

# ACU WELLNESS

## MARCH 2022: ANNIVERSARY SPECIAL

### ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

1968, 8<sup>TH</sup> MAIN ROAD, E BLOCK, II STAGE RAJAJINAGAR, BANGALORE - 560010

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## MARCH 10: SAVE THE DATE!

### FROM THE CHAIRMAN'S DESK

Dear Friends & Well Wishers,

The grand celebration has been planned on March 10, 2022 to celebrate 10 years of dedicated research, treatment and service in both Acupressure and Acupuncture by our Academy (AAA).

Looking back, it is the culmination of my 30 years efforts after getting initiated to Acupressure in 1992 by Dr Jiten Bhatt from Baroda which motivated me to start documenting my experiences as a student and healer in a book form starting with **Acupressure and Fitness**.

The first copy of the book was printed and distributed to the Space Officers' Association members in 1994. After the release of the book, officers from different centres got interested in this simple healing system and requested me to give a talk on Acupressure for the employees in their centre whenever I visit the ISRO centres on official work.

I continued to motivate all ISRO scientists to follow this simple healing system along with YOGA. To my surprise many people have

followed it and unofficially giving positive impact on their health maintenance.



In Pic: Mr Kamat, Mr Raman, Dr Jiten Bhat, Dr Nagarathna (Former State Health Minister), Justice Chandrasekhar and Dr H Bhojraj at a workshop held in 1990.

### THROUGH GLIMPSES AND GALLERY:

#### A JOURNEY THAT STARTED IN 1990

After my retirement in 2011, I decided to pursue active research in select areas mainly to prove to the Health Department in the Government, about the benefits of this simple healing system. We conducted many camps for Diabetes, Migraine, Back Pain etc in various parts of Bangalore and also conducted many free camps to popularise Acupressure.

Due to lack of funds, we could not complete many projects without paid Project Assistants. Yet, one student who had undergone my advance training registered for PhD with

Medicina Alternativa, Sri Lankan Open University and got his doctorate for his research on Migraine gave us a lead. He monitored about 100 patients for one year with different protocols of Acupuncture points and concluded that Migraine could be cured with Acupuncture.

Since we need evidence for the change in our system, we promoted Dr Serge Fedatov's Pulse Metabolic Analyser for many years prove the changes in the Energy System. The Academy invited Dr Fedatov to Bangalore twice for his seminar on PMA which I recall, being well attended at Hotel Atria.



In Pic: Dr SERGI FEDATOV IN AAA

We also initiated our Indian version of Pulse Analyser with Dr Basavaraj and supported his research which resulted in NADISWARA, that has picked up as a scientific tool for assessing the health and also suggesting the connected acupuncture points for balancing.



In Pic: WITH ASA MEMBERS

We also formed a State-level Committee under Dr Samiulla as the Chairman and persistently followed with the Health Ministers of Karnataka for almost 20 years. With the support and help of Shri S V Ranganath, Ex-Chief Secretary of Karnataka, we could convince the Health Secretary to accept Acupuncture as a healing system along with AYUSH. But the pandemic played havoc and the matter is still pending with the Government.



In Pic: 2012 - The formal initiation of the activities at the Academy in its first rental place in Rajajinagar, Bengaluru.

#### **FORMAL INAUGURATION OF THE ACADEMY**

We also interacted with the All-India Association for Acupuncture and attended many conferences in order to get the recognition from Central Government. The Centre, after examining all evidences provided by the Apex committee also approved it as a recognized system. However, IMA decided to file a writ petition in the Delhi High Court against this Government Order which is pending for past three years.

I approached the ISRO authorities to give service to nearby ISRO employees. Though the efficacy is known, the Department could not utilise of our team's services due to non-approval of Acupuncture as system.

**On this year of our research on Acupressure and Acupuncture, I can clearly see a bright future for Acupuncture especially for those who practice with doctor degree in any approved system. Let us encourage all the practitioners to give it a try along with their own system so that all humans get the benefit of the best for their health.**

I personally thank all the ISRO colleagues who supported me in this endeavour and helping me to make a mark in this healing science. I also thank all the Donors, supporters and students for their support and encouragement.

Let us all come together and work together for a healthy and happy world around us. I personally wish Karnataka should lead the Country in implementing such simple healing systems by approving and regulating with legislature.

