



# ACU WELLNESS

The Quarterly publication of

**ACADEMY for ACUPRESSURE and ACUPUNCTURE (R)**

# 2596, 11<sup>th</sup> Main, "E" Block, 2<sup>nd</sup> Stage, Rajajinagar, Bangalore – 560 010

April – June 2015

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No. 2

## From the Chairman's Desk



**Health Sciences** and the implementation of health services in India are taking a positive turn towards nature cure. For a developing economy like India, it is a welcome change. Not only does it cut down on huge amounts on medical expenditure, it will also give boost to our traditional medical sciences. Making **Yoga** a part of school curriculum is the best thing that the state governments have done towards promoting **preventive** therapy. More emphasis should be given to promote research on preventive therapies than curative techniques.

Yes. We must give respect to the modern medical system with excellent diagnostic and life-saving tools. Only the Allopathic system can come to one's rescue at the time of emergency. But, the masses must be trained in preventive health care also. The government can encourage these by allotting funds to holistic healing sciences like **Yoga**, **Acupressure** and **Acupuncture**. In fact, any science which seeks

to improve one's immunity and helps a person stay healthy should be encouraged.

God created human beings with perfect health and self-repairing mechanism. The healing power of our inner force should be taught to the youngsters in the schools, especially to avoid ailments. Many eye related problems can be easily solved by the parents by giving proper food and activating the Liv 1 and Liv 3 points (of acupressure/acupuncture) daily.

We now have a team geared up to visit schools and impart training to parents and teachers with practical demonstrations and a year-long follow up for our research records.

One needs a generous mind to accept the simple healing system. A mind which is kept slightly empty along with a heart which acknowledges the receipt of this ancient Chinese wisdom.

I utilise this opportunity to thank all the donors, advance acupuncture practitioners and well-wishers for their support to our Academy.

*Dr. H. Bhojraj*

## **QUOTE**

**"I alone cannot change the health care system. But when You join our Academy, We can certainly change people suffering from Illness to Wellness"**

*Dr. H. Bhojraj*

## **INTERNATIONAL SEMINAR**

ON

**Use of Pulse Metabolic Analyser (PMA)**

**Date : 26<sup>th</sup> & 27<sup>th</sup> September 2015**

**Venue : Atria Hotel [tentatively] Bengaluru**

Presentation of papers by Practitioners using PMA

Last Date for submitting of papers : **August 10, 2015**

Last date for registration : **July 10, 2015.**

Those who have been using the PMA for treatment of various ailments can present papers in this International Seminar. A good opportunity to present **results of treatment** by recording **energy levels** before and after the treatments **using PMA**.

Those who do not present papers/cases can also participate. Dr. Sergey Fedotov (Russia), the creator of the PMA is quite likely to participate.

All participants should **register** on or before **10<sup>th</sup> August 2015**. The participation fee is **Rs. 6,000/-** per participant.

# KNOW YOUR SPINE

The spine is a series of vertebrae extending from the skull to the small of the back, enclosing the spinal cord and providing support for the thorax and abdomen.

A vertebra is any of the 33 bones which form the spinal column (vertebral column). The 33 vertebrae are: 7 cervical (neck) vertebrae, 12 thoracic (upper back) vertebrae, 5 lumbar (lower back) vertebrae, sacrum (5 fused vertebrae) and coccyx (4 fused vertebrae).

