



ACU WELLNESS

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE
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AUGUST 2023

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VOL 12 No.08

FROM CHAIRMAN'S DESK



CHANDRAYAAN 3 IN THE CLEAN ROOM

July 14th was a great day for **INDIA** as the LVM 3 rocket carrying **CHANDRAYAAN 3** lifted off from Sriharikota Space Port with the intention of making a mark in the world's space activities by landing in the South Pole area which has been unexplored so far by any country. Everyone in **INDIA**, though not aware of the technical complexities of rockets, started following the launch. They also started monitoring the orbit raising methods, skillfully adopted by **INDIAN** scientists for reaching the moon's path by adopting the "SLING SHOT" method for the third time to reach the **MOON**. It is an ingenious method adopted only by **INDIA** since we don't have more powerful rocket to reach the Moon in 4 days like **USA**. It will take nearly 42 days to reach the designated spot on the Moon. On 23rd August 2023, at 5:45 PM, **INDIA** will create history by landing successfully on the Moon.



WITH **Dr.SHANKARAN**, DIRECTOR, **URSC** IN FEB 2022

I had the great opportunity to visit the **URSC** clean room just before the packing of Spacecraft to **SHAR** with the permission granted by **Dr.Shankaran** who is the main architect of this grand project. The team of scientists have worked tirelessly for years to give a very highly reliable spacecraft. I have no doubt that **Dr.Shankaran** and the young **CHANDRAYAAN 3** team will create history and will be in cloud nine on 23rd August at 5 45 PM. On behalf of all retired **ISRO** scientists, and also on behalf all members of our **SPACE-i-CLUB**, I wish **Dr.Shankaran** and **TEAM ISRO** under the dynamic leadership of **Dr.S.Somanth** a very successful mission. **We convey our blessings and advance congratulations to them.**

INDIA is in the verge of achieving the status equal to the developed nations and the Government's main thrust to eliminate poverty is bearing fruits and helped majority of the families to lead a decent life. Good agricultural practices should be encouraged and investments should flow to this department. For feeding our 145crore population, we need to adopt modern technology for higher productivity with low chemical inputs. Our intellectual community should be ready to pay little more for the food products of high quality and encourage the farmers to produce quality products. Crowding in the cities for the sake of employment has to be discouraged and the tier 1 and tier 2 cities should be funded to develop the facilities needed for their requirement.

It is heartening to note that **Dr.Alexander Thomas** and **Dr.Shanmugasundaram** have submitted a policy document to **Government Of India** to take care of the aging **Indian Population** especially senior citizens. The main thrust areas were identified and the document contains all the required policy decisions to be implemented in future. One of the thrust areas is

preventive health care and reskilling senior citizens to adapt themselves to the new generation inventions.

Myself and Mr.Nagulan Joghee had a fruitful meeting with the Executives of Vayah Vikas, a voluntary Organization to harness the power of senior citizens. In principle they have agreed to support our Hearing and Eye Sight Improvement projects as a pilot project and agreed in principle to conduct an online training program at the earliest. If it is successful, it would be taken up all over India.



LVM3- THE ROCKET WITH PERFECTION

The Space-i-Club members are bubbling with energy and looking forward to **Chandrayaan-3 soft landing on the Moon at 5 45 PM on 23th August. It is going to be a great day not only for “TEAM ISRO” under the leadership of Dr.Somanath, Chairman, ISRO but also for the entire population of INDIA particularly to the students community.** Never in the history of ISRO since 1969 such an awareness and expectations were generated by the public for the soft landing of VIKRAM on the Moon. When I visited Europe in 1980 on official training after joining ISRO in 1972, I was questioned why INDIA was making satellites when majority of the population was not getting a square meal a day. Our visionaries like Dr.Vikram Sarabhai, Dr.Sathish Dhawan, Dr.U.R.Rao and subsequent Chairmen of ISRO, have

clearly answered that question by deeds and not by words.

Today the whole world is ready to collaborate with India on Space Technology. As suggested by a senior retired space scientist, it can conclude as ASIAN SPACE AGENCY in future and share the fruits of space technology where the poverty is still there. Under the dynamic leadership of our Prime Minister, nothing is impossible.

