

# ACU WELLNESS

## ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

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FEBRUARY 2024

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VOL 13

No.3

### FEB 2024 FROM THE CHAIRMAN'S DESK

This year started with a bang by seeing the live telecast of **PSLV-C58 launch of XPoSat** in the desired orbit of 650km with six-degree inclination and the positive effects are continuing with a proposed LVM launch in February 2024. It really inspiring for the scientific community and the whole world is looking forward for the results. The main idea of all these experiments is to know the origin of the Universe and particularly about our Solar system.

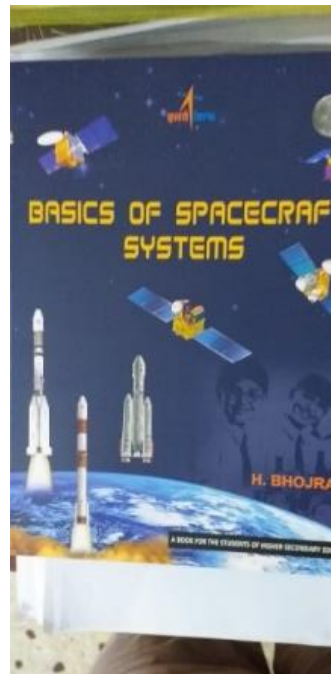
**It certainly motivates the youngsters to think deeper and deeper to know these secrets.** The Engineering and Technology plays an important role along with the Artificial Intelligence in the success of space projects. **Students in the high school should be geared up to face the transformation one order higher than what their parents have studied in the same class.**

The technology growth has motivated many students in high school level to study space technology as an elective subject for one year in 11<sup>th</sup> standard. The teachers should be trained at least for few months regularly by space department before they start this elective subject in 11<sup>th</sup> standard. Foreseeing such a scenario, a book on the **"Basics of Spacecraft Systems"** was written by me for the students of higher secondary education in collaboration with Kendriya Vidyalaya teachers in 2009. Though we initially motivated many students to learn this subject by giving this book free of cost there were no takers for this in that period.

**The grand success of Chandrayaan 3 made the whole world to look at INDIA in a different angle and we the Indians proved that we are second to none in advance technology.** Students in engineering colleges are

making satellites and are being flown on PSLV fourth stage which is very good platform for the researchers.

**The plan to expose the main architect of Chandrayaan-3, Mr. Veera Muthuel to the rural students of Nilgiris is about to fructify in February 10<sup>th</sup> if everything goes well as planned.** Mr. Leo Jackson, Engineer in ISTRAC has to be complimented for his perseverance to take Mr. Veera Muthuel to Nilgiris and the credit should go to **Lions Club, Ooty** especially **Lion. Krishnamuthy** for persisting for an address by no less



than the Project Director, Chandryaan-3 since his education is from a Government High School in Villupuram and he wanted all Government School Students to listen to him directly and get motivated with bigger goals in life.

The eye sight improvement and hearing improvement workshop was a grand success with 30 of them participated in the half day workshop held on 7<sup>th</sup> Jan 2024 and the weekly follow up

practical classes are conducted very efficiently by Ms.Kallolini. The research team is looking forward to 100 regular practitioners of acupressure for both eyes and ears with data of line reading and frequency tests data for a national level research conclusion.

## MIND AND OUR UNDERSTANDING

BY.Dr.H.BHOJRAJ

As a person, we think, feel and believe, so is the condition of mind, body and circumstances. Every moment in our life we have to take action depending of the requirement mainly for our survival. Whatever we believe we will act according to that. So, **belief** is nothing but a thought in the mind which decides our life.



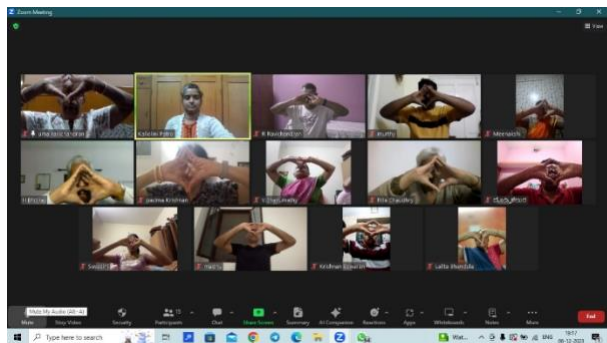
We must understand how these thoughts are stored in our memory cells. Anything we believe and repeat it for days possibly more than 40 days, it gets into our sub conscious mind and one will never forget the habit like driving and cycling. **The subconscious mind is very**

**powerful and operates our own system precisely whether the conscious mind is active or inactive.** But sub-conscious mind takes orders from conscious mind without questioning. The conscious mind has the main processor and depending on the thinking process the decisions are obviously made by the conscious mind only with the belief already stored in the memory. As we explained in earlier issues, **the KNOWER (Knowledge), the THINKER (Decision maker) and DOER(Action)** inside us, work together in any thought process.

