

ACU WELLNESS

DECEMBER 2021

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

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

PH-9845649914 | VOL-10 NO.11 | [HTTP//BHOJRAJ.TRIPOD.COM](http://BHOJRAJ.TRIPOD.COM)

FROM THE CHAIRMAN'S DESK



OUR TRADITIONAL DRESS

Dear Friends,

Our heartfelt thanks to all the supporters. Special thanks to the Donors for their wholehearted support & encouragement towards the Academy and also Acupressure and Acupuncture therapy system.

In March 2019, the Karnataka Government was to formulate the Bill on Acupuncture System for its recognition by the Health Department. However, the Covid Pandemic never allowed anyone to pursue the process. On the flip side, this unexpected development has given us so many lessons to understand our health and immune system alongside the relative strength and weakness of our existing public health system.

The Acupuncture fraternity does recognize the supremacy of Modern medicines especially in tackling the pandemic. However, the significant role of Acupuncture in helping many COVID patients during the recovery phase also cannot be ruled out though no systematic research has been done in India.

This is also because the recognition is still missing. Acupuncture has been approved by the Union Health Ministry. However, the Indian Medical Association has filed a suit against this approval in Court.

It is our humble request to the IMA on this forum to allow this system to complement the existing modern treatment in solving most diseases at the root level. Ayurveda, Yoga, Naturopathy, Unani and Siddha have grown phenomenally after the recognition. Today the whole world is ready to accept Ayurveda medicines with proper research records and regulations.

The day is not far off that India will establish itself as the world leader in Preventive Medicine. We will be reviving our efforts to get the recognition for Acupuncture from the Government and I request all those who have completed one year course anywhere can join the Acupuncture Association under the leadership of Dr Samiullah.

Another basic requirement is to encourage our agriculturists to produce chemical-free food for consumption. Rice production with different varieties have been tried in Tamil Nadu and proved its efficacy in preventing health problems. The Nilgiris District is already declared as an Organic District. Products from this district started getting good acceptance

with proper regulation by independent authorities.

During the lockdown period and also post that, many people have learnt wonderful methods to keep themselves healthy adopting simple home remedies. Let us share our experiences with all for it is beneficial to everyone.

As for the Year-End announcements:

- **Our Sight Improvement Research Project 2 (SIRP-2) is now complete.** The results are under evaluation by an expert committee. The paper will be presented by me or by Mr Sundaramurthy at the International Conference to be held on January 29 and 30, 2022. This conference was to be held in 2020.
- We have decided to start a Centre for Preventive Health Care for people below 40 years in Bangalore especially for pre-diabetic and essential hypertension patients in that age group and provide them with alternate solutions for avoiding the medication in their life for a long time. Based on the responses we would like to take it to other cities or even the remote villages in India. Kindly support us to start this Centre in Bangalore.
- Once the COVID situation eases a bit, we also plan to conduct our **one-Day Acupressure Crash Course & Practical Workshop**. Keep watching this space for more updates. Those interested in Preventive Health Care can join personally or virtually by Zoom from any part of the world.

Once again, I thank all Donors and request them to attend the 10th-anniversary celebrations of our Academy planned to be held in February 2022. The date and venue will be soon finalized by the Executive Committee.

Let us look forward to the stimulating eventful year 2022.

God bless you all. I wish you all a very Happy and very Productive New Year 2022 in this December edition.

H BHOJRAJ,

CHAIRMAN, AAA

THANK YOU, DONORS FOR THE SUPPORT

CONTRIBUTIONS FOR THIS NOVEMBER 2021:

Shri S GOVINDA RAGHAVAN: Rs 10,000

Shri JAYRAMAN: Rs 2,500

Shri SAI MOHAN: Rs 3,500

YOUR DONATIONS CAN BE MADE TO:

THE ACADEMY FOR ACUPRESSURE AND

ACUPUNCTURE

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

IFSC IDIB000R005

CBS Code 00064

“

Three things in life – your
health, your mission, and
the people you love. That’s
it.

