

# ACU WELLNESS

**FEBRUARY 2021**

**SPECIAL NEWSLETTER FOR EYESIGHT RESEARCH**

**ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE**

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## FROM THE CHAIRMAN'S DESK

The year 2021 has truly started with a bang. January 2021 has been a historic month for India for its successful development and implementation of the indigenous vaccine programme by the Prime Minister. Even with less efficacy, our indigenous vaccine can do much better in protecting the mass. Further, it comes with the advantage of storing at a relatively higher temperature (2 to 8-degree centigrade). Most of the countries in the world will prefer this vaccine because of this storage temperature and the effectiveness of antibodies against the deadly virus.

I appreciate the front-line workers, especially the top doctors for setting an example for the common man by taking the vaccine and proving its effectiveness. India's vulnerable

society will be happy to take the vaccine and start their life fresh without fear of COVID-19.

The good news is that our Indian economy is also picking up well. Our agricultural output is also increasing in a way to become an exporting country for food, especially rice and wheat. The farmers have been treated well during the crisis and listened to their grievances. Since the farming community is in large number, our aim should be to improve their living standard by offering little more for their products. Let us be optimistic and encourage the educated lot to take up organic farming to improve the health of the consumers. Food should be medicine for our good health.

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**IFSC: IDIB000R005**

The Alternate therapies have done very well during the pandemic period, and few research reports have shown the effectiveness of Siddha

medicines to improve the immunity against the virus. Good hygiene, wearing mask and distancing helped the people not only to prevent the virus but also improve their health. The lung related common cold and other problems have come down during this period. Most of them realised that the curing mechanism is within us and preventive health care is the best option to stay healthy.

Now back to base, our Sight Improvement Research Programme (SIRP) will conclude within three months with quantitative results for our further analysis. The volunteers will check their eyesight to compare the difference quantitatively using the eye chart or with an Optometrist. They will be asked to re-test in April to confirm the improvement in the last six months. So far volunteers have reported positive improvements except few, including a Research Associate who has reported a slight increase in power. Our chief aim is to record all the data and conclude the efficacy of simple acupressure points activation for the improvement of eyesight and eye-related problems. I thank all the Research Associates, Apex Committee members, volunteers, and all supporters for the grand success of this project.

**H BHOJRAJ, CHAIRMAN, AAA**

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## **THE ART OF THINKING: STUDENTS' GUIDE**

BY H. BHOJRAJ

In one of his recent Facebook postings, **Mr M Srinivasan, my Ex-ISRO colleague**, has pointed out the things that our schools don't teach. I wanted to share them with you here below:

**How to think?** Similarly, how to sell, how to negotiate, how to face failure, how to manage

time, how to invest money, how to find the passion, how to handle money, how to make an impact, how to start a business, how to communicate, how to develop emotional intelligence, how to read a financial statement and how the tax system works are the questions not answered to young generation

His questions impressed me. These relevant questions, if answered by some expert in the field and made available for youngsters below 15 years, their approach to life would be certainly different. **Since many youngsters are also taking part in our eyesight improvement research - SIRP, I felt it appropriate to answer the first question in this newsletter to start with.** Based on the response, I will answer other questions in the coming months.

### **What is success?**

Though it varies from person to person, a successful person will have the satisfaction of what he has achieved in life. How to be successful will be taken up later. For now, here's my holistic attempt to answer the foremost question, how to think:

**THINKING:** The noun form refers to considering or reasoning about something. As an adjective, it gives the meaning of using thought or rational judgment and intelligent. Think also means conceive, envisage, fancy, imagine, realize or "to form an idea of" and **"THINK" implies the entrance of an idea into one's mind with or without deliberate consideration or reflection.**

### **There are three types of thinking:**

**Insightful Thinking:** It is used for problem-solving and long-range planning.

**Experiential Thinking:** It focusses on the task at hand.

**Incessant Thinking:** which is not productive at all. We call it chatter.

### THINKING: THE DIFFERENT FORMS

1. Remembering and recalling. It is retrieving or repeating information or ideas from memory.
2. Understanding, interpreting, constructing meaning, inferring or explaining material from written, spoken or graphic source
3. Applying. Using learned material or implementing material in new situations.
4. Analysing.
5. Evaluating
6. Creating-For youngsters this is the most productive thinking.

