

ACU WELLNESS

AUGUST 2022

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

1968, 8TH MAIN ROAD, E BLOCK, II STAGE RAJAJINAGAR, BANGALORE - 560010

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FROM THE CHAIRMAN'S DESK

July month has been a historic month in Indian History due to the Presidential Elections where **Mrs Droupadi Murmu** won the elections as the first tribal candidate in the history of INDIA. It is really heartening to know Mrs.Murmu achieved this status mainly due her hard work and excellent contribution in public service. The Vice President election will be conducted and the Parliamentarians on 6th August, most likely elect, **Shri. Jagdeep Dhankar** as Vice President of INDIA. Changes are part and parcel of our life and we place on record our hearty congratulations to our new President and Vice President for a very fruitful term and guide our Country like earlier Presidents.



With Mr.Shivakumar Bellan in ISRO campus with the tree I planted 15 years back

The Academy has achieved a major breakthrough in our Hearing Improvement Research Programme for senior citizens and unambiguously proved with data that self Acupressure works to improve the hearing for people above 60 years. The paper, presented in the recently concluded International Conference in Bangalore was well received by the audience and many participants enquired for the application to check the frequency response to assess the hearing.

Similarly in another breakthrough, AAA in association with Nakku Betta Foundation in Nilgiris conducted a basic Acupressure course for students in the age group of 15 to 21yrs and received tremendous appreciation for this simple self help therapy. It was decided to collaborate together and take it to the villagers residing in deep areas in Nilgiris. A building built by Rao Bahadur H.B.Ari Gowder, the reformer of Badaga community was renovated in Mettupalyam and used for this training programme by Mr.Ramakrishnan who has been promoting a dedicated TV channel in Nilgiris for past 10 years for the upliftment of the community. It has been decided to conduct regular Acupressure classes for the next one year and develop the trainers in villages. It is also possible to

establish a permanent training centre with our vision and mission for preventive health care in Mettupalayam.

As we all know that sickness simply means we are thinking negatively and going against the stream of life. The subconscious mind with its boundless wisdom is always towards good health and great contribution to the mankind. **The great aspirations, inspirations, and visions for a grander and nobler life springs from the subconscious mind. Your subconscious speaks to you as intuitions, impulses, hunches, intimations, urges and ideas.** One must be able to calm down the mind to silence to listen to this master's voice. It is always telling you to rise, transcend, grow, advance and move forward to greater heights. This mind always tells you what you are doing is wrong but we overrule this due to tension and stress.

There is only one healing power and that is your subconscious mind. Do the things you love to do, and do it for the joy and thrill of it. Don't make money as your sole aim of life. Claim your wealth, happiness, peace, true expression and finally love. Personally radiate love and goodwill to all. One can really see that subconscious mind will give wonderful returns with compound interest in all these fields. You must specialise in any field of your study but you must try your best to excel in that field. **In short, your DESIRE must benefit the HUMANITY.**

Our vision to build AAA as an exclusive institution of International standards in Acupressure and Acupuncture is becoming a reality with our research efforts for past 10 years and we are eagerly looking forward to Karnataka Government to recognize Acupuncture as a separate system of medicine and start a 5 year course like Ayurveda, Unani, Yoga and Naturopathy and Siddha. These systems together can contribute for the preventive health care systems and the community health can be improved.

The covid pandemic exposed our deficiencies in healthcare system and we must integrate all the systems to give better health care to our large population. **INDIA particularly KARNATAKA**

should take the lead and implement these systems in village levels.

We have planned in collaboration with FAST Board headed by Dr.Samiullah, a National level conference only for Acupuncture in Bangalore during Oct/Nov 2022. *I request all Acupuncture practitioners to attend and present their valuable scientific papers to convince the Government for recognizing Acupuncture which is likely to be inaugurated by the Karnataka Health Minister.*

On June 28th, after attending the lecture in ISRO on "EMOTIONAL INTELLIGENCE " by Mr.Shivakumar B from Chennai , I was very keen to expose his thoughts to our Acupuncture practitioners in Bangalore. He has agreed to come on 14th August and conduct one day workshop on emotional Intelligence. Please join the course which will be very interesting to identify the root cause of our health problems.

H.BHOJRAJ,CHAIRMAN, AAA

ACADEMY STARTED FUNCTIONING FROM JUNE 2022.TIMING 3 PM TO 5 PM

NEAR EAST WEST SCHOOL,SUBRAMAYANGAR



Mr.SANKARASUBBU FROM COIMBATORE WRITES ON AAA PERFORMANCE

I have been following the growth of the Academy for the past 10 years as a Donor and I am really very happy to observe the tremendous progress made by the Academy under the guidance of Dr.H.Bhojraj. The seed planted in 2012 is growing and marching ahead with triple 'A' grade. During the pandemic times the whole world was shaking, but our Academy with its tremendous thrusts widened its horizon and shared the benefits of acupuncture for better health



with affection to all age groups in our society.

