



ACU WELLNESS

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

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

FEBRUARY 2023

TEL: 9845649914

E-MAIL: acuacademybgl@gmail.com

WEBSITE: <http://bhojraj.tripod.com>

FOR PRIVATE CIRCULATION ONLY

VOL 12 No 02

FROM THE CHAIRMAN'S DESK

The New Year 2023 started quietly for me without any resolution and we all know the year 2023 is INDIA's recognition year by the whole world. The "Make in India", "Start up India" and many other developmental programmes started by all State Governments and by the Central Government started yielding results. The GST collections and advance tax paid by the Income Tax payers are very good indicators for the growth of our Country inspite of higher inflation.



With Dr.Rehanul Huda in the Conference

I was invited to the Electrohomeopathy function held on 13th Jan 2023 at Gandhi Bhavan. It is an eye opener for me in healing science. After listening to all the healers and Dr.Rehanul Huda, the specialist in this field, I have decided to promote this therapy which is based on plant extracts, along with Acupuncture.

We have a huge market but what we lack is quality consciousness. Every product coming to the market should have a Quality Assurance certificate especially for agriculture products consumed by the common man. This mentality has to be inculcated in every producer in INDIA especially in agriculture producers. Yes, we have to pay little more for the quality product. Most of the products exported have that quality certificate but Indians are getting the second quality. Our consumers should reject such products in this NewYear. Every one in the village should get the same products and their standard should improve even if they do labour jobs in the fields. If they don't work in the field we will never be able to get our food. **High quality food production should be given top most priority which will pave the way for preventive health care.** Food should be our medicine. There is no point in taking medicine after getting into problem with wrong food. Diabetes in the Country is increasing alarmingly among young people below 40 years and it is mainly due to the chemical fertilizers and pesticides used in the cultivation of rice or wheat production. Tamil Nadu has taken the lead to encourage organic farms for rice cultivation which has a long term effect on the individual's health and subsequently on Government sponsored health schemes.

Ultimately the catch lies on the profit making and national health. **Government and the consumers must encourage the farmers to produce quality products without toxins with proper checking by marketing agencies.** It is easier said than done.

Ultimately consumer awareness and the ability to pay little extra for the quality product will go a long way in preventive health care therapy.

BBMP, Bangalore has thought in the direction of preventive health care centres near Namma Clinics in all the wards which is well appreciated by all Bangaloreans. **If implemented, Wellness Centres can impart Yoga and other preventive health care techniques to the common man.** It will become an employment opportunity for Alternate Therapists. We will extend our whole hearted support to BBMP for taking action at the earliest.



Mr.Rajuof Raytec Computer Education presenting the Computer Course Certificate to Dr.Bhojraj

I did my computer course for a month mainly to take care of the newsletter. It was worth attending a formal course and I learnt many things on Word formatting. Thanks to Mr.Raju,for his nice teaching.

The Music Therapy Experimental Group formed in the beginning of the month has given a positive feedback on the effectiveness of beta music where the parameters of breathing rate, pulse rate, oxygen saturation levels are showing improvement. Whatever the therapy we follow, ultimately mind and emotions should come under our control. Let us extend this therapy to another 100 people and try to find the efficacy of the simple listening to the beta music for 15 minutes every day for 3 months to monitor the parameters.

The advance acupuncture on line training course has taken off well with 5 students and the weekly classes will continue for 3 months followed by practical training with a project work for nine months. The examination will be conducted in Jan 2024 for certification. I wish them all the best for their success.

We have completed 11 years as on Feb 2023 serving the society in alternate therapy with the main aim of getting the recognition for Acupuncture System in Karnataka. Though the Government is convinced with our research records, the system takes years to come to a

conclusion and implement by the State. **We will be celebrating our 11th anniversary in the first week of March. I request all well wishers and donors to attend and show your support for alternate therapies.**

On the same day,our one day Acupressure Course would be conducted in the same venue with practical classes by myself, Mr.Girish and Mrs Jija Subramanian. Those interested in learning simple healing systems for keeping themselves healthy may register by paying Rs.2500 as donation to our Academy.

The ultimate aim of life is to realise ourselves and use our potential maximum for serving the society. This process should go on till the end and when we leave this world we must leave something to note our contributions to the humanity for longer time. Those people will become immortal.