**But in your subconscious mind in deeper layers lie infinite wisdom, infinite power and infinite supply of all that is necessary for life.** It is waiting for us to reach it and give the required input for its development and expression to realize the purpose of our life. Those people who meditate and go deeper in their mind bring new thoughts and ideas, bring forth new discoveries and inventions and create new work of music and art.

The most important starting point is to recognize and acknowledge the double nature of our mind like subjective mind and objective mind, conscious mind and sub-conscious mind, waking mind and sleeping mind, surface mind and deep mind etc.

**As you sow in your sub-conscious mind so shall you reap in your body and environment.** Every thought is a cause and every condition is an effect. So, sow the thoughts of peace, happiness, goodwill, love and



In the meantime, Dr.Samiulla has formed an ethical committee for research approval by the Committee so that proper research grants may be sought for the research work under the FAST BOARD. The first meeting of the committee is being planned shortly. I request all practitioners of Acupuncture to get involved in this research along with Acupuncture students. The research papers only can speak for themselves for the recognition of Acupuncture as a system of medicine like AYUSH. **Kindly contact me or Dr.Samiulla with your research proposals.**



Myself along with our Think Tank Team members for Community Welfare attended a conference in OOTY to give our view for the progress of our ethnic Badaga Community

which was well received by all participants. Hoping to see the actions by Young Badaga Association president and his committee in near future. **Once again, I thank you all for your continuous support for our research-oriented programs.**

**H.BHOJRAJ, CHAIRMAN,AAA**

**TRAIN YOUR MIND TO SEE GOD WITHIN YOU. WHEN YOU CONNECT, IT WILL GUIDE YOU. LIFE CAN BE REWRITTEN WITH CLEAR VISION AND GOALS.**

prosperity. The sub-conscious will start responding like a seed in the fertile soil if the conditions are conducive.

**The world within us is the only creative power. If you want to change external condition you must change the cause ie. your thought. Thoughts are really living beings and they live externally with us all the time once you have generated in your mind. Living successfully is as simple as, change the cause and change the effect.**

If your habitual thinking is harmonious and constructive you will experience perfect health, success and prosperity. **EXTERNAL WORLD IS MAYA, INTERNAL WORLD IS REALITY.** Live in the real world to know yourself and your purpose of life.

#### **MIND CONSISTS OF FOUR PARTS**

- 1. BUDDHI- INTELLECT/Wisdom**
- 2. AHAMKARA-EGO-Our Identity**
- 3. MANAS-MIND WITH MEMORY**
- 4. CHITTA-PURE INTELLIGENCE WITHOUT MEMORY**

**Mind with memory is a lower order manifestation, it is full of thoughts and emotions, the very root for suffering.** But when you touch the pure intelligence the Chitta with inner practice, you live in the moment without any memory and with guidance from the SELF at that moment. One can achieve this state with **Jnana yoga or Bhakthi yoga or Raja yoga or Karma yoga** or any method which takes the mind to deeper levels. Once realized this state, mind becomes redundant entity with very little capacity.

Once this reality is understood than it is apparent that there is no need to give so much importance to the mind. One just needs to keep it functioning for its own sake. Giving the mind with memory too much importance will increase suffering.

**Just believe the Chitta, the mind without the memory, it will multiply your happiness exponentially if you can stay with it for longer time.** Do not try to be happy with external inputs through your sense organs. Shut all the five senses and touch the inner intelligence. Real happiness, ecstasy, bliss, elation, euphoria, seventh heaven, delight, elation, pleasure, intoxication,

exhilaration, trance and cloud nine everything is there in the inner core.

Pure intelligence works only when you live in the present and that is ZEN MEDITATION. **Reality is NOW- The present moment.** Enjoy every moment in your life and your thoughts will become Divine thoughts. Practice any meditation but live in the present moment.

