

ACU WELLNESS

JUNE-JULY 2022

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

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

PH-9845649914 | VOL-11 NO.05 | [HTTP//BHOJRAJ.TRIPOD.COM](http://BHOJRAJ.TRIPOD.COM)

FROM THE CHAIRMAN'S DESK



In Pic: With Mr Nargunam and Mrs Usha who celebrated their Golden Jubilee Anniversary on 8th June 2022. Hearty congratulations to them and wish them healthy, happy and productive long life together.

Dear Friends,

We are very glad to know our Indian Economy is bouncing back with a steady increase of record GST collection for the past three months despite the international tensions.

As the Nation returns to normal mode our Academy also found a part-time office space in Rajajinagar and we have humbly started our Acupressure Training activities. Though it will take some time to start treatment in Acupuncture, the available space can be used to train teachers for motivating the students of

the Schools to start preventive health care, especially for the eyes.

Our Hearing Improvement Research Programme (HIRP) headed by Mrs Kallolini Patro has come to an end on 1st June 2022. The data collated has given very encouraging results. I presented a paper on the same during the '2nd World Congress on Traditional Medicine' held on 18th and 19th June 2022 at the Ambedkar Bhavan in Bangalore which has been organized by the Holistic Medical Research Foundation. The presentation was well received by the international audience. As a member of the Organizing Committee, I invited all the Alternate Therapists in Bangalore to attend positively and gain knowledge from experts across the globe.

Meanwhile, **our long-time dream of getting recognition for Acupuncture as a preventive healthcare system is likely to be accepted by the Karnataka Government.** The present Chief Minister has shown keen interest in this regard. The ASHA workers can be trained to use emergency points like H-9 during an

emergency and to also keep themselves healthy. Once approved, the Government can allot funds for preventive health care systems like Yoga and Acupressure.

We are planning to start a Preventive Health Care Centre for pre-diabetics and essential hypertensive people to avoid medication by using acupressure points. The research on this will be taken up once the approval comes for Acupuncture as a system like AYUSH. The pandemic period proved that we could cure many problems with home remedies. Let us give a thrust for drugless solutions along with Modern System which requires intervention.

On my recent visit to Ooty for the bicentennial celebration of John Sullivan establishing the modern Ooty with a building built in 1823, I interacted with a few people who are ready to establish a Preventive Health Care Centre near Kotagiri or Mettupalayam. The talks are on and our trained teachers will soon begin training people for the first few months once the centre has been established. **So, all trained Acu-Therapists - Get ready to spend some time in Nilgiris in the near future!**

I request all the Therapists to record your observations for at least three months and submit the results to our Academy for records. To get the recognition we need a minimum of 1,000 Therapists to register with us to get the license for practising Acupuncture in Karnataka. Our state is leading in all fields. We must now work towards leading in Alternate Therapies not only in India but also in the world.

I record my appreciation to Shri S V Ranganath, former Chief Secretary of Karnataka not only for attending our 10th Anniversary Lunch at Hotel Chalukya but also for sharing his knowledge to improve long time memory.

As many new research programmes are planned for the future, I request all the therapists to visit our centre in Rajajinagar between 3 to 5 PM at least once a month with research records for a discussion.

I wish all of you a very healthy, happy and productive life.

H BHOJRAJ, Chairman AAA

AAA DONATION BOX

Mr Sanjay Sitram: Rs 1,000

Mrs Premashree: Rs 1,000

Dr Alexander: Rs 7,500

Dr Shanmugam: Rs 7,500

Mrs Aarthi K: Rs 1,000

Mr Suhas: Rs 1,000

Mr Palani: Rs 1,000

Mr Manish Kumar: Rs 1,000

Mrs Bhavani Kalsi: Rs 1,000

HIRP DONATION: Rs 4,000

TOTAL INCOME Rs 30,000

THANK YOU FOR YOUR SUPPORT!

EXPENDITURE

SALARIES -OFFICE ASSISTANT Rs 20,000

DRIVER /HELPER Rs 10,000

CHLUKYA LUNCH MEETING Rs 10,000

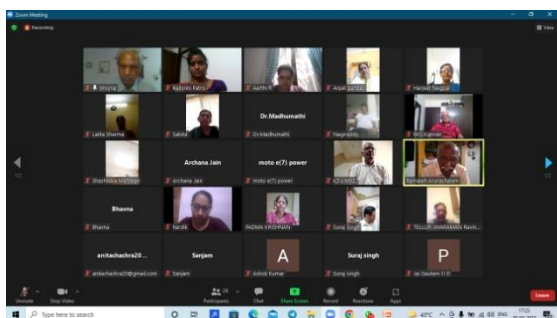
TOTAL Rs 40,000

AAA NEWS, EVENTS & SPECIAL PROJECTS

THE HEARING IMPROVEMENT RESEARCH PROJECT(HIRP) REVIEW BY APEX REVIEW COMMITTEE (30-04-2022)

By Mrs KALLOLINI PATRO, PROJECT DIRECTOR - HIRP

The Apex Review Committee (ARC) headed by Dr H Bhojraj conducted a review meeting on 30th April 2022 at 5pm. All review committee members Mr Arunachalam, Mr M V Kannan, Mr Sundaramurthy and Mrs Aarthi R were present in the meeting.