I would like to convey my hearty congratulations to **Mr.M.V.Kannan**, Ex ISRO Scientist and my colleague for 40 years in ISRO and another 11 years as **our Trustee for making our Academyimmortal by adding our contributions to the Society for the past 23 years.** The website created by Mr.Kannan, **bhojraj.tripod.com** contains all the newsletters produced since 2000 which I personally feel worth reading to know our services rendered for more than three decades to the society. Mr.M.V.Kannan will be honoured in the coming Anniversary as Special Guest of Honour by the Academy for his yeoman services to the Society in general and to our Academy in particular. **Mr.Suresh Palyam** also will honoured with a special memento for his great services to the Academy as Trustee.



Mr.Kannan in the centre and Mr.Suresh Palayam third from right in the photo taken in OOTY school quiz programme

Similarly, SIRP 1 Project Director, **Mrs.Latha Murali**, SIRP Project Director, **Mrs.Aarthi R** and HIRP Project Director, **Ms.Kallolini** will be

honoured for their selfless service to the humanity with these research projects.

Mr.Arunachalam has been nominated as the Chairman of Organizing Committee for 11th Anniversary function with Mrs.Jija Subramanian, Mr.Sundramurthy, Mrs.Reshma and Mrs Shanthamma as members.

I use this forum to thank Mr.Raju of Raytec Computer Education for training me in MS-WORD mainly for producing the newsletters. If you see any improvement in formatting it is mainly due to his training and I am preparing to learn more in any field.



ELECTRO HOMEOPATHY CONFERENCE ON 13TH JAN 2023

I once again wish you all a very productive year of 2023 and move towards the dream of making INDIA as the origin of Wellness Country for the entire world not only in words but also in deeds.

H.BHOJRAJ, CHAIRMAN, AAA



ACCOUNTS STATEMENT OF AAA

By Mrs.JIJA SUBRAMANIAN, Trustee,Accounts

DONATIONS RECEIVED FROM APRIL 2022 TO JANUARY 2023

APRIL 2022 to DECEMBER 2022

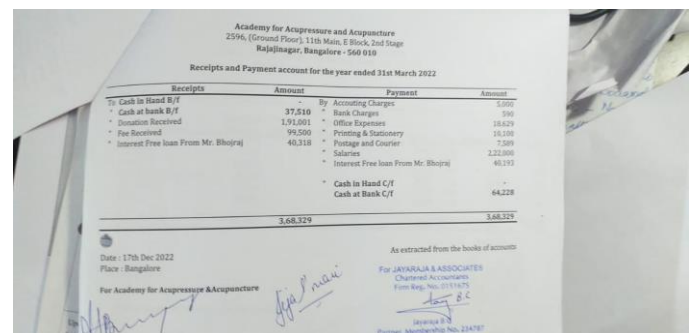
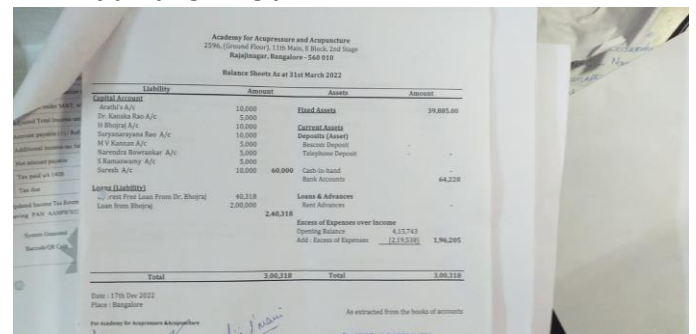
Dr.Alexander Thomas	Rs 7500
Dr.Shanmuganathan	Rs.7500
Mr.Palani, Chennai	Rs.5000
Mrs.J.Vidya, Chennai	Rs.3000
Mr.Nagulan Joghee	Rs.5000
Mr. Dhanabal	Rs.5000
Mr. Harit Mehta, Mumbai	Rs.10000
Mr.Neelam Achuta Rao	Rs.20000
Mr.Rajendran J , Bangalore	Rs.20000
Mr.Nargunam, Chennai	Rs.5000
Mr.Sankar Subbu, Coimbatore	Rs.7000
Mr.Atul Thakar Pune	Rs 5000

Total individual donations Rs.1,00,000
Course registration and books Rs.1,16,795

Total Rs.2,16,795

Expenditure Rs.1,89,802
Available Balance in the bank Rs.26,993

The Income Tax returns for the financial year 2022-2023 has been filed by our Auditors. We are planning to apply for 80G with Income Tax authorities this year so that Companies and Individuals get the tax concession for their donation for this noble cause of propagating preventive health care.