#### **DONORS FOR OUR RESEARCH**

Shri.S.V.RANGANATH	Rs.7500
Mrs.NINA ARORA	Rs.3000
Mr,PREM KUMAR	Rs.3000
Mrs.PADMA KRISHNAN	Rs.3000
Ms.SUHASINI	Rs.3000
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Mrs.MEENAKSHI	Rs.3000
Mrs.RITA CHAUDHARY	Rs.3000
Mr.MURTHY -CHENNAI	Rs.3000

Thank YOU, all Donors, for your support. Those interested in donating for our research may kindly transfer the amount to OUR ACADEMY ACCOUNT.

**INDIAN BANK, Rajajinagar Branch.**

**AAA (Academy for Acupressure and Acupuncture)**

**A/C No. 6012588256 IFSC : IDIB000RO05**

#### **EYESIGHT AND HEARING IMPROVEMENT -ACUPRESSURE WORKSHOP 6-01-2024**

The Eyesight and Hearing Improvement Acupressure Workshop, held in Institute of World Culture Hall, in Basavangudi on January,6<sup>th</sup>,2024, was a sounding success with 30 participants actively engaging in the session.



The inaugural session commenced with Mr.Sundramurthy, who highlighted the Academy's extensive research on a national level and shared the exciting news about ISRO's Sun Observatory Adhithya L 1 reaching its destination on the same day at 4 PM. We all congratulate the ISRO team for achieving this wonderful achievement on behalf of the Academy.

Mr.Suresh Palayam, Trustee,AAA welcomed the dignitaries Shri.S.V.Ranganath, Dr.Surendra Pal, Prof.Soma and Mr.Ketan Shah and also thanked them for gracing the occasion. He extended his warm welcome to all the participants from various walks of life for improving their sensitivity of their sensors with Acupressure points activation.



*Mr.Ketan Shah, Prof.soma, Shri.S.V.Ranganath, Dr.Pal Surendra and Dr.Bhojraj ( Welcome by Suresh Palayam)*

Prof.Soma, in his address expressed the appreciation for the yeoman service of the Academy for drugless therapies especially Acupressure. He emphasized the need for preventive health care instead of curing the problem after getting it.Dr. Surendra Pal expressed his own experience with acupressure and how he could use this knowledge to relieve the asthma attack of a co-passenger while travelling in the train. He appreciated the efforts of the Academy for the past 12 years and expressed his desire to support this path breaking research taken up by Dr.Bhojraj.



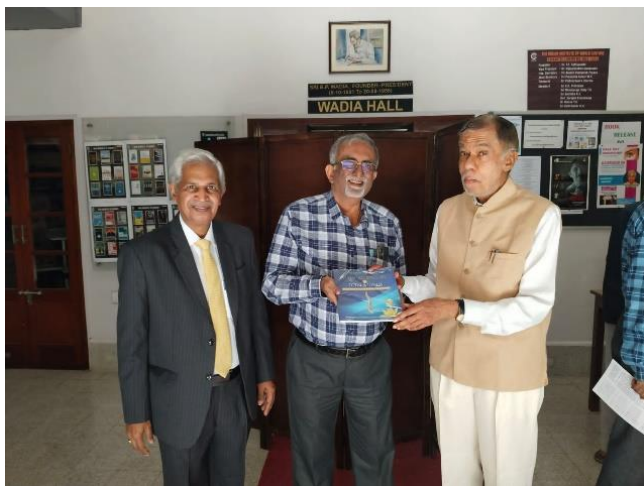
Mr.Ketan Shah, as guest of honor expressed his gratitude to Dr.Bhojraj, who gave the acupressure technique to cure his complicated stomach/appendix related problem which was not cured even after two surgeries. After curing himself with self-help technique he started training people all over the world and given relief for about 3 Lakh people in the past 20 years. He has treated many dignitaries in the highest level including Late Dr.Abdul Kalam when he was President of India.

Dr. S.V.Ranganath, Ex.Chief secretary of Karnataka released the book "Towards better vision with Acupressure" and expressed his pleasure in attending such useful workshops. He remembered the date on which he met Mr.Ketan Shah on the flight and expressed his happiness to meet him after 15 years. Shri Ranganath praised the motive of the Academy for improving the eyesight of the youngsters especially students and expressed his support to take it up in the Central Government level to get the recognition for this drugless therapy along with AYUSH systems.