The meeting started with the welcome address and introduction of the participants. Dr H Bhojraj, explained the objective of this project which is to establish a fool proof method with evidence to prevent the hearing loss for the people above 60 years. He also told it should become a national movement for old people who can easily delay the natural degeneration of audio nerves as we are aging. He also told that every month new participants will be added and monitored for three months.

Mrs Kallolini called all the practitioners and asked them to give their frequency response - before joining and after one or

two months of practice. It was found that the hearing frequency improved in almost all cases and a few cases have seen significant improvement. No one reported any reduction or any adverse effect so far.

The tabulation of their progress will be published after the third month of continuous practice. All review committee members also voiced the same opinion and appreciated the efforts of the Academy.

It was also decided to give this technique free to all old age homes if they organize a Zoom Meeting for initial training.

ACUPRESSURE INTRODUCTORY LECTURE TO TEACHERS OF EAST WEST SCHOOL RAJAJINAGAR ON 4TH MAY 2022

BY JIJA SUBRAMANIAN

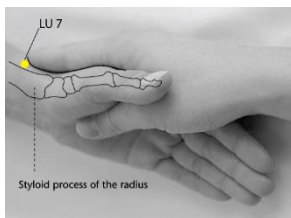
The Academy took the initiative to conduct a 10-day course for the common people in Rajajinagar Area. The Authorities of East West School in Rajajinagar were kind enough to offer their class room to be used for this course. Due to the heavy rains on the day of free introductory lecture, the classes were cancelled. However, the Principal agreed for an introductory lecture on Acupressure, for their teachers on 4th May 2022.



The introductory talk by our chairman was attended by 20 teachers who appreciated the simple solutions for headache, hyper acidity and learnt the points to improve concentration for children. They were also given the acu points to improve the eye sight and hearing.



I co-ordinated this programme shared my own experience of treating my children for the past 14 years and now also my grandchild mainly using the acupoints for cold with Lu 7 reduction.



Interested teachers may come forward to attend a 5-day course on Acupressure at our new venue.



ACADEMY'S 10TH ANNIVERSARY LUNCH AT HOTEL CHALUKYA ON 15TH MAY 2022.

As announced by Chairman at our 10th Anniversary virtual function on 10th March 2022, all the participants were invited for a get together at Hotel Chalukya on 15th May 2022. About 20 people including Shri S V Ranganath participated in the informal function and extended their unconditional support to our Academy for Acupressure and Acupuncture (AAA).

It was a nostalgic moment for us as at the same venue our academy was inaugurated in the year 2012 by the former DGP Shri Neelam Achuta Rao and retired ISRO Distinguished Scientist Dr Surendra Pal. Due to exigencies both could not participate this time though they attended the virtual function on 10th March.

Shri S V Ranganath, former Chief Secretary Government of Karnataka (GoK) not only attended the Chalukya meeting but also shared interesting tips to improve the memory power. The informal meeting started with a self-introduction by all participants and them sharing their positive experience using acupressure.



The SIRP-II result was then explained by Mr Sundaramurthy which has been very encouraging to take it to schools by the team at AAA. The HIRP results were also explained by Prof Arunachalam which has also shown good improvement for most of the

participants though he himself could not see any improvement.



Dr Bhojraj, in his concluding remarks, mentioned the efforts needed to get the approval for

this scientific system which has shown encouraging results for the young as well as the aged participants. He requested all the acupuncture practitioners to take up this scientific system to every nook and corner of Karnataka especially to all the village schools and teach them the technique to keep their eyes in excellent condition. He specifically mentioned that our Karnataka should lead the rest of India in alternate systems like many other high-tech fields.

Dr Bhojraj introduced the raw vegetables which has the potential to cure any disease if taken raw form or juice form for few days. Most of the participants wanted to try the technique after consulting the experts in this line. He also explained how one can solve the Essential Hyper Tension with Acupressure and some of them showed interest to start a research project based on their own experience.



Acupuncture specialist Mrs Latha Murli along with Mrs Jyothika (SIRP-I Research

Associate) attended the meeting and presented her latest book on acupressure to the chairman. The chairman not only appreciated her efforts to solve complicated diseases using acupuncture but also advised

her to start a hospital in Malleswaram for the benefit of all people coming from outstation for acupuncture treatment.

