



ACU WELLNESS

ACADEMY for ACUPRESSURE and ACUPUNCTURE (R)

1953, 8th Main, "E" Block, 2nd Stage, Rajajinagar, Bangalore – 560 010

SEPTEMBER 2022

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From the Chairman's desk

The month of August 2022 has been a great eventful month for INDIA because of the completion of the 75th year of INDEPENDENT INDIA. The whole country celebrated with so much joy and enthusiasm by hoisting the tricolour flags at their residences which is a rare honour for each and every citizen. Our dynamic Prime Minister announced from the Red Fort, the first pledge is to convert INDIA into a developed Nation within next 25 years and this needs the untiring efforts of all citizens of INDIA. **Let us all put in our efforts every minute, for a productive activity, keeping our Nation in our mind.** This is achievable if every one of us pledges to do it for our own progress. Be innovative!



The Country has progressed in a wonderful way over these years, especially after 1990s and though pandemic has put a brake on our efforts, it proved to be an opportunity to find many ways to achieve our goal with many innovative ideas. These innovative ideas for education, health and general hygiene have sustained their tests and are being adopted as established methods of transferring knowledge. **Ultimately, our Nation should become the capital of the power of Knowledge as proven by our software engineers and are proving this time and again.**

The coming years are going to be very exciting for research oriented scientists, especially for young scientists. The Government's effort to motivate youngsters to make 75 satellites with 750 high school students is proof of our encouragement for young scientists. Though we could not get the data from

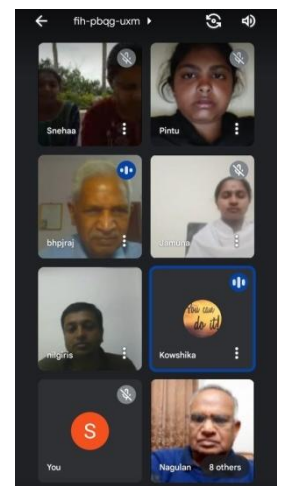
these satellites due to SSLV's under performance owing to a minor problem in the accelerometer, the scientific temper has been established in almost all schools, particularly, in the Government High Schools.

The manned mission "Gaganyaan" in the near future and the "ADITHYA" mission, to observe the Sun, should motivate our youngsters to look for Science and Engineering as a primary option along with medicine depending on their aptitude and ability.

Our Academy is contributing to the youngsters by imparting the knowledge of self cure for their health related problems with simple solutions. The eye related problems in younger generation has to be tackled with self motivated exercises for which the Sight Improvement Research Project has given encouraging results. **It is very much needed to train all students with Yoga and Acupressure to stay healthy.**

As a beginning we have tied up with Nakku Betta Foundation in Nilgiris and agreed to train all the students in batches for improving their general health and particularly eyesight. **About thirty students in the first batch have given a very positive feedback and based on this, we are planning a second batch with 100 students in NBF Mettupalayam in September third Saturday and Sunday.**

The Emotional Intelligence Workshop by **Mr.Sivakumar Bellan** will be a life transforming event and I request all our Acupuncture Practitioners to attend without any doubt. **This workshop will give the idea of the root cause of the disease and also a way to overcome such embedded**



emotions for a long time. We are always looking for more knowledge for solving our own problems. This workshop will be an eye opener and your early registration will give us time to book the best venue for your convenience.

The Advance Acupuncture Course will be starting from September 2022 on Saturdays between 3PM to 5PM and on Sundays between 4PM to 6 PM. Those interested in this online course may register with Mrs. Jija.S Ph 9986168181 or Mrs. Aarthi R Ph.9886326581 to attend the initial free classes.

The Treatment Centre in II Stage Rajajinagar started working for the past two months mainly to take care of the patients who have availed our services for the past 20 years. Those interested in Acupuncture treatment can kindly contact me directly (9845649914) or Mr.Nagesh (8861696026) for appointment. On line consultation is also available by video call between 11 AM to 1 PM. **If you want us to visit your residence or apartments, our team is ready to visit but a minimum of 5 patients should be there.**

Let us all put our efforts to establish a system to train youngsters to make them think positively and follow the drugless path to achieve their goals. The whole

world is looking at INDIA for Yoga and Ayurveda cure for many diseases and we must add Acupressure also along with these therapies. **We want the State Government to recognize Acupuncture as a system of medicine and give due recognition so that Integrated Colleges can be started.**

Wish you all Happy Dasara.

