



ACU WELLNESS

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

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

APRIL 2023

TEL: 9845649914

E-MAIL: acuacademybgl@gmail.com

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

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FROM THE CHAIRMAN'S DESK

Dear Friends and Supporters,

March month was a special month for our Acupressure and Acupuncture Academy which started in the year 2012 and inaugurated in Hotel Chalukya on 10th March. Initially all Trustees were little bit critical about its objectives and survival. With the cooperation of our Mentors, Trustees and Well Wishers, we could prove that with acupressure and acupuncture treatment we could not only cure but also prevents the disease.

The eye sight improvement project for students and hearing improvement project for senior citizens are the two flagship projects started again this year to involve at least 50 participants in each project and started motivating them to practice regularly by weekly online classes. Ms.Kallolini has taken lot of interest this time also and requests all students with eye power to join our course to observe the improvement with testing. This time, we propose to



Similarly we are requesting all senior citizens to join our Hearing Improvement project which has given wonderful improvement for almost all the people



test with optometrist in the beginning and after 3 or 6 months for our authentic research records.

who are practicing regularly. We prefer the hearing test for the participants before and after 6 months for our research records. Kindly support us by joining this project and attend the Wednesday 4 PM practical course conducted by me and Ms.Kallolini. Please call 9845649914 for joining these two courses. The details will be sent to you by WhatsApp. For registration, Rs.2000 for HIRP and Rs.3000 for SIRP has to be transferred to our Academy as your donation for this research. We will be conducting weekly classes and provide you the necessary inputs to achieve better vision and better hearing.

It is heartening to note WHO started recognizing all drugless systems like Yoga, TCM, Movement Therapies, and other mind body practices, terming them as Traditional Integrative Complimentary Medicine (TICM) that focuses on the "whole person" to achieve optimal health and healing.

In 2016, the Centre for Integrative Medicines and Research (CIMR) was established within the AIIMS-Delhi campus under the Ayush Centre for Excellence programme, where proper scientific research on Yoga began for the first time in the country. The Prime Minister, Shri. Narendra Modi has to be appreciated for his wonderful efforts to make Yoga as part of UN Health Care Systems and celebrating International Yoga day on 21st June every year. It is INDIA's precious gift to the world community and more than 100 countries have taken it up seriously. With research findings on Yoga and other therapies more and more countries will take it up for public health. I request

the State Governments to make Yoga compulsory in the high schools and add Acupressure also to them through Yoga Teachers. In the long run, students will be able to keep good health and contribute their best for our Country.

The extra article on Gaganyaan is getting wide attention and many parents have given a positive feedback to continue these articles written in simple language for their understanding. INDIA will be the fourth country in the world to do so and every INDIAN should be proud of this achievement and every INDIAN should know we are technically second to none inspite of our resource constraints. It is happening mainly due to the Government support and the new space policy has the potential for phenomenal growth and young engineers should be geared up to serve not only INDIAN space ventures but also in other countries. I can really foresee wonderful future for bright youngsters whom the teachers should identify in high school level.

We are in the process of revamping our Academy with young people so that we are planning to take up Preventive Health Care Centres in all big Corporate like INFOSIS, WIPRO, ACCENTURE and other big corporate. The emphasis is on preventing the problem in body and mind for youngsters by imparting the knowledge on preventive therapies like Yoga, Acupressure, Nutritional Supplements and other Movement Therapies. We are in the process of conducting advance training for few people and make them ready before we officially write to the Corporate.

Once again I would like to record my deep appreciation for all the Trustees for their unconditional support for past 11 years. Some of them would like to get relieved due to their personal reasons. The Trust will meet shortly and induct new trustees with special aptitude for research in the complimentary therapies.

I would like to thank all the Donors for their generous contributions. We are planning for this research for next five years. I request all those interested to keep in touch with our Trust.

Keep yourself healthy, and help others to keep themselves healthy. Health is wealth.

H.BHOJRAJ, CHAIRMAN, AAA

**AAA, 11TH ANNIVERSARY
CELEBRATED ON 5TH MARCH 2023**

The Academy invited all the Donors of our Academy for a practical Acupressure session with experts and followed with formal function after lunch on 5th March in Hotel Paraag, Raj Bhavan Road from 10 AM to 5 PM.



