



ACU WELLNESS

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE
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JANUARY 2024

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FROM THE CHAIRMAN'S DESK

JANUARY 2024



The year 2024 is watershed year not only for INDIA but also for the whole world. **The upcoming Lok-Sabha elections will decide INDIA's fate for next 25 years.** The pragmatic policies of the Government have created history in many fields and specially in high technology areas. As a retired space scientist, I am so happy to note the strides made by Space Department from a humble

beginning in late 1960s to a giant organization in 2024 after 60 years. It was made possible by the engineers from normal engineering collages in India and not from the premium technology institutes though few of them joined ISRO.

All those who studied in "IITs" and holding high posts in different countries have also given back to our motherland and INDIA is proud that many world organizations are controlled by these top technocrats from Indian origin. As our beloved Prime Minister had pointed out INDIA's time has come and it is every individual's responsibility to live up to this expectation.

We must work sincerely for the upliftment of our country especially for the people in the bottom of the pyramid. Their health is our main concern. There are many areas we can uplift them without spending much money by encouraging them to adopt drugless therapies. **Instead of curing the disease with medicine and surgery, let us give them the techniques to prevent the disease and live happily without any disease.** This preventive health care should start from young age in the primary schools. With new education

policy in place, it is really possible to identify their unique talents and make them shine in that chosen field. **As I have been writing, YOGA is the main solution to stay healthy and this habit of practicing Yoga should be inculcated at the young age in schools.** Our Prime Minister has to be lauded for his foresightedness in gifting YOGA to the whole world through United Nation and it has been taken up very seriously by almost all countries.

I am really happy to state that our Sight Improvement Research Project (SIRP) and Hearing Improvement Research Project(HIRP) have been combined as single identity and started yielding good research inputs for taking it to schools and senior citizen groups. The available data on this project has been encouraging for the Acupressure research team. The acupressure points are not only preventive but also curative for eye and ear related researches. **We are looking forward to the State Government to approve Acupuncture as an independent system like AYUSH so that research funds will be available to prove the efficacy of Acupuncture and Acupressure to the medical field.** The recent meeting of Acupuncture Science Association was encouraging for budding Acupuncturists and the Karnataka Forum will show the research results for the next 4 months before we formally take it up with the Health Ministry.

The Chandrayaan 3 lecture by Mr.Veeramuthuvel is finally fixed in the third weekend of January in this new year 2024 in OOTY organized by Lions Club, Ooty supported by our Academy. The main aim is to motivate Government School students to listen to the Project Director of Chandrayaan 3 which got the recognition from the whole world for landing on the Moon for the first time near the South Pole. Young scientists from Governments schools should understand we are second to none in this high-tech field compared to other students studying in other private schools in and around Nilgiris.

I would like to put on record our hearty congratulations to the Chairman. ISRO for getting the Man of the Year Award for 2023 and we all employees of ISRO are really proud of this recognition. I would like to congratulate the Director, URSC, Dr.Sankaran, the main architect of Chandrayaan 3 for his tireless efforts to make it a grand success. Our 1971/72 ACCET, Karaikudi batchmates will be visiting U.R.Rao Satellite Centre on 2nd February and planning to meet Dr.Sankaran to congratulate him for this great achievement.

On this happy New Year Day, I would like express my gratitude to all our Mentors, Donors and Supporters and wish you all a very happy, healthy and very productive year 2024.

H.BHOJRAJ, CHAIRMAN, AAA

ACUPUNCTURE SCIENCE ASSOCIATION (ASA) ZOOM MEETING on 10th Dec

MEETING FOR ACUPUNCTURE RECOGNITION IN KARNATKA BY FAST BOARD CHAIRMAN, Dr.SAMIULLAH

A Zoom Meeting was held on 10th December at 6PM to discuss the status of Acupuncture Recognition in India particularly in Karnataka. **The meeting was called by FAST Board Chairman, Dr.Samiullah and ASA Secretary Dr.Debasis Bakshi from Calcutta, ASA Joint Secretary, Dr.Inderjeet Singh from Ludhiana, ASA E.C.members Dr.Pradeep from Kerala and Dr.C.K.Raju from Chennai attended along with our Acupuncture Recognition Coordination Committee Members Dr.Bhojraj and Dr.Ravishankar from Mysore.** About 40 practitioners from various parts of Karnataka attended the meeting.