—
NAVAL RAVIKANT

GRACIOUSQUOTES.COM

ACCOUNTS FOR THE MONTH

Balance as on Oct 1, 2021: Rs 76,921

Expenses: Rs 20,000 (1-10-2021)

Rs 20,000 (2-11-2021)

Donation: Rs 15,000 (25-10-2021)

BALANCE AS ON NOV 2, 2021: Rs 71,921

THE AAA NEWSPACE THIS MONTH



THE ISHA YOGA CLASSES MAKE WAVE IN THE REMOTE VILLAGES SPREAD ACROSS NILGIRIS!

A programme called “One Drop Spirituality” (ODS) designed by Sadhguru’s ISHA YOGA CENTRE in Coimbatore with 10 minutes of simple exercises is making waves in the remote villages in Nilgiris.

Here is another closer sample shot from the schoolgrounds taken during a practice session:



Many people, especially children aged between 10-15 years have given very positive feedback on the improvement of their concentration,

memory power and behaviour apart from their general health.



We are indeed proud to share that our Academy is one of the Sponsors for this event organized by the Nakka Betta Foundation headed by Mr Ramakrishnan and will continue for a minimum of three months.

Those interested in contributing to this noble cause may contact Dr H Bhojraj, 9845649914 for taking it forward in any remote village in INDIA.

UPDATES & DEVELOPMENTS AT THE GOVERNMENT SCHOOL ADOPTED IN NILGIRIS:



The Government High School, in a remote village called Kokkalada in Nilgiris, Tamil Nadu, has been adopted by our Academy for spreading preventive healthcare among children, especially for the eyes.

A quick prelude to refresh our memories: Our Chairman H Bhojraj studied in that school which was closed four years back due to poor patronage by the Badaga Community which was obsessed with English Medium Schools. Due to the efforts of Mrs

Rajeshwari, an activist and support of a few old students and the Government, the school was finally renovated with voluntary contributions.

Efforts have been put to give special attention to English teaching and the overall development of the children with sports and extra-curricular activities.

A private Trust has been formed and guidance is given by our Retired Space Scientists.



Dr H Bhojraj, visited the School on October 3 and had preliminary discussions with the Teachers and also with Mrs Rajeswari.

Those interested in contributing to this long-term programme may contact Mr M V Kannan who has been identified by Academy for planning the development for village schools.

THE COONOR 'NAKKU BETTA' TV FUNCTION

October 31, 2021: Dr H Bhojraj was invited to the grand function conducted by Nakku Betta TV (BADAGA'S LOCAL TV) at the Providence Women's College Auditorium in Coonoor to award the winners of the Badaga Songs competition for budding singers. The competition was conducted to commemorate the 50th Death Anniversary of Shri Rao Bahadur H.B. Ari Gowder, who was the pioneer for the upliftment of the Badaga Community in Nilgiris. The competition was sponsored by Rtd Wing Commander Shri Jai Prakash, a close relative Of Shri Ari Gowder. The chief guest was the first

Badaga IAS officer Shri Sundradevan, Ex-Chief Secretary of TN Govt. Guests of Honour include Prof Iyaroo, Badaga Leader and established Badaga Singer Solur G Raman.



In Pic: Shri Sundradevan, Shri G Raman, Shri Jayprakash, Dr H Bhojraj, Prof Iyaroo and Shri Ramakrishnan with students in traditional dress.

Note: The whole Badaga Community has appealed to the State and Central Government to declare Badaga Community as Scheduled Tribes since customs and culture are entirely different. The recommendation of the State Government is being positively considered by Tribal Welfare Department in Delhi.

NEW PREVENTIVE HEALTH CARE CENTRE PLANS

The Academy is planning to hire a place for taking care of preventive health care sector, primarily for people below 40 years.

Pre-diabetes or Essential Hypertensive people will be given techniques to solve the problems themselves and avoid medication in the long run.

We welcome suggestions and support for establishing the main centre in Rajajinagar which can start the branches anywhere in India with proper training of Staff from that place.