I thank all our well-wishers particularly Mr.Sridhar, Industrialist in Chennai and my Engineering classmate(1971) for donating Rs.25000 to our Academy particularly for the Hearing Improvement research Program (III) which will conclude by August end. The feedbacks are really encouraging to take it up as research in the National level.

Once again, I wish “TEAM ISRO” for the grand success of CHANDRAYAN 3 on 23th August 2023 at 5 45 PM. Keep your fingers crossed.

H.BHOJRAJ

CHAIRMAN, AAA AND EX ISRO SCIENTIST

AAA DONATIONS (FROM APRIL TO JULY 2023)

THANKS TO ALL DONORS

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CASE HISTORIES

HEEL PAIN IMPROVED AFTER TWO SITTINGS SAYS MRS.SUSHEELA IYENGAR 73 YRS

I had heel pain on my right heel for a month in the year 2009 and I had consulted the Orthopedic doctor. The pain killers prescribed by the Doctor gave some relief but it recurred again and again. Especially early morning I used to suffer a lot while getting up from the bed. Again, I went to the specialist and he was telling finally only God can cure me.

One Mrs.Saroja who got cured her leg pain with Acupuncture suggested me to try Acupuncture treatment given by Dr.Bhojraj in Rajajinagar. I have not heard about this treatment at that time and without any belief I went to his residence for Acupuncture treatment. It was unbelievable experience for me. The pain reduced within few minutes of inserting the needle and I could walk straight without pain. He asked us to come once a week for treatment. Within 5 weeks I was 100% normal and he taught me certain acupressure points to be activated daily. I did it for about six months sincerely and then totally forgot to do as I was perfectly all right.

After 14 years, I started feeling the same heel pain and this time I have decided to go straight to Dr.Bhojraj and called him for an appointment since the Academy was closed during the pandemic beginning. Now just 2 sittings are over and my heel pain has come under manageable pain especially during early mornings after getting up from the bed.

FANTASTIC IMPROVEMENT FOR VERTIGO SAYS Mr.DAMODHARAN, Rtd.DOORDHARSHAN OFFICIAL

It was in the year 2009, I started getting severe vertigo and I could not concentrate on my normal activities. After consulting the Specialist, I started taking the tablet Vertin which gave me some relief for some time. I really suffered a lot for nearly five years with this vertigo problem and by God's grace one of my colleagues Mr. Selvaraj who had undergone Dr.Bhojraj's Acupressure training suggested me to try Acupuncture treatment with Dr.Bhojraj in 2014.

The treatment was very simple and he inserted superficially few needles in my leg and hand for about

five minutes and asked me to come weekly once for four weeks. Next day onwards my vertigo intensity started reducing and the preventive acupressure point taught by the Doctor helped me a lot to get immediate relief also. After four weeks of treatment, I was almost normal with reduced medication and after two months I stopped the tablets. I am really grateful to Mr.Selvaraj for his timely advise and I thank the Doctor for this wonderful remedy. I am reporting this after eight years when I took an appointment for my neck pain and shoulder pain in the first week of July 2023. I have seen my shoulder pain is almost gone and I could lift my hand easily without any pain. Thanks to Dr.Bhojraj.

URIC ACID LEVEL CAME DOWN TO NORMAL IN JUST ONE SITTING OF ACUPUNCTURE SAYS Mr.SREESHA (50 YEARS) EDUCATIONIST

I was having pain in my legs especially on the right leg particularly on the big toe. I checked with my Family Doctor who suggested me to take a blood test. In June I took the tests and it indicated the uric acid level had gone up to 11.4 where as normal is below 7. Doctor suggested me to reduce the intake of protein for some time and check the blood. Since the pain was bearable, he didn't prescribe any painkillers. Fortunately, I had to take my mother for her treatment with Dr.Bhojraj and after her treatment I just casually mentioned about my uric acid problem and pain due to this. He also asked me to reduce protein intake and just inserted a single needle in my big toe for 2 minutes. He told me that this single point will bring my uric acid to normal. I was little bit skeptical and I had to accompany my mother for the second sitting after 10 days. I thought why should not I check my uric acid and check with doctor. When I got the report, I was really astonished to see that it had come down to almost normal level (7.7). I handed over the reports to Dr. Bhojraj for his research reference. My pain reduced immediately after the first treatment and Doctor advised me to activate the Liv 1 point regularly for two to three months every day.