Mr.Ketan Shah addresses the participants

The function started with the welcome by Chairman and introducing Mr.Ketan Shah as the special guest for the function. Mr.Ketan who spoke on the occasion explained how his problem of appendicitis which was operated twice was healed with self acupressure taught by Dr.Bhojraj 25 years back to the surprise of Allopathy Doctors when the big lump got dissolved on its own. He took Acupressure very seriously and visited nearly 32 countries in the last 25 years to train and treat people. He declared that he had the opportunity to treat even late President of India, Dr.Abdul Kalam in Rashtrapathi Bhavan. Mr.Ketan Shah has written three books on Acupressure and visits different countries even today to train and treat people. He declared that the book “ACPRESSUE-THE DRUGLESS PATH TO GOOD HEALTH” released in 2000 is like BIBLE for him. It is heartening to note that all his achievements are due to his initial learning from Dr.Bhojraj after getting cured with Acupressure.

- MIND IS VERY LOWER ORDER MENIFESTATION.
- IT IS FULL OF THOUGHTS AND EMOTIONS, THE VERY ROOT OF SUFFERING.
- TANSIDENT THE MIND WITH MEDITATION.
- MIND BECOMES REDUNDENT ENTITY WITH VERY LITTLE CAPACITY.

GIVING THE MIND TOO MUCH IMPOTANCE WILL INCREASE SUFFERING. JUST LIVE IN THE PRESENT.



THE PARTICIPANTS OF MORNING SESSION



Mr.GRISH EXPLAINS REFLEXOLOGY

Mr.Girish taught all the participants how to diagnose their own problem with reflex points in the palms and also taught them how to cure by activating the reflex points.

The lunch was served to all participants which was appreciated by all.



BODY BALANCING PRACTICALS

Dr.Bhojraj explained that timely morning excretion, ideal weight without extra fat, clear skin, feeling energetic without getting tired, experiencing a strong sense of hunger, without any pain in the body, deep sleep and experiencing positive thoughts are the 8 parameters to be assessed for a healthy person. He requested all people to practice self acupressure to stay healthy.

The practical body balancing technique was demonstrated by Mr. Grish and Mrs.Jija to almost all participants and every one of them felt the lightness in the body. The energy levels improved immediately and maintained till evening according their feedback.

IF YOU LOOK AT LIFE EXPERIENTIALLY, THERE IS EVERY REASON TO LIVE.

IF YOU LOOK AT LIFE LOGICALLY, THERE IS NO REASON TO LIVE.

DONOT THINK ABOUT LIFE. LIVE YOUR LIFE.



Mr.M.V.KANNAN HONOURED BY Dr.PAL AND Dr.BHOJRAJ

The afternoon session started with Questions on general points to stay healthy and many people came forward to share their own experience of acupressure and other therapies. It was convincing for the people that acupressure and other therapies can be very useful not only for cure but also during emergencies if they know the points. All of them felt that this self help system should be introduced in the school curriculum so the students are well prepared to face the life with positive note in future.

YOUR MIND IS JUST THE SOCIETY'S GARBAGE BIN. DISPOSE IT FREQUENTLY



Mr.SURESH PALYAM HONORED BY Shri.ACHUTA RAO AND Dr.BHOJRAJ

The Anniversary Function started with Dr.Bhojraj introduced Mr.Arunachlam Chairman of the Anniversary Committee and members who have done all the arrangements. Mr.Arunachlam welcomed all the guests and the Donors.



Mrs.LATHA MURALI HOMOURED BY Mrs.MEERA AND Dr.BHOJRAJ

Dr.Bhojraj in his introductory remarks thanked all his mentors, Shri.S.V.Ranganath who could not attend due to unavoidable reason, Dr.Surendra Pal and Mr.Achuta Rao for their encouragement and support for 11 years. He also thanked all the Trustees and Special Guests Mr.Ketan Shah, Mr.Nargunam, and Mr.Sridhar who have come from Chennai for this function. Chairman requested all participants to practice acupressure to stay healthy and pass on this simple technique all their relatives and friends.

**PROPER COMMUNICATION IS THE FOUNDATION FOR HAPPINESS IN RELATIONSHIP.
WORDS YOU SPEAK DECIDE YOUR PERSONALITY.**



Dr.Bhojraj, Mrs.MEERA, Mrs.RADHA, Mr.SRIDHAR AND Mr.NARGUNAM

Mrs.Jija suramanian presented the Annual Report for the year 2022 with photos taken on the occasions, which were very impressive. It was worth noticing the positive results of various research projects. She concluded by saying it needs formal recognition of the system by the Government to take it forward with research grants.

