H 9 points. He travelled from Mayiladithurai to Bangalore (about 500 km) to be treated by him. He was completely cured after 4- 5 sittings and stopped all the medicines. It was truly a miracle. – **Mr Nargunam, MD**

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### **THE AAA EDITORIAL COMMITTEE**

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

## **THE AAA MEMORIES AND MILESTONES –A CURTAIN RAISER**

### **FROM VISION TO MISSION: A REALITY**



**FEB 02, 2012 – FEB 02, 2022**

***Mr M V Kannan, one of the founding trustees of AAA, chronicles his memories and involvement with AAA through this decade...***

It is indeed welcome news that the Academy for Acupressure and Acupuncture (AAA) is reaching a remarkable landmark on **March 10, 2012**. I truly feel privileged to have been a trustee member since its inception.

At the outset, our thanks are due to all the trustees, well-wishers, donors, students and practitioners trained by Dr Bhojraj who have supported all the endeavours of the Academy towards reaching this level with a global reputation. The outreach of the research and services of the academy is rather inspiring.

Here's a quick recap of the humble beginnings: A formal Inauguration of AAA was held in Hotel Chalukya on 10th March 2012. We hired a premise subsequently in Subramanya Nagar to facilitate regular training and treatment of patients. Dr Bhojraj was able to generate funds through donations and by conducting workshops/training programmes to meet the rental and other expenses. Later, during the year 2018, we moved to a building situated in a commercial locality on the main road in Rajajinagar.

Seamless running of this academy over a decade with the conduct of many workshops and training programmes became possible only with the able leadership and management of Dr H Bhojraj, as the Chairman of AAA. All this has been achieved despite various odds in terms of shortage of funds and despite the current COVID phase which became a bottleneck for most activities, including treatment of patients in the premises/clinic which was a major revenue source for AAA in meeting expenses.

Concerning financial management and accounting, Chairman AAA is indeed meticulous and ensures that the funds are properly used with proper auditing. The Academy did bring out lots of areas for research activities like diabetes control, Immunity development, Memory improvement among Children, Eyesight improvement, Hearing loss improvement, etc.

Read more about all those experiences and experiments in greater detail in our special souvenir planned to be released on March 10, 2022. **Best 10<sup>th</sup> Anniversary Wishes AAA.**

#### **THE YEAR 2012**



The formal inauguration of the Academy for Acupressure and Acupuncture, Bangalore (AAA) was held on 11<sup>th</sup> March 2012 in the Cauvery Banquet Hall at Hotel Chalukya, Bangalore



Acupuncture Course conducted by Prof. K.K. Mishra from 27<sup>th</sup> to 29<sup>th</sup> May 2012



Office premises of the Academy was formally inaugurated on 3<sup>rd</sup> September 2012



The first ACU WELLNESS the quarterly News Letter was released on 21<sup>st</sup> Nov 2012.



Dr. H. Bhojraj was invited to train 17 practitioners of Nambudri Allergy Elimination Technique (NAET) in Bangalore from 27<sup>th</sup> and 28<sup>th</sup> October 2012.



Mrs. Shanaz from Pretoria (South Africa) received the Course Completion Certificate from Dr. H. Bhojraj



One Day Acupressure Course conducted at the Institution of Engineers (India) Lecture Hall



# YOU ARE CORDIALLY INVITED...

Coming together is the beginning. Keeping together is progress. Working together is success.

Happy Anniversary.



**THANK YOU, DONORS FOR THE SUPPORT**

#### CONTRIBUTIONS FOR DECEMBER 2021:

Shri S NARGUNAM MD, EXCELL DIE CASTING,  
CHENNAI: Rs 5,000

EXCELL DIES EMPLOYEES: Rs 5,000

#### CONTRIBUTIONS FOR JANUARY 2022:

Shri. NEELAM ACHUTA RAO, Ex DGP,  
KARNATAKA: Rs 15,000

Shri SAIMOHAN, COIMBATORE: Rs 1,000

#### **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 39,228 (AS ON DEC 21,  
2021)**

**DECEMBER EXPENDITURE: Rs 22,000**

**TOTAL BALANCE AS OF JAN 1, 2022: Rs.23,000**

**TO JOIN US FOR THE GRAND 10<sup>TH</sup>  
ANNIVERSARY CELEBRATIONS OF  
AAA ONLINE ON ZOOM THIS**



**DAY: MARCH 10, 2022**

**TIME: 10.30 AM – 1 PM**

**THE ZOOM JOINING LINK  
WILL BE SHARED WITH YOU ON  
WHATSAPP / E-MAIL ONCE YOU  
CONFIRM YOUR PARTICIPATION.**

**PLEASE CONFIRM AT THE EARLIEST  
SO THAT WE CAN ACCOMMODATE  
ALL OF YOU ATTENDEES WITHOUT  
ANY TECHNICAL GLITCHES.**



Source: Wishes Disney

**THE MEMORABLE PAST HAS LED US  
TO BEAUTIFUL LEARNINGS &  
ANOTHER WONDERFUL BEGINNING.  
LET US ALL JOIN HANDS & MAKE  
THIS EVENT A MEMORABLE SUCCESS.**

**REGARDS & BEST WISHES**

**H BHOJRAJ & TEAM AAA**

**(RSVP: 9845649914)**