

# ACU WELLNESS

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE (R)

1963, 8<sup>TH</sup> MAIN, "E" BLOCK, II STAGE, RAJAJINAGAR, BENGALURE-560011

DECEMBER -2022 NEWSLETTER

TEL: 9845649914 E MAIL: [acuacademybgl@gmail.com](mailto:acuacademybgl@gmail.com) , [bhojraj45@gmail.com](mailto:bhojraj45@gmail.com)

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

(FOR PRIVATE CIRCULATION ONLY)

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## FROM THE CHAIRMAN'S DESK

We already started feeling the effect of climate change and we all felt the chillness of winter started setting in. Our bodies should have the adoptability to get used to the lower temperatures. Those people who don't protect while driving especially in two wheelers even for a short distance may get affected due to excess cold wind. Unfortunately the day time we have to face intense heat and body again unable to make the required temperature control. **Most of the time external exposure affects our system because the internal temperature control is unable to adjust itself.** Sometimes it produces shivers in the body to produce more heat which can turn out to be fever crossing 100 degree F. As the system has to get adjusted it can reduce the body temperature and makes all the muscles stiff.



Body pain, joint pain, headache etc are the inner healer's reactions to bring the body back to normal. As far as possible take more warm water in the winter and keep

the water in the tongue for few seconds before gulping.

**We are very much part of the Nature.** As Nature's climate changes, our body will get adopted to the change. When the adoptability to weather reduces, symptoms will start in our body to adjust to the change. **Every moment there is a change in the cosmic system. Change yourself and you will be successful with good health. Those people who implement their creative ideas stay healthy for longer life.** Express your creative ideas in action and you will see the changes following in your life towards happiness. Our Emotional Intelligence workshop has been repeated within a month mainly to motivate the people who missed such a lovely workshop on 29<sup>th</sup> Oct

2022. **The special newsletter was brought out mainly to highlight the feedbacks and motivate their own family members to join this workshop.** Overall this workshop also stood up to our expectation and about 40 members utilized this golden opportunity.



The visit to Ooty Public School paved the way entering the village schools for eyesight improvement project. **Few of the schools are ready to join our online training every Sunday at 6 PM. Mrs Jyothika and Mrs.Aarthi R agreed in principle to train as many people as possible and get the final feedback with eye test reports.** This special training programme only for the eyes, for all age groups started off very well with about 30 people attending the programme for two consecutive weeks. I am very sure many people will join this National level experiment which will pave the way to go to Education and Medical departments for official approval.

We are yet to get the acknowledgement for the letter we have written to the Prime Minister. **With our Honourable Prime Minister's interest for preventive health care I am sure the day will come for recognition very soon.** For eye sight improvement, there are many You Tube videos are available and most of them gives excellent self exercises but for a systematic study and also for long term evaluation we need a forum for implementation in schools. The Chinese schools have implemented this preventive eye care with acupressure and many positive reports have been published. Let India also

should lead the world with preventive health care systems with proper implementation of AYUSH systems.

As long as we stay in this world, let us make it productive and useful for the society. **I invite all seniors to join our team and adopt your own school where you have studied and motivate the children to adopt alternate system especially for eyesight.** If you contact me the required books can be sent on your behalf and the required practical also can be imparted. Let the coming New Year be a great year for drugless therapies.

H.BHOJRAJ

CHAIRMAN,AAA

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## CASE HISTORY 1

**Spot pain in the sole cured says Mr.Tumilan  
39 Yrs. Ph 9845188978**

I am Tumilan, 39 years, working in IT field without rest for the past 15 years. I was having calf muscle pain for nearly one year and I used to get terrible pain on my left sole on and off. **As I have seen the wonderful effect of Acupuncture, curing my mother (now 73 Yrs) ten years back from terrible back pain, when we almost decided to do the surgery as suggested by Orthopaedic Specialist.** She vehemently refused to go for surgery and wanted to try Alternate Systems. She came back from the first acupuncture treatment in the Academy in 2014 and to our utter surprise she could sleep well on that day. Every week we took Acupuncture treatment in the Academy and as it was little far we shifted to Mrs.Usha Rani who is staying close to our house and follows Dr.Bhojraj's method of Acupuncture. After two months, she was perfectly all right and she had no problem for the past 10 years. In fact we are very thankful to our relative Mr.Joshua Jhon who referred to Dr.Bhojraj in the Academy.

