



ACU WELLNESS

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

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JANUARY 2023

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FOR PRIVATE CIRCULATION ONLY

VOL 12 No 01

FROM THE CHAIRMAN'S DESK

It has been a great year for INDIA and we all felt the slow recognition from the world community about our capability. It is the creative ideas and implementation with their resources only made the western world rich especially in the defence equipments. In 1980, when I was deputed to Germany for a training programme, I was asked casually by one of the Engineers that why India was into **Space Technology** when people didn't have food to eat. That was the real situation at that time though I defended our ambition. Today INDIA can really boast about its achievements in SPACE and we proved that we are second to none in this cutting edge technology. **The whole world is looking at INDIA for its software capability and work from home solution during pandemic removed all boundaries between Nations.** The private players in Defence technology are increasing their presence and start up after start up achieving their goals with the encouragement from the Government both State and



Central. Overall, **INDIA'S time has come to showcase our creative ability and implement our indigenous skills to the whole world.**

In this respect we appreciate the effort of our Prime Minister to start a W H O GLOBAL CENTRE FOR TRADITIONAL MEDICINE in Gujarat under AYUSH MINISTRY. This research centre has the potential to

change the whole western medical system followed in our Globe. This centre in next few years will give the research results of these systems and standardise the so called natural medicines for the acceptance of the world.

I personally appeal to the Health Minister of Central Government and Karnataka Government to consider the acceptance of Acupuncture as a system of Medicine. It will help to start research institutes in all states with Central assistance. AIIMS Hospital in Delhi is utilizing the services of Acupuncture Specialists for curing patients. It is the research record which can give an insight to the real healing mechanism of our body. **The Modern Systems are very much needed for our survival but preventive health care is available in ancient systems only.** Just giving names for the disease and declaring it is incurable is not acceptable as on now. Let us come out of our senses and support the preventive health care from the young age especially from 5th Standard. **The Yoga practices should be made compulsory in all schools** and self help techniques should be taught at that tender age to avoid medicines. It is in the hands of young parents. Learn all these simple techniques of Alternate therapies and apply for self before passing it to your children.

The eye sight improvement practical classes conducted by Mrs.Jyothika and Mrs.Aarthi R picked up steam in this New Year and will be continued for minimum of six months. **I appeal to all young parents to join this free class conducted at 6 PM every**

Sunday and get the benefit for your family health. INDIA is a unique nation propagating the core essence of life in this Earth. **Take care of the Nature, the Nature will take care of you is our principle.** Let us join our Environmental Ministry to propagate this unique culture adopted by UN Climate Change forum.

One day ACUPRESSURE workshop will be conducted on February 2023 in the second Sunday probably in the same venue ie, St Marks Hotel, Bengalure to celebrate our 11th Anniversary. Please register your names in AAA Forum and motivate your kith and kin to attend this very useful workshop. The 11th Anniversary Celebrations will be conducted on the same day at 4 PM. This is for your advance information. I would like to express my hearty thanks to every one of you who supported our Academy for encouraging our research oriented approach.

Let 2023 be the watershed year for Acupuncture System especially for Karnataka people. Wish you all very happy, healthy and productive NEW YEAR 2023.

H.BHOJRAJ, CHAIRMAN,AAA

REVIEW OF PARTICIPANTS WHO ATTENDED BASIC ACUPRESSURE COURSE IN JUNE 2022

By.H.BHOJRAJ, Mr.SUNDRAMURTHY AND Mr.NAGULAN JOGHEE

The basic acupressure course was conducted for 30 participants in the age group of 10 years to 23 year in June 2022 under Nakku Betta Foundation sponsorship in Mettupalayam. During our recent visit to Ooty Public School function, we visited the Centre and interacted with the trained students who have taken up Social Upliftment for the Nilgiris Bagada Community and dedicated their time and effort for identifying the problems of the society and suggesting possible solutions.