The meeting ended with a formal vote of thanks by Trustee (Accounts) Mrs Jija Subramanian.

AAA TRUSTEES MEETING ON 18-05-2022

An online Zoom Meeting was called on 18th May at 3.30 PM for a discussion on opening a Preventive Health Care Centre in Subramanianagar near East West School, Rajajinagar. The chairman welcomed the members and practitioners for the meeting and explained the need for a place to restart the offline research activities and also for treating patients.

With the initiative of Mrs Jija Subramanian, the East West School Management agreed in principle to offer their playschool hall for our training and treatment activities from 1st June 2022 between 3 PM and 6 PM. A preliminary introductory lecture on acupressure was also conducted in the school premises which was attended by 20 teachers. All the participants appreciated the simple techniques explained to them to improve their eyesight and memory.

Based on this background, the chairman wanted all the Trustees to give their feedback to open the Preventive Health Care Centre mainly to take care of the training for teachers and through them, the students. It was also decided to include eyesight improvement for students below 20 years and hearing improvement for elders aged 60 years and above.

The other suggestions included introducing preventive acupressure for pre diabetics and essential hypertension for people below 40

years. It was suggested that people can be monitored for their HbA1C every three months for one year for pre-diabetics and every week BP check-up for minimum three months for youngsters with essential HT. This project will be implemented in any part of our country with our trained practitioners. It was decided in principle to go ahead with the project and create sufficient awareness among the local people in and around Rajajinagar to utilise the centre to avoid medication in the long run for Diabetes and HT.



PREVENTIVE HEALTH CARE CENTRE

Now Open!

Acu Treatment & Training

GET TRAINED

- 5-DAY BASIC ACUPRESSURE COURSE
- 1-YEAR COURSE IN ADVANCE ACUPRESSURE & ACUPUNCTURE

FOR DETAILS CONTACT: Mrs Jija S (+91 99861 68181 / Dr Bhojraj (+91 98456 49914)

GET TREATED

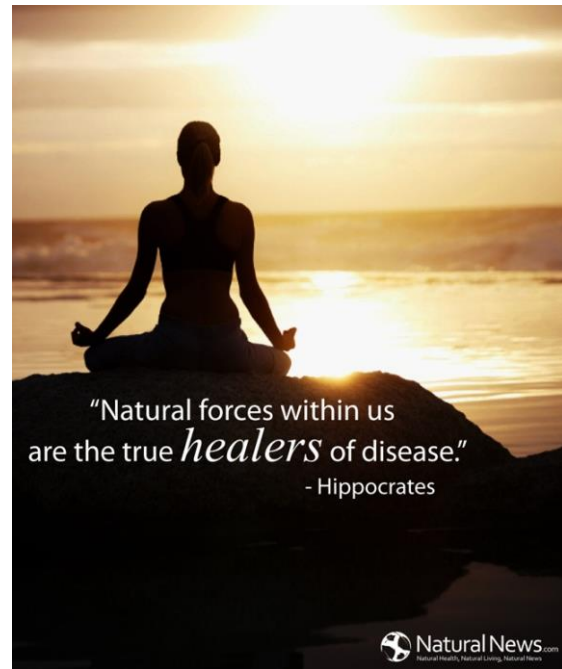
- EYESIGHT IMPROVEMENT
- HEARING PROBLEMS
- PRE-DIABETES
- ESSENTIAL HT
- HbA1C < 6.7

HOLISTIC CARE!!!!

FOR CLINIC APPOINTMENTS CONTACT: Mr Nagesh (+91 88616 96026)

ADDRESS: 1952, 8th Main Road, E Block, II Stage, Rajajinagar, Bangalore - 560 010

OFFICIAL WEBSITE:
<https://bhojraj.tripod.com>



MEETING WITH EAST WEST SCHOOL AUTHORITIES ON 23rd MAY 2022

AAA Chairman Dr H Bhojraj and Mrs Jija S, Incharge of Preventive Health Care programme met the East West school Principal Mrs Vijayalakshmi and explained about the preventive health care plan, especially for children wearing spectacles. It was planned to train the teachers for five days and through them, train the students wearing spectacles.



We also explained the need for preventing prediabetics for middle age people using self-

acupressure and diet control. Similarly, the plan to train people with high BP with acupressure points to avoid taking lifelong tablets. We explained how the centre can also take care of elders to prevent hearing loss by self-activating the acupressure points.

After listening to us, she agreed in principle to provide the hall between 3pm and 6pm and also agreed to be present on 30th May for the inauguration of the centre at 4 30 pm as the Chief Guest. Mrs Jija presented a book on Acupressure and Fitness and Dr Bhojraj presented a book Basics of Spacecraft Systems for high school students.