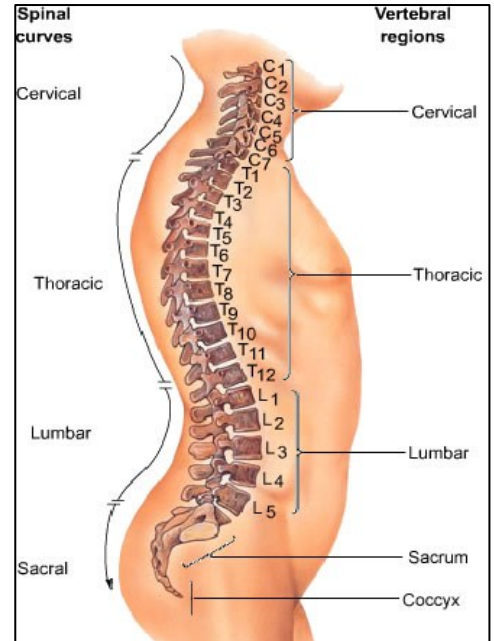
**Cervical** : The 7 Cervical vertebrae are the thinnest and most delicate vertebrae in the spine but offer great flexibility to the neck.

**Thoracic** : The 12 thoracic vertebrae are larger and stronger than cervical vertebrae but are much less flexible. Each one forms joints with a pair of ribs to form the sturdy rib cage that protects the organs of the chest.

**Lumbar** : The 5 lumbar vertebrae are even larger and stronger than thoracic vertebrae, but are more flexible due to the lack of ribs in the lumbar region. All of the upper body's weight bears down on the lumbar vertebrae.

**Sacrum** : It is a single bone in the adult skeleton that is formed by the fusion of 5 smaller vertebrae during adolescence. The sacrum is a flat, triangular bone found in the lower back and wedged between the 2 hip bones.

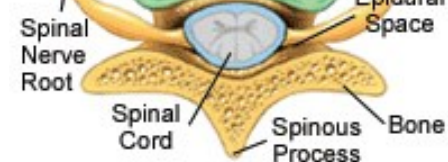
**Coccyx** : It is a single bone in the adult skeleton that is formed by the fusion of 4 tiny vertebrae during adolescence. The coccyx is often referred to as the human tailbone. The coccyx bears our body weight when sitting down and provides attachment points for muscles of the pelvic and gluteal regions.



## Intervertebral Disc

An **intervertebral disc** is a fibro cartilaginous pad that fills the gap between adjacent vertebral bodies. The discs provide padding between vertebrae during weight bearing. Because of this, intervertebral discs are thin in the cervical region and thickest in the lumbar region, which carries the most body weight. Intervertebral discs are also flexible and can change shape to allow for movements of the vertebral column.

Each intervertebral disc consists of two parts. The **annulus fibrosus** is the tough, fibrous outer layer of the disc. Inside is the **nucleus pulposus** consisting of a softer, more gel-like material. It has a high water content that serves to resist compression and thus is important for weight bearing. With increasing age, the water content of the nucleus pulposus gradually declines. This causes the disc to become thinner, decreasing total body height, and reduces the flexibility and range of motion of the disc, making bending more difficult.



## Ligaments and Tendons

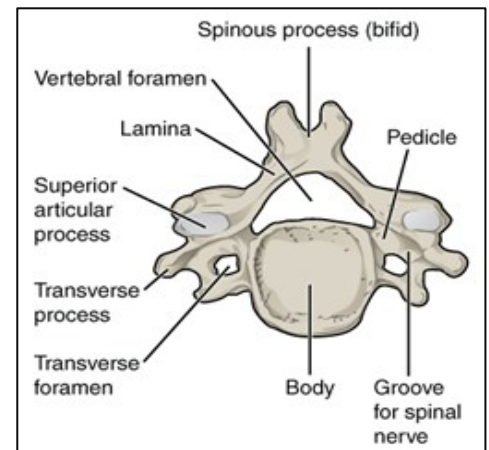
Ligaments connect bone to bone and Tendons attach muscle to bone. Ligaments and tendons are fibrous connective tissues made up of densely packed collagen fibers. Following injury, ligaments and tendons

may take a long time to heal because their blood supply is limited. In the spine, ligaments help to provide structural stability. They prevent excessive movement of the vertebral bones.