H. BHOJRAJ, CHAIRMAN, AAA.



SILENCE IS THE ONLY SOURCE WHERE YOU CAN INCREASE THE STRENGTH OR FIX THE PROBLEM IN THE MENTAL ASPECT

ONE DAY ACUPRESSURE COURSE In September. Rs 2000/ (50% off for repeaters) Call Mrs.Jija.99861 68181 for Date Venue; 1953, 8th Main road, E Block

HEARING IMPROVEMENT RESEARCH PROJECT (HIRP)

Remarkable results by.....

**Mrs. Kallolini Patro,
Project Director (9911413405)**

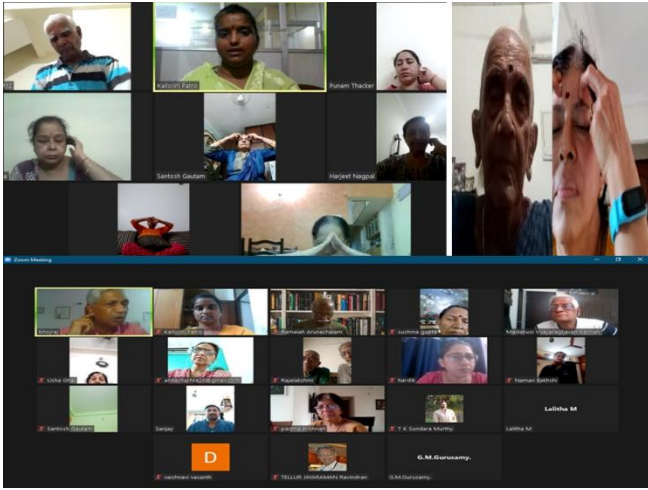
With age, it is normal to lose our hearing ability, but, with Acupressure activation, we can always delay the process and **improve the hearing too.** It's not a myth. AAA, Bangalore under the Chairmanship of Dr. Bhojraj is working on it since Dec 2021. **HIRP registered participants have come out with qualitative data to support it.** Since Jan 2022, the newsletters have featured HIRP related columns and achievements.

Dr. H. Bhojraj, came up with a simple exercise protocol during December, 2021. Many people started confidentially practicing it without revealing their hearing status and many of them registered with AAA, Bangalore and committed with it for 3 months to practice and provide frequency report without any bias. Being an Holistic Health Practitioner, I handled the portion of registration of participants, their one to one training and then, 3 months virtual class with the registered participants. This was a well planned program by AAA, which fit into the requirement of large circle of people.

The first batch of the Hearing Improvement Research Project (HIRP) was launched on 1st March, 2022 with 17 registered participants. At present, the 6th batch is in progress. Participants can register by making a one time donation of R.1000 (one thousand only) in favour of AAA, Bangalore and committing to practice with us for 3 months. Participants are sent a frequency test on whatsapp, a simple way to get their reading before the start of treatment. Readings are taken from time to time during these 3 months of handholding. Besides their own observations, family's observations, listening ability on phones and response of others help them to understand their scale of improvement.

Once the participants register, they attend virtual class on Mon, Wed and Fri on zoom to practice the protocol of exercises taught to all the participants. Being the program Director, I guide them to do it correctly, motivate them, correct them if need be to keep a continuity track till their 3 months ends.

- DON'T COMPARE YOURSELF WITH ANYONE**
- RIGHT COMMUNICATION IS THE FOUNDATION FOR HAPPINESS IN RELATIONSHIP**



So far from 1st March to 9th August, 2022, we have 34 Registered participants in 6 batches and out of these 2 batches have finished their 3 months commitment of practice and come out with remarkable improvement of hearing ability.

Tinnitus has improved, hearing ability has improved where we have quantitative uninfluenced records from the participants.

Out of six batches so far we had 96 year old Registered Participant and the youngest is 40 years old participant of Batch Three out of 34 participants.

HIRP made a huge difference in and around my circle of registered participants and even in the core team of HIRP including Dr. Vaishnavi who is an ENT specialist in the core team is acknowledging the difference. **These beliefs are profound already...including** direct and indirect participants, silent followers of protocol video.