Mr Soma from Malaysia on 27th May at the Hotel Holiday Inn from 11 AM to 3 PM.

Nearly 50 people from Bangalore participated in this free seminar and almost all of them were impressed with the capability of this instrument.

Mr Soma explained the principle behind this instrument and theoretically explained how this energy wave touches the deep tissues and bones to produce the conducive atmosphere inside the cells in order to produce the chemicals needed for its survival and reproduction.



TERRAHERTZ TECHNOLOGY TO ENHANCE YOUR NATURAL HEALING POWER

SEMINAR BY Mr SOMA FROM MALAYSIA ON 27TH MAY 2022.

The terahertz technology was used widely to enhance the power of natural healing since the exposure of energy waves make the water molecules in the human cells to de-cluster and work very efficient. An instrument to produce these energy waves was explained by

It was very convincing when demonstrated the energy increase in the body just by holding the charged water in the hand. With charged water and exposure of terra waves to the pancreas he could come out of diabetes and live without medication for the past few years.



A lady who used this instrument could cure her varicose veins within three months shared

her experience to the participants. She also observed new hair growth in her scalp.

Mr Soma cautioned that for lung problems, one should be very care careful in giving energy as the unwanted fluid release may aggravate the condition. He also emphasised that the water intake must be balanced by water loss. Everyone(adult) should have at least 2L of water every day i.e. 30ml/Kg weight.

He said by blowing with terahertz energy on CV and GV meridians for 30 minutes regularly will improve the overall health within few weeks. **The cost of the instrument for personal use is about 30k which is likely to be hiked due to import duty.**

This instrument is certified by Chinese Academy of Sciences. On trial basis one demo instrument is being used at our training centre in Rajajinagar.

Those interested may contact Dr H Bhojraj or Mrs Jija Subramanian between 3 PM and 6 PM after taking prior appointment by phone. 9845649914/9986168181

HEARING IMPROVEMENT SPECIAL LECTURE TO SENIOR CITIZENS ON 28TH MAY 2022

A special lecture programme was organized by the Athashri Whitefield senior citizens apartments in Bangalore on 28th May 2022.

The interactive meeting with senior citizens and discussion of acupressure solutions for improving their hearing and eyesight was organized by Mrs Rama Narayanaswamy based on her interactions with Ms Kallolini, Project director of HIRP.

After a formal welcome by Mr Raja, 90 years young Mrs Malini introduced Dr Bhojraj, Mr

Arunachalam and Mr Sundaramurthy to the audience with people in the age group - 55 to 90 years.



After the brief theory on hearing, the acu points to improve hearing was demonstrated to everyone by Mr Arunachalam. The sound measuring application was also explained in detail to them. It is heartening to note that two of them could observe a difference after the very first-time activation of these acu points!



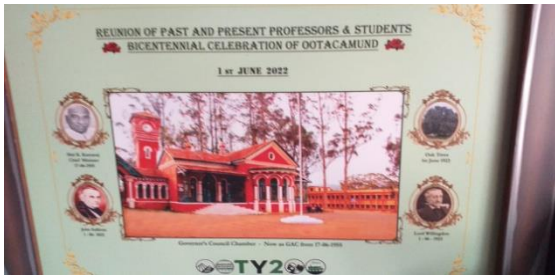
The eye points were demonstrated by Mr Sundaramurthy and many of them showed keen interest to follow the routine. Some of them have already been initiated by Mrs Kallolini.

The organizers requested Dr Bhojraj for personal consultation and acupressure treatment for a few people which was readily obliged by the team.



It was decided in principle to visit once a month for next two months and monitor their progress directly by the team.

THE BICENTENNIAL CELEBRATIONS IN OOTY GOVERNMENT ARTS COLLEGE



JOHN SULLIVAN 1-6-1823 (200 YR BUILDING)

FOUNDING DAY OF MODERN OOTY

AAA Chairman Dr H Bhojraj was invited by the Celebration Committee as the Guest of Honour for the function conducted on 1st June 2022 at the college starting 10 AM. Justice Sathish Kumar, Madras High Court was the Chief Guest.

The grand celebration was organised by Prof. Eashwara Murthy, Principal and Prof. Subbiah 82 years young former Professor of Zoology. The function was also attended by Prof. Devaraj, Ex. Vice Chairman UGC and many more achievers from this college.



Dr Bhojraj in his talk insisted that the students must take up the studies which they like and gave them tips to improve their long-term memory.

PREVENTIVE HEALTH CARE CENTRE IN NILGIRIS

Dr H Bhojraj, Chairman AAA had a meeting with Mr Ramakrishnan, Founder of NAKKUBETTA TV and discussed the possibility to create awareness about simple healing therapies among the students. The eye improvement research (SIRP) and hearing improvement research (HIRP) results were also explained for starting a preventive health care centre in NILGIRIS.