Interested people may contact Dr H Bhojraj on 9845649914



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

THE AAA QUICK HEARING BOOSTER KIT



HEARING WITH HIRP

THE FIRST DAY FIRST BATCH EXPERIENCE

November 11, 2021: The introductory session for the first batch of volunteers in the Hearing Improvement Research Program (HIRP) was held online. It was a wonderful session with an involved group of volunteers, who instantly connected with the concept. They also shared so much positivity after the experience!

HIRP is an initiative to sow the seeds of holistic healing practices to educate one to improve hearing by oneself sitting in the comfort of their homes. The new normal has aligned our lives with more phone calls and meetings constantly. Taking time to practice such techniques provides instant relief and also improves people's belief in trusting their bodies.

"Our Sight Improvement Project (SIRP) takes a minimum of two-three months of regular

practice to see good improvement in vision values though it relaxes you instantly. The results of this HIRP exercise can be instantly felt both qualitatively and quantitatively," explained Dr Bhojraj. He also demonstrated it live as this method uses no expensive equipment or machines, just your TV volume and remote.

Dr Bhojraj mentioned how the ear remains as a gateway to the entire sensory system of the body. The volunteers were then carefully trained through each of the acupressure points after a thorough explanation of the ear structure. He also suggested a few acupressure points to balance the consciousness and stimulate psychological wellness.

Getting acquainted with such practices always requires focus and mental peace. Beginning with some guided simple acu-meditation also helped many of them. The live practical session followed where they were trained through simple pressure points in and around the ears. To understand the improvement, an immediate audiometry test was done post the session with the television volume and commendable progress was noticed.



The LIVE Feedback: Some of them could hear at lower volumes than before and this provided them with the confidence to take up the practice sincerely. Almost all of them had instant success. One of the participants with a chronic eardrum infection who attended this session for a reliable and long-lasting solution was also motivated to continue this practice.

The session concluded with Dr Bhojraj explaining the need for the standard audiometry test periodically to reconfirm the results as per standard testing procedures.

The HIRP first-day first show was thus a memorable success. An intent audience was witnessed. People from different age groups attended this online session. Despite being free from any sort of hearing issues, most of them wanted to maintain the same in the years to come.

This project was announced by Dr H Bhojraj following many successful tests with his students and friends. Now he and his team will continue to mentor people with simple acupressure points to improve hearing through this project. AAA hopes to educate at least 500 volunteers through this initiative. Those above 40 with hearing loss and senior citizens can avail of maximum benefits from these exercises.

The volunteers will again meet in December second week to review the improvement. Dates will be announced shortly. Interested individuals may WhatsApp 98454649914 Or 9886326581 for registration details. Let us look forward to healthy hearing and a happy year-end.

Good Luck & Best Wishes.

Compiled by Mrs Aarthi R & Ms Sruthi S

Q&A: THE YIN-YANG FLOW OF THOUGHTS

ALL ABOUT HEARING & EAR STRUCTURE



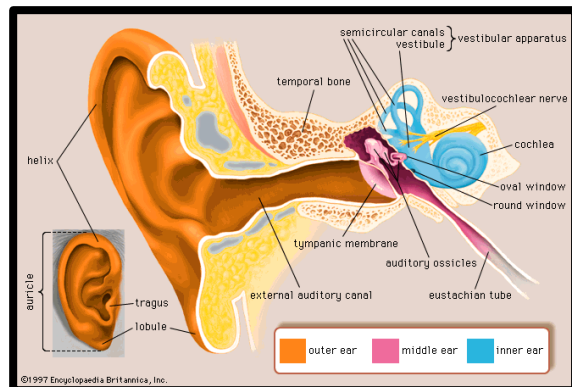
By Dr H Bhojraj

(We have already explained the importance of hearing and common ear problems. Now let us get deeper into the hearing ear structure.)