When we saw the substantial improvement in the hearing of 96 years Ms. Rajalakshmi who was the registered participant for 3 months that was a feather in our existing belief; when her daughter, son, grand children said that “she is responding to us with our one attempt of speech which is not repeated like earlier and not loud like earlier” that made the whole team and beyond HIRP celebrate the conceptualisation of Dr. Bhojraj...through HIRP.

You all must be wondering what is guided in HIRP to improve the condition, these are Acupressure Points selected for this condition only. Being a non invasive technique, easy to

practice irrespective of age and condition, no side issue in nature at any stage to people who adopt them with this criteria HIRP was planned.

With this background of efficacy, people who have not registered for HIRP are also practicing. In my knowledge Mrs. Anita who is a Yoga Trainer of Bharatiya Yog Sansthan of Prem Nagar, Janakpuri, Delhi – 110058 is religiously making her followers practice who are above 55 years of age in her Morning Yoga group in their park as a prevention. Out of her followers, Mrs Ghai who had tinnitus among that group has sorted out her tinnitus condition through this HIRP video and continuous practice in their morning practice in park.

To match my words regarding HIRP, I have taken video feedback of first batch participants and Mrs. Ghai. Please check the following youtube links regarding their uninfluenced feedback upon HIRP.

1. <https://www.youtube.com/watch?v=Sk-5Tv8EskI>
2. <https://www.youtube.com/watch?v=EJwNhb5oQ6s&t=38s>

and so many videos are there under the second links...explore them to believe in ..

Every approach needs the basic amount of belief on the therapy and the guide along with self practice, continuity, consistency...that leads to the rewarding state of HEALING and success.

When something good is happening in the natural way, at one's end it needs to record for other to use. As a human being it should be our first and foremost responsibility to spread the POSSIBILITY.

Possibility leads to REGENERATION of anything and everything.

Whatsapp me or Call me @9911413405 to enroll for HIRP VII, I am there to guide you.

Thank you for reading it patiently.

**Mrs. Kallolini Patro
Project Director
9911413405**

**USUALLY OUR MENTAL HAPPINESS IS JEOPARDISED BY OUR PSYCHOLOGICAL NON ACCEPTANCE OF REALITY.
HENCE MENTAL HAPPINESS HAS TO BE FOUND FROM WITHIN.
WHEN YOU ARE WITH YOUR SOUL IN TRANSCENDENTAL STATE YOUR HAPPINESS MULTIPLIES.**

LIFE TIME ACHIEVEMENT AWARD to H.BHOJRAJ from BADAGA WELFARE ASSOCIATION, CHENNAI (BWACH)

The oldest Association for Badaga Welfare in its 54th Annual Day Celebrations conducted in Chennai honoured Shri.H.Bhojraj, as a first Badaga from Nilgiris for his distinguished achievement and contribution in the field of Space Technology in ISRO Satellite Centre now renamed as U.R.Rao's Satellite Centre for four decades. The plaque containing the writeup presented by Shri. Ganesh, M L A from Ooty, Mr.Gunasekaran, President,BWACH and Mr.Bobbli, Chief Patron BWACK. The function was attended by nearly 1000 people from Nilgiris working in Chennai. The awards were presented to many achievers including Air Comdr Madhan who also achieved this distinction as a first Badaga to reach this stage in Air Force.



Air Cmdr.Mathan,Mr.Bobbli, Prof.Eashwar murthy, Dr,Bhojraj, OOTY MLA Mr.Ganesh,Mr.Gunasekaran and Ms Sabhitha Bhojan in the traditional dress. Prof Bhojan is behind.

**ADVANCE ACUPUNCTURE COURSE
STARTED FROM 27TH August 2022
ON LINE and OFF LINE
CALL Mrs.JIJA FOR DETAILS**

ISRO CELEBRATES GOLDEN JUBILEE OF SATELLITE CENTRE

U.R.Rao Satellite Centre started in the year 1972 as ISSP (Indo Soviet Satellite Project) has completed 50 years in 2022 and different Groups started celebrating this Golden year by inviting all retired scientists who had contributed from the inception and conducted a panel discussion for the benefit of the new engineers and scientists.



Our Chairman Dr.H.Bhojraj (who was one of the engineers to join ISRO in 1972) and nearly 47 retired Scientists/ Engineers and technicians were called on 3rd August to their ISITE Campus where all INSAT satellites were assembled, to celebrate the Golden Jubilee. The meeting was attended by the present Director Dr.Sankaran.