**"EVERYONE THINKS OF CHANGING THE WORLD,
NO ONE THINKS OF CHANGING
HIMSELF/HERSELF"**

**"IF YOU LOOK FOR PERFECTION, YOU WILL NEVER
BE CONTENT"**

LEO TOLSTOY

KIDNEY STONE PAIN RELIEVED WITH FOOT REFLEX POINTS ACTIVATION: MOTIVATED ME TO JOIN ACUPUNCTURE COURSE SAYS Mrs.REKHA M.COM

I have been reading Alternate therapies with interest and practicing myself with Reflexology points. Few months back, my husband complained of abdominal pain on the right side and the scan revealed small stones in the right Kidney. Since the Doctor advised to drink plenty of water and if needed it can be removed with lithotripsy procedure. One day he was having terrible pain in the same area and I started pressing the Kidney reflex point in the right foot for few minutes. He responded well and he started feeling the terrible pain was coming down after pressing for few minutes. He asked me to repeat the process twice before sleeping. **Next day we both went for the checkup to the hospital. Doctor took a scan and told us the stones were not there. It was a pleasant surprise for both of us.** Doctor advised us to follow the diet carefully and drink plenty of water every day.

This incidence made me to believe there is something in this acupressure and acupuncture and I started searching in the website for learning properly. I came across Dr.Bhojraj's website and got the confidence to learn Acupuncture though my background is commerce.



MY EXPERIENCE OF ACUPUNCTURE COURSE FOR 6 MONTHS- Mrs.RESHMA M Com

Few years back, when my aunt after learning Acupuncture from some other Institution cured many of my family members of back pain, headache and other ailments, I was really impressed with this drugless cure. Last year I was seriously searching for learning acupuncture properly and I came across the Academy for Acupressure and Acupuncture in the Google search. After talking to Dr.Bhojraj I got the confidence that I also can learn though I have commerce background. We all with our family visited him to enquire and my sister was keen to take treatment for her menses related problem. He inserted the needles in four points and asked her to activate those points daily for month and report back. **For**

everyone's surprise her menses related pain almost vanished according to her feedback and she stopped her hormone tablets next month.

After seeing the results my husband and particularly my father motivated me to join the class and I started learning advance acupuncture from the Academy under Dr.Bhojraj's personal guidance. For the past six months I have been treating all my family members for cold and cough, backpain, menses problems etc very successfully. Only occasion where I could not get result was when my 4-year-old son got infected and we had to admit him in the hospital because of high fever and convulsions. After discharge, I started treating him with acupressure to improve his immunity. Now I have good knowledge on the theoretical aspects of acupuncture and practical classes are going on for the past two months.

EMOTIONS

Emotion is an internal energy response to what we experience through our senses. It is an energy in motion. They are vital messages from our SOUL, our higher self to our body.

All emotions are the raw materials for human life and function as the guidance system for our decisions and actions. Our emotions are spiritual treasures. Yin emotions like calmness, gentleness, appreciation, kindness, tenderness and love are in harmony with higher Self. Yang emotions like eagerness, enthusiasm, delight, happiness, ecstasy and bliss will be the result of Yin actions. **Negative emotions like anger, worry, sadness and fear cause physical pain in the body and mental pain in the mind.** These emotions are to be tackled immediately and we should come out to the neutral side. If these emotions are suppressed, it causes physical pain even after many years in our life. The technique involved is identifying the physical symptoms and diagnosing the suppressed emotion in the first level and relieving the suppressed emotions gradually with healing sounds.