During the training in June, since most of them were girls in their teens, the memory development points

and specifically the acupressure points for menses related problems were taught. Almost all of them conveyed the positive change occurred in their monthly cycles and the improvement in their concentration to absorb the new lessons. Their menses cycles are almost regularised and most important thing is the pain during menses period had come down considerably. Their concentration power improved and is able to absorb new lessons very easily. Most of the students started sharing their experience with their friends and they also started practicing acupressure for common ailments.



Mr.Santosh, Mr.Ramakrishnan, Prof.Sivalingham,Dr.Bhojraj, Mrs.Meera and Mr.Sudhagar

Recently Mr. Ramakrishnan visited Bangalore on official work and met Dr.Bhojraj in his house to discuss various schemes planned for the upliftment of Badaga Community. **Creating awareness among the youth about the possible avenues in high tech areas as well as making them understands their own capability at the school level was one of the points discussed.** It was also discussed to motivate school children to participate in SPACE QUIZ through Nakku Betta TV and organize for a visit to space centres and museums in Bangalore. The alcoholic problem in the village level also needs Community attention and active participation by all in the community.The meeting was very productive and our team will try to make a proper proposal for the quiz programme in three months and possibly a seminar for students from 11th Standard to Engineering undergraduates in January 2023 on 4th Sunday.

- THEN AND NOW**
- 1.LESS INCOME, MORE SATISFACTION**
MORE INCOME, LESS STIFATION
 - 2.WALKED FOR MOBILITY**
WALKING WITH MOBILE
 - 3.STUDY GETS A JOB**
STUDYING IS JOB
 - 4.FOOD WAS MEDICINE**
MDICINE IS FOOD

SEMINAR ON

"Institute to Industry-How you get yourself fit"

for employment.

By **Mr.NAGULAN JOGHEE**

FREE LANCE I T CONSULTANT

FOR NILGIRI YOUTH FOR ONE FULL DAY IN OOTY

Audience expected to attend :

Students above Plus One up to final year engineering or under graduates, Teachers and Parents, if possible

Strength :100 - 150 Students

Duration :3 - 4 hours

Speaker :Nagulan Joghee

Presiding :**Dr. H Bhojraj**

VENUE :

Any auditorium in OOTY with good audio system with good projector for presentation

TENTATIVE DATE: FEBRUARY/MARCH 2023

It would be a good and highly beneficial program which will be surely appreciated by all.

DIRECTOR : Mr.RAGHUVARAN.

Ph.90475 90474

The **Inter-school sports competition** was organized by Kokkalada School and was very successful. The Yoga Classes were conducted regularly by Mr.Senthil Kumar, Physical Education teacher and we are planning to add Acupressure for general health. The required training was already provided by Dr.Bhojraj who has been mentoring our students and visiting us regularly to guide the students and also the Teachers.



On behalf of our Staff, Students and their parents I would like to express our hearty thanks to Dr.H.Bhojraj and the team of retired ISRO Scientists who gave suggestions during pandemic time with online meetings. We are expecting the team of retired ISRO scientists to visit us sometime in March 2023.



BADAGA MUSIC ACADEMY INAUGURATED IN OOTY

Our Chairman Dr.H.Bhojraj was the first vice president of Karnataka Badaga Gowdas Association formed in 1984 by the 15 Badagas who migrated to Bangalore and **the first Badaga Songs Cassette was made under his leadership as President in 1988**. The songs in the first Badaga Cassette was sung by **Mr.Raman G** and Mrs.Shanthi Desingh. It was such a wonderful hit which motivated many youngsters to be more creative and brought out hundreds of cassettes in the past 33 years. To organize and encourage the talented youngsters in Nilgiris it was suggested to Mr.G.Raman to start an Academy for music and dance in Nilgiris. Mr.Raman took it up seriously and motivated the renowned singer Mr.S.J.Mani and musician Mynilai Mr.Bhojarajan to form a team and get it registered in Nilgiris under a Trust. The formalities were completed recently and the singers came together in Hotel Preethi Classic for an informal inauguration. **Mr.Sundradevan, the first Badaga IAS officer and Mr.Jai prakash the first Badaga to reach Wg Cmdr level in Air Force and Dr.H.Bhojraj, the first Badaga to join ISRO as Scientist were invited for this function**

