

ACU WELLNESS

DECEMBER 2020

SPECIAL NEWSLETTER FOR EYESIGHT RESEARCH

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

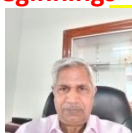
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FROM THE CHAIRMAN'S DESK

"Celebrate Endings For They Precede New Beginnings"- Jonathan Lockwood Luie



2021

At the outset, I wish you all a happy, healthy and productive New Year 2021 which is expected with great hopes to take care of the pandemic with a preventive vaccine. **Year 2021 also poises INDIA for a great leap post-pandemic in economy, health management, education and overall upliftment of the society.**

Let us observe a few minutes of deep silence before reading ahead here. The invisible GOD (call it CORONA/COVID-19) has shown us many warriors and taught us some real-life lessons in this eventful year 2020 that just passed by. Let us honour and embrace them all.

Foremost, every individual in INDIA or elsewhere in the world has understood his/her self-worth and how one must act as an informed individual and as a society. Most of us have found new passions to indulge in and better creativity and foresight to engage with. Families are better connected despite the lockdowns and shutdown phases. **Many inventions and innovations have also come out during this 'new normal' phase. The enlightened lot in INDIA will use this golden**

opportunity to take care of fellow Indians and humanity at large.

Our health system will undergo drastic changes in the future with better focus on preventive health care alongside cure. **Yoga in INDIA plays an important role in this aspect. We must commend our honourable Prime Minister Shri Narendra Modi ji for giving it to the world through the United Nations in 2014.** We should introduce Yoga in schools right from primary and secondary schools to ensure that preventive health care starts early and in time.

Health experts observe that heavy doses of antibiotics given to treat ordinary cold in children have affected their pancreas. **Antibiotics are a must in extreme cases, but parents should avoid giving antibiotics to their young children unless it reaches that stage and adopt other simple therapies like acupressure and reflexology to cure the root cause of the problem.**

These simple therapies can go a long way in improving the child's immunity. All that it requires from the parents is **Five Minutes** and a **Steady commitment every day to ACTIVATE** (Press and Release) the palms and feet of little ones with love and affection.

Another important lesson we have learnt during the past year was the importance of food which comes from our Agriculture Community. **Hats off to those farmers who**

worked in their fields day and night and produced the food required for the entire country. Food being the first line of defence against any disease, the organic food production scaled off very well in many parts of the country. Farmers must be taken on board in preventive therapy to produce the best quality food for our consumption.

Moving closer to our vision improvement initiatives at AAA, I am thrilled to share that over 250 volunteers are now practising our exercises regularly for the past three months. The first cut analysis will also be available soon. My positive interaction with the student volunteers has also encouraged some expansion plans for this research, subject to the availability of resources and funding.

Most of the volunteers have qualitatively explained the benefits they have received so far by practising this five-minute exercise. We will also conduct the optometry tests in March or April 2021 to confirm the result quantitatively and share with the world. What is also encouraging is that all of them are interested in continuing this exercise even after this six-month research concludes.

Once again I thank all the Donors, Supporters and AAA trained practitioners for their marvellous support for this research project.

We are fortunate to have excellent people as Research Associates who have been working with extra interest to make this project a grand success.

I wish you all and your family members a healthy, happy and productive New Year 2021 and Merry Christmas. **Let us all make INDIA proud by contributing our best towards preventive health care that is affordable and truly reliable, which the world will follow, without hesitation in the future.**

H BHOJRAJ
CHAIRMAN, AAA

**THE BEST WEALTH ARE HEALTH AND KNOWLEDGE.
SOURCE OF KNOWLEDGE IS GOD
GOD IS WITHIN YOU**

THE EMOTIONAL FREEDOM TECHNIQUE TAPPING IT RIGHT FOR HEALTHY EYE SIGHT

Like it or not, Emotions play a crucial role in our general health. Interestingly in acupuncture healing, we cannot separate the heart and brain while addressing emotional imbalances in the individual. Liver, the able detoxifier also plays a crucial supporting role through **the eyes** in this special **Emotional Freedom Technique (EFT)** that involves a simple anatomic symphony for emotional harmony, played through the known energy channels of acupuncture.

Our Sight Improvement Research Project (SIRP) also employs this EFT in two parts. Dr H Bhojraj, Chairman-AAA explains the EFT technique and its facts related to healthy eyesight below:

Sigmund Freud was so right when he observed that 'Unexpressed emotions never die. They are buried alive and will come forth later in uglier ways.' Worse, they also cause an unforgiving pain to one's mind and body.