The ear is responsible not only for hearing but also for balance. The ear is made up of the outer ear, the middle ear and the inner ear located in

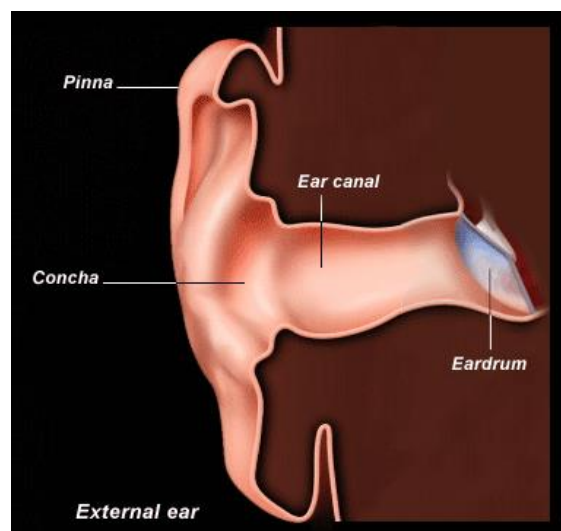
a hollow space in the temporal bone of the skull.

Sound waves entering the ears are converted into mechanical vibrations and then into nerve impulses. The nerve impulses are then transmitted to the brain for interpretations based on the stored knowledge. The ear also senses the body's positions relative to gravity, sending information to the brain that allows the body to maintain postural equilibrium.

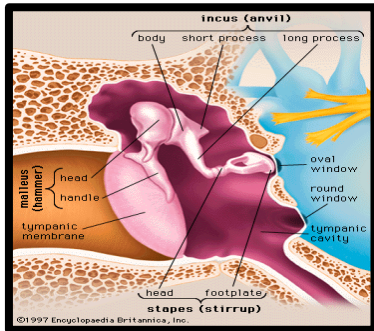


THE THREE PARTS OF THE EAR IS AS BELOW

THE OUTER EAR: It consists of the auricle (pinna) and the auditory canal. The auditory canal is lined with glands that secrete wax (cerumen) to trap dust and other microparticles. The canal connects the external ear to the eardrum.

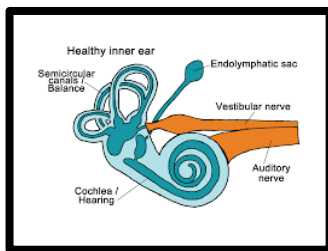


THE MIDDLE EAR: The middle ear contains the ossicles, three tiny bones comprising the malleus (hammer), incus (anvil) and stapes (stirrup). The ossicles connect across the



tympanic cavity to the oval window in the cochlea. The Eustachian tube connects the middle ear to the throat.

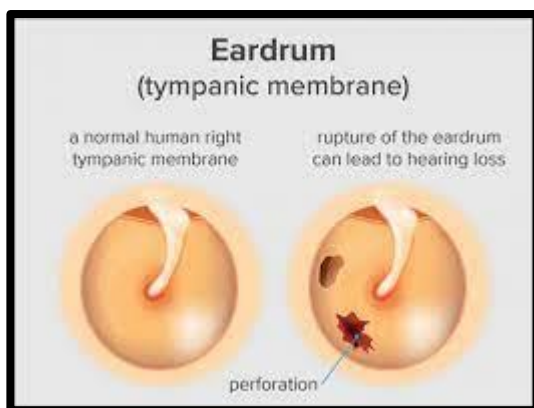
INNER EAR: It is also called a labyrinth containing cochlea, the main part for hearing and the semi-circular canals, the main part for balancing.



The vibration of the ossicles travels to the cochlea, where they cause waves in the cochlear fluid. The vibrations trigger

the receptors lodged in the organ of Corti, which sends nerve impulses along the vestibulocochlear nerve, to the auditory cortex in the temporal lobe of the brain.

THE EARDRUM: The eardrum (tympanic membrane) is a thin membrane between the outer ear and middle ear, separating the two areas. Sound waves reverberate on the tympanic membrane, causing it to vibrate and create vibrations through the middle ear.



(Images for this educative column sourced from the internet.)

How does the Ear structure help in Balance? Read all about it in our new year issue. Until we Meet again, Take good care of yourself and your ears.