The days are not far off, that our Astronauts will get trained in drugless path of "Do it yourself therapy " to keep fit in any condition in space. The eye sight improvement exercise for children and hearing improvement for senior citizens are laudable achievements which will be remembered for ever in future.I congratulate Dr.Bhojraj and his team for this marvellous achievement and I will be supporting your activities from USA.

Mr.Sankarasubbu, Camp USA

FIRST SIGN OF TRANSFORMATION-STOP WORRYING AND START ACTING.THE SECOND SIGN IS MORE AND MORE MEANINGFUL COINCIDENCES IN YOUR LIFE WHAT YOU CALL SYCHRONICITIES.

U.R.RAO SATELLITE CENTRE CELEBRATES GOLDEN JUBILEE YEAR IN 2022

Our Chairman Dr.H.Bhojraj worked in ISRO Satellite Centre (Now U.R.Rao Satellite Centre) for 40 years, was invited by Director, URSC to participate in a panel discussions on " FACETS OF PROGRAM PLANNING AND RESOURCE MANAGEMENT" with retired Group Directors on 15th July as a part of year long celebrations.



The programme was moderated by Mr.Ramesh Naidu, Group Director, PPEG and Mr.L.M.Gangarade, Dr.H.Bhojraj, Mr.R.S.Bhatia and Mr.G.N.V.Prasad participated in the discussions. Director **Dr.Shankaran**, in his opening remarks highlighted the efforts put by the veterans and expressed his wish to call everyone to share their rich experience to the brilliant young engineers in this GOLDEN JUBILEE year 2022.



Mr.PRASAD, Mr.BHATIA, Dr.BHOJRAJ, Mr.GANGARADE AND Mr.RAMESH NAIDU, GROUP DIRECTOR, PPEG

THE POWER OF SUBCONSCIOUS MIND

BY Dr.H.BHOJRAJ

MESSAGE ON GURU POORNIMA DAY 13-07-2022

Most of our health related problems are now identified with the mind and most of the Doctors encourage them to join Meditation course to come out of the problems. Most of the five star hospitals are having separate Meditation Hall for patients to practice and even big corporate offices are having common meditation hall and encourage their employees to go and sit there in silence to relieve the stress. If you attend any Yoga Course by any Gururji, they make you sit in silence and ask you to observe your breathing. **It is really very interesting to see how not doing anything will keep you healthy and productive.**



Those in the Yoga field know how our mind works and how it is connected with our breathing which is life. **Yes, life ends when the breathing stops. So, as long as we live we must watch our breathing as much as possible which will change according to the emotions of our mind.** Then, one should know what is emotion. It is the energy in motion. The energy flows smoothly when the breathing rate of less than 10 breaths per minute. If the breathing rate goes up to 20, the energy flow increases due to physical

activity or mental activity which can be managed in daily life. ***But if the breathing rate goes beyond 20 per minute which occurs due to anger or fear, energy flow will be certainly disturbed in the body.*** This lack of energy circulation in certain organs creates pain after the emotional outburst as headache or back pain or pain in the limbs.

The life force is also known as Consciousness which has to circulate in our system along with the PRANA. **The prana and consciousness are always together.** The consciousness is the main software which enters with prana and operates the humans with his thoughts. **These thoughts will come depending on what the conscious mind generates.** Conscious mind gets the input from four senses ie eye, ear, tongue and nose. The fifth sensor is the skin which feels the sensations from all these sensors. So, the first thing in yoga course is to close the eyes, so that almost 80% of the inputs will reduce. **The feeling and the desire which arise from sensors are inseparable.** So, stop all the unnecessary inputs from these sensors. **These four sensors are meant for the survival of the body which hosts the soul which survives due to constant supply of prana.** The consciousness which accompanies prana is the one which motivates you for action.

Then what is conscious mind and what is sub conscious mind? Conscious mind is our own software whereas subconscious mind is soul's software which is like android or MS in your CPU. Subconscious mind can be made to learn from conscious mind and adds it to the core programme. Simple example is driving a car. Initially we will be conscious and once we master the art of driving it gets into the subconscious mind.

Most important thing in this article is to emphasise that the healing mechanism is already embedded in the subconscious mind.

We must understand this and encourage our youngsters to know this truth and give them the techniques to keep the breathing rate less than 10 per minute to stay in good health. **Introduction of YOGA in schools is the right decision and students should understand the purpose of the exercise and practice on their own.** If there is any pain in the body due to energy disturbance it can be corrected with acupressure or acupuncture.