## Muscles

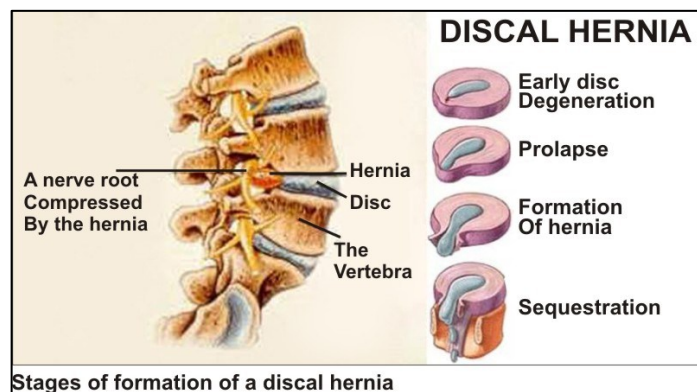
More than 30 muscles and tendons help to provide spinal balance, stability, and mobility. Muscles contract and relax in response to nerve impulses that originate in the brain.

Muscle is the only type of body tissue with the ability to contract muscles, tendon and ligaments, support the spine, hold it upright and control movement during rest and activity.

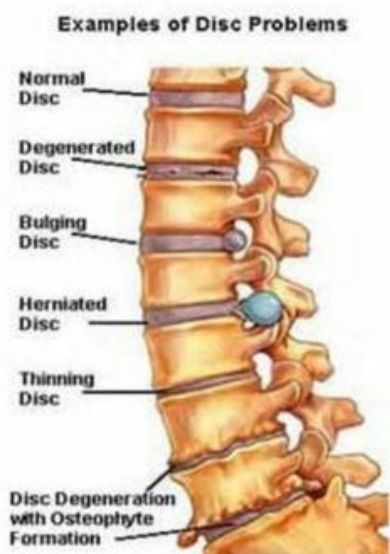


## What are the causes of back pain?

Back pain is commonly considered a nerve impingement syndrome, a structural problem that prevents the nerves from exiting the spinal cord through the spinal vertebrae and out into the body.



In theory, surgically removing the obstruction to the nerve should cure the pain. But, in practice, this is not always true. Besides, surgery can be very expensive and recovery, very slow. But Acupuncture views the problem differently and gives you a simple and permanent cure. An examination of these causes and some suggested treatments to alleviate the pain are discussed below.



## *Qi* [Chee] stagnation

*Qi* is basically the energy that circulates throughout your body. This *Qi* flows through a network of channels and meridians. When this flow is disturbed or blocked, it causes pain and restricts movement. Inserting needles at a few strategic locations will stimulate the movement of *Qi* in the desired area and the pain goes away. *Qi* stagnation can lead to blood stagnation, and what was a dull ache that radiates outward from the central location can become a very sharp fixed pain. Lower back pain caused by *Qi* stagnation is sometimes found in women who have painful periods. Another cause of *Qi* stagnation is the invasion of cold or dampness (humidity) into the energy channels that go up and

down the spine. It slows the flow of *Qi* and causes pain. This is actually a typical form of **arthritis**.

## Blood Stagnation

There are two main causes of blood stagnation. One is some local trauma. This could be caused by heavy lifting, a sport's injury, or perhaps even an automobile accident. Any specific trauma to the back will give rise to what is called blood stagnation. The treatment principle is the same as the *Qi* stagnation. Getting the blood moving will give relief.

The other cause of blood stagnation is a long history of *Qi* stagnation. The *Qi* is said to move the blood. If the *Qi* remains stagnant for long, the local body fluids that are supposed to be flowing begin to stagnate. This may result in some emotional component - for instance, a long history of frustration, resentment or some other really bitter emotional problems. It can give rise to the *Qi* stagnation type of back pain. If it goes on for long it becomes more tight and compacted. In this case, the body begins to manifest that stagnation in the form of lumps, tumors, pains or other blood circulation problems.