Academy for Acupressure and Acupuncture 25/6, (Ground Floor), 11th Main, 8 Block, 3rd Stage Rajajinagar, Bangalore - 560 019			
Receipts and Payment account for the year ended 31st March 2022			
Receipts		Payment	
	Amount		Amount
To Cash in Hand B/F	37,519	By Accounting Charges	1,900
To Cash at bank B/F	1,91,093	By Bank Charges	590
To Donation Received	96,500	By Office Expenses	38,529
To Fee Received	40,318	By Printing & Stationery	18,180
To Interest Free loan From Mr. Bhojraj		By Postage and Courier	7,389
		By Salaries	2,23,096
		By Interest Free loan From Mr. Bhojraj	40,193
		By Cash in Hand C/T	
		By Cash at Bank C/T	64,228
	3,68,329		3,68,329

Date: 17th Dec 2022
Place: Bangalore
For Academy for Acupressure & Acupuncture

As extracted from the books of account
For JAINALIA & ASSOCIATES
Chartered Accountants
Firm Reg. No. 0171675
BANGALORE
Firm No. 24767

Accounts statements were sent to all Trustees for approval

CASE HISTORY

Acupuncture Treatment Cured my PCOD problem says Ms. Afreen Naaz 22 Yrs Chartered Accountant Student.

Nearly for the past one year my monthly cycles were not regular and I consulted the Gynaecologist and I used to take the hormone tablets to get my periods. If I leave the tablet for even a month, the delay will be there and it used to be very painful with heavy bleeding for many days. As my sister **Ms. Reshma** wanted to join Acupuncture course in the Academy, we visited Dr. Bhojraj and explained my problem. He gave me only once Acupuncture treatment on Sp-6, Liv-1, Lu-7 and P-9 and asked me to activate the points daily with finger pressure. Though it was slightly delayed I got my periods without any pain for the first time two months back. Doctor advised me to continue acupressure daily and walk for 30 minutes every day. To my surprise, past two months I got my normal periods in time and without any pain. I am very thankful to the Doctor who gave me such simple solution for this complicated problem. I will take an ultrasound scan and report back to the Academy next month.

NEGATIVE EMOTIONAL ENERGY CAN REMAIN WITHIN THE BODY POTENTIALLY CAUSING SIGNIFICANT PHYSICAL AND EMOTIONAL STRESS. RELEASE YOUR TRAPPED EMOTIONS FIRST TO BECOME HEALTHY.

ELECTROHOMEOPATHY- AN INTRODUCTION

By Dr. Beena, Dentist, Acupuncture and Electrohomeopathy Practitioner Ph.7259177107

Electrohomeopathy is a system of medicine, whose remedies include a combination of **bio-energy from plants** (Phyto molecules), which are used for maintaining a healthy balance throughout the organic body. Electro (Bio energy contents), homeo (Homeostasis) and pathy (System).

It is based on the approach of curing the patient not the disease-by restoring and balancing homeostasis in all the three levels, **water and minerals, body temperature and chemical levels.** It is plant based system discovered in 1865 by a famous Italian Count Cesar Mattie. This alternate form of medicine extracted from plants processed in a special technique called "**spagyric**" method which is a technique of separation, purification and recombination. The toxic components are also eliminated during the manufacturing process.

It is very safe and free of any side effects. It provides therapeutic support to organs and systems of the body. It restores equilibrium of energy in the organs. It eliminates root cause of the system instead of managing symptoms. It initiates self healing to restore the bio-chemical, psycho-emotional and temperament of the body.



The duration of treatment varies from few weeks to few months depending on the condition of the patient and they are allowed to continue any other system of medicine including Allopathy.