Best Wishes,

**Dr Bhojraj, Chairman, AAA**

**SPECIAL 10<sup>th</sup> ANNIVERSARY MESSAGES:**

**By Dr Surendra Pal,  
Distinguished Scientist**



*Seated second from right at the formal inauguration of AAA in 2012*

It is heartening to learn that in spite of the pandemic, this Academy for Acupressure and Acupuncture is doing a great service under the leadership of Dr Bhojraj. I have a decades-long association with Dr Bhojraj and been witness to the hard work put up by him to learn this drugless therapy for common ailments. He has also trained hundreds of experts in the last decade. Some of his

volunteers and trained persons are providing the much-needed treatment with a proper scientific follow-up to get feedback for further improvement and much-needed research, including search of relevant literature and publication of the outcome for the benefit of other practitioners, their comments and feedback on the work. It is interesting that quite a few of his disciples are housewives and some of his associates are also trained doctors across various medical disciplines, including allopathy.

I compliment Dr Bhojraj and his team for the wonderful work being done with a scientific bent of mind and approach. I wish this academy a bright future.



**At Dr, Lee's practical course on Diabetes**



**In Pic: Mr R N Tyagi, Dr K Kanaka Rao, Dr Surendra Pal, Dr Samiullah, Shri Jawaid Akhtar, Shri S V Ranganath & Dr H Bhojraj**

**By Shri S V RANGANATH, Former Chief Secretary, Government of Karnataka, Interim Chairman, Coffee Day Enterprises Ltd.**

It is heartening to note that the Academy for Acupressure and Acupuncture (AAA), started by a few retired ISRO officers has completed a decade of service on March 10, 2022.



*Dr. H. Bhojraj presents the book to Shri. S.V. Ranganath*

I have interacted with all of them in technical and budget reviews as a former colleague in the Department of Space, for five years (2005-2010). I observed their same zeal and enthusiasm, not only with ISRO engineers but also with others associated with them. It is great to see the same ISRO culture being maintained in the projects taken up by this academy, especially in maintaining research records and reporting them in the form of newsletters. It is heartening to note the research findings are also uploaded to their website for public view.

I have tried many of these acupressure points on myself and was pleasantly surprised to see the positive results. So, when the Karnataka Acupuncture Co-ordination Committee (KACC) approached me for help in getting recognition for this scientific system with a detailed assessment report on the potential of the Acupuncture System, I was quick to strongly recommend it to the state Principal Health Secretary, for favourable consideration. However, further action and progress in this

process got delayed due to the pandemic. But I still believe that the Acupuncture System can deliver preventive health care for the rural mass. The Government could approve this system with the AYUSH system.

I congratulate Dr Surendra Pal, a distinguished Scientist himself, for mentoring AAA for a decade and starting many research projects like migraine research, eyesight improvement (SIRP) and hearing improvement (HIRP).

I also congratulate Dr Bhojraj and his team that has done a yeoman service to humanity and brought up the academy to a high standard, particularly in research areas.

I wish the Trustees all the best for a productive future with the recognition of Acupuncture both by Central and State Governments.

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#### **THE GENESIS OF AAA - THE START ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE**



**- Mr Palyam Suresh**

It was in the year 1999 when Dr H Bhojraj was conducting his annual introductory course on Acupressure during the summer months at the Indian Institute of World Culture, Basavanagudi, Bengaluru (IIWC). On the suggestion of one of our relatives, I attended this course with my wife, Sujata Palyam who was also suffering from many health issues. She was unable to get any relief from the allopathy and homeopathy systems despite being under treatment for over two decades.

During this course, she volunteered for the body **balancing demonstration**. Immediately after the demonstration she felt much relaxed from her long sufferings of body aches.



After her initial treatments at the residence of Dr Bhojraj, my wife and I felt we should learn more about acupuncture and acupressure. Having understood the immense potential of this drugless therapy for a better health and wellbeing, we decided to undergo the training in **Advance Course** which was offered by Dr Bhojraj in our residence in 5<sup>th</sup> Block, Jayanagar. Some of our neighbours who had attended the basic course at IWC also joined us. Thus, the Advance Course in Acupuncture was started in the year 2001. After the **first Advance Course**, more people came to know about this and attended this course. The trend only grew with the passing months.

However, the basic course at the IWC during summer months continued. Dr Bhojraj was invited to give a general lecture on acupressure at the Medical College in Davanagere during the year 2001 (on **International Diabetics Day**). He took me and my wife along. After the lecture, Dr Bhojraj conducted a treatment camp at the Police quarters/club in Davanagere. Courtesy, Mr A R Infant, the then IGP at Davanagere.



**Mr A R Infant at a Graduation Ceremony**

A treatment camp for **Diabetes** was organised and conducted at our residence in Jayanagar 5<sup>th</sup> Block during 2002 which brought in a large number of people for treatment. In this camp, the treatment was given once a week which continued for over three months. After five weeks of this Camp, an **Open House**

**Interaction Meet** (free of cost) on **Diabetes** was conducted at the IWC and we saw more than 100 people participating. Apart from the question-and-answer session, some of the participants of the Diabetes Camp spoke of their experiences about the treatments and the **advantages they derived** from the Camp.