## Damp Heat

This condition can cause radiating pain that circles the lower back down into the groin area. Basically; this is a back pain, normally in the lower back that is associated with a kind of infection in the urinary tract or other area in the lower abdomen. This might be **kidney stones**, or a bladder infection. It is often related to some uro-genital disorder that may include a local infection of some sort.

## Kidney Pathology

Kidney problems can range from stones to a deficiency of Kidney or Coldness energy in the body. It causes lower back pain.

In our Academy, we have successfully treated back pain with Spleen humidity formula. For immediate relief from back pain, bladder coldness tonification is very effective since this meridian covers the entire back of the body.

In our Academy, stagnation of *Qi* and blood can be effectively cured by administering the Spleen humidity sedation formula. This formula has the potential to cure a majority of back problems. Back problems related to kidney stones or bladder infections can be treated by adjusting the coldness energy. In fact, toning the bladder coldness will give immediate relief from back pain.

Acupuncture, coupled with spinal massage like 'Dorn Therapy' or static body balancing shows faster recovery.

# CASE HISTORIES OF SPINAL PROBLEMS

## 1. Spinal pain cured with Acupuncture.

Says, Mrs. Puja Shankar.

This is an 8 year old story. I was **completely bedridden for 2 weeks** due to pain in my spine. The doctors told me that getting operated was the only solution. I agreed, but, my brother-in-law, a diploma holder in acupressure/acupuncture, persuaded me to try Acupuncture. He gave me treatment under the guidance of Dr. Bhojraj. To my disbelief, I was cured of my back pain without surgery. All thanks to Dr. Bhojraj for this very simple and very effective treatment.

## 2. Acupuncture relief for cervical pain.

Says, Mrs. Komala. V, Bengaluru, a Homemaker, aged 37 years. Tel 077608 13989

Mrs. Komala had pain in the hand since 6 years. Not only was the pain severe in the right hand, **she felt no strength in the other hand also**. Due to this, she was unable to do any work. Modern medicine could only offer painkillers and the **pain would be back as soon as the medication was stopped** coupled with disturbed sleep. MRI revealed a cervical disc bulge. Physiotherapy was suggested, but the pain persisted. The **pain was so intense that even sleeping pills did not induce sleep**. The doctors suggested surgery as a last resort. But Komala and her husband were not interested in surgery. They chose to go with Dr. Bhojraj's method of Acupuncture.

Smt. Komala approached us in early September 2014. In the 1<sup>st</sup> sitting, **treatment was given as per pulse analysis**. Dynamic body balancing was also done. In 3 days, the pain was unbearable. The GB 41↑ (Gall Bladder wind increase) formula was administered for immediate relief. Four days later, she was still unable to sleep on her right side and the pain increased after the dynamic exercise. The liver wind increase (Liv 1↑) formula was given along with auricular points - shenmen, Liver and Neck for 10 minutes. Towards the **end of September, the pain started decreasing**, but she still didn't feel the strength in her hands. Treatment continued mainly on the wind energy (Liver/GB). In November 2014, **she felt fit enough to travel**. Now she has been able to **carry on with her household work without difficulty**. Though the aches and pains do resurface once in a while, she is able to manage with the **self-help technique** taught to her. Even these minor problems will be overcome shortly with the continuation of activating the points regularly.

## 3. Back and wrist pain greatly reduced with Acupuncture.

Says Mr. Tauseef Siraj, 23 years age, living in Halasuru, Bengaluru. Tel : 98860 90493.

“For 2 years I had back pain and in February 2015, it became severe. I contacted the Academy for treatment on 04/03/2015. After the **pulse analysis**, I was given treatment and was advised to take treatment once a week. **Within a week, my back pain reduced by 80%**. The Doctor felt I required treatment only once a fortnight. I am regularly activating the points shown to me and I am confident that I will be completely cured.”

Treatment : 2<sup>nd</sup> sitting : Spleen humidity sedation

3<sup>rd</sup> sitting : Bladder coldness tonification

## 4. Acupuncture easy way to overcome knee pain and pain in the hip.

Says Mrs. J.A. Prema, aged 64 years, living in Kodihalli, Bengaluru. Tel : 994500 6983 (080 25279185).