Let us put all our efforts to our younger generation and make them understand the real purpose of life.

H.BHOJRAJ

On this happy GURU POORNIMA DAY, I salute all my GURUS who taught me many skills and made me understand the real purpose of life.

I wish all Acupuncture Practitioners and their family members a healthy, wealthy and happy life.

H.BHOJRAJ 13-07-2022

LIFE IS THE MOST DIFFICULT EXAM. MANY PEOPLE FAIL BECAUSE THEY TRY TO COPY OTHERS, NOT REALISING THAT EVERYONE HAS DIFFERENT QUESTION PAPER.

BEST WISHES TO GAGANYAN



Mr.Sundramurthy, Mr.M.V.Kannan, Dr.H.Bhojraj and Prof..Arunachalam attended the Gaganyan Exhibition organized in Bangalore Planetarium on 22nd July for school students.

AAA AND NAKKUBETTA FOUNDATION ORGANIZED BASIC ACUPRESSURE COURSE IN METTUPALAYAM, NILGIRIS- 16th JUNE 2022

Our Academy's main aim of encouraging rural students to learn these simple self healing techniques was fulfilled by organizing a basic Acupressure course in Mettupalayam in collaboration with Nakku Betta Foundation headed by Mr. Ramakrishnan. This foundation is dedicated to the Badaga Community and has been operating a local TV Channel in Badaga language exclusively for progress of the community.



Mr.RAMAKRISHNAN, Mr.GIRISH AND Dr.BHOJRAJ DURING INAUGURATION

Retired Wing Commander Sri.Jaipraksh from Hubbathali Village in Nilgiris offered a house in Mettupalayam for starting a rural training cum TV studio. After renovating the house where **Rao Bahadur.H.B.Ari Gowder** lived and died on 18th June 1971, Mr.Ramakrishnan invited our Academy to start a basic Acupressure course for the rural students who have dedicated their studies for rural upliftment.

EVERYBODY HAS GOT THE WILL TO WIN

BUT ONLY VERY FEW HAVE THE WILL TO PREPARE TO WIN

MR.GIRISH NOT ONLY IDENTIFIED BUT SOLVED THEIR PROBLEM WITH ACUPRESSURE



Mr.Grish Shankar and Dr.Bhojraj took basic Acupressure course on 16th evening and 17th morning for 30 students. The course was well appreciated by all and many of them got wonderful relief for their problems. Few of the feed backs received within a week was really encouraging and we are planning to conduct the same course every two months for different students from the villages. These students from deep part of Nilgiris will carry the message of self healing to everyone in the villages especially to the younger generations.



SPINAL MASSAGE DEMO BY GIRISH

It was also planned to incorporate de-addiction acupressure points in a later stage to try on those people who are addicted to certain habits in the village due to ignorance at the young age.

FEEDBACK FROM THE PARTICIPANTS

Ms. KOWSHIKA, 19 Yrs B A Third year.We tried many acupressure points you taught us in the class, it really did wonders on our problems. I tried for hiccup and heel pain, the results were amazing. Thank you so much for the knowledge.

Ms.JAMUNA ,20 Yrs I tried for heel pain and energy. It really worked out well. Thank you so much for this.

Ms.RESHMA, 19 Yrs . I tried for headache, heel pain and energy. It worked out very well.

KEERTHANA GANESHAN, 18 Yrs I tried for heel pain and head ache,it worked like miracle and I suggested all my neighbours to try this simple self help therapy. They also told me it has worked well for them.

COURSE DIRECTOR'S NOTE: COMMUNITY HEALERS ARE GETTING READY TO GO THE REMOTE VILLAGES



PARTICIPANTS OF THE TRAINING

SAMYUKTHA, SNEHAA, SATHYA, HARSHA, DIKSHA, RESHMA AND SANDHIYA

SITTING ROW: PROF.SHIVALINGA, RAGHUVARAN, GIRISH, MRS.BHEEMAN,.MRS.TARA JAIPRAKASH, WING CDR.JAIPRAKASH(RTD), H.BHOJRAJ, COL.BHEEMAN(RTD), RAMAKRISHNAN

3RD ROW:DEEPIKA, DEEPTHA,JANANI, KOWSHIKA

4TH ROW: KEERTHANA, INDHUJA, JAMUNA, SINDHUJA, YAMUNA, LOSHINI, MALLIGA, PRIYA

RECOGNITION FOR ACUPUNCTURE

BANGALORE TEAM WITH Dr.INDERJEET SINGH, JOINT SECRETARY,ASA



Based on our meeting with Dr.Inderjeet Singh on the recognition of Acupuncture by Central Government, Dr.Samiullah explained the efforts taken by the Karnataka Team to get the recognition from the State Government. Based on the earlier Memorandum submitted to the Health Department, the proposal was discussed and a fresh move was initiated with Ministry of Health and Medical education. The Minister Dr.Sudhakar who presided over the concluding function of the International Seminar on 19th June 2022 emphasised the need to submit research reports by all alternate systems to make it more scientific in delivery.