The felicitation to Mr.M.V.Kannan, Mr.Suresh Palyam and Mrs.Latha Murali was conducted as a token of appreciation for their valuable contribution to the Academy for a decade. They were given a citation and a memento along with a bouquet by Dr.Surendra Pal, Mr.Achuta Rao and Mrs.Meera Bhojraj.



THE PARTIPANTS IN THE ANNIVERSARY FUNCTION

Mr.Nargunam MD, Excel Die Casting Chennai addressed the audience and explained the preventive health care measures adopted in his plant which saved 60 % of their monthly expenditure for medicines.



Mr Sridhar, MD, in his address appreciated the classes conducted by our Academy in Pondicherry few years back by Mr.Suresh Palyam and wants to take these simple healing systems to the villages near Yelagiri where he has been supporting the poor students for the past 25 years. He also assured his support for future activities under the leadership of his classmate Dr.Bhojraj.



Mr.ARUNACHALAM,Mr.KETAN SHAH, Dr.PAL, Shri.ACHUTA RAO, Mr.NARGUNAN, Mr.SRIDHAR AND Dr. H.BHOJRA

Dr.Surendra Pal in his presidential address appreciated the team for completing 11 years and also asked Chairman to reveal the secret for his perseverance in implementing the research projects. Mr.Achuta Rao, not only conveyed his best wishes and congratulations to the Awardees but also requested all to work together to get the recognition from the Government.

Mr.Sundramurthy, proposed the vote of thanks and explained the Academy's future plan involve more institutions for research collobotation.He also thanked all the Donors for their generous contributions for the research activities.

ACU WELLNESS EXTRA (2)

APRIL 2023

GAGANYAAN LATEST UPDATE

BY.H.BHOJRAJ

REVIEWED BY Prof.SOMA

(As reported in the press on 26th Feb 2023)

The Indian Space Research Organization (ISRO) moved one step closer to conducting an abort test using a special test vehicle (TV) as part of Gaganyaan with Simulated Crew Module (SCM) structure assembly. This first simulated crew module is developed by VSSC and the hardware was realized by Manjira Machine Builders in Hyderabad.



SIMULATED CREW MODULE FOR TEST FLIGHT

This is an unpressurised crew module where the interfaces of major systems like parachute systems and pyros are simulated. This module will be used for various missions like test vehicle missions where the **crew escape system will be validated** along with other systems as per crew mission configuration. **For the crewed mission, the crew module is pressurised capsule and accommodates the astronauts during the Gaganyaan mission.**

Many new systems have been developed and are to be tested thoroughly before flying in the manned flight.

In the upcoming first abort test using special test vehicle as part of Gaganyaann will see the simulated crew module separate from the Test Vehicle at a height of about 11 KM, and attain an altitude of around 15 KM before falling back in the Bay of Bengal. **This mission is tentatively planned before July 2023 and will be the**

first uncrewed mission under Gaganyaan. This mission will demonstrate the coming down, the descent phase, parachute deployment and recovery. The crew escape system also will be proved.

KNOW OUR PSLV STAGES

PSLV is a four stage rocket, with a total take-off weight of 283 tonne and height of 44 metre. Its first and third stages use solid propellants and second and fourth stages use liquid propellants.

During the flight of the rocket, the outer surface of the nose cone gets heated due to friction with atmosphere. The outer surface of the nose cone is coated with ablative material so that it acts as a heat shield for the payload kept inside the nosecone.

The first stage of the rocket lifts the entire rocket to a certain height (about 70KM), and when the burning completed, the separation mechanism separates the first stage which falls down to the sea. Then the second stage is ignited to continue the thrust. Since the weight

is reduced the velocity of the rocket increases. Then this stage also will be separated so that third stage starts burning. Finally the fourth stage will burn for longer time compared to other stages. Whenever the ideal conditions are achieved the fourth stage burning ceases and the satellite will be separated at that particular velocity to reach the desired orbit.



The PSLV rocket has the option to restart the engine and take another satellite to launch in another orbit as per the requirement. PSLV also offers place for small payloads on the fourth stage rocket structure for experimental study for few days.

STAGE CUT OFF	TIME AFTER LAUNCH(s)	ALTITUDE (KM)	VELOCITY (KM/SEC)
FIRST	109	62	1.9
SECOND	266	245	4.0
THIRD	488	575	5.9
FOURTH	993	820	7.4

A minimum velocity of 7.4 KM/Sec is required to launch the satellite into a circular orbit. If the velocity is more it will get into an elliptical orbit which is not useful for the mission. If the velocity is less it will get into atmosphere gradually.