For my leg pain, I decided to take treatment from him but due to pandemic the Academy was closed down. We called him personally in 2022 to get treatment in his house and visited him on 14<sup>th</sup> November. Within minutes he diagnosed problem and after the insertion of 4 needles my left leg heel pain reduced considerably and not occurred even after two weeks when I write this feedback. Doctor also taught me few points for daily activation for high BP and asked me to check with the Doctor regularly to reduce the dosage with his advice.

I strongly recommend Acupuncture therapy for chronic problems like back pain, headache, leg pain etc with alternate therapies rather than taking pain killers. I understood health is in our hands only. I have seriously decided to allot one hour for myself as preventive health care.

## CASE HISTORY 2

**Carpel Tunnel Syndrome- Surgery avoided  
says Mrs.Ruma Roy 57 Yrs**

I am Paulomi Roy, 31 years working in IT field and I took my mother for the unbearable wrist pain and shoulder pain to the Specialist in the Hospital and after all tests it was decided to go for a minor operation in the wrist and wait for the recovery to treat the shoulder pain. One of our Apartment neighbours Mr.Shankar Desingh casually enquired about my mother's health and immediately suggested acupressure and gave Dr.Bhojraj's reference. He and his family benefitted by Tele Medicine during pandemic by WhatsApp video. Same day I called Dr.Bhojraj and discussed the problem on video call. He gave us 5 acupressure points in and around the wrist crease and asked us to give the feedback. We observed the pain gradually reduced to bearable level but the shoulder pain remained same. In October end we decided to visit him for Acupuncture treatment. After two treatments in a span of 10 days her wrist pain almost vanished and she was able to do her

normal work. The shoulder pain increased one day after the treatment but based on Doctor's advice we avoided pain killers. Now after 45 days, we decided not to go for surgery and wait for another month for shoulder where a minor tear was observed in the MRI.

We are happy that we could plan our trip to Assam for a month and we will be back for continuing the treatment for shoulder pain also.

**THERE IS NO SUCH THING AS FAILURE, IT IS A CONSTANT LEARNING PROCESS**

## FOR SENIOR CITIZENS

### ALOPECIA (BALDNESS)

BY.Dr.H.BHOJRAJ

Human hair varies widely in colour and texture, and people differ considerably in the amount of facial and body hair that they have, depending on their age, sex, race, and genetic makeup. **When the hair starts to disappear, it is known as alopecia or baldness.**

Hair follicles are everywhere in the skin and grows the hair in every part of the body and many places it is virtually invisible. Palms and Soles only have no hair follicles. Hair is made up of a protein called keratin. As follicles produce new hair cells, old cells are being pushed out through the surface of the skin at the rate of about six inches a year. The hair you can see is actually a string of dead keratin cells. The average adult has about 100,000 hairs, and loses about 100 per day while combing which is not a cause of concern. But sometimes after an illness it comes out in bunch is a real concern.

Gradual thinning of hair with age is a natural condition known as **involutional alopecia**. Genetically predisposed condition that can affect both men and women is known as **androgenic alopecia**. Men can begin suffering hair loss as early as their teens or early twenties, while most women don't experience

noticeable thinning until their forties or later. In men, a receding hairline and gradual disappearance of hair from the crown is called **male pattern baldness**. In women, it is general thinning over the entire scalp, with most extensive hair loss at the crown.