### THINKING: THE PROCESS

**Thinking validates existing knowledge and enables individuals to create new knowledge and to build new ideas and make connections between them.** It entails reasoning and inquiry together with processing and evaluating information. It enables the exploration of perception and possibilities.

The seven critical thinking skills are analysis, interpretation, inference, explanation, self-regulation, open-mindedness and problem-solving. Divergent thinking is looking all outside inputs, and convergent thinking is looking inside. Thinking is always about futures or values or systems or strategic.

This information should get into the high school children and encourage them to find solutions to their problems.

**FORGIVENESS OF OTHERS IS ESSENTIAL TO MENTAL PEACE AND RADIANT HEALTH.**

### ACU CURE FOR ALZHEIMER'S DEMENTIA

Excellent result with acupressure explains therapist **Mrs Meher Vani**

I am presently working with a few more people with dementia and am thrilled to share my experience and success stories. In most of the cases, the deterioration has stopped and they are slowly and steadily recovering.

I am also sharing a recent testimonial from a caregiver about the start of the recovery of her husband from Alzheimer's. The family consulted me on September 28, 2020. I have given online training to the caregiver who administers the guided Acupressure treatment on the patient twice a day. The Good News: This patient is slowly and steadily improving.

**Case History:** The patient was suffering from Alzheimer's for the last 15 years. Doctors had given up on him since the medicines were no longer working on him and were causing serious side effects. He had become very violent and aggressive. His condition was deteriorating over the last four years. He had lost his ability to speak, eat on his own and no eye contact.

**Here's the happy wife testimonial:** "Three months ago we were introduced to Dr Meher Vani. In the beginning she started with few Acupressure points and every week she introduced him with new points. We could see a drastic change in him. His eye contact has improved. He looks straight into our eyes for a longer time. He has become more responsive. He is walking straight and is no more violent and aggressive. He has also started repeating a few words after us. We are thrilled to see the improvement in him and will continue with the treatment with Dr

Meher Vani ji. We are indeed thankful to her. There is no further deterioration in him.”

I envisage Acupressure treatment could be the solution for providing affordable treatment for PWD and also actually heal them. It is my endeavour now to spread the word about Acupressure as a remedy for dementia to all. The immense joy of having the person getting back to the normal routine, conversing and recognising us once again is priceless.

#### **OUR RESEARCH PROGRAMME HAS BEGUN.**

Family members or caregivers can directly contact Mrs Meher Vani and register for online training.

Contact: 99455 13830

**THERE IS NO SUCH THING AS FAILURE.  
IT IS A CONSTANT LEARNING PROCESS.  
FACE THE PROBLEM. LEARN FROM IT.**

## **NIRVANA Breathing: Gateway to a Healthy Mind & Body**

BY JYOTHIKA DWARKANATH

Breathing is the most important aspect of our existence. Yet 80 per cent of the population is breathing wrong and is under stress.

**Nirvana breathing fitness program, addresses almost all modern day ailments at the root cause level - Just by breathing right.**

Read on to understand how:

Observe your breath. How many breaths do you take in a minute? When you breathe in is your chest/belly moving out or in? When you breathe out how does your chest/belly move? **Science has proven that 4-6 breaths a minute is sufficient for optimal oxygenation of the body.** Yet we are breathing at the rate of 15-18 breaths a minute. Shallow/chest breathing

puts your body in a flight/fight mode of operation. Many factors contribute to shallow breathing, posture, cluttered mind, stress, emotions etc.