In simpler words, when we hold on to negative emotions for a long time, it affects the primary organs and also creates pain symptoms now and then. The Liver is our primary organ here that is responsible for the muscular movement in the entire body. The Liver helps in producing the tear shield that protect the eyes.

If the Liver function is good, one can enjoy life. The person will be creative, plans well and takes initiative to achieve results. He/she will have the presence of mind, decisiveness, sudden insights, strategic planning, kindness, benevolence, compassion and generosity.

Wrong habits affecting liver function make the person angry, frustrated, jealousy, depressed and with suppressed emotions. This creates a muscular problem over time, especially with throbbing pain and joint-related issues.

Since we are concentrating on eye muscles relaxation in SIRP, the suppressed anger stored in our Liver must be expelled. For this purpose, we give the EFT in two parts:

In Part I: We teach candidates to forgive and forget the people who have hurt them or tried to hurt them in the past by words or deeds. For this, they must make a fist with the thumb inside the four fingers and held near the chest with eyes closed. Then recall the person and the incident and simply forgive that person in the mind. Also ask your mind to erase that incident from the records so that the body will be free from the feelings of the action.

Part II of the EFT is directly talking to the Liver by tapping Liv 14 on the chest by expressing your love and thanks for its excellent function and sorry and forgiveness for misusing the Liver. This action requires only five minutes. Regular practice of both these parts will lead to wonderful results for general health and eyesight.

Another tapping technique for eyesight improvement: Continuously tap the acupressure points around the eyes for a few seconds. Also, thank your eyes for its performance and express your love for it. See wonderful results in three months and also share it with us.

We transferred this technique to the volunteers on December 4, 2020, during the three-month performance review by the Chairman. **It is abnormal to have eye defect, and it is normal to have perfect eyesight.** Let us give this vision insight to the youngsters who are going to be the shining stars for INDIA.

THE POWER OF THOUGHTS

- ❖ THOUGHTS ARE ENERGY
- ❖ THOUGHT ENERGY HAS NO BOUNDARY
- ❖ THOUGHTS ARE NOT CONFINED TO YOUR PHYSICAL BODY
- ❖ THOUGHTS ARE CONNECTED TO THE ENTIRE UNIVERSE
- ❖ THOUGHTS ARE IMMENSELY POWERFUL
- ❖ MAINTAIN POSITIVITY AND FILL THE HEART WITH LOVE AND GRATITUDE

TRANSFORMED VILLAGE SCHOOL

The school in my village has now got a fresh look. All thanks to the few old students of that school and their contribution in cash and kind. As on date, the plastering repairs, painting and cleaning work at the Killoor Kokkalada Higher Secondary school building in Nilgiris are completed.



BEFORE

NOW AS ON 15TH DEC

The authorities have now appointed the headmaster, an assistant teacher and a school assistant for this school. The registration of students for Class 6, 7 and 8 was also completed in the first week of December. Total 29 students had registered for the year 2020-21. We have sent the school bags to the school, also contributed by another old student. Our hearty congratulations to the Committee spearheaded by Mrs Rajeshwari, the local Panchayat councillor for exposing the dilapidated condition of the school and also motivating residents to enrol their children to the school, promising them best education in English medium here. **Our Prime Minister recently coaxed old students to do something back to their Alma Mater.** Students of my high school have already got into the act. Mr M V Kannan, Chairman of the School Development Committee, also held a meeting with all concerned to assess the present status of the school and to finalize the recommendation report for implementation by AAA. You are welcome to join us.
H.BHOJRAJ

RELIEF FROM LOCK DOWN

Wedding of Ms Kavya, daughter of Industrialist Mr Rajendran was the first outing after nine months. It was a great feeling after attending the wedding on November 7, 2020 and meeting all friends and relatives from Nilgiris.