It was decided in principle to promote preventive health care systems among all communities in Nilgiris particularly for the Badagas who live in the villages.

It was also agreed in principle to support the Nakku Betta Foundation to start a training centre close to Kotagiri depending on the availability of a suitable hall for training. AAA agreed to support the idea and depute its experts from Bangalore for the in-house training. Mrs Meera Bhojraj, AAA Trustee also took part in the meeting.

REMEMBER...

**“A HEALTHY OUTSIDE STARTS FROM THE
INSIDE”**

- ROBERT URICH

PREVENTIVE HEALTH CARE CAMP FOR CORPORATES

By Mrs Vidya V



We already know that Dr Bhojraj had started a pilot program at Excel Die casting, Chennai as a “Preventive health care camp for corporates”. This was primarily intended to give awareness on the general well-being for employees. Myself, Vidya who has finished the Advanced Acupressure and Acupuncture course under his guidance facilitated him in conducting this program in Chennai.

We had started this program in Excel Die casting, a company founded by Mr N Nargunam in Chennai that was started with just five employees in 1986. Today it has grown to have more than 280 employees supplying quality castings to Automobile industries.

We had initiated this health camp on 25th September 2021 with an ‘awareness talk’ on Preventive healthcare. We followed it up by meeting the employees weekly once to treat them for their ailments, in the last six months.

On 9th June Dr Bhojraj sir visited the company and was welcomed by the company MD Mr Nargunam with a beautiful speech, followed by an impressive talk on acupressure and health by Dr Bhojraj sir. The employees volunteered to share their experience on successful healing with acupuncture treatment during these six months.

Later Dr Bhojraj also treated around 10 employees on the spot. During this visit, Mr

Nargunam also introduced us to a few more industrialists in Chennai. These include:

- R Selvam – Director of CAIIUC
- S Kandaswami – Director of FLOW WELL
- T Navaneethakrishnan - Director of CREATIVE FORGINGS PVT LIMITED
- G Ramesh Kanna - Director of MOTHERLAND GARMENTS in TIEMA (Thirumudivakkam Industrial Estate Manufacturers Association).



AAA held discussions on what is acupuncture and how it can be incorporated into our daily lives. We even talked about how we can introduce this to the employees of their company so that they can be benefitted. Hopefully, we can reach out and help more people with this drugless therapy.



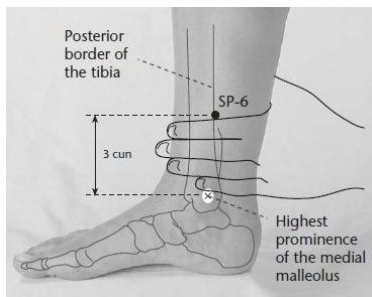
MIRACLES FROM THE ACU WORLD

BACKPAIN CURED IN ONE SITTING OF ACUPUNCTURE!

When Mr Sudharshan called me for an urgent appointment on 25th April at 12:15 pm I was wondering why he wants immediate appointment. It was already lunch time. He promised to come before 1 PM though his starting point was 10 km away.

Anyway, he came on time with his close friend **Mr Srivatsava**, a computer engineer who was unable to get up and sit comfortably due to back pain.

He told me that he was in the same condition seven years back and that his



relative - Mrs Vandana who had undergone my course at that time

had brought him in for treatment. Though he continued the follow up sittings, his main problem was solved in the first sitting according to him.

Since his close friend was suffering almost in the same condition, he forced him to get into the car and brought him to my house. I was little sceptical about his claim and asked him to express all the symptoms.

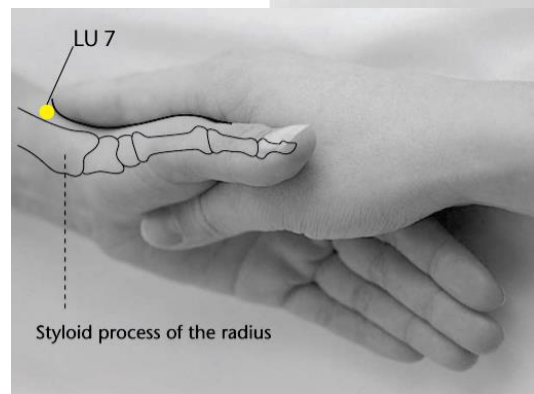
Mr Srivatsava, aged 53 years: had severe back pain once in a year and would get resolved within a week taking painkillers. Though he worked from home he was unable to even get up from the chair this time.

Before coming to me he had consulted the Ortho Specialist who assured him that surgery was not required. Relieved, he was able to get up from the chair by pressing the arms with both hands but with pain.