After the formal welcome from Dr.Samiullah, **Dr.Bakshi** explained the efforts taken so far for getting the recognition from Central Government and **how the efforts of Dr.Behramji paved the way for the recognition of Acupuncture as a medical system in Maharashtra.** In Maharashtra, the initial teething troubles have been solved and **about 7000** Acupuncturists have been given registration and license for practicing Acupuncture. **The potential Acupuncture teachers have been identified and short listed for teaching when the Acupuncture College starts in Mumbai under Maharashtra Acupuncture Council.**

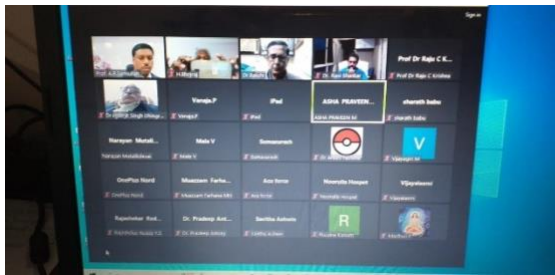
Dr.Inderjeet Singh, explained the necessity to continue our combined efforts to get the recognition for Acupuncture in India and he explained that in spite of having an Acupuncture Hospital in Chandigarh and showing the good results with acupuncture, Punjab Government has not taken up to frame the legislation because of various political activities. He insisted that the we should work together to get the recognition like Maharashtra.

Dr.C.K.Raju expressed his inability to unite all the Acupuncture Therapists in Tamil Nadu for approaching the Government for legislation and he expressed that we must make it as people's movement by treating more and more patients by conducting camps with acupuncture treatment for various ailments.

Dr.Samiullah explained the coordinated efforts of the committee for the past eight years and the regime changes have created the hurdle for the recognition. **In spite of this, Acupuncture was approved in principle for issuing license for practicing under KPMP Act and about 15 people have been issued the license by Health Department.** Since this clause was removed in the Website of health ministry, further registrations were stopped until the system is recognized by Assembly. **He requested all practitioners to come together frequently and share their experiences in treating only with acupuncture to create the data for further action.**

Dr.Ravishankar, President ASA Bangalore chapter expressed his appreciation for the National Committee for relentlessly pursuing the efforts to get the Central Government recognition. He emphasized that unity among the practitioners in Karnataka is very important to get the bill passed in the Assembly. He requested Dr.Samiullah to conduct frequent meetings of all practitioners of Acupuncture therapy and agreed to share his research experience in that forum.

Dr.Bhojraj expressed his appreciation to the Central committee and also to Dr.Samiullah for their valiant efforts to get the recognition in India. He expressed that the data of the practitioners should be updated in ASA register and they should be encouraged to keep a uniform data while treating the patients for further interaction among practitioners and seniors in this field. **He requested Dr.Samiullah to organize one Zoom meeting once a month on Sunday which can be attended by practitioners all over Karnataka and which will serve a base for case history discussions and further interactions with the Government.**



Many participants expressed their solidarity with Dr.Samiullah and asked the Committee to get their licenses to practice with registration number in their clinics.

It was decided in principle to meet every month for minimum 4 months before we approach the Authorities for further action on recognition. **Since we have already submitted the Kannada version of acupuncture act passed by Maharashtra Legislature Assembly to Health Ministry of Karnataka, it will be more effective when our team meets the Health Minister with research data presented in our review forum for the next four months by the practitioners of Karnataka.**

The meeting concluded with vote of thanks by Ravishankar.