The academy is planning to collaborate with Mr Rajendran's Trust for Rural Development Centres in Nilgiris. A team has been formed under his leadership that includes Mr Murthy, Mr Nagulan and myself from Bangalore, Dr Murugesh from Ooty and Dr Jagadeesh from Australia, to give a concrete plan for rural upliftment in Nilgiris. All are welcome to give their suggestions. H Bhojraj



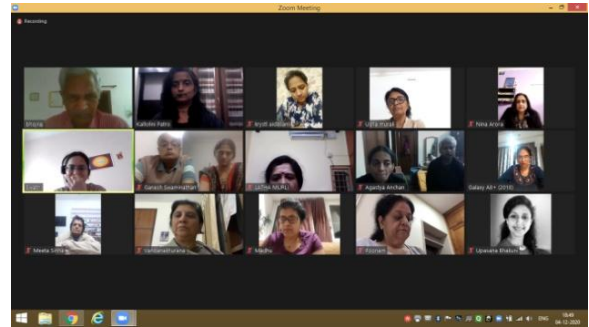
Our blessing to Ms Kavya and Mr Abhijit for a happy, healthy and prosperous married life.

THE THREE MONTH SIRP PRACTICE: OUR PROGRESS CARD FOR DECEMBER 2020

We organized individual online review meetings with the RAs and their team of volunteers in December to review the personal experience of all the volunteers participating in our **Sight Improvement Research Project (SIRP)**. Here is a quick round-up:

Research Associate: **Ms Kallolini Patro**.

The interim review meeting with Dr H Bhojraj and Mrs Latha Murali on December 4, 2020 had 13 of the total 18 participants attend the Zoom meeting.



Each of them explained their individual experience with the suggested simple eye exercises over the last three months.

Almost all participants have been regularly practising either once or twice daily and reported improvement in their eyesight. Though they have not tested their eyes to measure the improvement, they confirmed some brightness in their eyesight. Those with dry eyes also saw an improvement in these 3 months and now manage without eye drops, while a few others can read mobile messages without reading glasses.

Dr Bhojraj guided them through some essential shoulder rotation exercises, eye rotation exercises and EFT techniques for further improvement.

It was also decided to meet after the next three months to take a final review. Volunteers have agreed to get their eyes tested by that time. These test results will also complete our research analysis with reliable quantitative feedback.

The meeting was attended by Mrs Upasana, Mr Harish, Mrs Chethna, Mrs Poonam, Mrs Vandana, Mr Ganesh, Mrs Sharadha Ganesh, Mrs Aidasani, Mrs Mathu, Mrs Nina Arora, Mrs Usha Murali, Mrs Swathi, Mrs Meeta and Mrs Prabjoth.

As a Research Associate, I also take this opportunity to thank all the participants for staying focused, committed and also for attending this interim review conducted by Dr Bhojraj and Mrs Latha Murali.

NEWS UPDATE FROM THE ACU WORLD:

ACUPRESSURE IN EYE AILMENTS: WEBINAR SERIES FOR KV HEBBAL

By Mrs. Devi Kalyani(Ph 9945230717)

A week-long workshop on 'Acupressure in Eye Ailments' was conducted for the students and staff of Kendrya Vidyalaya School, Hebbal. A total 1137 accounts actively participated in the workshop which approximately amounts to about 1500 people (Parents, teachers and students in total).

The 45-minute workshop was conducted in batches through the week to train parents and children on simple eye exercises prescribed in our sight improvement research project. The school readily agreed for this workshop, considering that eye health is of high priority in this new normal age of COVID-19 where the learning medium even for children is largely through the digital medium.

The webinar series was conducted by Mr Girish Shankar and Mrs Devi Kalyani, co-founders of The Healer, a healing therapy center in Bhoopasandra, Bangalore. The team is being motivated and encouraged by our Academy of Acupressure and Acupuncture (AAA), Bangalore, headed by Dr. H Bhojraj.

We hope the series will continue in other schools in future.

APEX COMMITTEE HALF MARK REVIEW

On January 4, 2021 the Academy for Acupressure & Acupuncture(AAA) completes it's halfway mark in the Sight Improvement Research Project (SIRP). The six month project was officially launched in October 2020 and is our holistic healing attempt 'Towards a better vision with Acupressure'. The first three months have been a crucial learning

experience. We have crossed it with some satisfactory performance. Here's a quick overview:

We started this project as a small idea with a group of like-minded individuals. Today, we have a dedicated team of many trained Research Associates working on ground with over two hundred volunteers across different age groups, a significant number of these volunteers are 18 years and below.

The good news so far is THE POSITIVE FEEDBACK from almost all volunteers who have been practising these simple eye exercises on a daily basis. Many who struggle with watery eyes and headaches with extended screen time at work/study online or otherwise also see significant relief; Some who couldn't read anything without glasses are now confident of sitting down and reading a few lines or pages without the extra lens support. Even the few complaining of stagnation after initial improvement are being successfully comforted with some guided healing methods of vision improvement like the Emotional Freedom Technique (EFT) and Vision 20/20.