#### SYMPTOMS

- Thinning hair on the scalp, a receding hairline, or a horseshoe shaped pattern that leaves the crown of the head exposed.
- In women thinning of hair
- Sudden losses of patch of hair in adults (Alopecia Areata)
- Excessive shedding of hair associated with various illnesses and drug reaction

#### CAUSES

1. Temporary hair loss occurs after a severe illness, high fever, thyroid disorders, iron deficiency, drug reaction, hormonal imbalance or due to extreme stress.
2. For women hair loss occur generally after child birth, a large number of hair follicles suddenly go into resting phase, causing hair to thin noticeably.
3. Temporary hair loss can occur due to chemotherapeutic agents used in cancer treatment.
4. Anticoagulants, retinoids used to treat acne and skin problems, beta-andrenergic blockers used to control blood pressure for long time can cause hair loss.

In most instances hair grows back normally, if the source of the stress is removed.

#### TREATMENT

**Prevent the root cause of the problem from the young age. Keep the general health in good condition with good food and exercise. One could do very little to reverse the process once baldness occurs.**

Hair transplantation though costly can make the transplanted hair to grow normally. Most of these techniques are expensive and painful.

#### MASSAGE

Your scalp needs a steady supply of blood and massage improves circulation which in turn improves the health of your hair and scalp. A few drops of vitamin E oil massaged into the scalp will strengthen the fragile hair and help prevent dry, flaky skin.

#### ACUPRESSURE

Since the hair is controlled by Kidney and Bladder meridian, activation of K3 and B-66 daily in the young age can prevent the hair loss. Body hair is controlled by Lungs and activation of LU 7 can protect the body hair.

Generally, a healthy person will have hair in the body and the scalp so that the energy absorption is made easy. Skin represents the earth element and good hair growth indicates fertile soil. Never ignore hair thinning in the young age. Use coconut oil daily in your hair which can prevent moisture loss and keeps the hair in good condition. The tradition of KERALA is the benchmark for maintain good condition of your hair.

Skin is the second lung which absorbs the prana directly and helps our thermal control system of our body. The follicles expand and shrink according to outside temperature. If the skin is wet your energy absorption will be very good and dry skin people will have less energy compared to others who have normal wet skin.

BALANCED DIET AND COCONUT OIL APPLICATION ON THE SKIN WILL HELP A LOT FOR HAIR LOSS.

NOTE: NOVEMBER TO JANUARY IS VERY CRUCIAL PERIOD FOR SKIN CARE. KINDLY TAKE CARE OF YOUR SKIN WITH MOISTURIZERS AND DRINK PLENTY OF WARM WATER EVERY NOW AND THEN.

**A STRESSFREE MIND AND DISEASEFREE BODY ARE THE**

**BIRTHRIGHT OF EVERY HUMAN BEING.**

**FRIST YOU BECOME "SOMEBODY" TO "NOBODY". THEN YOU CAN BECOME "NOBODY" TO "EVERYBODY".**

**LOVE IS GIVING MORE AND TAKING LESS.**

## **SIGHT IMPROVEMENT RESEARCH PROJECT**

**By.Mr.SUNDRAMURTHY**

Totally 57 volunteers of different age group joined our SIRP II and monitored their progress with line reading for 5 months.



