

ACU WELLNESS

JULY-AUGUST 2021 SPECIAL ISSUE

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

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FROM THE COURSE DIRECTOR'S DESK



Dear Friends,
July has been a month of great experience for the entire team of the

Academy. **Our first batch of the Sight Improvement Research Project (SIRP-1) concluded with the valedictory function held online on 4th July at 4 PM.**

We had planned it as a 90-minute event. People's participation comfortably stretched it to a 150-minute memorable evening. We had maximum participation of 81 members in the beginning and wound up with 45 at the end. More than the numbers, our success that Sunday was the complete involvement of all the participants (including our chief guest and guests of honour). They stayed online till the end, understanding and appreciating every bit of our pilot success with SIRP-1.

Looking back, it is difficult to say what works better with events - Doing it online or offline. Both are magical in their ways. The pandemic has truly refined our approach to a celebration and staying connected. Thanks to all that learning, we could involve interested people from different parts of India to attend the event LIVE and share their experiences.

in such short notice and without any expenditure.



We had our share of challenges with SIRP-Batch 1, as explained by Mrs Latha Murli (Project Director, SIRP-1) and the Research Associates, through their detailed presentations. **Continuous eye measurements were not possible by most people during the pandemic. We adopted the line-reading method to evaluate sight improvement. Even with this, only 56 people could complete the six months of practising regularly and update us. This was out of the 157 people registered as volunteers.**

Now to the positives: **Almost all of them confirmed a deep-relaxing effect on their eyes. Few could even see the improvement in their eye-power values. Most of the volunteers also found that almost all their other problems connected to the eye and general health had also improved with active participation through the six-month research program.**

I would like to place on record, my sincere thanks to Mrs Latha Murli and her team for the great foundation laid for systematic progress for the second project (SIRP-2) which is led by Mrs Aarthi Raghunathan. As we write and you read this special issue, the team has already started the program on ground with its first batch of trained Research Associates and their volunteers. **We plan to implement SIRP-2 in phases to touch a total 500 volunteers and 50 Research Associates. You too can make a huge difference by joining us.** The registration is open for anyone interested in curing their eye problems with the acupressure technique as taught by the RAs. The only requirement is they should measure their eyesight with an Optometrist and register by paying a donation of Rs 1,000 to the Academy. The entire details are available on our website <http://bhojraj.tripod.com>.

SIRP-2: THE NEW PROGRAM BROCHURE

Registrations will continue till we get the 500 volunteers for proper feedback for our research. Those not interested in trying acupressure can also join without payment to serve as a control group with measurement of their eye power. This will help us to compare the groups and evaluate the difference in the eye power with and without acupressure exercise. It takes 10 to 15 minutes for the exercise daily and is properly guided by research Associates every week after initial training for 5 days.

Out of five sense organs we have given topmost priority for the eyes which is a marvellous television camera. If you want to

enjoy the life you must maintain it properly. **Similarly, the ear also should be taken care of by activating the acupressure points GB 2, SI 19 and TW-21.** The nose has to be taken care of daily and the Lung and Large Intestine points will enhance your ability to sense the aroma, scent and smell very distinctly. The fourth sensor tongue is very important which can help you enjoy all five tastes properly. **Heart meridian points H-7 improves your taste in the tongue. One should improve the secretion of saliva by activating the saliva secretion points Sp-3 and St-36.**

The fifth sense is very important for your life i.e., touch sensation. If you think and analyse what it senses, it mainly creates a feeling inside your mind and action follows based on that desire. **Yes, the feeling and desire you get from all the other senses are processed inside for action after thinking. If you observe this feeling and take action after thinking, you will never get into any problem in life. But if you act without thinking, problems will follow.**

I would like all of you to give importance to your 5th sense - Your feelings and desire which will decide your action after thinking. When a person rules his feelings and desires, the voluntary nervous system comes under control and change takes place in the body in the nervous system especially nerves of the sense organs are cleansed and strengthened. These nerves belong to the involuntary nervous system. **Take care of your eyes. More important is that you give importance to your feelings and desires which are created by these five senses.**

H BHOJRAJ
CHAIRMAN, AAA

“VISION IS NOT JUST A PICTURE OF WHAT COULD BE; IT IS AN APPEAL TO OUR BETTER SELVES, A CALL TO BECOME SOMETHING MORE.” - Rosabeth Moss Kanter

AAA DONATION BOX: JULY 2021

THANK YOU, DONORS!