Our body is primarily made up of cells which make up tissues & tissues make up organs. Health of every organ in the body depends on the health of the cell. Cells require energy & oxygen. A well oxygenated cell means healthy tissues & organs, optimal function & hence NO DISEASE. We can do this by just breathing right.

**How do we breathe right? Pursed lip breathing (PLB) technique has proven to be the most optimal for cell oxygenation.**

This technique is used in a Nirvana session to retrain the breathing pattern. This is also called belly/diaphragmatic breathing. PLB technique involves inhaling through the nose & exhaling through the mouth assuming you have a straw in your mouth (exhaling through pursed lips).

Diaphragm is the muscle that enables us to breathe, pushing up the lungs on exhalation & relaxing on the inhalation. Deep belly breathing with pursed lips enables longer exhalation compared to the inhalation.

Starting with a 1:1 ratio of inhalation to exhalation, we can breathe 1:2 & move to 1:3 ratio. To practice PLB, start with a 4-4 breathing pattern. That's 4 secs continuous inhalation & 4 secs continuous exhalation through pursed lips. For the 1:2 ration inhale for 4 secs & PLB exhalation for 8 secs. Then move to a 4sec-12 sec pattern. Practicing each of these for 3-4 mins. This will bring down the breath rate to 4-6 a minute which is the ideal condition for our body.

**The combination of the power of breath, flow of movements, theta waves and power of intentions is an ultimate combination to get the mind and body in a healing and regenerative state.**

The power to heal & stay healthy is in your breath. For more information check [www.nirvana.fitness](http://www.nirvana.fitness), To experience Nirvana, reach out to **Jyothika Dwarakanath, Nirvana Education Specialist at 9945513830.**

## **SIRP MONTHLY REVIEW MEETING**

**ON JANUARY 28, 2021**

A zoom meeting was organized on January 28 to review the progress of our Sight Improvement Research project (SIRP) by the Apex Review Committee. After the welcome by Mrs Latha Murali, Research assistant Mrs Vaishnavi reported her collated feedback from volunteers based on their reading the lines in the eye chart. **Few of them could read up to line 7 without glasses. However this reading will only be taken as an initial value.** This will be observed for next two months. Further, the volunteers will be motivated to get proper check ups with the optometrist depending on the covid situation. This is for our interpretation in future. RAs Mrs Jyothika, Mrs Latha Murali and Mrs Shymala also presented the mixed results on eye sight improvement from their volunteers though everyone of them have recorded general relaxation of their eyes with these exercises despite strain due to online classes.

Mr Sundaramurthy while appreciating the Research Associates, requested them to provide the basic data like name, age, eye power etc to him for further recording and analysis.

**Dr Romesh Bhatt** also appreciated the efforts of the team and asked them to find a way to correlate the line reading with number.

In his concluding remarks **Dr Bhojraj**, Chairman of the Committee, appreciated the dedication of the Research Associates and the volunteers for the success of this project. He pointed out that the quantitative results with eye chart have been received for this review which is laudable and that if this trend continues for the next two months as well, it may give a great way forward for acupressure technique to become a standardised cure for eye diseases, particularly myopia for students.

The meeting ended with thanks to the Chair.

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## **EYE RESEARCH FEEDBACK**

### **VOLUNTEER: SUPRIYA**

I am feeling better with my vision compared to what it was, three months back when I started practicing. **Previously I was unable to see clearly even with glass on. Now I am also able to see without wearing my glasses.**

I had a stye in my eye and Doctor suggested to get it operated. But after practicing this eye exercise the stye vanished. I have sent the photos for your record.



**VOLUNTEER: RADHIKA REDDY**

I can definitely see much better in the night now after practising these eye exercises regularly.

**VOLUNTEER: USHA KRISHNAKUMAR**

My vision has improved. The dryness in my eyes has also significantly reduced.