The Thermal Systems Group was started by Shri.H.Narayanamurthy in the year 1972 and the team delivered the thermal control system of Aryabhata Satellite in a record time of 3 years from the scratch. Mr.H.Narayanamurthy, Dr.V.K.Kaila, Mr.D.R.Bhandari, Dr.H.Bhojraj, Mr.Bharve, Mr.S.C.Rastogi and Mr.Dinesh Kumar participated in the Panel discussions conducted very efficiently by Mr.Alok Srivasthava, Deputy Director, Mechanical Systems Area and Mr.Bindagi, Group Director, Thermal Systems

Group. We wish them all the best for the upcoming project Gaganyaan and Adhithya Missions which will motivate our youngsters to look much higher in the sky.



Mrs.Shona Saravanan, Mrs.Sumathi Nagulan, Mrs.Meera Bhojraj, Dr.Bhojraj, Mr.Nagulan, Mr.Leo Jackson and Mr.Saravanan, President, KBGA

Visit to Thermal Laboratory-world class facility



ISRO VETERANS MEET AFTER 3 YEARS

Due to the pandemic, the advisors of our Academy could not meet for nearly three years. The lunch meeting was organized on 20th August 2022 in Hotel Holiday Inn, Bangalore. It was decided in principle to meet every two months on the first day of the month. All the other veterans agreed to join the next meeting.

Visit to Deep Space Network in Bylalu on 11th August 2022

Mr.Leo Jackson, ISRO Scientist from ISTRAC invited the families of our Badaga Community to visit DSN near Bylalu to see the 32 M Antenna being used for tracking Chandrayan. On the occasion of 75th year of Independence ISRO organized the 1:1 model of Gaganyaan crew



Dr.Surendra Pal, Mr.R.N.Tyagi, Mr.Malik, Dr.Bhaksar, Dr.Bhojraj



module and Service module for public display. Only three families utilized this rare opportunity on 11th Aug 2022. All the participants enjoyed the technical achievements of ISRO and wished them for the grand success of

Gaganyaan.



CASE HISTORY

Mrs. Chandralekha now aged 39, had approached Dr. Bhojraj about a decade ago, complaining of menstrual problems that she had for several years. She was also unable to conceive. Within six months of Acupuncture treatment her periods have become normal and she conceived in the natural way. Encouraged by Chndralekh's results, her sister Saritha too, turned to Acupuncture for a solution. Her sister, who lived in Chennai used to travel all the way every week for treatment and was cured of similar problems. Both sisters are now cured of their problems and have a child each!! She visited our centre with her son Pranav who is studying 3rd std now.

Line of treatment: ↓ Sp 6, ↑ Liv 1, ↓Lu7, ↓P7

EMOTIONAL INTELLIGENCE WORKSHOP EMOTIONAL DIAGNOSIS AND REMOVING SUPPRESSED EMOTIONS FROM THE ORGANS

By Dr.H.Bhojraj

Health is not mere absence of disease, it is the wellbeing not only in physical level but also in mental, social, emotional and spiritual levels. **Spiritually every soul in the human body, operates within us depending on the previous birth's thoughts and actions. THOUGHT produces ACTION.**

Though we claim recognition in the society for our achievements, it is the "SOUL" which is the main operator in our body. The Soul is invisible but we come to know that the soul exists through our breathing. As I had written earlier, **breathing is "LIFE". The SOUL has to be supplied with "PRANA" the bioelectricity from the COSMOS.** This "PRANA" brings along with it "CONSCIOUSNESS", which consists of thoughts attached for further execution by the body.

The thought process is generated by various requirements, first and foremost being "NECESSITY". Our body creates hunger in the stomach which is in auto control mode to maintain equilibrium in the body which produces a thought to search for a way to satisfy the hunger. All living beings on this earth have to act on this necessity.

The second one which produces a thought in the mind is "HABIT". If someone is addicted to smoking, when the nicotine level comes down it produces a thought to smoke to increase the nicotine since the habitual smoking has gone deep into their subconscious mind. Even early morning exercise, coffee and TV viewing all come under these habitual thoughts.