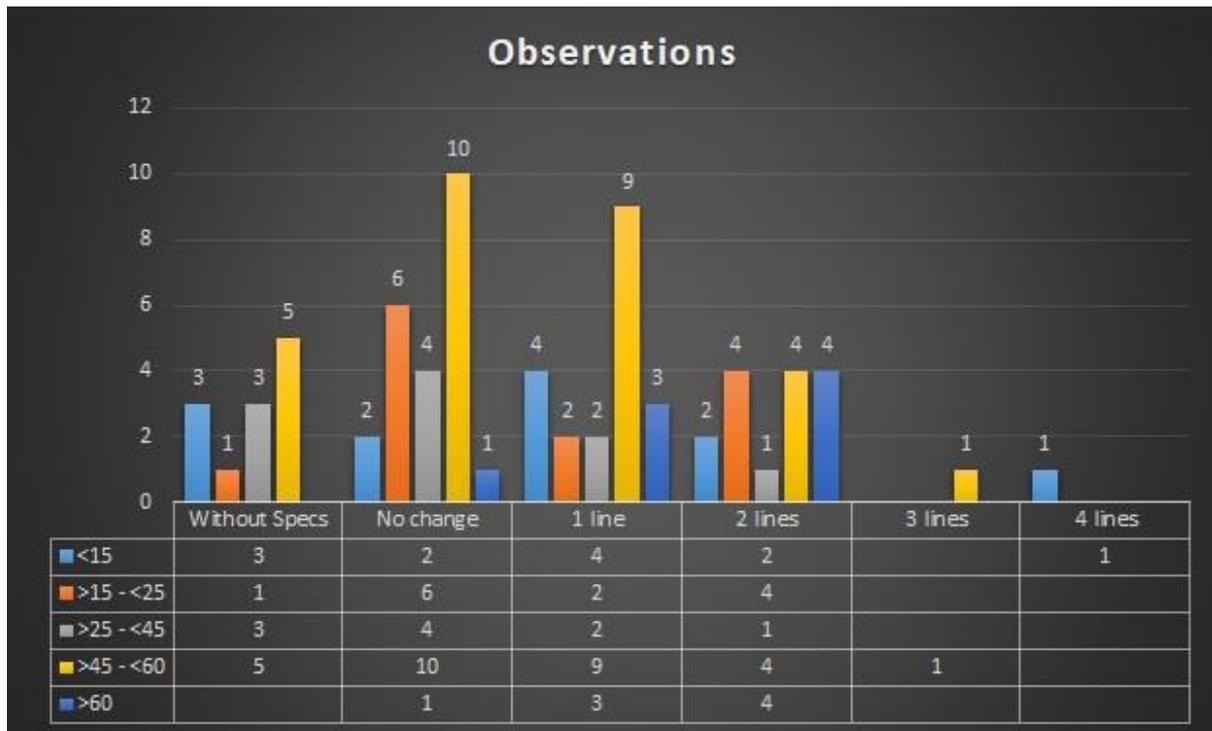
#### **Main Observations:**

***Based on the Eye Chart Reading (Provided by the participants collated on a weekly and monthly basis) It can be safely concluded that the eyesight quality was retained in most of the participants despite increased usage of digital platforms like desktop, tablet, laptop and mobile phones.***

**Improved in seeing Digital Screen - 24**

**Improved by ONE Line reading - 20**

**Improved by TWO Line reading - 15**



Improved by THREE Line reading - 1

Improved by FOUR Line reading - 1

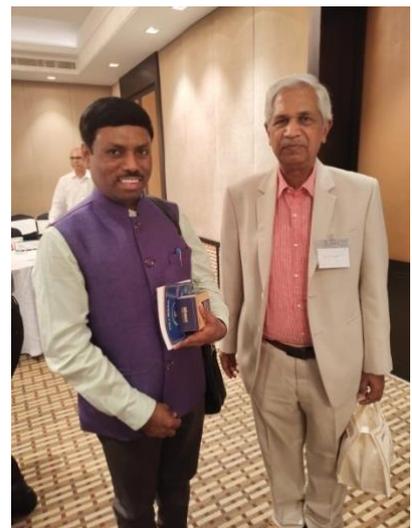
**SIRP: FEEDBACK AFTER ONE MONTH FROM ALL VOLUNTEERS FROM SIRP I & II (BY AND LARGE)**

- **RELAXED MIND AND BODY**
- FRESHNESS IN EYES
- **SNEEZING STOPPED COMPLETELY.**
- BETTER SLEEP
- **HELPED IN REDUCING HEADACHE**
- DRYNESS COMPLETELY STOPPED
- **REDUCED DEPENDENCE ON SPECS**
- NO TIREDNESS FELT INSPITE OF MORE SCREEN TIME
- **WATERING OF EYES STOPPED**
- IMPROVED DIGESTION AND REDUCED BINGE EATING
- **SKIN TEXTURE OF FACE IMPROVED**
- REDUCED MENSTRUAL CRAMPS AND MOOD SWINGS
- **WRINKLE IN FACE DISAPPEARED**

Our weekly sight improvement practical class was inaugurated by our Chairman on 20<sup>th</sup> November 2022 with 10 participants. Mrs.Jyothika will continue the training every week till she goes abroad. The training cum

monitoring will be continued by Mrs.Aarthi and Ms.Kallolini for next six months.