-Dr H DEVRAJ: Rs 10,000 (Ex. VICE PRESIDENT, UGC)

-Mr S NARGUNAM: Rs 5,000 (INDUSTRIALIST, CHENNAI)

-Mr PALANI: Rs 3,001 (EX-EXECUTIVE ENGINEER, TNEB)

NOTE: DONATIONS CAN BE MADE TO

Academy for Acupressure and Acupuncture (AAA)

Indian bank Rajajinagar

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EXPENSES FOR JUNE 2021:

SALARY (OFFICE ASSISTANT): Rs 11,000

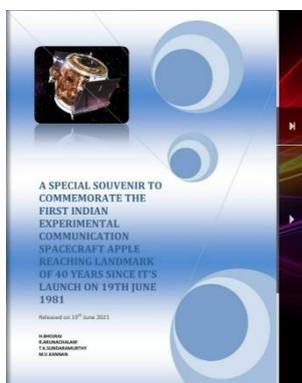
NEWSLETTER PRINTING: Rs 1,500

DRIVER'S CHARGES: Rs.4,000

HONORARIUM TO RA COMPILER: Rs 2,500

AAA – THE EVENTS @ A GLANCE

1. 40th YEAR OF 'APPLE' LAUNCH



JUNE 19, 2021: A special 76-page e-souvenir was released at the grand online event to celebrate the 40 years of the landmark project: APPLE, acronym Ariane Passenger Payload

Experiment that gave the ISRO valuable hands-on experience in designing and developing three-axis stabilised geostationary communication satellites. The online

celebration was attended by 80 Engineers/Scientists who contributed directly for fabrication, testing, launching and maintaining the first communication satellite under the able leadership of Dr R M Vasagam. Padmashree awardee on 21st June 1981.



Along with Project Director Padma Shri R M Vasagam, many senior retired Directors also attended. Mr H Bhojraj, Mr T K Sundaramurthy, Mr R Arunachalam and M V Kannan organized this great event which was appreciated by all who could attend the meeting.

2. DOCTOR'S DAY CELEBRATION:



JULY 1, 2021 @ 5 PM: In IDBI Rajajinagar Branch. Mr Paulraj, Mr Manjunath - Manager, Ms Bhavyashree, Ms Lakshmi Monika and Ms Fouzia attended the talk by Dr H Bhojraj.

3. CELEBRATING THE SUCCESS OF SIRP-1

July 4, 2021: AAA celebrated the successful completion of SIRP-1 & the Opening Chapter of SIRP-2 along with honouring the team members. The simple exercise formula packaged by Dr H Bhojraj uses few important acupoints around the eyes to improve vision.

The six-month experiment is now a trusted routine for many people.



This project had over 100 volunteers who were guided with these exercises & monitored by the research associates. The results are there for everyone to see.

The main motive of SIRP-1 was to reach out to children with myopia & we witnessed significant improvement in volunteers below 18 years as in the two sample cases below:

CASE STUDIES- A SIX YEAR OLD AND A NINE YEARS OLD'S VISION IMPROVEMENT

Her initial reading: +2.00
Now it is +1.50

CASE STUDY 1

- initial reading was 4.00
- Now 2.75

CASE STUDY 2

The valedictory function was jointly organized and conducted by Mr Kannan, senior APEX committee member and Mrs Latha Murlu – Project Director, SIRP-1.

Many volunteers and parents joined us in the celebration to express their heartfelt gratitude. Majority of the volunteers experienced other health issues resolved alongside sight improvement. Senior citizens waiting for their eye surgeries to be scheduled, got helped in maintaining standard eye conditions through regular practise of these exercises.



“I wish to congratulate everyone who has made this project a success. With so many benefits being addressed, I feel these exercises are nothing less than a

miracle”, remarked **Dr Surendra Pal**, the chief guest who is also well-known for his contribution as a space scientist. Himself, a volunteer and regular follower of Dr Bhojraj’s books, he promised to support the team in its future initiatives.

A FEW GENERAL BENEFITS REPORTED

- ✓ Artificial Eye drops stopped
- ✓ No More Red Eyes
- ✓ Reduced / No Headaches
- ✓ Could read the text on AC panel
- ✓ Could Read subtitles on TV screen; Small fonts in book and read ppts on screen during the online class without having to enlarge it.
- ✓ Improved Night Vision
- ✓ Able to see the shuttle racket in daylight
- ✓ Could comfortably see and face the sun.