ORIGIN OF THOUGHTS AND CONCIIOUSNESS

BY **Dr.H.BHOJRAJ**

I have been writing on Consciousness in the past few issues mainly to make the people understand the very simple process of **knowing the meaning of consciousness has the potential to change their way of thinking and their way of living.** Once we

know how the thoughts are generated in our system and how it is implemented to protect our body in order to fulfil our main goal of this birth.

We all have come to this world not because of our own will but because of our parents' desire to have children to take care of them in the old age and also to continue their legacy. This holds good for all generations though the technology is changing every day and artificial intelligence is becoming more intelligent than humans.

When we look at the God's creation, the animals also reproduce, bring up their younger ones with protection and allow them to function independently. **But the main difference between humans and other species is the ability to ask the question to ourselves.** The first question is who am I? The second question is why have I come to this world? Most of the people identify themselves with their body and relationships but they don't understand that **the original operator of our body is the SOUL inside our body.**

At the time of conceiving, the soul enters the fetus and starts building up as a human being for delivering to the cosmos for some particular purpose. As we grow physically, mind also grows absorbing all the knowledge available outside for our bread and butter. As we reach old age, the physical body starts deteriorating and at the end stops functioning as a person. The difference is the absence of soul in the body. **So, we always point out the SOUL is your life partner and you must take care of your body to take care of the soul.**

If the body is ignored, the SOUL itself starts warning you initially with symptoms and slowly stops the functioning also. **Any warning signal in the body is to be taken up seriously and attended to with our inputs.** The main input for our survival for the body is food which has to be taken without any extra chemicals. The other input for our mind is the thought process without which we cannot function efficiently. The third input for the soul is "PRANA" which comes from the cosmos in the form of air in the EARTH only, mixing with oxygen.

The "PRANA" is the **electricity** and is accompanied by "CONSCIOUSNESS" which is **magnetism.** Both cannot be separated. If breathing stops, the Prana

also stops. In other words, as long as we have the live connection with consciousness which is inseparable with Prana, we will be able to live our life.

Now we come to consciousness which pervades the whole universe like our radio waves generated by all transmitters in innumerable TV stations in the world. Depending on the live connection and tuning the signals are received and we will be able to see the videos and audios. **Now we consider human beings generate thoughts like the TV transmitters and every human being is capable of receiving any message theoretically.** But our tuning has to be proper so that we receive the information channel what we need for sustaining our life and take it towards our ultimate goal which has been decided by the Soul. **Most of the time we just act without analyzing the pros and cons of our action.**

Now let us come to our origin of thought process. As long as our Conscious mind is off (in sleep), we will have no feelings. When we wake up, **the feelings start mainly because of the necessity or need.** Please watch in every stage a **thought arises** and we fulfil the **need.** When we have the **zeal or the energy** to do it, the **action** starts. Then the results will come of that action and one will **enjoy that experience.** This action is like research in every day's life and after realizing the effects one concludes **and stores it in the memory cells inside our brain** and in the cells of Heart, Small Intestine and Large Intestine. So, it is obvious that memory cells are there in the Heart and Gut also.

Most of our actions are based on main brain but some actions come from Heart Mind or Gut Mind and we call it gut feeling. Mind can be defined as a bundle of thoughts which can be in Conscious Mind or Unconscious mind. All together we can call mind.

HOW THOUGHTS ORIGINATE?

With the above theory we know that first and foremost a thought arises because of **necessity** like feeling hungry. So initially our internal system will send signal to the brain from the stomach cells about the requirement of the stomach and start action after checking available options. Once a decision is taken, we proceed to eat or drink or

postpone. Please watch the number of thoughts originate for this necessity.

Secondly, it comes from **habits.** Habits also generate thoughts. Those people addicted to good actions like exercise/ walking etc, the thought will come exactly at a particular time. Similarly other habits like smoking, drinking or playing games.