"The first half has been very encouraging despite the challenges, thanks to our research associates (RAs) and volunteers who have been committed throughout. Now that we have comfortably settled with setting up base and the data collation system, the next three months should progress steadily on the data collection and evaluation mode. We should see significant improvement in eyesight of all 200 + participating volunteers," Dr H Bhojraj, the committee chairman explained in his opening remarks at the recent review meeting held online by the Apex monitoring committee. He also explained the Vision 20/20 principle in theory and practice. Reading the vision chart clearly and without discomfort is a clear

indicator of a perfect vision. This will also be our focus going forward, he added.

Regular donations from the people have also been another encouraging trend. All these will continue to be distributed among all the RAs and the supporting staff for their continuous dedication and commitment towards this research project.

Mrs Latha Murali who has been regularly working with all the RAs and monitoring volunteers detailed some encouraging trends from the data collated so far. **“The entire three-month data will be collated and shared with our research head, Dr Romesh Bhat by end of December. This data should give us better clarity in evaluating this project on quality and performance,”** she said.

Meeting Round-Up: Key Observations

“We are now perfectly aligned with a process that will help in compiling detailed data on each and every volunteer involved in this project. The sustained participation of volunteers across all age groups and continuous tracking of their improvement and progress is great news. Congratulations to all the research associates at work.”

Mr Sundaramurthy, Vice Chairman, Apex Monitoring Committee

“Crossing the 200 mark and steadily progressing with committed volunteers is definitely an excellent indicator. The team has been working very well on the data compilation work so far despite the challenges. Keep it up!”

Mr M V Kannan, Senior Committee Member

DONATIONS WELCOME

We request our supporters of drugless cure to send your donation to our Academy Bank Account in INDIAN BANK. Ac No.6012588256

IFSC CODE; IDIB000R005

We need your contribution not only to complete the research but also to continue with other projects like our Rural Development Programme and improvement of village schools.

PRESENT FUND STATUS:

(As on December 1, 2020)

Balance: Rs. 67,510

Expected Expenditure: Rs. 29,000

DONATION RECEIVED IN DECEMBER 2020

Mr. S S RAO Rs 3,000

Mr. R MURTHY Rs 2,000

THREE MONTHS SIRP PRACTICE: OUR PROGRESS CARD FOR DECEMBER 2020 (Contd.)

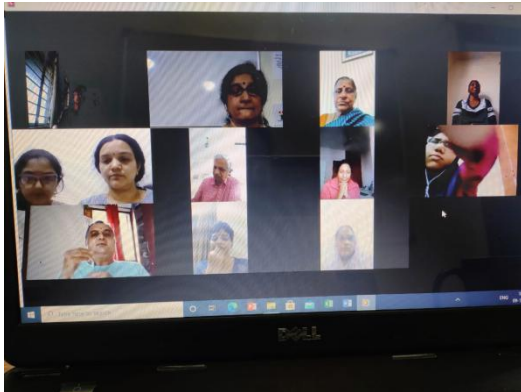
Key observations from the review meetings with Dr Bhojraj conducted for both senior and junior volunteers on December 9, 10, 12 and 13th, 2020.

Research Assitants: Mrs Latha Murali, Dr Shyamala, Jyothika and Dr.Prathyusha

How to take those few minutes off for yourself on a daily basis? It is easier said than done. **What really matters here is taking the baby steps forward towards consistent performance and our trust in the healing process.**

A few small healthy habits go a long way in establishing steady progress. For a starter, take small breaks in between work after every half hour or 45 minutes to refresh the eyes and do some simple neck and shoulder exercises.

Majority of our volunteers have seen good improvement so far with these **regular practise and small lifestyle changes.**

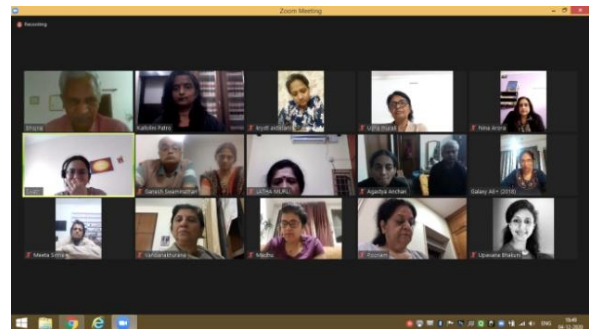


Even Ms M F, who is left with a deteriorating right eye vision (-18 power) radiates immense hope and positivity. She lost her left eye vision completely and now trying to improve her deteriorating vision in her right eye. Nothing demotivates her from practising these exercises three times daily.