Initially, the healing reaction can be observed in few cases which can aggravate the symptoms for

few days which is a good indicator for the permanent cure.

Normally few drops are taken directly on the tongue or dilution with water before or after food. One can observe the results within a day or two but to be continued for a minimum of two weeks.

Prevention is better than cure. These medicines improve the immunity of the system that helps a person to fight against the diseases according to their temperament. The medicine has no side effects.



Chairman with Dr.Beena and Mr.Naveen Lakkur

Mr.Rehanul Huda established Electrohomeopathic Research Foundation in India in the year 2013 and started training hundreds of students in this wonderful system all over India especially in Delhi and Bangalore.

The Foundation celebrated the Originator **Mr.Count Cesar Matti's** 214th Birth Day in Gandhi Bhavan , Bangalore on 13th January 2023. **Dr.Shripad A Patil**, Professor of Neuron Microbiology, NIMHANS inaugurated the celebration and expressed his whole hearted support for proper research in this field. As guest of honour, Mr.Naveen Lakkur, Chief Innovative Coach appreciated the efforts of the foundation for its extraordinary achievements and kept the audience spellbound for 30 minutes how they can become extra-ordinary by doing simple things with little extra interest. Dr.H.Bhojraj, expressed his whole hearted support from the Academy to Dr.Huda and agreed in principle to join the team for conducting the next course in Bangalore. Dr.Hemlatha, retired Colonel in Army not only appreciated the effectiveness of

Electrohomeopathy in her practice after learning from Dr.Huda but also explained her own experience in curing tooth pain and burns with electro medicine being an MBBS doctor herself for 51 years.



Dr.Giridhar Gopal welcomes the guests and explained the purpose of the celebration.

Dr.Huda in his concluding remarks expressed his desire to take it in a big way to the common man and the research results have given significant inputs to convince the Government to approve it as a system of medicine along with AYUSH. He also thanked Dr.Giridhar Gopal and Dr.Beena for taking it up for spreading this core knowledge to many practioners in Bangalore. He also promised to personally come and conduct the course within a couple of months.

Dr.Giridhar Gopal, promoting this system in Bangalore thanked Dr.Beena and her team for working tirelessly to make this function a grand success. Dr.Beena, Dentist by profession not only presented the theory of Electrohomeopathy in the seminar but also proposed the vote of thanks.

HEARING IMPROVEMENT RESEARCH INTRODUCTION

THE EAR RELATED PROBLEMS

The ears and eyes are vulnerable to many disorders, ranging from excessive noise and light to the natural degeneration of the senses due to age. Hearing and vision are mutually supportive, so that when one of them suffers reduced

performance, the other may become more acute as a way of compensating. Some sensory disorders may be inherited. It is important to diagnose and correct ear and eye problems in young children as soon as possible because crucial learning is affected during the early years. Since we have already explained the importance of eye power in our Sight Improvement Research Projects 1 and 2, we thought it is also important to maintain the hearing loss as we are aging. Activating the ear points in and around the ear can not only maintain but also has the potential to improve the hearing.

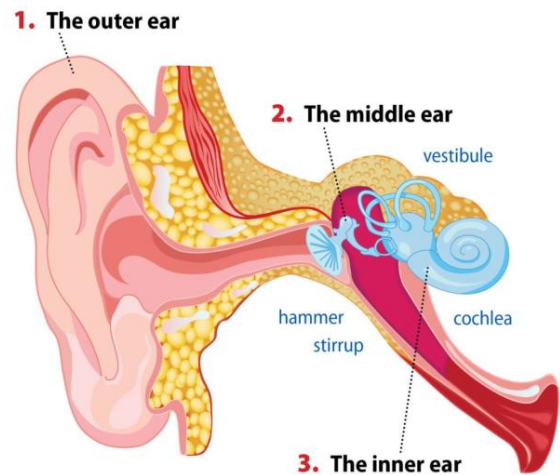
How to check the present condition of the ear and how to check the improvement after the activation of the points for a minimum of three months are the main questions in our minds. The surest way is to go to the ENT specialist and perform the audiometry test for both ears. This should be done by all above 60 years once in three years to observe the degradation rate. But with acupressure activation, one can reasonably maintain the hearing ability and possibly improve the hearing ability as we age. The Academy has taken these initial steps for disclosing the important points for activating the acupoints near the ear daily and also check the initial hearing test with TV volume as a first cut record for our experiment without spending on the audio test. Initially, we found this method was giving quantitative results but with a lot of uncertainties. But the frequency of hearing application has given accurate results. This application was sent to all participants to check their hearing frequency.