Third reason is **the environment** which also generate thoughts in the mind like passing through a restaurant, friends circle or family get together etc.

The fourth reason is by, **stimulation by others.** In a particular situation, a leader's speech will make you think on a particular direction.

The fifth reason is the thoughts registered in the DNA which is supposed to have been stored based on **previous births** by this soul.

The sixth and final reason for the origin of thought can be the **Divine thoughts** depending on their calmness of the mind. If the mind can be taken to deeper silence, the thought process will be almost nil and the brain waves will be less than **4Hz which we call Delta Waves.** When the thoughts increase in the mind it can go up to **8 Hz** which we call **Theta waves** and can be measured in people with deep meditation. When the thought process increases it goes to **12Hz** which we call **Alpha waves** which is more productive for a normal human being. **When we get tensed or stressed the thoughts increase and Brain frequency(Beta waves) can touch 30 Hz.** Above 30 and up to 80 Hz, it is called Gamma waves which is very harmful for the body and our productivity.

So based on our scientific measurement of the brain frequency with EEG we can assess their health scientifically at that particular moment. **Lower number of thoughts will give better health and better production. Be in the present moment and you will have only one thought at that moment and you will be happy in that moment. When you are not happy hundreds of thoughts will flow from the past and also from the future.**

**LIVE YOUR LIFE NOW IS THE MANTRA.
PRACTICE, PRACTICE AND PRACTICE.**

**"THINK"
THOSE WHO KNOW, DO NOT TALK.
THOSE WHO TALK, DO NOT KNOW.
LAO TZU- PHILOSOPHY**

CASE HISTORIES FOR JAN 2024

LOWER BACK PAIN REDUCED WITHIN ONE MONTH WITH ACCUPUNCTURE, SELF ACUPRESSURE AND YOGA MUDRAS

By KISHORI R RAO 67 years wife of Mr.Ramakrishna Rao, Ex.ISRO Scientist

I have been suffering from chronic lower back pain for over 10 years. When it became acute, I was given conservative treatment such as physiotherapy, which did not help. An MRI showed spondylolisthesis grade 1 of lumbar vertebra L4, i.e. a forward movement of L4 over L5 by nearly 25% and stenosis, i.e. narrowing of the spinal canal resulting in compression of nerves causing lower back pain and pain radiating to the left leg and foot. **Elective surgery was indicated to decompress the spine and to stabilise it.**

We consulted four eminent neurosurgeons and each suggested a different type of surgery varying from conventional open back laminotomy, minimally invasive PLIF, OLLIF and robotic surgery. We decided to have the surgery after a family function after weighing the risks of surgery such as infection etc.

Now a **flashback to 1997**, I had a second bout of **appendicitis** that was not responding to treatment. My husband consulted his friend and ISRO colleague Dr Bhojraj, who suggested massaging of a point on the sole of the foot. This advice was followed and gave immediate relief and the pain disappeared totally after a few days. Hence **surgery was avoided with acupressure.**

Back to November 2023, we suddenly remembered the above episode and my husband requested Dr Bhojraj for advice. I was not in a condition to travel to his clinic and Dr Bhojraj himself came home and took my case history. He then showed some acupressure points and performed acupuncture on the left foot. He also demonstrated certain mudras that were suggested by Mrs Bhojraj based on her similar experience. **The results were dramatic as the pain came down substantially and so did the use of pain killers.**

The pain reduced further after the second sitting of acupuncture, and pain killers were not used anymore. After four sittings I am almost pain free and going through my daily household routine while following the

acupressure and mudras religiously. However, I am careful not to bend backwards and not lift heavy objects. I hope to get back to normal in a few weeks following ayurvedic massage and adjustment yet to be tried.

Myself and my family are very thankful to Dr Bhojraj but being such a humble person, he gives all credit to the almighty.