After this, a **Migraine headache** camp was organised in Jayanagar 5<sup>th</sup> block and all the participants expressed their satisfaction as **all of them** got rid of their **Migraine** head ache.

Looking at the interest shown by several people from **different walks of life** for **various ailments**, we felt that it would be useful and appropriate if a formal institution is created – though Dr Bhojraj had formed an informal group called the Acupressure Club mainly covering his patients for exchange of experiences through a monthly newsletter — to continue to spread the knowledge and the advantages of this drugless therapy. Accordingly, we had some informal meetings of interested persons (most of them contacts of Dr Bhojraj) as to the type of institution to be created. After a few rounds of discussions, it was decided in the year 2010, an organization be registered under the **Trust Act** as this Act, unlike other Acts (*Societies Act, Cooperative Societies Act, etc.*), does not have any restriction on geographical spread for its activities.

Once the type of institution was decided, I was assigned the job of preparing the by-laws/terms of reference and the related documentation. As I had worked earlier for starting of institutions of different kinds, I was able to draft the model by-laws and presented the same for discussions and finalization. After this, we met a few times at Dr Bhojraj's residence and discussed *threadbare* each and every clause (and *sub*

clauses) which would represent our **objectives** and **purposes** of forming the institution (*including legal aspects*). Accordingly, the institution was named the **Academy for Acupressure and Acupuncture (AAA)**.

These brain-storming sessions were a good experience to most of the participants to understand the legal and accounting aspects of running an institution under the Trusts Act. Apart from these, the sessions were also helpful in getting to know each other (Trustees) in an elaborate way.

On **February 2, 2012**, the Academy was registered at the Sub-Registrar's office in Rajajinagar, Bengaluru. The **first meeting of the Trustees** was also held on **February 2**, itself and the office bearers (among the Trustees) were selected unanimously. Thus, the **ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE** was born.



**In Pic: Mr Palyam Suresh personally greeted and wished on his 70<sup>th</sup> birthday by Dr Bhojraj & Mrs Bhojraj.**



**Prof. H Devaraj, D.Sc**  
**Former Vice-Chairman,**  
Department of Zoology  
**UGC, New Delhi**  
University of Madras

My elder brother, H Bhojraj, was the first engineering graduate from our village. He

earned his engineering degree from the A C College in Karaikkudi, Tamil Nadu. As the Vice-Chairman of the UGC in New Delhi, I had gone to A C College to confer degrees, where I learned about his achievements from his teachers. I look to him as a role model and Guru. He was like a friend to my father and would share the best foreign liquors and cigarettes when he went on his many overseas trips as an ISRO scientist. In honour of the centenary year of my father, he constructed a building, which was opened by my 96-year-old mother, and dedicated it to the residents of Kokkalada village.

While in service, my brother was meticulous, duty-conscious, and hardworking. He was a workaholic and spent all his time in the ISRO Office. His contributions to space science were recognized with awards and rewards. He was involved in the launch of ISRO's first satellite, Aryabhata. I vividly remember the day I visited his office; he called Dr Mylswamy Annadurai, who later became the Director of the U R Rao Satellite Centre, to his room and introduced me to him.

After his retirement, my brother wanted to serve the community in a useful way. Since then, he has been practicing acupressure and has treated a wide range of ailments. Many people have been trained in this practice by him. He has authored three books on acupressure. I am also following his advice on using acupressure for the treatment of hyperacidity and whenever time permits, I do acupressure on the LI 4 point (the eliminator) in addition to proton pump inhibitors - this is an effective treatment. It is his desire to add acupressure as a subject at the university level. I congratulate him on completing 10 years of acupressure practice. Wishing him the best in his future endeavours.

## THANK YOU, DONORS!

THE FOLLOWING DONORS ARE RESPONSIBLE FOR AAA HAVING SUCCESSFULLY COMPLETED TEN YEARS AND CELEBRATING THE OCCASION ON MARCH 10, 2022.

AAA TRUSTEES EXPRESS OUR HEARTFELT GRATITUDE FOR ALL YOUR SUPPORT THROUGHOUT.