Mrs. Prema **had terrible pain between hip and knee since August 2014**. She could not start walking immediately after getting up from the bed. She also had **severe back pain** in mid-September 2014. She started taking Acupuncture treatment. The 1<sup>st</sup> sitting was based on the **pulse analysis**. In subsequent sittings, Spleen humidity reduction formula was administered along with dynamic exercise. **Within 2 months** (Mid-November 2014), **her pains and discomfort got away completely**. Being fully satisfied with the treatment, **she has started recommending** her friends for acupuncture treatment.

## 5. Shoulder, hand and back pain greatly reduced with Acupuncture.

Says Mr. S. Venkataramaiah, 65 years age, living in Srinivasapura, Kolar Dist. Tel : 98444 28333

About 30 years ago, a bunch of coconuts fell on his shoulder He could not move his hand and the muscles hardened to the extent that BP could not be measured on that hand since it did not show any reading. Oil massage brought back some movement but the pain stayed on. In last November, treatment was started after **pulse analysis**. Since he had to travel a long way, he was asked to take treatment once in a fortnight. The Liv 1 formula (wind energy increase) was administered. After 2 sittings the pain reduced. After 4 months, the **pain reduced by 80%**. The hard muscle has softened and now it is possible to get a reading of BP. Previously, the winters were very painful but last winter the weather did not cause any problem.

# How I became a Healer



**Narendra Borwankar**

I was curious about acupressure since the time of my college days (1985). I was trying to learn this technique by reading books but without much success. As the old saying goes, “*Guru Bina Gyan Nahi*” meaning, “Without a teacher, you will not get the right knowledge”. After I moved to Bangalore, I mentioned to one of my friends that I am keen to learn this technique. In 2005, my friend called me saying a scientist from ISRO is conducting a course and gave me the contact number. I immediately called Dr. H. Bhojraj and registered myself for the basic course. During the course I was treated for my sinus problem and I was completely cured. Now I became more curious and came to know that I can complete the Advance Acupuncture Course being conducted by Dr. Bhojraj. I then registered myself for the same. Thus my journey towards this wonderful system of drugless treatment started. I completed the Advance Course conducted by Dr. Bhojraj,

I was always looking for someone who is in pain and would try and offer my help proactively. So much so, sometimes my family members would feel embarrassed as to how I can give treatment, advice or help to a person whom I don't even know? However, the kind of satisfaction one can get by curing another person through this technique is immeasurable.

I kept treating some of my colleagues and friends for ailments like headache body pains, fever, cough cold etc.

During 2011, Dr. Bhojraj shared the concept of forming an academy for the propagation of these simple and effective techniques along with research in this field. I, without even thinking for a moment, agreed to be part of the good cause and become a Trustee of the Academy for Acupressure and Acupuncture.

Narendra Borwankar completed his Engineering in Computer Science during 1988 from Mumbai. He then started his career as Hardware and Software Engineer.

--Dr. H. Bhojraj

## Activities during the 1<sup>st</sup> quarter of 2015.

The 1<sup>st</sup> **Dorn Therapy Workshop** in Karnataka was conducted on 10<sup>th</sup> and 11<sup>th</sup> of January, 2015 by Dr. Shubhas Mani (of Chennai). He is the only authorised and Certified Tutor of Dorn International. Fourteen of our practitioners trained by our Academy participated in this Workshop. All of them were appreciative of the theory and practice of the Dorn Therapy. All the participants were presented with the Course Completion Certificate issued by the Dorn Therapy International.