It is really heartening to note acupuncture and self-acupressure gave relief from pain in general, particularly for the back pain. It is really great to know that Mrs.Kishori Rao could avoid surgery of appendix 26 years back by activating the reflex points on the sole. Now also, we encouraged her to avoid surgery if possible and give us the feed back every month for registering a good case history again.

WE HAVE TAKEN A POLICY DECISION TO TREAT ALL ISRO EMPLOYEES FREE AS A TOKEN OF APPRECIATION FOR THEIR GREAT WORK OF CHANDRAYAAN-3.

PLEASE CALL ME ON 9845649914 AND FIX THE APPOINTMENT FOR ANY HEALTH ISSUE.

Dr.H,BHOJRAJ

NOT ONLY SHOULDER PAIN GONE, MY INSULIN INTAKE REDUCED BY HALF AFTER 4 SITTINGS OF ACCUPUNCTURE

SAYS Mr.HEMANTH KUMAR, 59 YRS

I have been diabetic for many years and my Diabetologist insisted me to go for insulin injection with a dose of 20 units in the night. The sugar level was under control for one year and slowly it was showing high, in spite of increasing the dose. My HbA1C showed 9 which indicated uncontrolled diabetes in spite of higher insulin dose.

Also, I started developing right hand shoulder pain and gradually my movements were getting restricted due to pain while lifting and taking it back. I consulted the Doctor for this problem and I was advised to take physiotherapy exercises after declaring it as mild frozen shoulder.

My wife Mrs.Manjula heard from her music teacher Mrs.Chandrika Prabhakar about acupuncture cure for frozen shoulder and contacted Dr.Bhojraj on 6th Nov 2023 for an appointment. The first sitting of acupuncture treatment has worked like miracle for my shoulder pain and in the second sitting I was almost

normal. Since the sugar level is more, he taught me acupressure points for improving sugar levels and insisted on regular walking exercise with weekly acupuncture sessions for 3 weeks. The results were unbelievable. My sugar level started coming down within a fortnight and I started reducing the intake of insulin which is daily monitored by my son who has done his MBBS. I could reduce my insulin intake to just 8 units from 20 units. My energy level also increased and my skin colour also changed from slight black to normal in my legs indicating normal blood flow.

I am really confident that I could reverse my diabetes and at least avoid insulin for life.

Thanks to Dr.Bhojraj for showing me the way to control diabetes with acupressure and exercise which I have taken it up seriously.

This metabolic disorder can be controlled by improving the digestive system and elimination system with proper food input and exercise. Acupuncture points Sp-6 has the potential to improve both digestion and elimination. Those who are having high sugar should press and release this point Sp-6 for 14 times every morning and night before food. The results will be seen after one month of continuous practice. Measure your sugar levels and consult your doctor to reduce the medicines. **Meditation** will certainly help you to overcome stress related problems.

Dr.H.Bhojraj

DONORS - NOVEMBER/DECEMBER 2023

Dr.H.BHOJRAJ	Rs.50000
Mr.NAGULAN JOGHEE	Rs.5000
Mr.SUNDRAMURTHY	Rs.5000
Ms.NINA ARORA	Rs.3000
Mrs.V.BHANUMATHI	Rs.2000
Ms.SUVASINI	Rs.3000
Mrs.PADMA KRISHNAN	Rs.2000
Mr.MURTHY (Chennai)	Rs.3000

THANK YOU ALL FOR YOUR KIND SUPPORT
PLEASE CONTACT **Ms.KALLOLINI** PH:9911413405 TO
JOIN OUR ONE YEAR **SIRP/HIRP WEEKLY CLASS BY
ZOOM MEETING EVERY WEDNESDAY BETWEEN 7
AND 8PM. FREE FOR FIRST CLASS.
MEETING ID.81480737634 PASS CODE "AAA"**