No suppressed emotions if you show **unconditional love to everyone and maintain the harmony and balance of your mind.** If you have intuitive knowledge and act spontaneously, you have no suppressed emotions. Healing sounds and inner smile at the organ can help to restore our connections to Universal, Cosmic and Earth energies for healing. **Just listen to your feelings and listen to your body's messages of discomfort.** Attend our next course to learn how to remove the suppressed emotions from our body and live healthy.

SPACE CRAFT SYSTEMS

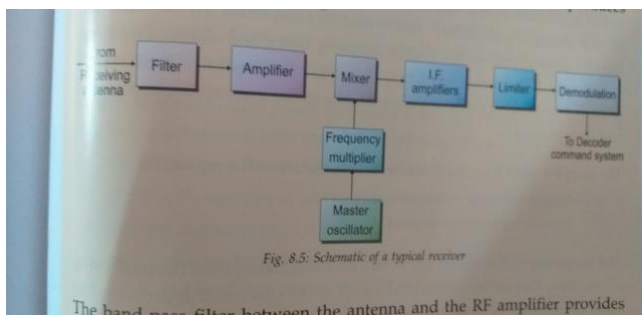
FOR HIGH SCHOOL STUDENTS

BY Dr.H.BHOJRAJ,
Mr.SUNDRAMURTHY AND Prof.SOMA

In our July issue we learnt about the **Structural** system, **Power** system and **Thermal** System. In this issue we will learn about three more systems, **Telemetry**, **Telecommand** and **Communication** systems in easily understandable language.

TELEMETRY SYSTEM

The health of the satellite is measured with different types of sensors like **temperature sensors**, **position sensors** and **pressure transducers**. The data are sent by the signals through a system called Telemetry because it is received from a distance. The distance can vary from few hundred kilometers to few million kilometers. As the distance increase the time to receive the data also increases. The data to analyze the performance of the system or for evaluation are transmitted to ground station in a particular format.

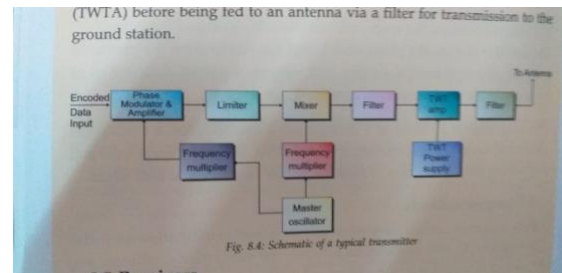


Signals received by ground station receiver are decoded by down converter to get the original signals and processed for its display of values in the computer. Thus the spacecraft health is monitored continuously.

The parameters to be measured with sensors are temperature, pressure, voltage, current, acceleration etc and the sensors will give an output in the form of voltage. The output of these sensors depending on their accuracy, sensitivity and resolution is converted to digital output and transmitted to ground station. The output of the sensors is amplified and multiplexed before being transmitted down to the ground station.

The telemetry system employs various modulation schemes to convert from analog to digital conversion for transmission. In electronics and telecommunications, modulation is the process of varying one or more properties of a periodic wave

form, called carrier signal, with a separate signal that typically contains information to be transmitted. The telemetry encoder accepts continuously variable input signals and converts them into binary form, typically into 8-bit or 16-bit binary code depending upon the resolution needed.



TELECOMMAND SYSTEM

As we know, in order to obtain maximum work output from people, we have to communicate with them in an efficient and effective way. We communicate the information orally or through written means on what has to be done. Similarly, we ask or command the spacecraft to do certain things which they in turn carry out. Finally, we can use our own methods to track whether the work has been carried out in the stipulated time frame.

The telecommand system is used for commanding the spacecraft to do the work as required by the designer. **Normally it used pulse command or also known as ON/OFF relay command and value command which are digital words of various lengths.**

If commands have to be verified before they are executed, then the decoder provides outputs to the telemetry encoder to enable complete command information to be transmitted to ground for verification before the execute frame of the command message is transmitted to the spacecraft.