### DONATION RECEIVED UPTO YEAR 2017

1. H NARAYANAMURTHY	Rs 5,000
2. H N ANUPAMA	Rs 5,000
3. S NARGUNAM	Rs 5,000
4. H NARAYANA BHATT	Rs 5,000
5. Dr ASHOK POPLI	Rs 20,000
6. R N TYAGI	Rs 5,000
7. N K MALIK	Rs 5,000
8. P S SRIDHARAN	Rs 10,000
9. Dr SURENDRA PAL	Rs 5,000
10. G VEEMARAJ	Rs 5,000
11. L R RAMASAMY	Rs 1,000
12. TARSEM SINGH	Rs 2,100
13. K C NAVADA	Rs 5,000
14. G VISHVANATHAN	Rs 5,000
15. M V BALASUBRAMANIAN	Rs 5,000
16. K REGHUNATH	Rs 10,000
17. S SHANKARA SUBBU	Rs 5,000
18. P L MURUGAPPAN	Rs 10,000
19. S PUSHPA	Rs 5,000
20. M PRABAHAR	Rs 4,000
21. P PAVANJANEYA	Rs 10,000
22. M KRISHNADAS	Rs 20,000
23. SAHIL SARAF	Rs 25,000
24. S DASGUPTA	Rs 5,000

### DONATION RECEIVED IN YEAR 2018

1. ADITHYA GHALOT	Rs 15,000
2. SHANKARA SUBBU	Rs 10,000
3. SOMA	Rs 3,000

## DONATIONS RECEIVED BETWEEN 2020-2022

1. SHIVAKUMAR BELLAN	Rs 5,001
2. V K VENUGOPAL	Rs 500
3. T THIRUMALAI	Rs 5,000
4. THANGASAMY	Rs 1,000
5. SUDHKAR	Rs 1,000
6. S AGARAJAN	Rs 5,000
7. VEEMARAJ	Rs 5,000
8. ANIRUDH	Rs 5,000
9. H BHOJRAJ	Rs 10,000
10. H DEVARAJ	Rs 50,000
11. M S SUDARSANAM	Rs 2,000
12. NAGULAN JOGHEE	Rs 1,000
13. H S DUA	Rs 1,000
14. L M GANGARADE	Rs 5,000
15. ACHUTA RAO	Rs 5,000
16. SURENDRA PAL	Rs 5,000
17. LATHA MURALI	Rs 5,000
18. MANI R S	Rs 5,000
19. LEO JACKSON	Rs 5,000
20. SRINIVASA RAO	Rs 3,000
21. RAJIV BHASKAR	Rs 25,000
22. SHANKARA SUBBU	Rs 7,000
23. RAMA NARAYANAN.S	Rs 5,000
24. H DEVARAJ	Rs 10,000
25. H BHOJRAJ	Rs 4,00,000
26. NARGUNAM	Rs 5,000
27. PALANI	Rs 3,001
28. SHANTHI DESINGH	Rs 2,000
29. SUJATHA RAJENDRAN	Rs 3,000
30. RAJIV VENKAT	Rs 5,000
31. MURTHY RAJU	Rs 2,000
32. NARENDRAN BORWANKAR	Rs 7,500
33. MEERA BHOJRAJ	Rs 5,000
34. S V RANGANATH	Rs 10,000
35. MADHAVAN	Rs 5,000
36. JAY RAMAN	Rs 2,500
37. SAI MOHAN	Rs 3,000
38. NARGUNAM	Rs 5,000
39. EXCEL DIE CASTING	Rs 5,000
40. JIJA SUBRAMANIAN	Rs 5,000
41. SUNDRAMURTHY	Rs 5,000

# HIRP 2022

## THE AAA NEW-IMPROVED ACU-HEARING KIT!



In Pic: The launch of the new improved Hearing Improvement Research Project (HIRP-2022) by Dr Bhojraj and the HIRP core committee on February 28, 2022. Below are the names of the first batch of registered volunteers who have now begun their healing journey with AAA:

### **DONATION RECEIVED FOR HIRP: MARCH 2022**

AAA acknowledges the donation received from the following participants who have registered for the HIRP three-month program as on February 28, 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. Mr 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

AAA is proud to announce the new team in action on this project envisioned by Dr Bhojraj:

### **Mr R Arunachalam, Project Chairman**



Former ISRO scientist (Quality assurance / Satellite systems) & friend of Dr Bhojraj. He has volunteered to head this project after experiencing significant improvement in hearing after practising these HIRP exercises regularly for last three months.

### **Mrs Kallolini Patro, Project Director**



Known for her active role in both SIRP I & II, Mrs Kallolini has been the unanimous choice of the academy to lead this project as the director.

She is a holistic healer based in Delhi and is also known for her discipline and dedication in executing any research activity connected with healing. **Those interested in joining HIRP, please contact her on +91 9911413405**

### **Dr Vaishnavi V, MBBS, MS-ENT**



In order to also ensure holistic guidance to volunteers in this research, AAA has also partnered with Dr Vaishnavi as the

**Consultant Technical Director** who will also be available for consultation throughout the program. She has been practising for the last 12 years and also has her individual practise at Banashankari in South Bangalore

**ADVISORY TEAM FOR THE PROJECT INCLUDES: Dr H Bhojraj (Chairman-AAA);**



**Mr M V Kannan (AAA Trustee & Website communications)**

**Mr Sundaramurthy (Vice Chairman SIRP II)**

**Mrs Aarthi R (Technical & Editorial Support)**

Our Special thanks to **Mr A Bhaskaranarayana**, former ISRO scientist for being an active part of this project, sharing his views as a beneficiary of these exercises prescribed by Dr H Bhojraj.