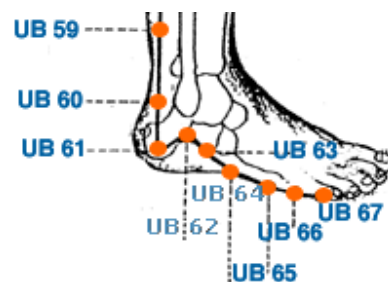
He was feeling slightly better after three days of medication when he was brought

to me. He was new for acupuncture treatment. He wanted to lay down on the bed as he could not sit in the plastic chair. I asked him to walk instead and sit once again. He was little reluctant but with lot of efforts he did it to establish the baseline.

As usual after pulse diagnosis the acupuncture needles were inserted on Sp 6, Liv-1, Lu-7 and P-7.



To give immediate relief B-66 was added after two minutes.

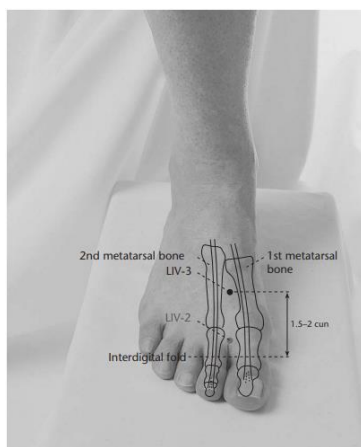


After 10 minutes

he was asked to get up walk. To his surprise he got up with little efforts and walked freely. He himself couldn't believe it. Once again, he sat in the plastic chair and got up without support and expressed his disbelief to Mr Sudharshan with happiness in his face. When they left, both of them had the satisfaction for coming all the way to get treated. He was

asked to repeat the treatment every week for four weeks. I called him on 5th May for follow up when he confirmed of complete recovery and has been using the preventive acupressure points as explained. He was advised to take care of the diet too. We wish him best of health ahead. - Dr H Bhojraj

LIV-3: MIRACLE SINGLE POINT CURE



Activating the LIV 3 acupressure point on your feet is an instant cure for vomiting. Especially for those

having travel sickness. Next time you are travelling and feeling sick, just remember to quickly activate the LIV 3 acu point and also mail your feedback to: acu_bgl@yahoo.co.in



**ACADEMY FOR
ACUPRESSURE AND ACUPUNCTURE**
Acupressure (5 Day course) and Acupuncture course
conducted in Rajajinagar, Bangalore

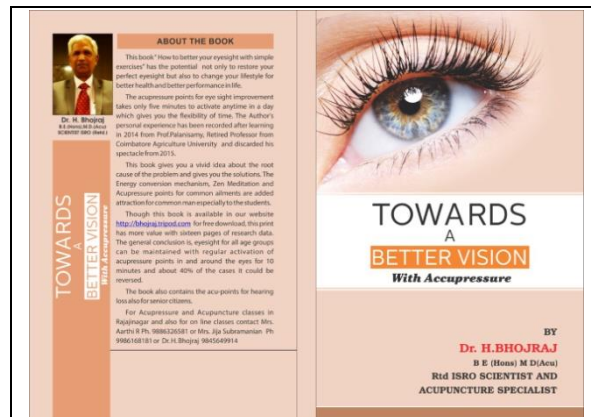
For Details contact :
Mrs. Jija Subramanian : 99861 68181
or Dr. H. Bhojraj : 98456 49914

REGULAR ACUPRESSURE COURSES ARE BEING PLANNED AT A TEMPORARY HALL AT: 1952, 8TH MAIN ROAD, E BLOCK, 2nd

STAGE, RAJAJINAGAR, NEAR EAST WEST SCHOOL.

ADVANCE ACUPUNCTURE COURSE ALSO STARTS FROM 1st July, 4 pm. Those interested in joining online and directly may register with Mrs Jija.

NEW & IMPROVED: CARE FOR VISION



OUR EYESIGHT IMPROVEMENT BOOK IS GETTING READY WITH A FRESH NEW LOOK WITH ADDITIONAL 50 PAGES OF EXTREMELY USEFUL RESEARCH DATA.

COMMERCIALY PRINTED AND SOLD FOR Rs 399. THOSE WHO ORDER FOR MINIMUM 10 COPIES WILL GET 50% DISCOUNT UNTIL 7TH JULY, 2022.