**Please WhatsApp your number to 9845649914 so that you will be added to the Donors Group for getting the weekly class timings and login details. Tentatively every Sunday at 6 PM is fixed for eye exercise practical. Anyone can join any time without any payment. We need at least 100 serious**



practitioners to assess the results.

**FAST BOARD CONDUCTS BOOK RELEASE FUNCTION ON 20<sup>TH</sup> NOV 2022**

FEDERATION OF ACUPUNCTURE SYSTEM OF THERAPY (FAST) BOARD President Dr.A.R.Samiullah invited Dr.H,Bhojraj, Chairman AAA to preside over the "BOOK RELEASE AND AWARD FUNCTION" conducted on 20<sup>th</sup> Nov 2022 in R T Nagar, Bangalore. Dr.M.Eashwar, Director Yoga and Acupuncture Academy, Hubli welcomed the gathering and expressed his appreciation to Dr.Samiullah , Dr. Yogi Devaraj, Vice Chancellor. Yoga University of America, Florida and President RBGY and Dr.Nanda Magai, Obstetrician and Gynaecologist from Sholapur who have written the books on Acupuncture, Pearls of vedic wisdom to succeed and Science of Yog and nature cure therapy. The writers were felicitated by Dr.Eashwar and Dr.Bhojraj. Dr.Samiullah expressed his serious efforts to get the

Acupuncture system recognized by the Karnataka Government and requested all practioners to join in one forum to represent to the Government. He agreed to the suggestion that many practioners can participate representing Acupuncture in the Global meet to be conducted in the third week of December 2022.

Dr.Yogi Devaraj in his talk expressed his thanks to Dr.Eashwar for organising such a wonderful function within a short period and gave an introduction to the upcoming Global Yoga Meet in Bangalore where he expects about 1000 participants from all over the world. He wanted the Acupuncure practitioners to submit their papers for this Global Sumit which will go all over the world.



Dr.Samiullah ,Dr.Yogi Devraj, Dr.Bhojraj, Dr.Eashwar

Dr.Bhojraj, in his Presidential address thanked Dr.Samiullah for inviting for this grand function and honouring our Academy. He explained the



research work done by the Academy of eye sight and hearing improvement. He also demonstrated the eye exercises for the benefit of the participants. Dr.Yogi Devaraj agreed in principle to take this simple acupressure method all over the world in this Global Meet. **The book on improving eye sight Spreads it's wings....!!!**

**EYE IMPROVEMENT BOOK PRESENTED TO CATHEDRAL SCHOOL PRINCIPAL**

By Mr.Nagulan Joghee

The academy, as you are aware, since its inception, has done lots of research and experiments with various age groups of people and has proven testimonials that Acupressure & Acupuncture have become a great source of remedy and the Academy has in its possession a huge data to prove the same.

Our recent experiment to improve the eye sights and hearing has given highly encouraging results not only in treating the deteriorated eye sights and hearing impairments but also in planning a very effective Preventive care system for all ages. The academy, in its mission of creating awareness about this amazing success stories, has come out with a book on Better eye sight interestingly coupled with a brief on Emotional Intelligence.

A copy of this book was presented to The Principal of Cathedral School by Dr, Bhojraj as

a compliment to the school, with a humble request to browse thru and spread this amongst children whose future will become very bright with spectacle-less eye sight and much more.