### **HEALING MIRACLES FROM THE ACU WORLD**

**\* FROM EXCEL DIE CASTINGS, CHENNAI**

THE SP6 FORMULA THAT WORKED A MIRACLE

**Patient Name: Mahalakshmi V, Age: 30 years**

I am Mrs Mahalakshmi, working in “Excel die Castings”, Chennai. I had been wanting to conceive for the past one year and I also suffered from leg pain. Dr Bhojraj sir and Vidya mam has treated me for the same by activating some acupressure points. She has taught me to do it myself also.

After taking treatment for three months, I had seen a great relief in leg pain and I also conceived! I take this opportunity to thank Bhojraj doctor, Vidya mam and Mr Nargunam sir (our MD) for organising this for us.

### **THE FORMULA USED WEEKLY ONCE:**

**SP 6 (R) – Liv 1 (I) – Lu 7 (R) – P 7 (R)**

**R: Reduction I: Increase**



\* Images sourced from the internet for academic purpose only.

**AAA wishes the mother-to-be Mrs Mahalakshmi all the very best. As a precautionary measure, she has been advised not to undergo any acupressure treatment during her pregnancy until time for delivery.**

### **#2: LIV-1 POINT HEALS CROOKED TOE NAIL!**

**Shares Mr Ramanand Tyagi**



I had a crooked toenail of my left foot which could not be effectively treated by the allopathic treatment that also included me undergoing a small surgical procedure.

I began activating LIV1 - the acupressure point shared by Dr Bhojraj during the webinar for the same. It was on the socket of my toenail. I was pleasantly surprised when it showed improvement after a few weeks. Excited, I continued to follow the treatment. Now, after activating the single point for about five months, the nail has

become normal! (as shown in the photograph that I have attached).

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### **THE AAA NEWSPACE FOR THE MONTH**



Snapshots from our recent visit to the U R Rao Satellite Centre on February 18, 2022 to congratulate the Director Shri M Sankaran, for the successful launch of the EOS-04 satellite from the Polar Satellite Launch Vehicle (PSLV-C52) from the first launchpad of Satish Dhawan Space centre (SDSC), SHAR, Sriharikota.



The ISRO Telemetry Tracking and Command Network (ISTRAC) at Bangalore has assumed the control of the satellite. In the coming days the satellite will be brought to its final operational configuration following which it will begin to provide the data.



We also paid our respects to Prof. U R Rao who started this Centre 50 years back.

### **FIRST LIVE PRACTICALS POST COVID BREAK**



In Pic: The Batch 1 students of 2022, Dr Sanjana (centre) and Mrs Ashwini (right) attending their first live practical session with Dr H Bhojraj at his residence on February 15, 2022. They are the first batch students of AAA to learn the needling technique from Dr Bhojraj offline post the COVID break. This is after a break of more than two years! The two have also completed their one-month online theory course in advance acupuncture and acupuncture.

**The next batch will commence in April 2022. THANK YOU FOR THE CONTINUOUS SUPPORT AND TRUST.**

**Dr Sanjana who has recently completed her MBBS and presently working at the BBMP COVID Clinic has also been nominated by the Academy to co-ordinate on its behalf and work alongside the medical fraternity at various hospitals willing to also adopt acupuncture / acupuncture therapy in its treatment protocols.**

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**DEAR READERS,**

**AS PART OF OUR 10<sup>th</sup> ANNIVERSARY CELEBRATIONS, AAA PLANS TO RELEASE A SPECIAL E-SOUVENIR COMPILING SOME MEMORABLE EXPERIENCES PENNED BY EMINENT PEOPLE, SUCCESSFUL TRAINEES AND ACTIVE HEALERS ASSOCIATED WITH US. WE WILL ALSO CONTINUE TO FEATURE THESE ARTICLES IN OUR NEWSLETTER OVER THE NEXT FEW MONTHS. KEEP READING & ALSO WRITE TO US ON [acu\\_bgl@yahoo.co.in](mailto:acu_bgl@yahoo.co.in).**

☎ 98456 49914  
 ✉ acu\_bgl@yahoo.co.in  
 🌐 https://bhojraj.tripod.com



**THE PROGRESS FROM  
 I to THE EYE  
 VISION TO MISSION**



**OUR SINCERE THANKS TO THE VOLUNTEER TEAM LED BY RA S THAT WORKED TOWARDS THE SUCCESSFUL COMPLETION OF THIS PROJECT IN 2021**