KBGA INPUT FOR JAN24

Government Survey of the KBGA site near Bylalu completed on 7th Dec 2023

BY Mr.RAVIKUMAR, KENTHORAI,KBGE and Mr.SARAVANAN, YEDAKADU,President,KBGA



The long pending survey of the KBGA site was completed on 7th December by Government Surveyors and the boundaries were identified for

further work. The team led by Mrs.Anitha Gokul who took the responsibility for this survey. The team consisting of Mr.Raj Kamal, Secretary, KBGA and Mr.Naveen, Joint Secretary. As the Managing Trustee, Mr.Bhojan was abroad, Trustees Mr.Karunanidhi, Mr.Nagulan and Dr.Bhojraj were present on the spot to support the team.



After the survey by Surveyors, the North boundary was clearly identified by planting two silver oak trees at the corners and four coconut trees between these two trees mainly to identify the surveyed boundary. Apart from this few fruit trees and other type of trees were planted by all

participants on this occasion.

A board depicting the property belongs to KBGA TRUST was installed by the team after a formal pooja by Mr.Karunanidhi.



A working lunch was served for all the participants and workers on this occasion.

NEWSLETTER FEEDBACK

Mr.GANGRADE Ex.ISRO Scientist

Thanks for the E-Newsletter. Nice to read about sharing your knowledge and experience along with so many others to 10th Standard students.

Mr.DEVRAJ RAMAKRISHNAN, FOOTBALL COACH

Very nice and informative newsletter. I will meet you once and discuss about our organization involving young footballers.

Mr.S.J.MANI, CHAIRMAN, BADAGA MUSIC ACADEMY OOTY

EXCELLENT. Continue your services for the wellbeing of the society. Vaazthukkal.

IT IS HEARTENING TO NOTE THAT PEOPLE TAKE TIME TO READ AND GIVE THEIR FEEDBACK.THANK YOU ALL FOR YOUR ENCOURAGEMENT.

EDITORIAL TEAM

AAA TRUST MEETING ON

2nd DEC 2023 BY.Mrs.Jija

The 28th Executive Committee meeting was held in Hotel Monarch, Brigade Road at 4 30 PM. All six Trustees including the newly inducted members, **Mr.Nagulan Joghee and Mr.Sundramurthy** attended the meeting at 4 30 PM.

Dr.Bhojraj, Chairman welcomed the Trustees and gave a brief on our 2023 activities and expressed his appreciation for all the Trustees who have contributed for this great work.

He was emphasizing the need to continue our research on Eye Sight Improvement for youngsters and Hearing Improvement for senior citizens which has shown excellent feedbacks from the participants.



The trustees lauded the progress of the research activities and especially motivating the youngsters with innovative ideas for their preventive health

care, all trustees agreed to contribute the seed money and continue our activities. It was told by Chairman the SIRP and HIRP may attract more than 500 people within a year looking at the progress.

The financial statement was presented in the meeting with an income of Rs.1.38 Lakhs against an expenditure of Rs.1.33 Lakhs. **Dr.H.Bhojraj, Chairman, AAA donated Rs.50000/ for the research program. Mr.Nagulan Joghee and Mr.Sundramurthy also donated Rs.5000 each for the Academy.** Mrs.Jija, acknowledged the receipt and conveyed her thanks to the Donors at this crucial time.

Trustees asked Mrs.Jija to explore the possibility to get 80G exemption from IT Department so that many people donate for this noble cause.

It was also decided to register the Trust again with new committee and make suitable amendments if needed by a three members Committee headed by Mr.Suresh Palyam. Mrs.Jija and Mr.Nagulan Joghee are other two members.

The new committee acknowledged the yeomen contribution of **Mr.Kannan, Dr.Kanaka Rao, Mr.K.N.S.Rao** and other regular invitees for the growth of AAA and thanked them on record in this meeting.

3rd Dec 2023

Visit to New Krishna Bhavan

Myself and Mr.Shivakumar from BHEL paid a visit to New Krishna Bhavan on 3rd Dec to meet the Owner Mr.Sunil Prabhu to convey our thanks for the services of this excellent hotel before it was officially closure on 5th Dec 2023.