**In the present state, we are so much distracted, the mind frittering away its energies upon a hundred sorts of things. Concentration is the only key or power to overcome this. YOGA IS THE KEY.**



After the Coffee Break, Dr. Bhojraj explained how his power of -0.5 increased over a period of twenty years to -2.75 and how it was brought down to normal with acupressure within a period of three years with regular practice. He also recalled the reversal of Cataract with same technique for his senior ISRO colleague **Mr.Bhaskarnarayana** for the past 10 years and the motivation for starting the research itself originated with Mr.Bhaskar's feedback in one of the graduation ceremonies of the Academy. He also lauded the efforts and support of **Shri. Achuta Rao, Ex.DGP** for starting the eye research for students during pandemic time with free books and free training.



Mr. Ketan Shah presenting his Acupressure book to Shri. Ranganath

Dr. Bhojraj expressed his vision to take this project at the national level and get the recognition for the Acupuncture Science as a system along with AYUSH. He requested all participants to give their self-acupressure results on the eye and ear points at least for 3 months to prepare a research report for presentation to the Health Department to emphasize the need for the recognition of Acupuncture Science. Acupressure follows the same principles of Acupuncture and this science if promoted properly with law can take India's health care to much higher level. With proactive Government in the Centre, it is always possible to implement with the support of the Parliamentarians.



The practical workshop on eye and ear were very clearly identified and explained by Dr. Bhojraj. He also

personally located the points on the eye and ear for many participants. In the end both eyes and ears were checked with line reading and hearing frequency test which showed slight improvement in the line reading and also hearing frequency. Almost all participants were convinced with this scientific session and agreed in principle to meet every Wednesday at 7PM or Saturday at 4 PM in Zoom Platform for review and sharing their experience for four weeks as a free follow-up.

It was also decided to repeat this course every first Saturday of next few months till we get a serious and sincere group of 100 participants. The venue will be announced after confirmation.

**“TRUE CIVILIZATION IS THE MANIFESTATION OF THE DIVINITY WITHIN THE MAN, AND THAT, THAT LAND IS THE MOST CIVILIZED WHEREIN THE HIGHEST IDEALS WERE MADE MORE PRACTICAL.”**  
**SWAMI VEVEKANANDA IN 1896**

## CASE HISTORIES

### DIABETES UNDER CONTROL WITH ACUPUNCTURE TREATMENT AND SELF ACUPRESSURE- SAYS Mr. HEMANTHKUMAR, 59 YEARS

I had undergone acupuncture treatment four months back (OCT 2023) for my frozen shoulder and got cured completely within a month. As Doctor suggested, I continued the treatment for three more sittings and could reduce my daily insulin from 16 units to 6 units within a month. My sugar levels were monitored by my son who is a MBBS doctor. He was also astonished to see the results of acupuncture and advised me to continue walking and activating the acupressure points.

Then for a month or so, I could not continue my acupressure points and walking due to some serious construction work. After one month gap, I observed the sugar level had gone up to 400 mg/dl and with 14 units of insulin, it came down to around 200 mg/dl. So instead of increasing the dose my son advised me to monitor the glucose levels with the instrument attached to my arm and monitor continuously for 15 days to find out the peaks with food intake so that such food can be avoided in future. In the meantime, he also

advised me to try acupuncture treatment also with Dr.Bhojraj.

On 19<sup>th</sup> January,2024, the first acupuncture treatment started and within 5 minutes of activation I measured the sugar level which came down from 303mg/dl to 296 mg/dl. On 20<sup>th</sup> with 14 units of insulin, the FBS was 180 mg/dl and PPBS was 280 mg/d. On 23<sup>rd</sup> my sugar level went up to 289mg/dl though my HbA1c reduced from 9.5 to 8. On 24<sup>th</sup> my insulin dose was maintained at 12 units and my sugar levels are 167mg/dl fasting and 305 mg/dl after food. I will keep reporting my status after completing 15 days of monitoring for your records. Thank you, Doctor for this wonderful acupuncture treatment and also motivating me to continue self-acupressure and walking to control my sugar levels. Though I have reduced my insulin dose to 8 units within a week, this time I feel it is due my stress factor it has not shown immediate results.

But my sugar levels never crossed 200 mg/dl for the past 4 days as on 29<sup>th</sup> Jan 2024. Thanks to Dr.Bhojraj for motivating me to control the sugar levels with acupressure and exercise.