The receiver onboard the spacecraft receives this signal and demodulates it. The decoder accepts the phase-shift keyed (PSK) sub-carrier from the command receiver, demodulates sub-carrier and reduces the serial data stream of binary information into unique command signal. **The received signals are sent to the respective sub-system for the execution of the concerned system through on-board electronic package present in Telecommand system.**

COMMUNICATION SYSTEM

It is a system that transmits the signal via a transponder by creating a channel between the transmitter and receiver at different earth locations. Telephone, radio, television, internet, and military applications use satellite communications. There are three types of

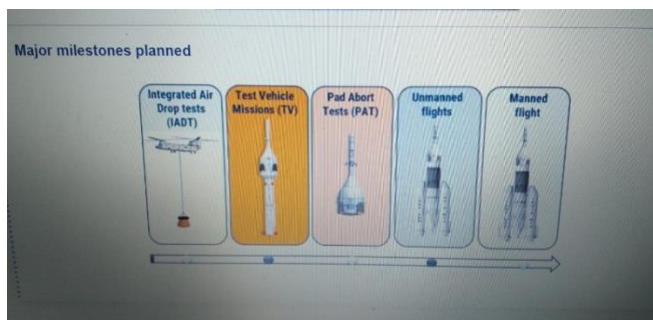
services that satellite provides: telecommunications, broadcasting and data communications. Space communications generally use frequency modulation or pulse modulation. **Communication system consists of mainly a transmitter and a receiver.** The present cell phones are having a transmitter and a receiver with the advance of electronics with Integrated Circuits which are part of a spacecraft system mainly researched to reduce the weight of the spacecraft. The receivers have the capability to receive the bulk amount of data in short duration.

SATELLITE TRACKING AND ANTENNAS

Tracking is a process of observing the motions of one object relative to another object. Various techniques like optical, radio, radar are used to track moving objects. **Antennas are required for both transmitting and receiving radio frequency (RF) energy and are designed to match the proper impedance of the transmitter / receiver so that maximum energy is exchanged.** Antennas with proper concentrators or reflectors are used to increase the strength of the transmitted signal by concentrating RF energy into a narrow beam. The antennas of the spacecraft are normally stowed during launch and deployed in the orbit.



This is used mainly to determine the path of the spacecraft called orbit along with the position of the spacecraft for enabling the ground station to receive the data or transmit the command.

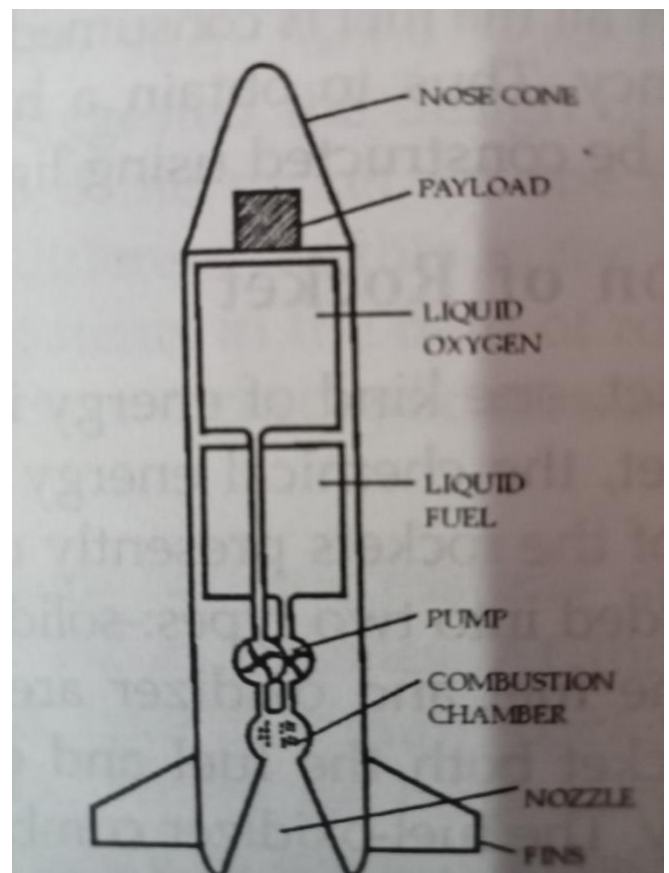


GAGANYAAN TESTS WILL BE DONE SHORTLY

**DO NOT TRY TO KEEP ANYONE HAPPY.
INSTEAD TRY TO KEEP YOURSELF HAPPY.**



GAGANYAAN MODEL DISPLAYED



BASICS OF A ROCKET

BEING-DOING-HAVING

BEING:-As a human-being, develop your own core values and decide what you want to offer to the society. It should be your own definition.