The third one which produces thought is "CIRCUMSTANCES". Every day the experience of our life is different while travelling to workplace, working or interacting with people. Every moment the circumstances change. So depending on the circumstances we start getting the thoughts mainly for our own survival.

The fourth one is "STIMULATION". What you see or hear can stimulate thoughts in a certain direction. For example in a conversation, certain words can stimulate old memories and thought process becomes faster.

The fifth one is "PAST LIFE ACTIONS". This is an unknown area. The soul which has taken earlier birth has the potential to carry the experience and thoughts can be produced due to this. We have heard about the children performing at a tender age without

any training confirms this carry forward from earlier life.

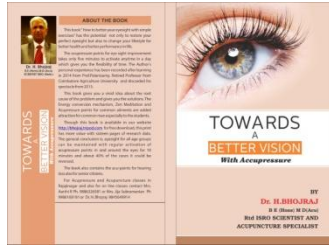
The final and most important is "DIVINE INSTRUCTIONS". It happens like magic, once the mind is silenced atleast temporarily. Most of the realized people created many things in this world for the betterment of the humanity got these thoughts in this mode. **The moment we reach the subconscious mind by any type of practice the divine instructions will start flowing from the person.**

Can any human being live without thoughts? Certainly the answer is "NO". Then what can we do to control these thoughts? *The simple method is just watch the breathing process without involving in breathing. It means, be a silent observer of your own breathing.* If possible count your breathing rate for a minute. If the breathing rate is below 10 per minute it gives you, tremendous control over your emotions. Emotions like anger, fear, grief, worry are considered negative emotions, but these emotions in a measured dose cannot be avoided. Sometimes, it stimulates one to achieve higher goals in life. For example "ANGER" is considered as destructive when shown on others, but when it is directed inwards ie. against ourselves, it becomes productive.

The ultimate aim of any action by anyone in this world is to feel happy. Where is that happiness? Is it outside or inside? Just watch your breathing for 10 minutes every day you will get the answer within 10 days.

Now coming to the suppressed emotions, all these emotions are converted to energy in motion. Extreme emotions produce extreme energy in the system. If it is suppressed, it gets into the organ and stored in a different form. The unwanted energy changes the cell function. Suppressed anger is the main reason for migraine, arthritis or muscle related problems. With Emotional Code, one can easily identify the suppressed emotion and remove it from the body with the help of a magnet with a power of 500 gauss. The emotional intelligence workshop will cover the fundamentals of emotions and how to keep yourself and others healthy by adopting simple solutions in life . All Acupuncture Practitioners should attend this workshop and with this knowledge common man can easily prevent the health problems in future.

**NEW PUBLICATION
TO BE RELEASED SOON!!!**



**TOWARDS A BETTER VISION WITH
ACUPRESSURE**
by
DR.H.Bhojraj and Mr. Shivakumar Bellan

with added features

Sight Improvement Research results
Hearing Improvement acupoints and
short term results
Emotional Intelligence for healthy living
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Expected date of release
10th October 2022

Prof. Palaniswamy, Rtd. professor, Coimbatore Agriculture University 84 yrs

I started my alternate therapy journey after my retirement mainly to take care of my diabetes. After joining the course on yoga by Maharishi Veththri, I started training students and came across Dr. Bhojraj in 2012 while attending a seminar in Bangalore. after conducting few yoga courses in Bangalore for the academy students, i became a family member not only for the academy but also for Mr and Mrs.Bhojraj. **In one of the courses I explained the points to improve eyesight with acupressure. I never thought that Dr.Bhojraj would take it up seriously. He not only reversed his eyesight but motivated thousands of people to follow this simple technique to improve the eyesight.**

I am really very happy to note that Dr.Bhojraj not only acknowledged my teaching but also requested me to write a note for his revised new book " Towards Better Vision with Acupressure". i wish him all the best for the success of this book, which should reach every nook and corner of India .

Prof. Palaniswamy, though short of hearing, is interested in contributing to the welfare of the society at this age also. Hats off to you Sir.