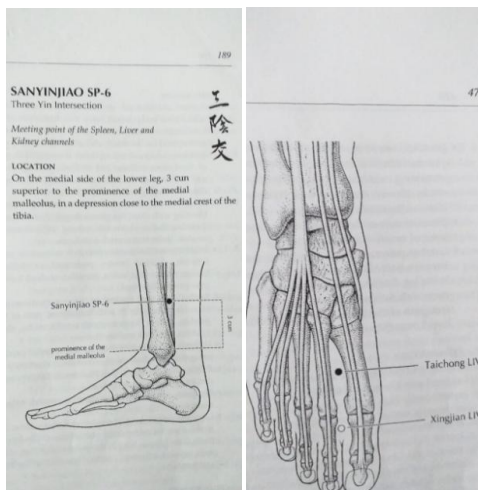
Volunteer: KAMINI

I am glad to share that when I checked my eyesight last week (January 2021), the power had reduced from -2.5 to -1.75 after doing exercises twice a day continuously for four months.

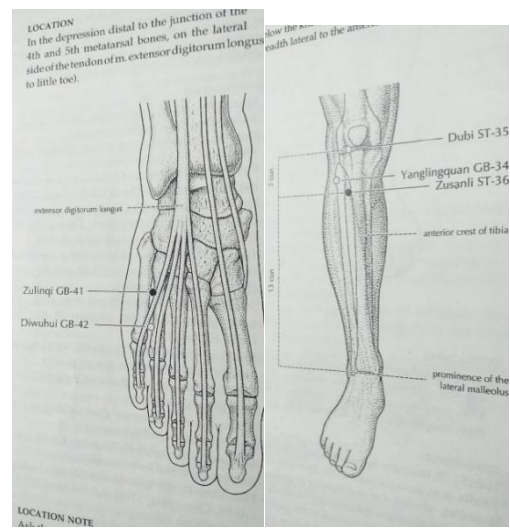
**GENERAL ACUPRESSURE POINTS TO IMPROVE BODY'S IMMUNITY AND STAY HEALTHY**

**PRESS AND RELEASE THESE POINTS . PRESS EACH POINT 14 TIMES. PRESS WHILE BREATHING IN AND RELEASE WHILE BREATHING OUT.**

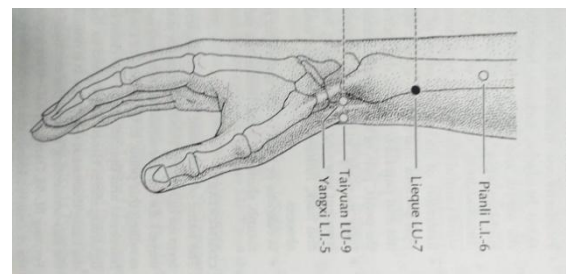
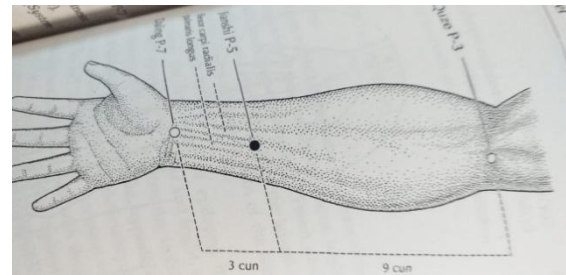
**SP-6 (MEETING POINT OF SPLEEN,LIVER AND KIDNEY CHANNELS) AND LIV-3**