KOKKALADA GOVERNMENT HIGH SCHOOL- UPDATE

By.Mr.Suthagar, Acting Head Master

The Kokkalada High School which was revived by the local people led by Mrs.Rajeshwari has completed two years and the total strength improved from 57 to 81 in two years. The students are taught in English and special classes for spoken English were also conducted.

Nearly 20 students from 6th to 9th Std were taken in a special bus to participate in the **Science Education for sustainable Development** program conducted by OOTY PUBLIC SCHOOL in Mettupalayam on 5th November 2022. The transport facility was sponsored by Mrs.Mohana from Bengal Village. Also my daughter **S.Harini** studying in 4th Std won first place in Spell Bee Competition in the Block level and District level which is a great pride for our school.

and requested them to give guidance for the Badaga Music Academy. Nearly 30 singers attended the meeting and discussed the proposals given by the members. It was decided to start a formal music classes by competent music teachers and motivate the budding singers to join the course with a nominal fee. It was also decided to start a research wing on old Badaga Songs and motivate the research team to analyse their wordings, style and music for our authentic records. The meeting ended with a positive note by singers the famous tunes by singing for 30 minutes.



Mrs. Prema, Mr. Bhojraj, WgCdr Jaiprakash (Rtd), Mr. G. Raman, Dr. H. Bhojraj, Mr. Sundradevan IAS, Mr. S. J. Mani Chairman of the Trust and Mr. Muruges

A formal inauguration in a big hall to accommodate more than 500 people will be organized within three months by the Trust and also use the occasion to honour the legends in this field.

MUSIC THERAPY-AN INTRODUCTION

Music therapy is a therapeutic approach that uses the naturally mood lifting properties of music to help people improve their mental health and overall well-being that involve making music, writing songs, singing, dancing, listening to music and discussing music. This form of treatment may be helpful for people with depression and anxiety, and it may help improve the quality of life for people with physical health problem. Anyone can engage in music therapy; you don't need a background in music to experience its beneficial effects.

Music therapy and sound therapy are distinctive, and each approach has its own protocols, tools and settings. Music therapy is a relatively new discipline, while sound therapy is based on ancient Tibetan cultural practices. **Sound therapy uses tools to achieve specific sound frequencies, while music therapy focuses on addressing symptoms like stress and pain.**

CASE HISTORY

Neck pain and Back Pain cured in one sitting of Acupuncture says Mrs Nagamma 56 Yrs Ph.9980527402

I was having severe back pain and neck pain for almost 15 days during September 2022 and we consulted the Physician who gave me painkillers. But my son Madhu searched in the Google and found out that Dr. Bhojraj was treating patients with neck pain very successfully and got an appointment on 17th Sep. It is very much new therapy for me and I went without any belief. Doctor examined us and inserted four needles in my leg and my hand for five minutes and asked me to walk. To my utter surprise I could feel some change in my body as if some weight was removed. Then he taught us the acupuncture points for back pain and neck pain and also taught us figure of eight walking inside the hall. I have been practicing all these points regularly and I got wonderful relief within a fortnight. I was busy with my son's wedding and almost forgot about my pains. When my new daughter-in-law developed neck pain and thigh pain on her left side I immediately remembered Dr. Bhojraj and brought her for treatment. She felt slightly better immediately after treatment and I am sure she will be cured. **In my case, only one sitting my problem was cured.** I am a diabetic and I would like to try acupuncture for keeping under control with less medication.