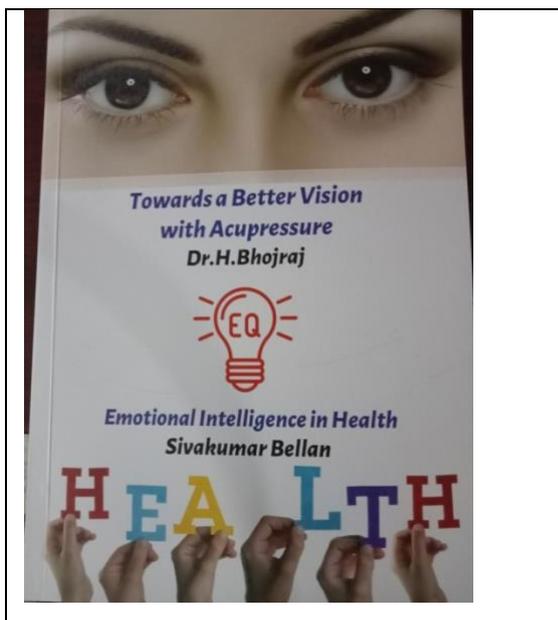
Dr. Bhojraj assured them that the team is ready to demonstrate to the children these very simple and effective practices so that they enjoy their future with a much greater vision.



**Dr.Christy Glory Shanthi, Principal receives the book from Dr.H.BHOJRAJ**

This was well received by the Principal and we expect that this will give a good beginning to the initiatives taken so far to bring this as a habit amongst the children at their early age.

The exercise is to catch them young to make their future BRIGHT..!!!



Rs 399 for one Book includes postal charges

## GLOBAL YOGA SUMMIT 2022

ON DECEMBER 17<sup>TH</sup> AND 18<sup>TH</sup> 2022

ROYAL ORCHID

RESORT AND CONVENTION CENTRE

ALLALASANDRA, YELAHANKA

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**Delegate fee Rs.2000 for two days including lunch and tea.**

**DO YOU WANT TO DONATE 10 BOOKS TO YOUR OWN SCHOOL?**

**IF YOU SAY "YES", JUST TRANSFER Rs.2400/ TO OUR ACADEMY ACCOUNT.**

**INDIAN BANK,RAJAJINAGAR BRANCH,BENGALURE**

**A/C No.6012588256**

**IFSC CODE IDIB000R005**

**SEND YOUR SCHOOL ADDRESS AND YOUR NAME TO Dr.H.BHOJRAJ  
Mob.9845649914**

**Books will be sent by speed post within a week.**

**WE HAVE PLANNED TO APPOINT TWO FULL TIME RESEARCH ASSOCIATES FOR ONE YEAR. THOSE WHO ARE FRESH AND RESEARCH ORIENTED MAY CONTACT Dr.BHOJRAJ 9845649914**

THE HINDI TRANSLATION OF THIS IS UNDERWAY BY Dr.SUREANDA PAL AND LIKELY TO BE RELEASED NEXT YEAR

## EMOTIONAL INTELLIGENCE WORKSHOP ON 26<sup>TH</sup> NOVEMBER 2022

The extraordinary workshop on Emotional Intelligence was repeated on 26<sup>th</sup> in the same venue St Marks Hotel.



Dr. Bhojraj in his welcome address explained the requirement to impart such simple effective technique especially to those people in the healing line. **The positive emotions like faith, belief and trust play an important role in curing the ailments.** He insisted that this class is very useful for every human being and has the potential to transform the whole personality.



Dr.Surendra Pal, Rtd Distinguished ISRO Scientist in his inaugural address complimented the efforts of the Academy to

conduct such useful workshops for the common man. He lauded the efforts of the Academy for popularising eye exercises in a big way and he said the simple system has the potential to expand throughout INDIA.



Mr.Nagulan, Chairman of the Organizing Committee expressed his appreciation to Mr.Sivakumar Bellan for his phenomenal achievements at this age and introduced him to the audience.Mr.Murthy, Patron KBGA expressed his support for good projects of the Academy.



Mr.Sivakumar Bellan, as usual kept the audience spellbound with his oratory power with useful and implementable solutions. The afternoon session was more interesting with case discussions and possible solutions to overcome health problems.The eye exercises and ear exercises were demonstrated to the participants.

The workshop ended in a positive note with wonderful feedback from the participants and vote of thanks proposed by Dr.H.Bhojraj

EDITORIAL TEAM

Dr.H.BHOJRAJ, Mr.NAGULAN JOGHEE,  
Mr.SUNDRAMURTHY, Mr.SIVAKUMAR  
BELLAN