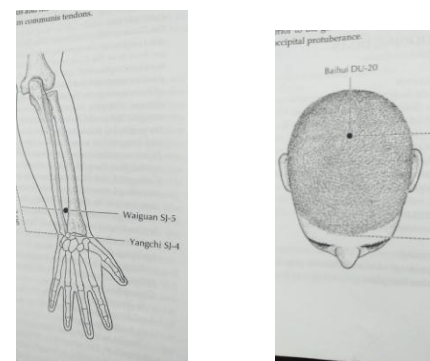
**GB-41 AND ST-36**



**P-5 AND LU-7**



**TW-5 AND GV-20**



**HUMAN FORM IS THE GOLDEN CHANCE FOR THE SALVATION OF THE SOUL**

## SCHOOL UPDATE: KILOOR KOKKALADA



### SATELLITE PICTURE OF KOKKALADA

KOKKALADA is a tiny village in Nilgiris with 40 houses. Most of the inhabitants here depend on tea cultivation and agriculture for their living. There are six villages nearby with a total population of about 5,000 only. The Kiloor Kokkalada High School was started in the year 1958. It was functional and regularly taught young students until 2018. Due to the compulsory Tamil Medium education in the school, most of the parents chose to admit their children in the English medium private schools located 3 km away from the village and also paid heavy monthly fees. Now with people funding and the Government clearing the way by permitting to start English medium in this school, things have significantly improved. Total of 30 students registered for the classes from Standard 6 - 8 with free books and uniform. Mr M V Kannan, Rtd ISRO Scientist and few retired officers have come forward to streamline the course in English and handhold the staff for at least next three years. The furniture required for the classes is being

completed with the help of Ooty MLA's fund (About 3.5Lakhs).

We have completed the electrical connections to the classrooms, especially to the computer room. The team has also completed the rainwater harvesting work. We now eagerly look forward to the Government's announcement for reopening schools for the classes from Standard 6-9 for the new academic year.



SCHOOL READY FOR REOPENING

**A Trust account was opened in Canara Bank ,Haraguchi Branch and those who would like to donate for this noble cause may transfer the amount directly to A/C No.1367101017758**

**IFSC : CNRB00011367**

***INNERBEING DECIDES THE OUTERBEING.***

***LIFE HAPPENS MOMENT BY MOMENT.***

***START LIVING YOUR LIFE RIGHT NOW.***

***CREATIVITY COMES FROM YOUR INNER CONSCIOUSNESS NOT FROM YOUR MEMORY.***

AAA TRUST ACCOUNT	
FEBRUARY 2021	
OPENING BALANCE	Rs 25510
RESEARCH ASSOCIATES	Rs 15000
SALARY & EXPENSES	Rs. 11000
BALANCE	-490
DONATIONS RECEIVED IN JAN: NIL	
<b>I REQUEST THE VOLUNTEERS AND OTHERS TO DONATE Rs 1000 PER PERSON TO TAKE THE RESEARCH FORWARD.</b>	
<b>H.BHOJRAJ</b>	
<b>DONATIONS CAN BE SENT TO</b>	
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<b>IFSC: IDIB000R005</b>	

**DATA for ANALYSIS**

The Research Associates are requested to make a document with following details for our analysis.

STUDENTS <18YRS AND ADULTS>18 YRS

Sr.No --NAME --AGE-CITY-EYE POWER(L & R)

EYE POWER DETAILS BEFORE STARTING THE EXERCISE

EYE POWER DETAILS AS ON NOW

**APEX REVIEW COMMITTEE MEETING ON 11<sup>TH</sup> FEBRUARY 2021**



The Apex Review Committee(ARC) met again on 11<sup>th</sup> Feb at 4 PM to finalise the guidelines for collecting the final data for further analysis. After getting the inputs from the RAs, it was decided in principle to measure their eye power with

Optometrists in their area and try to get the printed results with date for authentic record. Wherever it is not possible to get the test, line reading results can be taken for first cut analysis. Their regularity of doing exercise also one of the parameters for analysis which must be available with RAs. It was decided in principle give priority for data collection for FEBRUARY and MARCH for our final analysis.

Chairman, ARC appealed to all RAs and volunteers to take this research little seriously and give their cooperation and support for final data collection. He insisted the last mile problem should be handled well to create a useful research finding beneficial to the humanity.

He also mentioned about the forthcoming International meet in Bangalore on Traditional Medicine 26<sup>th</sup> and 27<sup>th</sup> June 2021 with participation from all over the world. He also requested Dr.Bhatt to finalise the paper for presentation in the forum.

Get ready to **26-27, JUNE 2021**

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