Dr. Surendra Pal releasing the 3 years Report of the Academy

Dr. H. Bhojraj hosted a dinner at the Atria Hotel on 1<sup>st</sup> February, 2015, on the eve of completion of the **3 years working** of our Academy. All the Donors and well-wishers with their spouses were invited to this dinner. This was hosted by Dr. Bhojraj to thank all the donors and others who have been a part of this success. A brief report of the activities and achievements of the Academy was presented and printed copies were distributed on this occasion. The participants **praised and appreciated** the **efforts** and **3 years working of the Academy**. The highlight of the dinner was the traditional **Badaga** dance of Nilgiris.



A section of the participants at the Dinner hosted by Dr. Bhojraj

**Kayakalpa Yoga** conducted by Dr. S. Palanisami was held on 7<sup>th</sup> February 2015 at the Institution of Engineers, Bengaluru. This was the third time the **Kayakalpa Yoga** was organised by our Academy. Later in the evening on the same day, our **3<sup>rd</sup> Anniversary Celebrations** coupled with the **Graduation Ceremony** was held. The successful 4 people were presented with their Course Completion Certificate. Dr. Palanisami in his address as the chief guest appreciated the efforts of the Academy in spreading the knowledge of drugless therapies and emphasised the need and advantages of such therapies in modern times.



Fresh Graduates with others at the 3<sup>rd</sup> Graduation Ceremony

After the conduct of the PMA Workshop (November 2014), more than 15 of our practitioners have purchased the PMA and have been using it. The use and application of the PMA for diagnosis and treatment of various ailments will help in generating data to prove the effectiveness and usefulness of Acupuncture treatments. As a follow-up,

Dr. R.K. Mundra has visited Bengaluru during 2<sup>nd</sup> week of March 2015, to clarify the doubts the users of PMA had.



### Quarterly meeting of the Trustees



The 12<sup>th</sup> meeting of the Governing Council of our Academy was held on 1<sup>st</sup> February, 2015 at Atria Hotel at 6 PM. The GC was briefed about the progress made in the research collaboration of the

Academy with S-VYASA and the proposed research on Migraine headache. The progress made in several aspects including the successful conduct of the International Workshop of PMA was appreciated.

### Distinguished visitor at our Academy



Dr. H. Devaraj, Vice Chairman, University Grants Commission, on his official visit to Christ University, Bangalore, took time to visit our Academy on 31<sup>st</sup> January 2015. He was briefed about our research activities by our Chairman, Dr. H. Bhojraj and the book "**Acupuncture - The drugless path to good health**" was presented to Dr. Devaraj. Dr. Bhojraj requested him to take up this preventive health care system to all health universities which can serve the rural masses very effectively.

### Visit of S-VYASA Professor



Demonstration of PMA use and recording

Prof Prahalada Rao, of S-VYASA, visited our Academy on 12<sup>th</sup> February 2015 in connection with the Research project which we have initiated with S-VYASA. He was briefed about the use of PMA system and he was much impressed about it. We are pursuing the joint research collaboration with S-VYASA.

**Those interested in pursuing Acupuncture research, especially students, may contact Dr. H. Bhojraj [98456 47714]**

## CASE HISTORIES

### 1. High random blood sugar count normalised with Acupuncture in 2 months.

Says, Mrs. Ragini, a Homemaker, 67 years.

In July 2014, Mrs. Ragini noticed that she was always feeling thirsty and that there was numbness in her sole region. A check-up revealed that **random blood sugar** (RBS) count was at **400**. She was advised to take 2 tablets a day. Being a strong believer of Acupuncture, she approached Dr. Bhojraj for treatment. Her treatment started on 24/7/2014 with spleen humidity reduction once a month. By **August**, her **RBS** was reduced to **196** and further to **130** by **September 2014**. Her doctor advised her to **cut down medication by half**. Her overall health improved and feels comfortable. She thanks this drugless therapy.

### 2. Knee pain and stomach ache cured with just 2 sittings of Acupuncture

Says, Mrs. M. Vijaya, 50 years, housewife in Jayanagar, Bangalore..