MR S S RAO  
RA



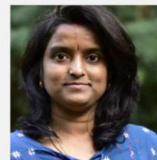
MRS ASHALATHA  
RA



MR BRIJESH  
RA



MS SRUTHI SURESH  
EXECUTIVE / RA



MRS KALLOLINI P  
DIRECTOR/ RA



MR KANNAN  
WEBSITE SUPPORT



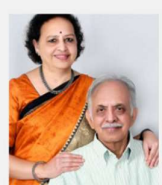
MRS VIDYA V  
RA



MRS BINA JAIN  
RA



MRS SANDHYA  
RA



MR BHASKARANARAYANA  
MRS SAROJA B



MRS LATHA M  
SIRP 1 SUPPORT



DR VIJAYA S  
SIRP 1 SUPPORT

**KEY FEATURES**

- Active participation of total 61 volunteer families & EIGHT RAs.
- Good improvement seen in those who practiced on daily basis. Common benefits: reduced dryness, improved digestion, reduced snoring, improved sleep, better concentration

**THANK YOU ONE & ALL!**



DR H BHOJRAJ  
CHAIRMAN



MR SUNDARAMURTHY  
VICE CHAIRMAN



MRS AARTHI R  
PROJECT DIRECTOR





THE NEXT STEP TO BETTER VISION

## BEGINS THIS APRIL 2022!

Keep watching this space for more details. Meanwhile the key results of SIRP II will be announced at the 10<sup>th</sup> Anniversary Celebrations of AAA online on MARCH 10, 2022. The complete results will also be shared in detail with all of you in our next newsletter. With the schools also having opened up, we should be able to get the project successfully implemented in schools as well. Stay with us and thank you all for the wonderful support and encouragement throughout.

Regards,

TEAM SIRP II

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### HOW I BECAME AN ACU-HEALER?

- Dr Abhinetra, Dentist



I joined the Academy for Acupressure and Acupuncture (AAA) in 2019 with absolutely no knowledge on acupuncture or

acupressure.

I, being in medical profession also didn't really believe in this alternative medicine initially as approach was entirely different. Dr Bhojraj and his simplified teaching method, his belief, practical success in treatment outcomes slowly changed my opinion and I started experimenting in the amazing world of acu healing.

The physiology, pathology that we study in allopathy is completely different from the concepts of acupuncture. Initially it was very confusing and I was unable to correlate. But with constant support and guidance of Dr Bhojraj sir and also practically seeing the miraculous recovery of patients made me curious. That is when I started getting myself involved much more and started to know the relationships of different systems, the five-element theory, the Yin Yang concepts and the deeper mind, body and soul connections in holistic healing.

Initially I only wanted to learn treating orofacial pain, which is a challenge in allopathy, but eventually I learnt the holistic approach in the management of OFP with much expected success.

Though I had to take a break in the middle due to my health condition and also the first wave of the pandemic, Dr Bhojraj sir patiently took online classes and helped me to successfully finish the course and be a part of his team of healers.

I sincerely thank Dr Bhojraj sir for all the positive thoughts and self-healing concepts. Attending and being a part of this course and academy was such a new and beautiful experience. *Congratulations for the 10<sup>th</sup> year anniversary. Many more years to go sir. Wishing you best of luck!*

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#### SUMMARY OF ACCOUNTS: FEBRUARY 2022

**Credit Balance: Rs 25,228**

**Income (fees & donations): Rs 36,000**










**Expenditure: Rs 30,000**

**BALANCE (As on FEB 28, 2022): Rs 31,228**



## **THE AAA GRADUATION CEREMONY:**

*AAA congratulates all the students below who have successfully completed their online advance course in acupressure and acupuncture. Their graduation ceremony will be held as part of the 10<sup>th</sup> anniversary celebrations of the academy online on March 10, 2022.*

<b><u>Mr Nanda Kumar</u></b>	<b>Mrs Ritu C</b>	<b>Mr Yogesh K</b>
		
<b>Mrs Rajeshwari G</b>	<b>Mrs Nirmala S</b>	<b>Mrs Champa Y</b>
		
<b>Mrs Sindhu S</b>	<b>Dr Sanjana L</b>	<b>Mrs Ashwini N</b>
		
<b><u>CONGRATULATIONS</u></b>		

## **THE OVERALL COURSE FEEDBACK:**

"I am Dr Rajeshwari, practicing as a physiotherapist in Navi Mumbai. I came to know about Dr Bhojraj sir while looking up online for an acupuncture course. His teaching method is very good and easy to understand. I am also using acupressure and acupuncture in my clinic on my patients in

addition to the usual physio treatment and have also been getting positive feedback from patients. I am thankful to sir for sharing his knowledge and educating us." - Dr Rajeshwari