It started in 1962 and I have been a regular for this hotel since 1972. As a matter of fact, **my Bangalore life started in this hotel on 6th November 1972 where I stayed in a single room for one month** with a daily rent of Rs.20 and then shifted to a rented house with a



monthly rent of Rs.150 per month. It brought me the old memories and KBGA has been using NKB as their permanent monthly meeting place for last 40 years. **We asked Mr. Sunil Prabhu to convey our thanks to his uncle Mr. Gopi who has provided excellent support for our Badaga Community activities and has become part of our Group.**

We really feel sad that such a hotel is closed due to operational difficulties. All our best wishes for a renovated NKB in future. H.BHOJRAJ

FOR SCHOOL STUDENTS

WHAT IS SPACE DOCKING?

By. Dr. H. BHOJRAJ,
Mr. SUNDARAMURTHY AND Prof. SOMA

Docking in space activities specifically refers to joining of two separate free flying space vehicles. Docking is generally used for parking a ship in the harbor. Docking maneuver between two objects in space is always a delicate and potentially a dangerous procedure because of its high velocity. The speed is about 28000 KM/Hour or 7.78 KM/Sec and requires extreme calculations to align the spacecrafts and increase the velocity of the second one gradually to lock with another spacecraft.

The first docking in space was achieved in 1966 with astronauts Niel Armstrong and David Scott when GEMINI VIII launched on March 16, 1966 with an unmanned Agena target vehicle launched earlier the same day.

As on today, International Space Station (ISS) has robotic arm to catch cargo transporters and attach safely to the station. Manned spacecraft on the other hand dock directly in a computer-controlled process. ISS has 5 docking ports.

It is known as docking system for safe space rendezvous which is being developed by ISRO to bring back the mined material from the Moon by Chandrayaan 4.

NOTE: ADITHYA L1 INSERTION TO LAGRANGE POINT LIKELY ON 6TH JANUARY 2024. WISHING ISRO TEAM FOR THE GRAND SUCCESS.

VISIT TO ISRO BENGALURE BY ACCETOBA 1971/72 BATCHMATES-ON 2-2-2024 WAS CANCELLED. NON-AVAILABILITY OF PERMISSION DUE TO ENHANCED SECURITY MEASURES.



Audited report for the year 2021-22 is ready and in principle approved by the Trustee Accounts and Chairman, AAA.

2021-22 Total income : Rs.2,81,202/

Expenditure : Rs.2,43,876/

FEED BACK ON EYE SIGHT IMPROVEMENT

BY. MURTHY FROM CHENNAI

After practicing for two months, I was able to see the bus number and identify with my right eye. It was told that no improvement was possible by even surgery. I am really glad to have joined the Zoom Class conducted every Wednesday at 7 PM.

HALF DAY WORKSHOP BY Dr.H.BHOJRAJ

AUPRESSURE FOR EYESIGHT IMPROVEMENT AND HEARING IMPROVEMENT -VERY USEFUL FOR ALL AGE GROUPS AS PREVENTIVE THERAPY

INDIAN INSTITUTE OF WORLD CULTURE, B.P. WADIA ROAD, BASAVENGUDI

DATE : 6th JANUARY 2024

DAY: SATURDAY

TIME: 9 45 AM TO 1 PM

REGISTER BY WHATSAPP



9845649914 (BHOJRAJ)

7019414665 (SURESH PLYAM)

DONATION: Rs 1000/ PAYABLE TO: AAA, INDIAN BANK, RAJAJINAGAR A/C 6012588256, IDIB000R005



EDITORIAL TEAM: Dr.H.BHOJRAJ, Mr.NAGULAN JOGHEE, Mr.SUNDRAMURTHY, Prof.SOMA, Mrs.JIJA SUBRAMANIAN