KINDLY TRANSFER THE AMOUNT TO ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

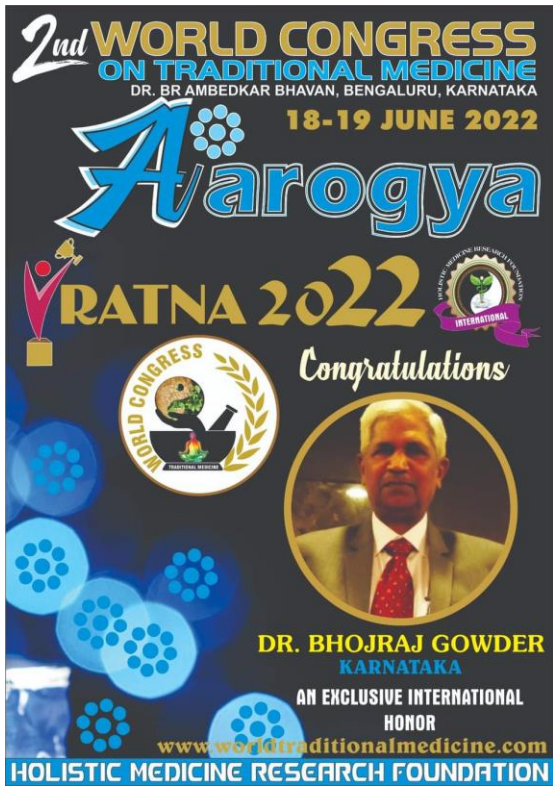
INDIAN BANK A/C 6012588256

IFS CODE IDIB000R005

PLEASE SHARE THE SCREENSHOT & ADDRESS TO Dr H BHOJRAJ, 9845649914 BY WHATSAPP.

THE BOOKS WILL BE SENT VIA COURIER BY JULY END.

HONOUR AND RECOGNITION



THE WORLD CONGRESS ON ALTERNATIVE MEDICINES WAS HELD ON 18TH AND 19TH JUNE 2022 AT Dr AMBEDKAR BHAVAN, BANGALORE



Nearly 400 people across various fields of healing sciences participated in this conference and shared their knowledge.

Dr Bhojraj, AAA Chairman not only presided over a technical session with Dr P S Sagar but also presented a paper on the Hearing Improvement Experiment (HIRP) with regular activation of Acupressure points which was well received by the august audience.

The Chairman also received the AROGYA RATNA award from **Dr JACULINE JACQUES** representing the Quantum Energy Medicine, Switzerland and **Dr Tatoyana Maul, Chancellor - Al-Farabi Kazak Nation University, Kazakhstan.**



The two-day event witnessed many presentations by experts and active discussions on various topics on holistic health and healing.



THE HEARING IMPROVEMENT EXPERIMENT WITH REGULAR

ACTIVATION OF ACUPRESSURE POINTS

By Dr H BHOJRAJ B E(HONS), MD(ACU), Rtd. ISRO SCIENTIST AND Mrs KALLOLINI PATRO, ALTERNATE THERAPIST

SYNOPSIS

The Academy for Acupressure and Acupuncture (AAA) was started in the year 2012 mainly for proving the efficacy of the system and getting recognition for Acupuncture from the Karnataka Government.

During the pandemic period, our sight improvement research project (SIRP) was completed in two phases with 200 participants. The personal experience of

one of the retired top ISRO scientists motivated our research team to conduct yet another systematic study on improving the hearing of senior citizens.

A protocol was defined by the research team. This was followed by the team conducting daily classes for three months and monitoring the hearing frequency measurements every month for our research records. The methodology of assessing the hearing improvement before starting and after three months of practise is further explained in detail in this research paper. The acupressure points are also explained in detail.

Out of the first 20 participants, all but one showed considerable improvement in their hearing frequency indicating the efficacy of self-Acupressure for maintaining the hearing ability of senior citizens.

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 using 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

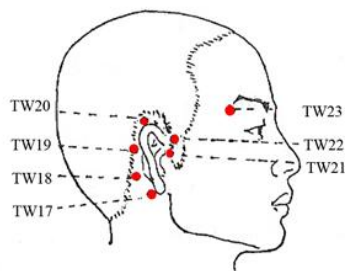
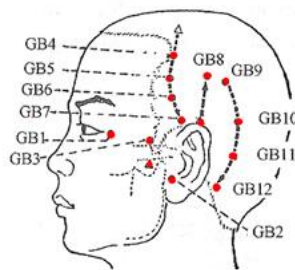
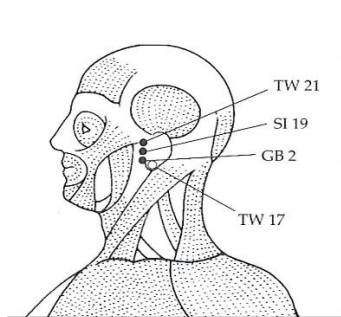
- above 90 years up to 5000 Hz.

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 had so many other benefits.