"The acupressure course conducted by Dr Bhojraj was a very good experience in the healing science of acupuncture. I come from the healing sciences of yoga and research, acupuncture, and special education. Yoga is closely interlinked with acupuncture, and both complement each other for maintaining one's health and well-being. The systematic introduction into this vast science was done in a simple manner by Dr Bhojraj, who patiently teaches his students, ensuring that they have a complete understanding of the concepts. All concepts were explained very well, and care was taken that each participant grasped the fundamentals. The mind-body connection and the importance of our thoughts and emotions on the physical body as the primary cause of most ailments were given primary importance. This course made the basic principles very clear and further strengthened my knowledge of acupuncture. It also increased my awareness of how such simple tools and techniques could be implemented with ease in daily life, empowering a person to be his own healer. It is very heartening to have Dr Bhojraj's continuing support and guidance as we embark on our journey in acupuncture. I look forward to more learning and contributing to the power of this wonderful science in healing others."

- Mrs Sindhu Shanker

"Hi I am Ashwini from Bangalore. I have been taking Acupuncture treatment for 1 1/2 years now and I am very much satisfied with the results. When I was casually talking about this drugless therapy to one of my cousins (Mrs Champa), she got inspired and enrolled herself in Dr Bhojraj sir's AAA academy. She liked the class very much and suggested me to join. That is how I got roped in! Now I am also a proud student here at the AAA academy. The classes are very interesting. Every day I get to learn something new and that's what

excites me about this course. I am thankful to sir for teaching me this amazing acupuncture technique. Now that I am confidently treating my family member's ailments." – Mrs Ashwini N

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## REMINISCENCES OF A DECADE (February 2012-2022)

### MY RANDOM THOUGHTS ON HEALING

- Dr KANAKA RAO. AAA TRUSTEE

"One of the first duties of the physician is to educate the masses not to take medicine." - Sir William Osler

"Medicine is a collection of uncertain prescriptions, the result of which, taken collectively, are more fatal than useful to mankind." - Napoleon

"The art of medicine consists in amusing the patient while nature cures the disease."- Voltaire



Efforts of human beings to find solutions to the disease and consequent sufferings are evident from the history of medieval and renaissance periods. Being a graduate of modern medicine and practising for over 50 years, I have a fascination for complementary and alternative medicine.

According to the World Health Organisation (WHO), **Complementary and Alternative Medicine (CAM)** refers to a broad set of health care practices that are not part of that country's native tradition or conventional

medicine and are not fully integrated into the dominant health care system. They are used interchangeably with traditional medicine in some countries. Several such health care techniques/practices have stood the test of time and are followed even today the world over.

Though the benefits of such medicine cannot be proven scientifically now, they are accepted by a large population and gaining importance over the last few decades. I used to discuss various aspects of CAM with the practitioners and Mr Bhojraj, a good friend and colleague, was also well-known in the field of acupressure, acupuncture and other healing techniques during my service at ISRO.

In 1989 I attended the first international conference on Holistic medicine held in Bangalore for five days which gave me a lot of insight into the various aspects of age-old health care practices across the world. Our ancestors have known the secrets of long life for thousands of years. This knowledge deserves to be understood and explained by modern research methods.

**WHO estimates that more than 80% of the world population relies on traditional healing modalities for primary health care and wellness There are several important reasons (economic considerations, more personalised health care, strength of traditional beliefs, shortage of health professionals, adverse effects of drugs and CAM as natural and safe etc.) for the growing use of CAM practices in both global and American societies including India. The age of information has allowed for a careful analysis of available healing methods. The internet is a great resource for inquisitive minds.**

I'm happy to be on the Board of Trustees of the Vibrant Academy for Acupressure and Acupuncture (AAA) which has completed a decade of service and contributed to the cause of significant complementary alternative health care practices.

Several fruitful discussions have been held under the leadership of Mr Bhojraj to obtain official recognition for Acupuncture with the

Government of Karnataka. We are confident that the academy will continue its active efforts towards

- Integrating acupuncture with the existing mainstream health care systems of Karnataka and India,
- The opening of integrated health care clinics and
- A stand-alone acupuncture medical school to train aspiring students and modern medical graduates.



Several training programmes of short and long duration have been organized by Mr Bhojraj and senior acupuncture practitioners along with invited speakers under the aegis of the academy. There are two ongoing research projects on sight and hearing improvement using acupressure techniques from AAA. So far, the results are encouraging.

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#### **CHEERS TO 25 YRS OF FRIENDSHIP!**

**- Sri Neelam Achutha Rao, Former IG & DGP, Karnataka**



*25 years ago... A sprain in my shoulder muscle while playing Golf, introduced me to Dr Bhojraj. The sprain was immediately cured and our friendship has continued ever since!*

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Even when being a senior officer in ISRO, busy with

sensitive projects during whatever spare time he had, Dr Bhojraj treated the needy at home. His holidays were used to train interested persons in Acupressure and Acupuncture methods and to conduct treatment camps. Many individuals trained by him have now become successful healers in acupressure and acupuncture. Such has been his love for the subject and urge to cure all possible health issues.