Based on this, myself and Mr.Girish had a meeting with Dr.Samiullah in his Nature Well Centre clinic in Shivajinagar and discussed about the requirement of a Acupuncture Seminar for one day in Oct/Nov 2022 and motivate our Acupuncture Practitioners to present the papers for our research records.

We agreed in principle to call for a meeting in August 2022 of all practitioners for perusing recognition of Acupuncture in Karnataka and also to discuss the formation of a Organizing Committee for conducting the seminar.

It was also decided to get the Acupuncture Practitioners in Karnataka to register with

FAST Board and get the Registration Number till we get the Acupuncture Council. It will be very useful in future for practicing Acupuncturists from various schools. The fee will be Rs.6000/= only and a unique registration number will be given and we take it forward to get the KPME registration in future depending on the response.

We need atleast 1000 FAST BOARD registered Practitioners to give our request for the Acupuncture recognition in Karnataka.

I APPEAL TO ACUPUNCTURE PRACTITIONERS TO ATTEND OUR EMOTIONAL INTELLIGENCE WORKSHOP ON 14TH AUGUST FROM 10 AM TO 5PM WHICH WILL BE VERY USEFUL TO UNDERSTAND THE ROOT CAUSE OF THE PROBLEM. ACUPUNCTURE WILL WORK LIKE MIRACLE ONCE SUPPRESSED EMOTIONS ARE REMOVED.

THE UPCOMING SEMINAR WILL BE DISCUSSED FROM 4 30 TO 5PM ON THE SAME DAY.

Dr.H.Bhojraj

Chairman, Academy for Acupressure and Acupuncture

"THE ENTIRE UNIVERSE WILL WORK FOR YOU ONLY WHEN YOU ARE READY TO WORK ON YOURSELF"

THERE IS NO PROBLEM WITHOUT A SOLUTION

NO LIFE WITHOUT A PROBLEM

GIVING HOPE IS THE ULTIMATE JOY

DR.ALEXANDER THOMAS WINS WATERFALLS GLOBAL AWARD (HEALTH CARE SECTOR) FOR EXCEPTIONAL CONTRIBUTIONS DURING THE COVID-19 PANADEMIC

Dr.Thomas is an orthopaedic surgeon and healthcare policy leader who has been serving the health sector for 43 years, contributing significantly to the provision of quality healthcare at the grassroots in INDIA. As the Director of Baptist Hospital from 2006-2014, he upgraded the institution into a nationally- awarded multi-speciality centre of excellence. He is now President of AHPI, and advises the Association of National Board Accredited Institutions(ANBAI) and the Consortium of Accredited Healthcare Organizations(CAHO).



Dr.Thomas was recognized for his efforts and contributions in protecting the safety and health of the community during the Covid-19 pandemic.

The Waterfalls Global Award Ceremony was held on 5th July 2022, at the Qasr Al Bahr Majlis(Sea Palace) in Abu Dhabhi, where the awardees(15) from all over the world were presented to His Highness Sheikh Mohammad bin Zayd Al Nayan, the President of UAE and the ruler of Abu Dhabi.

The Academy is very proud of this recognition to Dr.Alexander Thomas who has done pioneering work in curing migraine with seeds on Acupuncture points. We congratulate Dr.Thomas and his team for this great recognition.

EDITORIAL BOARD
Dr.H.BHOJRAJ,
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Mrs.SAROJA APPANNA, Mrs.AARTHI R AND
Ms.KALLOLINI

EMOTIONAL INTELLIGENCE WORKSHOP

BY Mr.SHIVAKUMAR BELLAN

FROM CENNAI

ON 14TH AUGUST 2022

IN HOTEL CHALUKYA KAVERI HALL

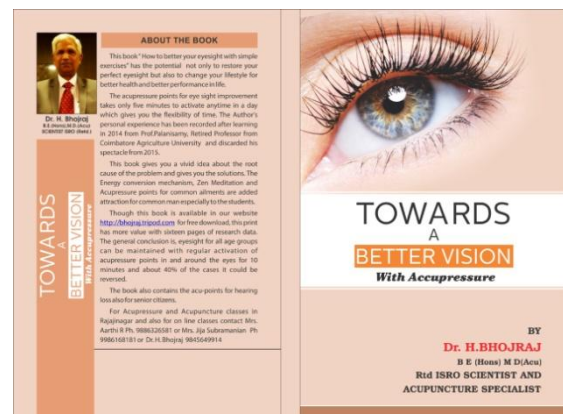
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