PROTOCOL OF ACUPRESSURE POINTS ACTIVATED DAILY

GB-2, SI-19, TW-21, GB-7, TW-20, GB-8,9,10,11,12, TW-17



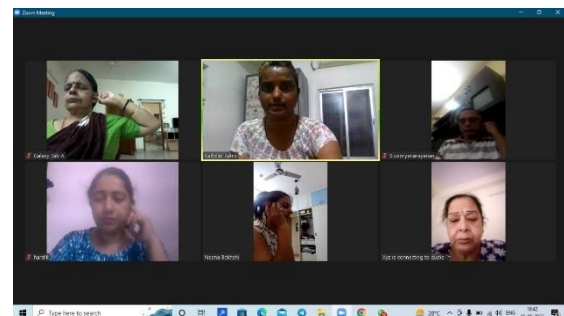
THE PARTICIPANTS WERE INSTRUCTED TO PRESS AND RELEASE 7 TIMES EVERY DAY 5 ROUNDS AROUND THE EAR (AS DEMONSTRATED IN THE MEETING) IN

THE MORNING AND EVENING PREFERABLY BETWEEN 6 TO 8 AM/PM.

ALL THESE 11 POINTS ARE IN AND AROUND THE EAR ONLY.

DATA COLLECTED OVER 4 MONTHS

| SR.N O. | NAME | A GE | MAR CH 1 ST 2022 | APR IL 1 ST 2022 | M AY 1 ST 20 22 | JUNE 1 ST 2022 |
|---------|------------------------|------|-----------------------------|-----------------------------|----------------------------|---------------------------|
| 1. | E S H MURTHY | 61 | 6900 | 740 0 | 74 00 | 7800 Hz |
| 2. | K S SREEDHAR A | 63 | 1100 0 | 110 00 | N/ A | 11300 Hz |
| 3. | DINESH CHUGH | 64 | 7200 | 780 0 | N/ A | N/A |
| 4. | Mrs CHERYL PAREIRA | 64 | 7200 | 780 0 | 80 00 | 8400 Hz |
| 5. | Mrs PADMA KRISHNAN | 65 | 7400 | 793 4 | 77 00 | 8200 Hz |
| 6. | Mrs ASHA LATHA | 65 | 7800 | 780 0 | 80 00 | 8250 Hz |
| 7. | Mrs PRAMILA | 70 | N/A | 640 0 | 65 00 | 6700 Hz |
| 8. | Mrs HARJIT NAGPAL | 70 | N/A | 650 0 | 68 00 | 6800 Hz |
| 9. | Mr NAGANAT HAN | 72 | 4500 | 300 0 | 30 00 | 4500 Hz |
| 10. | Mrs ARADHYA | 73 | N/A | N/A | 74 00 | 7421 Hz |
| 11. | Mr TELLUR RAVINDRA N | 73 | 7200 | 740 0 | 76 00 | 7700 Hz |
| 12. | Mrs INDIRA BALI | 75 | 8000 | 810 0 | 73 00 | 8000 Hz |
| 13. | Mr SAKTHI ARUNACH ALAM | 75 | 7000 | 750 0 | 85 00 | 8750 Hz |
| 14. | SANTOSH GAUTHAM | 79 | N/A | N/A | 66 54 | 6848 Hz |



ANALYSIS AND CONCLUSION

Based on the data we could conclude that the hearing ability certainly improved for almost all the participants who practiced regularly. This experiment on hearing improvement has been an eye opener for preventive health care. Though it is a natural process for old people to accept the loss of hearing, it can now be proved that regular acupressure activation in and around the ear has the potential to not only maintain your hearing but can also improve the hearing frequency.

Many people could potentially avoid hearing aids for a long time. This project can be taken up in a big way once the recognition is given to Acupuncture System in Karnataka. Since the process needs hand holding for the first three months, we need plenty of trained instructors in our team. We have already planned to take it up with all retirement homes to train the caretakers and interested volunteers. You too can join us.



ACKNOWLEDGEMENT

The Authors would like to thank **Prof R Arunachalam, Rtd ISRO Scientist** for guiding the Researchers and Volunteers throughout this project and also analysing the data. We thank **Mrs Aarthi R** for her wonderful editorial support from the beginning to end and with Zoom meeting support alongside useful comments during monthly review.

We thank all the **volunteers** for their hearty co-operation for this project and also propagating to others in their age group. We thank all our **Trustees** for their encouragement and support. Particularly we thank **Dr Bhaskarnarayana, Rtd Senior ISRO Scientist** for expressing his own experience of hearing improvement with acupressure and avoiding hearing aid for the past five years that paved the way for this research.

We would also like to thank **Dr Vaishnavi Vasanth, ENT Specialist** who supported us from the very beginning and referred few patients to try this technique.

THE AAA EDITORIAL TEAM:

CHAIRMAN: Dr H Bhojraj; Mr M V Kannan
(Web Support)

Editorial Advisory Head: Mr
Sundaramurthy, Mrs Saroja A
Bhaskarnarayana

Screening & Archives: Mrs Jija S

Consulting Editor: Mrs Aarthi R

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