Normally up to 40 years, one can hear up to 12000 Hz,

- At 50 years up to 10000Hz,
- At 60 years up to 8000Hz,
- At 70 years up to 7000 Hz,
- At 80 years up to 6000Hz and
- above 90 years up to 5000 Hz.

This is mainly due to the ageing factor; the auditory nerves slowly deteriorate.

In this experiment, the initial and final measurements done by the participants not only showed improvement in frequency of hearing but also so many other benefits.



S R. N O.	NAME	A GE	MARC H 1 ST 2022	APRIL 1 ST 2022	MAY 1 ST 2022	JUNE 1 ST 2022
1.	E.S.H.MURTHY	61	6900	7400	7400	7800 Hz
2.	K.S.SREEDHARA	63	11000	11000	N/A	11300 Hz
3.	DINESH CHUGH	64	7200	7800	N/A	N/A
4.	Mrs.CHERYL PAREIRA	64	7200	7800	8000	8400 Hz
5.	Mrs.PADMA KRISHNAN	65	7400	7934	7700	8200 Hz
6.	Mrs.ASHALATHA	65	7800	7800	8000	8250 Hz
7.	Mrs.PRAMILA	70	N/A	6400	6500	6700 Hz
8.	Mrs.HARJIT NAGPAL	70	N/A	6500	6800	6800 Hz

Those interested in joining our next Hearing Improvement classes weekly once for 3 months can register by paying a donation of Rs.2000 to our Academy and WhatsApp your name with age to Dr.Bhojraj 9845649914. Hearing Improvement Group will be formed and Classes will start from last week of February.The weekly class will be conducted by Dr.Bhojraj himself. We need a minimum of 50 in a batch.

PHONE 98456 49914 REGISTER FIRST

AAA TRUSTEES MEETING ON 19TH JANUARY 2023 by Mrs.Jija Subramanian

The first meeting of the year 2023 was conducted on line by Zoom Meeting at 5pm on 19th Jan 2023 mainly to discuss the upcoming 11th Anniversary and also to take stock of our last year performance. Chairman, Dr.H.Bhojraj welcomed all the Trustees and also the invitees for this important meeting. He expressed his thanks for the whole hearted support of all Trustees and expressed that 2022 had been the best year for our Academy for the research on both pilot projects of eye improvement and hearing improvement had given positive results.

In principle everyone agreed to donate Rs 5000 every year on or before 31st Jan to take care of the financial needs.

It was also decided to postpone the Anniversary to March first week and fix a moderate venue in the Central Business District. Mr.Arunachalam was nominated as Chairman of the Committee and requested to plan with Mrs Jija, Mrs.Reshma and Mrs. Shanthamma for the function.

It was also decided to honour senior members Mr.M.V.Kannan and Mr.Palyam Suresh for their immense contribution for the growth of our Academy. It was also decided to honour Mrs.Latha Murali, Mrs.Aarthi and Ms.Kallolini for their leadership in the research projects.

The Annual Accounts were audited for the financial year 2022-23 by our Auditors which was approved by the Trustees. The present financial position was presented by Mrs.Jija , Trustee Finance which showed in negative as on date. It was decided in principle to conduct one day and Advance courses at the earlier to generate more funds for the research projects.

The meeting ended with vote of thanks by Mrs.Jija Subramanian.

OBSERVATION BY Mr.MURUGAPPAN Senior Citizen from Coimbatore

I read your contents in the newsletter with interest and I do hope the present Government will give importance to Alternate Medicines. The book on the vision improvement is very interesting to read.

My question is “ **Can it be done by the people who had already undergone cataract surgery?**” for improving the vision and also taking care of retina.

Thanks to Mr.Murugappan for his compliments and best wishes. ***Yes. It can be practiced after six months of cataract operation for improving and protecting the retina.*** Ultimately the toxins in the body have to be removed with Ayurveda or Naturopathy so that we get improvement faster. This has the potential to postpone the surgery for longer time for senior citizens.