DOING:- Just execute what you have clearly defined and the action should benefit the society.

HAVING:-What you deserve to have you will get it automatically in the course of time.

COSMIC FLOW WORKS LIKE THIS

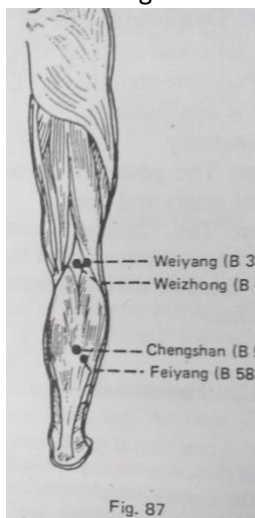
ACUPRESSURE FOR MUSCLE CRAMPS

-----By.Mrs.JIJA SUBRAMANIAN,
TRUSTEE,AAA

Normally, a muscle at work contracts, tightening to exert a pulling force-then stretches out when movement is finished or when another muscle exerts force in the opposite direction. But sometimes a muscle contracts with great intensity and stays contracted, refusing to stretch out again; this is muscle cramp.

SYMPTOMS

- A sharp, sudden, painful spasm of the muscle in the legs.
- The affected muscle hardens to touch.
- A visible distortion or twitching of the muscle beneath the skin.
- Severe cramps in the arms and legs, beginning without warning.
- Sometimes abdominal muscles also gets the cramps due to heat.
- Persistent cramping pains in lower abdominal muscles which may occur with back problems or during menstruation.



CAUSES

CHEMICAL IMBALANCE

Muscles contract or lengthen in response to electrical signals from the nerves, minerals such as sodium, calcium and magnesium, which surround and permeate muscle cells, play a key role in the transmission of these signals. Imbalance in these minerals can cause muscle cramps. Similarly certain hormones, body fluids and chemicals can cause cramps. Malfunction in the nervous system itself can foul up the flow of electrical signals and can cause muscle cramp.

PHYSICAL EXERTION

Physical over exertion depletes fluids and minerals and can lead to cramps, particularly in people who do over work or exercise in conditions that overheat the body. Activities like working in the heat and not drinking adequate fluids may cause heat cramps. It can lead to heat-strokes and heat exhaustion.

HORMONAL IMBALANCE

Hormonal imbalances caused by diabetes and thyroid problems can also cause cramps, as can a reduced supply of blood-borne oxygen to the muscles. If smokers engage in hard labor, it can cause cramps since blood oxygen levels fall often for them.

NERVE PINCHING

If you move in your sleep, you may pinch a nerve, signaling a muscle to contract and perhaps leading to cramps. Doing stretching exercise before going to bed will help to avoid this night cramps.

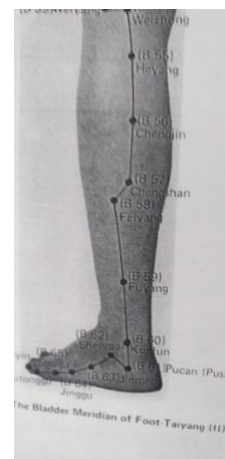
FREQUENT CRAMPS INDICATE A MORE SEVERE ILLNESS. Check with your physician. Severe cramps in the chest, shoulders and arms can be a symptom of heart. **IMMEDIATE ATTENTION REQUIRED.**

TREATMENT

Normally no treatment will be given for muscle cramps. Massaging the cramped muscle and drinking water to relieve the heat cramps will give relief.

ACUPRESSURE

The Bladder meridian passes through the calf muscles and pressing the Acupressure point B-57 exactly on the calf muscle continuously for a minute or two will relieve the cramps.