Seeing many students, below 18 years participate with a regular commitment is way forward. G.A is a school student diagnosed with Astigmatism and wearing spectacle for last 5 years. She has started on these exercises only last month and also honestly admits to not doing them some days but she is still positively working on it with her mother.

16-year old S also has multiple eye issues, including astigmatism and high power. After two-and-a-half month regular practise with these exercises 2 times a day she feels less fatigue. D, aged 9 years is doing these exercises once daily on most days since September. She also has a lazy eye. She feels that her eyesight is clearer especially after the blinking exercise. She will go for check in January. **“Such cases may take minimum one year with regular practise of these eye exercises, the volunteers have also been advised and counselled to engage in regular detoxification of the mind and body through EFT and shift to ayurveda or naturopathy especially the colon cleansing and enema cleansing procedures,” - Dr H Bhojraj**



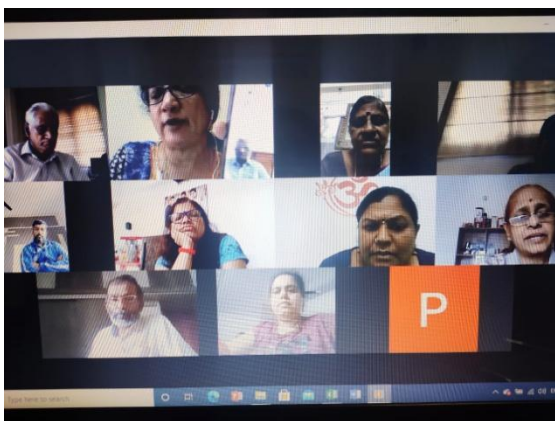
Quick Quotes: The Volunteer Experiences with SIRP (Names not revealed respecting their privacy and comfort) “I did not find much changes in the first month. But after that, slowly I started to feel the difference. I now wear my glasses only for reading. Honestly I have not tested my eyesight because I feel I am now in position to read comfortably. Only while reading I have a problem trying to read it perfectly. **Ever since I started the exercises, I am able to read for the first 5-10 minutes without wearing my glasses.**

In fact my glasses are almost broken but I told Latha ji that I will not be buying one until the six month period is over to see that it is successful or not. I am very confident that I will succeed in getting rid of this problem.” - Mr K.B

"I practise once a day regularly. Some days, three times. Last 10-15 days I definitely see clarity in vision without wearing my specs. I have a habit of lying down and reading messages on mobile. My eyes would water while doing so. Now I can lie down, read messages without my specs and without watering eyes. Itchiness in my eye lids is also gone. It is definitely worth taking these baby steps. The routine hardly takes 8-10 minutes max. Next three months I will surely see improvement in my vision. " - Mrs A.G



"I have been regularly practising these exercises regularly since September 2020. My vision power was -5 in right eye and -2.5 in left eye. After second month, I started doing these exercises twice a day on all days. Now I can see fine print on screen for loner time with naked eye. I also get quicker relief for my headache now" - Ms D



"I got my specs last year. Few days after being introduced to these exercises, I removed my specs to feel the difference for myself without

the eye test and till date I have not worn my specs. I have no need for it personally. Irritation in the eye has also reduced," - Ms K (student)

"Practicisng regularly for last one-and-a-half month. My eye power was -4.75 in both eyes. I also had an allergy in the right side of my eye. Now that has improved. My vision power when checked recently had improved to -4 in both eyes," Mrs S.U



Chairman's Note :

It is really encouraging to see positive results generally. I heard in one case eye power increased from -2.5 to -3.5 after doing these exercises. Another lady told her itching symptoms came back after Liver detoxification as suggested by us. The reactions in the body are for bringing to the normal status. Volunteers are requested to keep record of all changes and reactions for our analysis. I request the RAs to monitor such cases and report to the Committee. It will take minimum 6 months to see good results.

H BHOJRAJ

EDITORIAL COMMITTEE

Mrs. SAROJA APPANNA, Mrs. AARTHI R, Mrs. LATHA MURALI AND Mr. SUNDRAMURTHY