CASE HISTORY

Varicose veins almost become normal within a month says Mr. Vishnukumar 55 Yrs Ph.9739643333

I had varicose veins problem for nearly 10 years and twice I had to get it operated by the surgeon. Exactly 4 years back, 2018 the blood was almost whoozing out near the ankle joint and I was looking for alternate systems to avoid surgery. Fortunately I got the reference of Dr. Bhojraj and visited his clinic for treatment. He used just 4 needles at certain points in my leg, and asked me to come for four weekly sittings. To my utter disbelief my wound recovered very fast and within three weeks the skin had become almost normal. He taught me the " camel walk " which I continued for six months.

In 2022 May, the same problem occurred and this time the wound was little big and I was forced to

consult the vascular surgeon. He suggested me to immediately undergo laser surgery to remove the affected vein. Before taking decision I was desperately looking for Dr.Bhojraj's address since the clinic was closed due to pandemic. Finally I talked to him and got an appointment on 30th November 2022. Similar to earlier occasion he treated me on the right side, though the problem is on my left leg. I also did leech therapy weekly twice before coming to the clinic. To my surprise the wound started healing faster and on the second week itself the skin colour started changing to normal colour and my pain drastically reduced. I used to get it dressed regularly and could see the fast changes with acupuncture treatment. I restarted the camel walk exercise and finding good results for varicose veins.

On the day of my fourth sitting I can declare that my varicose vein need not be removed by surgery and I am confident of curing myself. I thank the Almighty for showing me the way to cure myself.

EXPENDITURE STATEMENT FOR SIX MONTHS

Expense Details	JULY 2022	AUG UST 2022	SEPTE MBER	OCTO BER	NOVE MBER	DECE MBER
SALARIE S TO OFFICE ASSISTANTS	15000	15000	15000	15000	15000	15000
NEWSLE TTER PRINTIN G	2000	2000	2000	2000	4000	2000
POSTAL EXPEND ITURE and Miscelle neous9	500	500	500	500	500	500
RENT	5000	5000	5000	NIL	NIL	NIL
EMOTIO NAL INTELLI GENCE WORKS HOP	NIL	NIL	NIL	50000	38000	NIL
BOOK PRINTIN G	NIL	NIL	NIL	NIL	60000	NIL

DONATIONS RECEIVED WILL BE PUBLISHED IN FEBRUARY 2023 ISSUE

KARNATAKA BADAGA GOWDAS ASSOCIATION (KBGA) CRICKET MATCHES INAUGURATED ON 10TH DEC 2022 A REPORT BY Dr.H.BHOJRAJ, Ex.President, KBGA (1988-1992)

The Nilgiri Badaga Community people living in Bangalore formed an association(KBGA) in 1982 with just 15 people and it has grown into more than 500 people though more than 5000 people from Nilgiris are living in different parts of Bangalore. **The Association members are putting their best efforts to preserve the culture of Badaga Community which is declared by UNESCO has an ethnic community in Nilgiris and belongs to original tribes having a unique culture for more than 5000 years. A committee in Nilgiris is putting all its efforts to get the recognition as Tribes in the scheduled list from the Central Government so that the dying community can be saved.**

Though many of us reached good positions in various fields all over the world, the tribal culture of our community was maintained in festivals, marriages and death rituals. The Associations in different cities bring all these people together during the "HETTHAI HABBA FESTIVAL" mainly to maintain that unique culture which is being celebrated on 4th Jan 2023.

The Association also honours the unique achievers in their fields and encourages the members to guide the youngsters from villages to reach their goals. Cricket tournaments have been conducted for past 7 years in Bangalore mainly to motivate the youngsters to come together and mingle with the community people to preserve our unique culture.

This year the tournament was planned to be held from December 2022 to January 2023 on Saturdays and Sundays and the inaugural function was held on 10th December at 11 AM. **Mr.Mohan Selvaraj** who was instrumental in getting the Cathedral School Grounds for the tournament was the Chief Guest and **Mr.Nagulan** and myself attended as guests of honour.