Mrs. M. Vijaya, of a BPL family (hence given free treatment) came to our Academy with a complaint of right knee pain and stomach ache due to tumour. She was diagnosed with fibroids in Uterus. She was treated on 26/4/2014 with our universal formula and advised to keep activating the immune system points on the palms daily. She was required to come for treatment after 2 weeks. In her second sitting on 13/5/2014, she indicated that she has attained menopause and the knee pain was slightly better. She was again given the universal formula in her 2<sup>nd</sup> and 3<sup>rd</sup> sittings with a fortnight gap. She now reports that her pains have almost gone and she is able to go up the stairs quite easily as against one by one step earlier. Now she is able to squat her legs and sit comfortably on the floor with hardly any pain. She is now relieved of most of her problems and feels more energetic.

### 3. Acupuncture – Quick and easy cure for heel pain.

Says Mr. Uppili Srinivasan, 43 years age, living in Peenya 2<sup>nd</sup> Stage, Bengaluru. Tel : 99000 80628

“I was suffering from severe heel pain and was not able to put weight on my foot due to pain and the heel developed calcium deposit in the that region. I used to limp while walking The Orthopaedic Surgeon prescribed some pain killers and use of high heeled shoes. He further advised me to undergo surgery to remove the bone growth. I was not willing to undergo any surgery and was on the lookout for other ways of treatment. I came across **AAA** and wanted to try the drugless method. I visited AAA on 09/08/2014. After the **pulse**

**analysis**, treatment was given and was advised to visit the Academy once in a week. After 4 sittings, I found drastic improvement in pain and my walking became **almost normal** without any medication. I regularly followed the advice of palm exercises. I am now able to walk easily without any pain. My last visit to Academy was on 06/03/2015. After the treatment the doctor said no more treatments are required and instructed me to carry on with the easy and convenient way of activating the reflex points on the palm. I feel acupuncture is surely an easy and convenient method to overcome such problems. Thanks to Dr. Bhojraj and his team.”

### 4. Migraine cured with Acupuncture.

As reported by Poornima Gopinath, A healer trained by the Academy.

Mrs. Malathi, 27 years, had headache for the past 5 years. She used to take pain killers every day. Wind energy sedation formula [Liv1↓] was administered on alternate days. After 6 sittings she stopped all medication. Acupuncture treatment was continued for further 2 weeks. Since last 3 months she has had no headache and has not taken any medicines.

### 5.1. Singer's lost voice recovered by Acupuncture.

Says Mr. Ravishankar, D. Acu., Chennai. Tel : 90945 81649, a practicing Acu-therapist.

Dr. Lavanya, a dentist and a singer lost her voice for high octave and could not give concerts. Dr. Bhojraj advised me to treat the singer with the following points on the Lung meridian : Lu 7 ↓, LU 10 ↑, Lu 5↓ coupled with P 5 ↓. She **regained** her voice in just **5 months** and she can now give concerts without any difficulty.

### 5.2. Carpel Tunnel syndrome cured.

A patient complained of numbness in the fingers and pulling of nerves. I treated her based on the formula given in Dr. Bhojraj's “**Acupuncture - A Drugless path to good health**” [P8↑ P3↓ P7↑ CV Hotness ↑] book. The problem was completely cured in just 1 session.

The potential of Acupuncture to cure many ailments is very vast and wide. Thanks to Dr. Bhojraj for his guidance.

### 6. Severe Knee pain, frozen shoulder and eczema completely cured.

Says Mrs. Anuradha Janu, 65 years age, living in Srinivasapura, Kolar Dist. Tel : 98444 28333

I had come to Dr. H. Bhojraj for the treatment of severe knee pain, during November 2014, due to which I could not move or go up the stairs. I was suffering from frozen shoulder also. I had high Blood pressure since 10 years. I was suffering from disturbed sleep coupled with anxiety, stress and

anger problems. I took treatment every week. I could notice the improvement in my condition at every sitting. My knee pain was almost gone by the 5<sup>th</sup> sitting. Towards the end of January 2015, my knee pain was completely gone. I could go up the stairs easily and was able to sleep well. My skin condition also improved and the occasional itching sensation vanished. Now my Blood pressure is normal.