Dr.H.Bhojraj

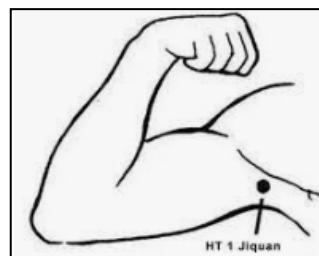
**PEACE BEGINS WHEN EXPECTATION
ENDS**

CASE HISTORY

High BP cured with Acupressure.... Reported by Mrs. Champa Yoganarasimhan

My son, Rahul, aged 26 years often had nose bleeding. Inspite of doing a lot of tests, Doctors could not diagnose the problem. Only the BP showed a reading of 170/100. A senior Doctor asked for a Heart check up. They put a monitor on him for 24 hours, but, everything was normal. No medication was given because all reports were normal. But, there was always this fear. One day, we met Dr. Sujatha Rajendranath, who spoke very highly of Dr. Bhojraj. He had cured her a few years ago, of her Frozen shoulder. Immediately we contacted him. Since it was during the pandemic, consultation was online. Dr. Bhojraj guided Rahul to activate certain points, which he did very sincerely. Results were almost immediately seen. Now his BP is normal and is free of his problem. We are so glad we found such a simple method of treatment to cure his nose bleed and Essential Hyper Tension. The BP was measured before and after activation.

Points Activated:



HT 1



HT 9



GV 20

EMOTIONAL INTELLIGENCE WORKSHOP

By Mr. Shivakumar Bellan

Venue : Hotel Chalukya
Date : 10th September, 2022
Time: 10 am to 5 pm

Register with Dr.H.Bhojraj
9845649914

9 30 am to 10 am: **Registration**

10am to 10 30 am: **Tea**

10 30 to 1 pm: **Emotional Intelligence Theory**

1pm to 2 pm: **Lunch**

2pm to 4 pm: **Emotional problems and Disease demo with Nadiswara**

4 pm: **Acupuncture practitioners meet by**

Dr. Samiullah and Dr.Ravishankar

Donation of Rs.2000/- per person payable to:

Academy for Acupressure and Acupuncture

Account no.: 6012588256

Indian bank, Rajajinagar, Bangalore

IFSC : IDIB000R005

Free for donors who have donated more than Rs. 5000 to our Academy.

LUNCH AND TEA INCLUDED

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Mrs.Aarathi R

Mr.Sundramurthy

Ms.Kallolini

Mrs.Saroja Appanna

Kiloor
Kokkalada
Government
High School-
Status



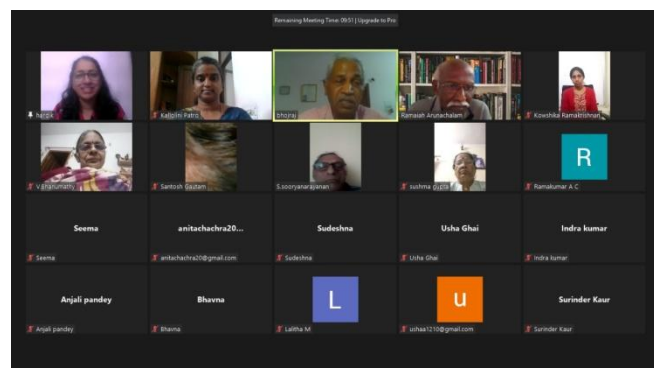
The school is now working with 57 students from class 6th to 9th and with 10 teachers. The school has been selected to conduct Zonal Sports for Volley Ball, Kabaddi and Throw Ball.

The inauguration is planned on 1st September and Shri.Ganesh, MLA has consented to inaugurate the Sports Meet.

This school has the potential to start a Sports School or Physical Education College.

All interested in supporting this noble venture can contact Dr.H.Bhojraj Ph. 9845649914

HIRP LATEST REVIEW on 28th August 2022



Two batches with 7 participants were monitored from May to August 2022 and the Apex Monitoring Committee conducted the review meeting. Ms.Kallolini, Project Director of HIRP welcomed the members and practitioners with the good news that 5 out of 7 found the improvement. Two of them have not reported back. Prof Arunachalam, suggested that the audiometric test can be taken by the participants who have seen good improvement for our quantitative values. Mr.Sooryanarayana 78 yrs told that his left was zero in the beginning and now he could listen upto 2000 Hz.Mrs Punam Thacker reported not only improving in hearing but her frequent head ache also solved with this activation. Dr.Bhojraj not only appreciated the great efforts of Kallolini but also the participants for their sincere activation almost daily.

Ms.KALLOLINI PATRO