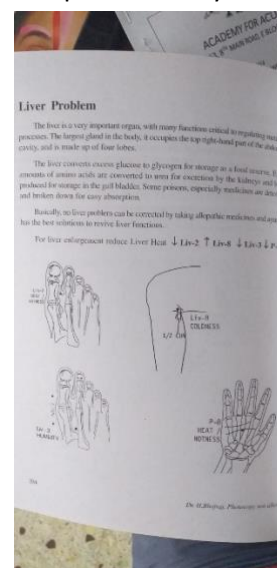
LIVER PROBLEM

LIVER POINTS Liv 2, Liv 3, Liv 8 AND P 8 FOR LIVER PROBLEMS

The Liver is an important organ, with many functions critical to regulating metabolic processes. Ayurveda and Naturopathy along with acupuncture is the best option to cure any Liver problem.

Since it is meant for removing any toxins in our blood, medicines increase the toxicity in the body.

Detoxification is the best solution. Regular fasting, easily digestible food are best to cure the problem.





READY FOR TRANS LUNAR INJECTION ON 1ST AUGUST 2023 BETWEEN MIDNIGHT AND 1 AM. This is called

slingshot firing which will increase the velocity to about 11 km/sec. It will travel in the Lunar Transfer Trajectory and start travelling in a defined path till it is inserted to Lunar orbit on 5th August. It will be an elliptical orbit initially and gradually it will reduce the apolune (farthest distance) to 100 Km. The Propulsion Module (PM) and Lander Module (LM) separation will happen on August 17th. Lander is expected to touch down on August 23, at 5:47 pm.

FREE ACUPRESSURE REVIEW COURSE ON 30TH JULY 2023- A REPORT BY Mrs. JIJA



Mr.Srinivasa Rao, Mrs. Jija Subramanian, Mrs.Neeta Harish, Mrs.Sujatha Rajendran, Mrs.Farana, Ms. Hema with Dr.H.Bhojraj, Course Director

As we have not reviewed the results of Acupressure and Acupuncture treatment for four years, an announcement was made to call all the practitioners of Acupressure and Acupuncture for a discussion and clarifications with the Course Director, Dr. H.Bhojraj. Though it was planned on 23rd earlier, due to non-availability of school it was postponed to 30th July. Only 5 practitioners attended the meeting and expressed their own experience with drugless therapies.

Dr. Bhojraj introduced a new healing method and taught the Micro Cosmic Circuit which has the capability to cure any physical and mental imbalances. He also extensively covered the suppressed emotions which cause the disease and taught five healing sounds with five colors for removing the suppressed emotions.

He insisted all participants to practice regularly for at least 30 days to get the feel of their improved physical, mental and spiritual health. He cautioned not to initiate others till we clear them after evaluation of their practice.

NEXT REVIEW TENTATIVELY ON SUNDAY, 20th AUGUST 2023

YOUR CONTRUTION CAN BE SENT TO ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE. INDIAN BANK, RAJAJINAGAR BRANCH, A/C No.60125588256 IFSC CODE; IDIB000R005

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The Space Officers Association (SOA) Executives called on Prof U.R.Rao at his house on his 60th birthday ,the 10th March,1992.The bespectacled person next to Mrs.Rao is myself.

I was recruited by Prof. U.R.Rao in 1972 for ISRO's satellite project and was part of the team of 50 engineers that launched India's first satellite Aryabhata on 19th April 1975 from USSR. Apart from my technical activities I also served as the President of SOA and also Chairman of ISAC Welfare Association for many years. SOA's request for a Bachelors' Accommodation near the work center was readily agreed upon by Prof U.R.Rao, immediately after his elevation as Chairman, ISRO in 1984. It was built in a record time for newly joined engineers. Many welfare activities were introduced by SOA including YOGA and Acupressure for preventive health care. Mutual Security Scheme for SOA members, "Keep the Campus Clean" and planting of a tree on retirement were some of the very successful programs during service. It is our great fortune to have served under such a great visionary for many years.

Dr.H.BHOJRAJ