This experiment gives us the confidence that acupuncture improves the metabolic rate in our system and brings down the sugar level. **Treatment given was Sp-6 reduction, Liv-1 increase, Lu-7 reduction and P-7 reduction.** More and more patients are to be treated to find the real efficacy of the acupuncture science. **All acupuncture practitioners are requested to register with FAST Board Chairman Dr.Samiullah 9019848494 for continuing such research activities.**

## GREAT RELIEF FOR ABDOMINAL PAIN WITH ACUPUNCTURE TREATMENT SAYS Mrs.Rekha Acupuncture Student

I have started learning acupuncture from the Academy from Sep 2023 and after completing theory I started the practical with my close friends and relatives as per the Master's guidance. My relative Mrs.Rachana Sunil, 50years was having symptoms of acidity, vomiting sensation and muscular pain. As we know the symptoms are mainly due Liver deficiency, I activated the points Liv-1, Liv-3 and Liv-4 with finger pressure since I was not having the needles at that time. To our great surprise, the pain came down within minutes and Mrs Rachana was feeling much better.

Initially she was not having energy at all, so I decided to activate Sp-6 for a minute and I could visibly see her

energy coming back to normal and started doing routine works. I am really happy that I could learn the theory of Acupuncture and apply it with acupressure for my relative in time.

Similarly, I had my own experience of getting relief for swelling, redness and little hardness in my palm. I consulted Dr.Bhojraj after sending the photo. He advised me to activate Liv-3 for a minute or two. To my surprise the swelling and redness reduced the next day and became almost normal. The hardness also gone the next day.

## HEEL PAIN RELIEVED WITH ACUPUNCTURE- SAYS Mr.Govinda

I was treated for heel pain with Acupuncture by Dr.Bhojraj two years back and I got totally cured for two years. I was activating the acupressure points daily as taught by doctor for one year. But past one year I discontinued self-acupressure since I was not having any pain in the heel region. This January, due to cold I started getting heel pain early in the morning gradually improved by noon. Once again, I went to Dr.Bhojraj for acupuncture treatment and after one repetition within a fortnight, my heel pain almost vanished and I started pressing the acupressure points regularly. Now, I understand the importance of acupressure which I could do myself and stay healthy.

I really appreciate Mr.Govinda for the feedback and getting the cure with self-acupressure. I myself got the one side heel pain after exposing myself to the cold in OOTY during my recent visit for a conference. The K-3, B-60, GB-41 and Sp-6 points with self-acupuncture gave me great relief. After returning to Bangalore, I tried Auricular Therapy on the heel point. The relief was unbelievable. The pain vanished within two days and my walking also became normal. Root cause of the problem lies in blood circulation. Cold condition shrinks the vessels.

Bhojraj

**"EMOTION IS THE ROUSING AND EXPRESSION OF DESIRE BY WORDS OR ACTS, IN RESPONSE TO SENSATIONS OF PAIN OR PLEASURE BY FEELING"**

**SUPPRESSED EMOTIONS ARE THE ROOT CAUSE FOR MANY PHYSICAL AILMENTS. LEARN TO FORGIVE AND FORGET. EMOTIONS WILL VANISH. NO PAST AND NO FUTURE. JUST LIVE IN THE PRESENT.**

## KBGA UPDATE by

### Mr.SARAVANAN,PRESIDENT,KBGA

The biannual newsletter of KBGA was released by Dr.H.Bhojraj, Patron on the first EC meeting of the year 2024, held on 21<sup>st</sup> Jan 2024 was received by me. Nearly 25 members attended the meeting including the Cricket Teams and Football Teams captains.

All senior members appreciated the very informative newsletter and praised the Editorial team led by Mr. Nagulan Joghee.



After the financial review it was decided to seriously look for a small hall of 200 square feet in central Bangalore to have permanent address till we construct our own building in Bylalu site. All members appreciated the efforts taken by EC member Mrs.Anitha Gokul for streamlining the site's documentation formalities with an official survey and getting all the documents needed for further plans. Mr.Naveen Kumar declared that the staff of their Hamlet Tea Enterprise will visit the site every month and take care of all the trees planted in the site. This gesture was widely appreciated by all participants. President informed that the change of Electric Pole in the road to accommodate the right of way to the site has been initiated and letter has been submitted to the KEB authorities.

The Sports committee has been advised to fix the dates for the tournament considering exams and holidays so that fixing the school ground can be initiated depending on the availability.

Patron, Dr.Bhojraj explained, in brief, the mega event in Dec 2024 with Badaga Achievers from all over the world and it was decided to form a high level committee to work out the details of the project in consultation with all elders of our community. The meeting ended with vote of thanks by Sports Secretary Mr.Raj Kiran.