SO PRECISION IS THE WATCH WORD IN SPACE TECHNOLOGY.

PSLV ROCKET

The modern multistage rockets are highly complex in construction since other systems like control and guidance systems, communication systems and tracking systems are to be incorporated.

In case of malfunction of the rocket or any of its stages in flight, a device for destroying the rocket through radio command is also kept on-board the rocket. Usually, you can see during live launch, The Range Director holds the control of the device and clears the rocket path.

The separation devices of each stage, electronic packages, and electrical power systems for the entire rocket are the main important systems.

A high degree of accuracy, quality and reliability is required for the construction of the rocket, since the rocket can be used only once and normally not recoverable.

GAGANYAAN NEWS

The ISRO, along with Indian Navy, has conducted an important trail for the Gaganyaan, human space flight mission. On 7th Feb 2023, they carried out initial recovery trails of Crew Module in the Navy's Water Survival Test Facility (WSTF) in Kochi. The overall recovery operations are being led by the Indian Navy. The safe recovery of the crew is the final step to be accomplished for any successful human space flight. It will be initially carried out in a closed pool followed by trials in open sea.



The first trial (uncrewed flight) for Gaganyaan is being planned by the end of 2023 or early 2024. This will be followed by Vyom Mitra, a humanoid with all the sensors for further analysis during the flight. Then the

first Human Flight will take place with two or three Astronauts (Gagannauts) after analysing the humanoid data and incorporating all necessary changes required for safe return.

8TH MARCH 2023-The Hindu

ISRO has conducted tests of Gaganyaan Pilot and Apex Cover Separation successfully at the Terminal Ballistics Research Laboratory (TBRL), Chandigarh on March 1 and 3 according to news reported in The Hindu on 8th March.

These pilot parachutes are used in the Gaganyaan Mission to extract and deploy the main parachutes independently.

The Gaganyaan parachute system development has been a joint effort by VSSC and Aerial Delivery Research and Development Establishment (ADRDE), Agra.

The Gaganyaan project envisages demonstration of human space flight capability by launching a crew of three members to an orbit of 400 km for a three day mission, and bringing them back safely to Earth, by landing in Indian sea waters.

The first trial (unscrewed flight) for Gaganyaan is being planned by the end of 2023, or early 2024. This will be followed by sending Vyom Mitra, a humanoid, and then with crew onboard.

WE WILL GIVE UPDATES ON GAGANYAN WITH DETAILS SUITABLE FOR SCHOOL CHILDREN.

PARENTS ARE REQUESTED TO SEND YOUR COMMENTS TO Dr.H.BHOJRAJ 9845649914.

SCIENCE TEACHERS ARE ALSO REQUESTED TO INTERACT WITH OUR EX-ISRO GROUP.

**SCHOOLS WHICH NEED A MODEL TO EXPLAIN TO STUDENTS MAY ALSO CONTACT ME.
H.BHOJRAJ 9845649914**

**THE QUALITY OF OUR LIFE IS DECIDED BY HOW
PEACEFUL AND JOYFUL NOW.**

**EVERYTHING ELSE WILL BE A WASTE THIS CONDITION
IS NOT THERE NOW**

NOW-THIS MOMENT IS THE REALITY. LIVE NOW

CASE HISTORY

SKIN PROBLEM CURED WITH ACUPUNCTURE TREATMENT IN FOUR MONTHS -SAYS Mrs.LAKSHMI JAMBUNATHAN 74 YRS

In 2014, I started getting cracks in my foot especially on the sole region and I was unable to walk even for household work. We went to the specialists in Madurai and later in Bangalore. I was prescribed ointments only which gave temporary relief. One of my relatives who got her problem cured with Acupuncture suggested me to try with the person in ITI. My son-in-law searched in the Goggle and suggested us to go to Dr.Bhojraj in Rajajinagar. Of course I consider this as my Divine Guidance and took treatment in the Academy. When I started my treatment, the sole region was feeling like a card board and I was not having any feeling the soles with lot of visible cracks. To our surprise the cracks started healing within a month and the treatment frequency was made twice a month instead of weekly. After four months the soles were almost normal and used to feel the normal sensations. I consider this as a miracle only.

Now after eight years I tried to contact Dr.Bhojraj for my numbness in the right leg and ankle pain. I am pretty sure that could get cured with this drugless treatment.