He has been constantly upgrading his skills in acupressure and acupuncture methods and trying new, related systems, while also adopting successful ones. The technique that he developed for curing migraine has proved to be very successful, through the Research project that was taken up for it.

Another innovative method that he adopted is the **Sight Improvement Research Project (SIRP)** for the improvement of eyesight, which, with the assistance of a group of dedicated volunteers, was taken up as an in-depth research project, that has apparently been yielding encouraging results. Parallely now he is also at work tackling hearing issues through another such project called the **Hearing Improvement Research Project (HIRP)!**

10 YEARS AGO... His devotion to the subject and zeal to propagate it widely, gave rise to the inception of AAA. Though the institutional support is yet to come, because of his personal commitment and zeal, the Academy has been producing a number of trained people, apart from



innumerable ones, cured of their different health issues. Even pandemic and the restrictions did not much affect his passion, as he had been treating people and conducting classes online, ever since that period started!

Dr Bhojraj has been bringing out nice well-illustrated, low-cost books, which give treatment techniques in very simple and easy steps so that even a layperson can treat oneself without any medication, for a good number of problems.

His book on eyesight improvement is also one such that is freely available on his website <https://bhojraj.tripod.com>. All this purely shows his basic desire to share information with maximum number of

people, for their benefit!

On this occasion of completing a decade, I wish that the dreams of ever-positive and never tiring Dr Bhojraj for the Academy materialize early, to his satisfaction!

AAA EDITORIAL TEAM:

**Editorial Advisory Head:** Dr H Bhojraj, Mr M V Kannan (Web Support)

**Consulting Editor:** Mrs Aarthi R

**Screening & Archives:** Mrs Jija S

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

**ACADEMY for ACUPRESSURE and ACUPUNCTURE**  
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1963,8th Main,E Block , 2<sup>nd</sup> Stage, Rajajinagar, Bangalore - 560 010

**INVITATION**

**10<sup>TH</sup> YEAR ANNIVERSARY**

**Celebration on 10th March 2022**  
**1030-1400 Hrs**

**You are specially Invited**  
**for on line Zoom Meeting**

**Link will be shared through WhatsApp/e mail**

**I would greatly appreciate your confirmation on this point**

**Dr.H.Bhojraj +91 9845649914**  
**Mrs.Jija +91 9986168181**

**AGENDA 1030-1400 Hrs**

Welcome : M.V.Kannan  
Chairman,Organising Committee

Inaugural Address : Dr.H.Bhojraj  
Chairman,AAA

Short Video Clip Presentation on AAA:Mrs.Latha Murli  
Mrs.Jija Subramanian

Address by Chief Guest: Sri.S.V.Ranganath  
Former Chief Secretary,  
Govt of Karnataka

Release of Special Souvenir : By Dr.Surendra Pal  
Former Distinguished Scientist  
ISRO

SIRP - ESSENCE OF ANALYSIS:  
Mrs.Aarthi Raghunathan & Sri.T.K.Sundaramurthy

GRADUATION CEREMONY: Issue of Certificates to  
Students undergone Training

Reminiscences of Guests of Honor:

1. Shree Neelam Achuta Rao,Former IG & DGP,Karnataka
2. Dr.Bhaskaranaraya,Former ISRO Scientist
3. Sri.N.K.Malik,Former ISRO Scientist
4. Sri.S.Das Gupta,Former ISRO Scientist
5. Sri.R.N.Thyagi,Former ISRO Scientist
6. Dr.H.Devraj,Former Vice Chairman,UGC
7. Mr.S.Nargunam, Founder & Managing Director,  
Excel Diecastings,Chennai.
8. Mr.P L Murugappan,Member,International Desalination  
Associates (IDA)
9. Prof.Basava Raju,Inventor,Nadiswara
- 10.Dr.S.Samiulla,Chairman,State Committee for  
Acupuncture Recognition
- 11.Sri.Nagulan,KBGA
- 12.Sri.Murthy Raju,Patron,KBGA
- 13.Mr.A.R.Infant,Former IG & DGP

Concluding Remarks: Dr.H.Bhojraj,Chairman,AAA

Objectives,Future Plan and Vote of Thanks:  
Smt.Jija ,Secretary,Organising Committee

Function concludes with Traditional Badaga Dance  
(Video clip)

**Masters of Ceremony**  
**Sri.R.Arunachalam & Smt.Aarthi Raghunathan**

**Request to Guest Speakers: Kindly limit your talk to 5 minutes only.Thanks**  
**Organising Committee**