## YBA CONFERENCE UPDATE

### BY Mr.NAGULAN JOGHEE

A meeting was called by Porangadu Seemai Badugar Nala Peravai to discuss the issues facing the present Badaga Community in Nilgris and invited all those involved in the wellness of the community and also achieved in their own field. Our THINK TANK TEAM consisting of Mr.Rajendran, Industrialist, Dr.Bhojraj, IT Consultant, Mr.Murthy, Patron, KBGA, Dr.Murugeasan, Chief Medical Officer and myself attended the freewheeling discussions with all intellectuals in various fields. Almost all the speakers spoke from their heart and wanted a stable and dynamic leadership to implement the programs for the welfare of the community.



Briefly Dr.H.Bhojraj spoke in the end and requested the Committee to open a free canteen like Indira Canteen for all those villagers coming to

Ooty for their personal work and make sure to record their requirements in writing to the YBA. This proposal was appreciated in principle and likely to be implemented in few months.

I on behalf of THINK TANK TEAM presented a SWOT analysis and provided them with possible solutions to overcome the lacuna. **Mr.Rajendran**, in his opening remarks once again assured his support for any good scheme of the YBA and asked them to form various sub committees to come out with concrete proposals.



The team also attended the Primary School function near Preethi Classic Hotel and wished the Principal on the Republic Day.



The Bangalore team with Principal on 26-01-2024

## VISIT TO ETHNIC SHOP RED EARTH IN COONOOR

BY:Dr.H.BHOJRAJ

On 25<sup>th</sup> Jan, I had an opportunity to visit an ethnic shop called Red Earth in Upper Coonoor and I was surprised to find our Eye Improvement Book on display there. The owner Mr. Rajendra Prasad told me about all the local made products availability in his shop and he was happy to point out that my book also kept for display. He is selling all organic products including millets grown in Nilgiris.



He also sells fashion products and preventive healthcare products like magnetic bed in his shop and proudly showed the photo of the great cine personality Ms.Ektha Kapoor's visit to his shop. If you visit Nilgiris, it is worth visiting this shop for ethnic items.



MrRajendra Prasad, the owner with Dr.Bhojraj

FOR THE SCHOOL CHILDREN by  
Mr.SUNDRAMURTHY AND Prof.SOMA

### WHAT IS A BLACK HOLE ?

A black hole is a region of spacetime where gravity is so strong that nothing, including light and other electromagnetic waves, has enough energy to escape it. The theory of general relativity predicts that a sufficiently compact mass can deform spacetime to form a black hole.

Black holes are regions in space where an enormous amount of mass is packed into a tiny volume. This creates a gravitational pull so strong that not even light can escape.

No black hole is close enough to be a danger to our Earth. Also, the Sun is not massive enough to explode to form a black hole. One star's end is Black Holes beginning. Most black holes form from the remnants of a large star that dies in a supernova explosion. Smaller stars become dense neutron stars, which are not massive enough to trap light.

There are likely millions of black holes in our galaxy, and we will probably never know where they are. **XPoSat** is the first dedicated scientific satellite from ISRO to carry out research in space-based polarization measurements of X-ray emission from celestial sources.

### CHANDRAYAAN 3 CELEBRATION IN OOTY ORGANIZED BY LIONS CLUB, OOTY

DATE:10-02-2024

VENUE: **JSS COLLEGE OF PHARMACY**  
**NEAR ROSE GARDEN ROAD,DAVISDALE , OOTY**

**FOR HIGH SCHOOL STUDENTS FROM RURAL  
HIGH SCHOOLS**

#### PROGRAMME

**10 AM REGISTRATION**

**10 30 AM WELCOME ADDRESS**

**10 45 AM INTRODUCTION OF  
Dr.VEERAMUTHUVEL, PROJECT DIRECTOR,  
CHANDRAYAAN-3**

**11 AM TALK ON CHANDRAYAAN-3 BY  
Dr.VEERAMUTHUVEL**

**12 05 PM QUESTION ANSWER SESSION**

**12 30 PM INTERACTIONS WITH ISRO SCIENTISTS**

**1 PM GROUP PHOTO AND LUNCH**

**2 PM VOTE OF THANKS**

#### EDITORIAL TEAM

<b>Dr.H.BHOJRAJ,</b>	<b>Mr.NAGULAN</b>	<b>JOGHEE,</b>
<b>Mr.SUNDRAMURTHY,</b>	<b>Prof.SOMA,</b>	<b>Mrs.JIJA</b>
<b>SUBRAMANIAN</b>		