HAY FEVER

Hay fever is an immune disorder characterized by an allergic response to pollen grains and other substances. It is also known as **Allergic Rhinitis**. It can be seasonal, which occurs during the time of the year in which certain plants pollinate. It can also be perennial, which occurs all year around. **Nonallergic Rhinitis**, shares symptoms with hay fever but doesn't result from an allergy. Typically, people who suffer from hay fever in the spring (March-April) are probably allergic to tree pollens. Grass and weed pollens may cause allergic reaction in summer. Hay fever attacks can last for few minutes to few days during hay fever season.

SYMPTOMS

- PROLONGED, SOMETIMES VIOLENT SNEEZING
- ITCHY, PAINFUL NOSE AND THROAT
- NASAL DISCHARGE
- STUFFY, RUNNY NOSE
- POST NASAL DRIP, RESULTING IN COUGHING
- WATERY, ITCHY EYES
- HEAD AND NASAL CONGESTION

- EAR PRESSURE OR FULLNESS
- LETHARGY

CAUSES

- OVER REACTION OF IMMUNE SYSTEM.
- FLOODS THE BLOODSTREAM WITH HISTAMINE WHICH INFLAMES THE LINING OF SINUSES AND EYELIDS.
- EXPELLS THE ALLERGEN BY SNEEZING AND SWELLS THE LINING TO AVIOD THE ENTRY OF POLLENS.

Dark circles around the eyes may appear. Those who have perennial allergic rhinitis, they may be present all throughout the year. It may result in nasal polyps. Nose bleeds are also common during hay fever attacks. It can be an inherited trait. People with asthma or eczema are more likely to develop hay fever than those without these ailments. Allergy tests will pin point the offending allergens.

TREATMENT

Antihistamines available over-the counter may work for mild cases. Decongestant syrups may help unblock the nasal passages. Over-the counter nasal sprays and drops may become addictive, and should be used sparingly. Allergy shots or immunotherapy also may work for many people. It desensitises the immune system and no longer over reacts to the allergen.

BUT PREVENTION IS BETTER THAN CURE. Build up your immune system and desensitise your thoughts first to desensitise the body. Healthy lifestyle including wholesome food, daily exercise, vitamin supplements and herbs will improve our immune system inspite of unbearable pollutions in the cities.

ACUPRESSURE POINTS

LARGE INTESTINE LI-4 AND GOVERNING VESSEL GV-24.5 WILL HELP

ELECTROHOMEOPATHY COURSE

IN BANGALORE

STARTS ON 29th APRIL 2023

CONTACT Mr.GIRIDHAR GOPAL FOR DETAILS

MOBILE NUMBER 8088033337

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

ANNOUNCES ONLINE ADVANCE ACUPUNCTURE COURSE

BY Dr.H.BHOJRAJ

STARTS ON APRIL 15TH

JOIN OUR TRIAL CLASS AT 4 PM

REGISTER ON OR BEFORE 14TH APRIL

WHATASAPP 9845649914

HEARING IMPROVEMENT RESEARCH PROJECT 2023

By Ms.Kallolini Patro Ph.9911413405

The Wednesday 4pm class by Dr.Bhojraj and self has been conducted regularly every week for the past 6 weeks. About 10 participants are attending regularly. They are not only feeling the benefit of better hearing but checking their hearing ability improvement with the Youtube frequency measurement application. There is an improvement of at least 200 Hz for all and few have seen higher up to 500Hz within two months.

Once again I request all senior citizens to join our research by registering after paying a donation of Rs2000 to our Academy for Acupressure and Acupuncture. Indian Bank, Rajajinagar. A/C no.6012588256, IFSC IDIB000R005

FEED BACK ON GAGANYAAN ARTICLE

Dr.H.DEVRAJ, Ex.VICE CHAIRMAN, UGC

*I have been following the newsletters published regularly by the Academy for the past 10 years and I really appreciate the contents which gives an insight on many simple solutions for health related problems. The past Newsletter was very interesting with Gaganyaan article written in simple language understandable by school students. It was our Prime Minister's Independence Day declaration, to launch the Indian Astronaut to space and bring him back on the 75th year of Independence. But due to pandemic it got delayed and it is our INDIA's pride. Every student should know the goal and follow it for next two years. **I congratulate the Editorial team for this great effort.***

EDITORIAL TEAM

Dr.H.BHOJRAJ 9845649914

Mr.NAGULAN JOGHEE 9886336409

Mrs.JIJA SUBRAMANIAN 9986168181

Mr.SUNDRAMURTHY 9611196052