KBGA CRICKET PLAYERS WITH Mr.SARAVANAN, KBGA PRESIDENT AND SENIOR MEMBERS



TEAMS STARTED THEIR MATCHES ON 24TH DEC 2022

Mr.S.Saravanan, the dynamic President of KBGA welcomed the young players and appealed to them to play the tournament in the spirit of the game and develop a rapport with all team members so that our combined efforts could uplift our Badaga Community. He appealed to all members of Badaga Community living in Bangalore to become members of the Association by registering in the KBGA Website.

- # KBGA WORKS FOR THE UPLIFTMENT OF TRIBAL COMMUNITY IN NILGIRIS
- # FORMED EDUCATION COMMITTEE TO GUIDE THE SCHOOL CHILDREN
- # FORMED BUSINESS COMMITTEE TO ENCOURAGE BUSINESSMEN

MOTIVATION WITHOUT COMMITMENT WILL NEVER TAKE YOU TO TRANSFORMATION

FOR SENIOR CITIZENS

HERNIA

Hernia is a condition where an organ or tissue squeezes through a hole or a weak spot in a surrounding muscle.

Inguinal Hernia

The intestine or the bladder protrudes through the abdominal wall on into inguinal canal in the groin. It occurs mostly for men because of natural weakness in this area.

Incisional Hernia

The intestines push through the abdominal wall at the site of previous abdominal surgery. Most common in elderly and overweight people who are inactive after abdominal surgery.

Femoral Hernia

It occurs when the bladder or intestine enters the canal carrying the femoral artery into the upper thigh. It is most common in women, especially for those who are pregnant or obese.

Umbilical Hernia

Here a part of the small intestine passes through the abdominal wall near the navel. It is common in newborns and afflicts obese women.

CAUSES

- 1.Mainly muscle weakness
- 2.Strain
- 3.Poor nutrition and over exertion
- 4.Obesity
- 5.Lifting heavy objects
- 6.Persistent coughing

CONVENTIONAL TREATMENT

Hernia surgery is normally performed under either local or general anaesthesia.

PREVENTION IS BETTER THAN CURE. Avoid obesity and physical strain. Take good nutritious food. Avoid constipation. Enhance muscle strength by leg raising exercise and maintain toned abdominal muscles. Don't lift heavy objects.

ACUPRESSURE POINTS: LIV-1 Press and release 14 times every day. It strengthens muscles.

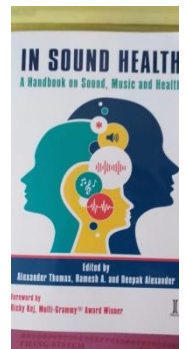
THREE TYPES OF THINKING

- 1.Insightful thinking-Long range planning / problem solving
- 2.Experiential thinking-Focused on the task at hand
- 3.Incessant thinking-Only chatter-Avoid

MUSIC THERAPY RESEARCH –A PROPOSAL TO FORM A RESEARCH TEAM

By.**Dr.H.BHOJRAJ**

The book “IN SOUND HEALTH-A Handbook on Sound, Music and Health” edited by **Dr.Alexander Thomas** motivated me to go little deep into music therapy and its applications. Lot of research has been done and it's proved beyond doubt the efficacy of music in healing diseases particularly mind related problems.



I would like to form a team for research in Music Therapy from our Academy. Those interested in participating may contact me directly. Phone 9845649914

ABOUT THE BOOK: “The interrelation between sound, music and health has long been scrutinised. The book aims to create awareness among healthcare professionals as well as general public on the impact of sound, noise and music in relation to health.”

RICKY KEJ, MULTI-GRAMMY AWARD WINNER
The book priced Rs.450, available in AMAZON.

- MUSIC PROMOTES HEALTH.
- NOISE, ON THE OTHERHAND, HARMA OUR HEALTH

MUSIC CAN ENHANCE PRODUCTIVITY.