BHOJRAJ

KARKATAKA BADAGA GOWDAS ASSOCIATION UPDATE

A representative part of the Indigenous Badaga community people from Nilgiris are currently living in most parts of the world. The present generation is moderately educated and many professionals have reasonably achieved very high positions in their careers. Approximately around 1000 Badaga folks are said to be working as professionals in Bangalore according to informal estimate. Thanks to the Information Technology Industry which has done very well till date and currently going through the recession due to post COVID socio-economic effects. **But the Badaga Community as a whole is very much below the poverty line and comes under indigenous tribes of Nilgiris, who have been living for more than 1000 years as per government declared records with unique culture and values.** Mr.Saravanan, President, KBGA has extended his full support for the Restoration of the ST Status being one of the ethnic community of Nilgiris by the Central Government, so that the Parliament passes the Scheduled Tribes Bill. The ethnic community and its language is in the verge of endangerment as tribes and their unique culture will not be preserved without this tag, according to UN Report. As a Badaga I am proud to say that I could achieve the top position in ISRO without the tag of ST. But the aboriginal identity has to be restored which was withdrawn in 1951 to improve the living condition of Badaga Community as a whole for the future.



THE BADAGA FOOTBALLS TEAMS MATCH PLAYED ON 15TH Jan 2023



THE ETHNIC BADAGAS CELEBRATING PONGAL IN AJMEERA INFINITY ON 21ST JAN

ADVANCE ACUPUNCTURE COURSE 2023

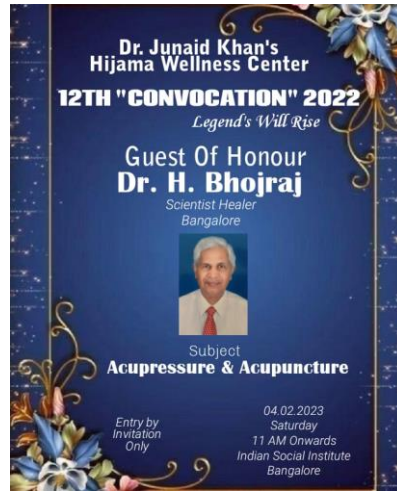
By.Aarthi R

As planned, the advance Acupuncture online course started on 21st January 2023 and the Introductory free class was attended by 10 people from various parts of India. The Endocrine System and the Immune system were covered and also the effect of stress on these systems. The lecture was well received by the participants. The Acu-Meditation and Zen Meditation were also taught and practiced for 5 minutes. The 28th class was attended by 12 people including practioners of acupuncture who have shown keen interest to repeat the course. The health and disease concept as well as illness verses wellness was covered in the class. The class was recorded and will be sent to those people who pay their first instalment within a week. The course book will be sent by speed post. New members also can join this one year course conducted every Saturday at 5 PM to 6 30 PM in two sessions with a tea break at 5 40 PM.

Those who have a degree in any field can join this Certificate course. Contact Mrs Aarthi Ph.9886326581.

WHAT IS CUPPING THERAPY?

Cupping Therapy is creating vacuum in the cup at Acupuncture points with local suction. Due to the



pressure difference blood rushes to the area and cures the pain. It is a type of deep tissue massage. Safe for people if done properly by a trained

person.

Dr.Junaid Khan's Hijama Wellness Centre not only treats with cupping therapy but also trains for one year and issues certificate for practising.

ONE DAY ACUPRESSURE COURSE

ON 5TH MARCH 2023

10 AM TO 4 PM. ONE DAY TRAINING

FEE Rs.2500.

11TH ANNIVERSARY CELEBRATIONS

4 PM TO 5 PM

ALL DONORS AND WELLWISHERS ARE REQUESTED TO ATTEND.

HOTEL PARAG, RAJ BHAVAN ROAD, BANGALORE

EDITORIAL COMMITTEE

Dr.H.BHOJRAJ, Mr.NAGULAN JOGHEE,
Mr.SUNDRAMURTHY, Mr.SIVAKUMAR BELLAN,
Mrs.JIJA SUBRAMANIAN, Mrs.AARTHI R