I feel acupuncture treatment has many advantages apart from being a drugless therapy. I am happy I resorted to this type of treatment.

## 7. Low sperm count and Eczema cured completely by Acupuncture.

*Says Mr. Shivakumar L, 38 years age, living in J.P. Nagar 9<sup>th</sup> Phase, Bengaluru. Tel : 89510 36660*

Mr. Shivakumar approached us in November 2013. He complained about low sperm count and eczema. He also had constipation once in while and generally did not feel hungry. After the 1<sup>st</sup> treatment based on the pulse analysis, his hunger increased. The Spleen humidity formula was given to improve the overall health. Then onwards, he was treated with Kidney coldness tonification once a month for a few sittings. Mr. Shivakumar observed that the eczema disappeared in about 2 days of treatment but would come up again after 10 days. This was treated with the Lung dryness sedation formula in October 2014. Ever since he he did not have any skin problems/complaints. A test done in September 2014 (11 months after the treatment was started) showed that his sperm count is within the normal limits (from 20 million in November 2013 to 50 million in September 2014).

Mr. Shivakumar says the Acupuncture treatment improves the general health of a person apart from curing specific ailment/problem.

## AURICULAR THERAPY TRAINING PROGRAMMES

in

**April 2015 6<sup>th</sup> to 8<sup>th</sup>**  
**May 2015 4<sup>th</sup> to 6<sup>th</sup>**  
**June 2015 8<sup>th</sup> to 10<sup>th</sup>**

**Time : 10-30 AM to 1 PM everyday**  
**Venue : Academy Premises**

**Course fee Rs. 5,000/- per person if registered one week in advance.**

**For all registrations and other details, please contact (080) 2313 2103**

## Advance Acupuncture Course (one year)

### Module 1

**Every Saturday between 10-30 AM & 1 PM**  
**This is a Cyclic Course repeated every 3 months. Those interested can join any Saturday and continue for 1 year**  
**For all registrations contact (080) 2313 2103**

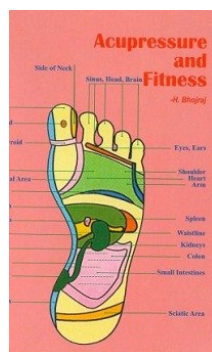
### Module 2

**Ten days forenoon course between 10-30 AM and 1-00 PM (Theory only)**  
**12<sup>th</sup> to 21<sup>st</sup> May 2014**  
**14<sup>th</sup> to 24<sup>th</sup> July 2014**

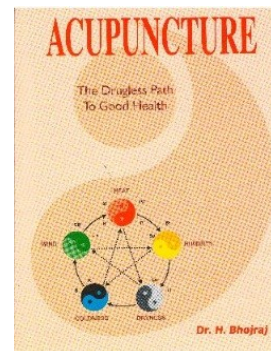
**Practicals for 1 year depending on candidates convenience.**

**Course Fee : Rs. 40,000/- per participant if registered at least one week in advance**

**For all registrations contact (080) 2313 2103**



Price Rs. 250/-



Rs. 1,200/-

**Orders accepted for delivery by Courier despatch by the Academy on advance payment.**  
**Contact (080) 2313 2103 between 10 AM & 5 PM on week days.**

## ONE DAY

**Basic Course in Acupressure**  
**On 18<sup>th</sup> April, 16<sup>th</sup> May & 20<sup>st</sup> June 2015**  
**at**

**The Institution of Engineers (India)**  
**# 3, Dr. B.R. Ambedkar Veedhi, Bangalore**  
**(Opp. The Indian Express office)**  
**From 9-30 AM to 4-30 PM**

**Course Fee : Rs. 2,000/- per participant**

**For registration contact**  
**P. Suresh – 93412 61251**

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