- TO ENHANCE POSITIVE MENTAL HEALTH,ONE SHOULD HAVE HEALTHY, MEANINGFUL RELATIONSHIPS WITH FRIENDS AND FAMILY; BE PHYSICALLY ACTIVE AND MAINTAIN A BALANCED DIET;ENGAGE IN MEANINGFUL ACTIVITIES;HAVE A SENSE OF GRATITUDE,EMPATHY, AND CONTENTMEN; HAVE EMOTION IN CONTROL AND HAVE A RIGHT BALANCE OF PHYSICAL ACTIVITIES.

PSYCHOLOGICAL HEALTH TO PHYSICAL AND SPIRITUAL HEALTH.MUSIC HAS THE POWER TO IMPACT ALL THESE REALMS OF HEALTH

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

PLANNED TO CONDUCT

ONE DAY ACUPRESSURE COURSE

ON 12TH FEB 2023

10 AM TO 4 PM

FOR HOUSE WIVES, STUDENTS AND FOR THOSE INTERESTED IN PREVENTIVE HEALTH CARE

TENTATIVE VENUE : ST MARKS HOTEL , ST MARKS ROAD

COURSE CONTENTS

- # INTRODUCTION TO ACUPRESSURE
- # SINGLE POINT SOLUTIONS TO COMMON DISEASES
- # BODY BALANCING PRACTICALS
- # HAND REFLEXOLOGY
- # AURICULAR THERAPY
- # COLOUR THERAPY INTRODUCTION

COURSE FEE : Rs. 2500

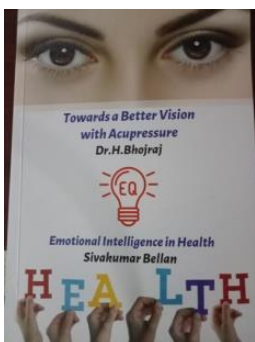
Payable before 31st January 2023

Spot Registration Rs.4000

TRANSFER THE AMOUNT TO

**ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE
INDIAN BANK RAJAJINAGAR
A/C No. 6012588256
IFSC CODE IDIB000R005**

OR
BY PhonePe TO H.BHOJRAJ
PHONE 9845649914



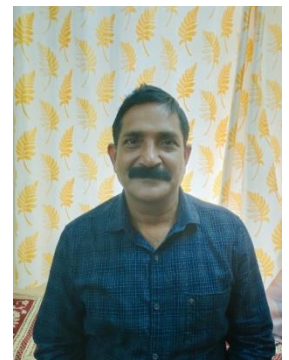
THIS BOOK WILL BE GIVEN TO ALL PARTICIPANTS WHICH CONTAINS SIGLE POINTS SOLUTIONS FOR COMMON AILMENTS. EYE EXERICSES AND HEARING IMPROVEMENT EXERCISES ALSO WILL BE COVERED IN THE CLASS.

This programme will be followed by 11th Anniversary function which will be attended by Trustees, Donors and well wishers at 4pm.

**WHAT YOU FEEL, AS GOOD-DO IT
WHAT YOU FEEL, AS BAD-DON'T DO IT
IF YOU DON'T HAVE GOOD HEALTH YOU CAN'T EXPRESS YOUR KNOWLEGDE**

Instant result with Acupuncture for Piles related burning sensation says Acu-therapist Healer Mishra Ph.9664590329

I have been working in Air Force for 35 years and 10 years back, I learnt Classical Acupuncture as hobby and treated many friends for various ailments. I also got the opportunity to study Dr.Bhojraj's method of Acupuncture which gave me the scientific explanation for the cause of the symptom in energy flow distribution in our body.



Two months back when I visited my home town, one of my relatives was suffering from leg pain and lot of swelling in both the legs. As per the theory, humidity has to be reduced to improve the blood flow and I sedated Sp 6 in the evening. When I visited her next day, her swelling had gone completely gone

and for the past two months she never got the water retention as earlier.