FROM I TO EYE – A VISION WITH A MISSION

SIRP 2: THE QUICK YEAR-END PARTING SHOT



Dear Readers,

I begin with special thanks to Kan-Mani, my daughters for introducing me to Acupressure two years back for their care.

Today I feel confident as a mother to guide them towards better health through simple eye care. They playfully remind me on days I forget to do it myself. If Acupressure started our holistic healing journey, SIRP 2 has given me a holistic vision on eye care.

I normally don't share family photos but this one is to share a special moment in the hope that it reaches out to mothers like me looking for timely help learning how they can introduce their children to holistic healing. Thank you, Acupressure, AAA & Team SIRP 2 for this learning opportunity.

SIRP 2 is my first learning ground in research. Was blessed with a dedicated team of RAs who have worked with us despite challenges and initial fading hope with volunteers opting out citing work and travel. Special thanks to the seniors who have guided us with hope and scope during the testing times.

As on date, we have managed to collate a small data sample for 59 volunteers. 50 percent of them have given us complete data for more than the planned three months. Out of the remaining 50 percent, majority of them have submitted three-month data (including the initial data). Overall, we have 8 non-performers on record.

This project was specifically planned for children. Also, ironic that most excuses also came from students wearing specs. Reason: Exams, Special classes, Tuitions, Vacation, Projects and even TV time. Adults were no exception as well. **Does this mean that all the efforts gone into SIRP 1 & 2 are wasted? Definitely not. Maybe at a deeper level it has made the Academy confident of taking its first steps into Schools and actively working towards making it part of the curriculum so that some day in future, these eye exercises**

can one day be a mandatory part of school routine to ensure a better future with healthy vision. Maybe this is what a RE-Search is all about? What do you say?

Look out for more updates in our next edition. A parting shot from one of our memorable final evaluation sessions with volunteers & RAs:



Thank You & Happy Year End 2021

Mrs Aarthi R, Project Director, SIRP 2

HEALING MIRACLES FROM ACU-WORLD

It feels truly rewarding when as a teacher, students get inspired to take their first steps as a learner. Featuring this month, Mrs Nirmala Srinivasan, 42 yrs. A homemaker settled in Dubai. Also, our third international student doing the online Advance course.



I have always believed in these healing lines: “You are the best doctor of your body”; “Health in your hands”, “You are what you eat”... Simple but critical things work like wonders

when practiced sincerely. I try to avoid unnecessary Doctor visit and manage with home remedies.

My Sister was recently diagnosed with a neck issue which made her hands numb. Doctors advised spinal surgery. My sister knew Dr Bhojraj and consulted him. His prescribed acupoints to be activated everyday has led to significant improvement in her condition. She could avoid surgery. This inspired me to learn more about this healing science. **We wish**

Nirmala all the very best. She has now started healing her son for muscle cramps.

YOUR FEEDBACK: A BEST WAY TO LOOK BACK

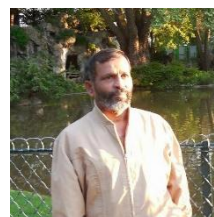
It gives a pleasant surprise to note that the Academy for Acupressure and Acupuncture is going to complete its 10 years of fruitful contribution to Society this February 2022.

Dr Bhojraj intends to celebrate this in a grand manner with plans to also bring out a Souvenir featuring the many nostalgic moments & milestones of the beginnings.

In this regard, all members associated with the academy are requested to share their personal experience as **brief write-ups describing their association with this academy** starting with the introduction, training along with the benefits and how this can be improved further to serve the Society in more effective ways.

The articles written by the individuals are planned to be compiled in the form of a booklet to be released during the grand anniversary celebrations. The exact time, venue and time will be notified in due course.

Kindly send the write-ups latest by **December 15, 2021** to the Academy so that necessary action can be for compilation on time.



Thanks in Advance

Advance New Year Wishes

Sundaramurthy T K

Vice Chairman, SIRP 2

THE AAA EDITORIAL COMMITTEE

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