Looking at the results, my sister in law's husband wanted me to treat him for his long pending piles problem. Usually the burning sensation persists for almost an hour after motion and unable to dress up due to persistent burning according to him. I just inserted the needle in LI 11 for just 5 minutes and the relief was unbelievable. He felt almost total relief immediately ie within few seconds and I have been monitoring him for past 2 months and he was almost relieved of this burning sensation. His constipation has also gone from that day according to his feedback.

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE
COMPLETES 11 YEARS ON 7TH FEBRUARY AFTER REGISTRATION IN 2012.
DATE 12-02-2023
TENTATIVE VENUE; ST MARKS HOTEL, ST MARKS ROAD, BENGALURE

The tentative programme is given below. I request all the Trustees, Donors and Well Wishers to attend positively and extend your support for our Research Projects.

12-02-2023
4 PM Prayer
4 05 Welcome Address
4 10 Annual Report
4 20 Advance Course Certification
4 25 Address by Guests of Honour
4 40 Address by Chief Guest
4 50 Future Plans and concluding remarks
4 55 Vote of Thanks

ADVANCE ACUPUNCTURE COURSE BY AAA
STARTS IN THE FIRST/SECOND WEEK OF JANUARY 2023
ON LINE COURSE

EVERY SATURDAY OR SUNDAY

BY.Dr.BHOJRAJ

BETWEEN 3 30 PM TO 5 PM

FOR THREE MONTHS

ANYWHERE IN INDIA ONLY

INTERESTED PEOPLE CAN REGISTER BY WHATSAPP TO 9845649914

THE LINK WILL BE SENT TO THOSE WHO REGISTER WITH COURSE DIRECTOR 9845649914

FIRST TWO INTRODUCTORY CLASSES FREE
COURSE FEE RS 25000 PAYABLE TO AAA IN TWO INSTALMENTS(15K PLUS 10K)

DEPENDING ON THE DEMAND COURSE WILL START IN THE SECOND WEEK OF JANUARY 2023

Towards a better vision with Acupressure- Hindi Translation of the book by Dr.Surendra Pal

It was decided a year back to translate the Eye Sight Improvement book for the benefit of Hindi speaking population and Dr.Pal was very keen to get it translated by a professional person. The translation is almost completed and the text will be added with all the figures in the book shortly. We are looking for a commercial publisher for this useful book. Interested publishers can contact Dr.Pal (Ph.9880595280) or Dr.H.Bhojraj (9845649914).



The book in English is available for sale directly to the schools at 50% discount till 31st January 2023. Our trainers will come to the schools and train their teachers if they buy a minimum 20 books.

CONTACT 9845649914 FOR ORDERING

MY EYESIGHT IMPROVED WITH ACUPRESSURE- SAYS Ms.Mangala Gowri -Free Lance Teacher Ph.9481721248

I was wearing spectacles for nearly 10 years with a power of -2.75. For the past five years I was getting eye related problems often like blurring, burning sensation etc and I was really worried. I was searching for remedy to keep my eyesight in good condition in the YouTube videos one year back. I got an eye reflex point to keep the eyesight in good condition just by pressing the point for two minutes daily. **As I was activating the point every day, I was able to see better and my eye power started reducing within three months. I stopped using spectacles for the past 9 months.**

Just a week back, I got the book "Towards a better vision with Acupressure" written by Dr.Bhojraj. After reading the book I found out what I wanted was very clearly explained in the book. I met Dr.Bhojraj with an appointment and expressed my desire to take this technology to the students and their parents. I thank Dr.Bhojraj for writing this wonderful book for preventing eye problems in the young age itself and maintain it for life.

EDITORIAL COMMITTEE
DR.H.BHOJRAJ, Mr.NAGULAN JOGHEE
Mr.SUNDRAMURTHY, MRS.JIJA SUBRAMANIAN
Mr.SIVAKUMAR BELLAN