Shri. Achuta Rao, a retired DGP of Karnataka and a strong pillar of support to Dr Bhojraj was also among the guests of honour. “Every time I got in touch with Dr Bhojraj, I found him acquiring a new

skill in his regular field of Acupressure and Acupuncture. This time he has come up with an entirely new idea by experimenting with himself and providing guidance to the society,” he said.



Shri. Bhaskarnarayana, another senior scientist at ISRO and a close friend of Dr Bhojraj shared his personal experience curing cataract with these exercises.

His cataract is now being maintained at a standard level with regular practice. He also touched upon the long-term effects of alternative healing techniques. “I appreciate Dr Bhojraj for developing this technique that can also be practised by small kids. We now also have a proper database to compare and justify the long-term benefits of

such alternate therapies. This is the greatest strength of SIRP-1,” he concluded.

There is no greater happiness than making one's family proud. **Dr Devaraj**, a molecular oncologist with various academic reputations was overwhelmed with joy seeing his brother's progress. “I think originality is being respected. My brother created original and novel techniques and stands as a role model for me,” he said. Being into the field of research for several years now, Dr Devaraj emphasized the need for quantitative analysis of experiments to take this project one step ahead.

“In this august gathering, I congratulate all of you for your contribution and successful closure of the project. The most interesting aspect of the project is, all of them reported a general improvement of health along with eyesight improvement. SIRP-2 will progress with greater quantitative data analysis. I thereby request more volunteers to be part of this National Movement and take it forward”, - the concluding remarks of **Dr Bhojraj**.

SIRP-1: FEW KEY OBSERVATIONS

*Total number of volunteers who responded with results: 56

*Total number of volunteers who saw vision improvement: 8 (14%)

Of these:

- Volunteers below 18 yrs.: 4
- Volunteers above 18 yrs.: 4

The academy also organised its graduation ceremony for four of its **advanced course students** - **Mr Manoj Hombal, Mrs Aarthi Raghunathan, Mrs Vidya J and Mrs Priya B S** at this same event.

These students were the first to complete the course online during this pandemic period. The team wished them good luck on their new beginning.

The event was concluded with **Dr Sundaramurthy**, senior APEX committee member, extending a word of gratitude and delivering the Vote of Thanks. **SIRP-2, thus had a perfect fairy tale beginning at this grand event celebrating some beautiful memories and milestones.**

Compiled by Ms Sruthi Suresh & Mrs Aarthi Raghunathan

“BEST ENDINGS ARE THE ONES THAT LEAD TO NEW BEGINNINGS”

- **Mathangi Subramanian**

THE SIRP: 'TRIED, TESTED & TRUSTED BY ME'



Mr K R Madhava Sharma is 81 years old. An inspiring individual himself, he shares his beautiful healing experience using the SIRP eye exercises for six

months. “Last five years my vision had started to blur with each passing day. I also started having some serious discomfort while driving. I strongly believe in holistic healing and have not taken any medicines for last 30 years. I also practise yoga and reiki.

Since I know Dr Bhojraj personally, I casually consulted him about my blurring vision. He immediately sent me the book and I began practise.

Not missed a single day since then. First two months, I practised twice everyday – once in morning and once evening. Now I do it at least once a day without fail. **As on July 6, 2021**, I feel 60 per cent improvement. 40 per cent blurriness is there but it is only with vision beyond 500 feet now. I highly recommend these eye exercises for all. I will definitely continue with it as long as I can. I trust that it can cure me completely.”

SIRP-2: THE NEW BEGINNING HAS BEGUN!

SIRP-2 BULLETIN BOARD

Our first batch of trained research associates (RAs) have begun active research with their volunteers from July 10, 2021.

Visit <https://bhojraj.tripod.com> to know all about this project and how you can be a part of it as volunteers. You can also WhatsApp Mrs Aarthi R (Project Director) on +91 9886326581 for registration.

FROM I TO EYE – A VISION WITH A MISSION



*(This is a special editorial on our pet project SIRP. It has been written by **Mr Sundaramurthy**, Vice Chairman, SIRP-2 & AAA Apex Committee member)*

THE SIRP - A RETROSPECTIVE VISION

Looking back has us always learn something. Likewise, the COVID background and the pandemic circumstances also led to a situation for the Academy to do something productive & meaningful for humanity & human vision. Dr Bhojraj came out with his idea of giving back to society especially the young generation. The idea was simple - practice some key exercises as part of your daily eye care routine to prevent many eye-related ailments, particularly at a time of increased screen time for adults and children alike.

These acupressure-based exercises were based on Dr Bhojraj's years of self-practise and experimentation to arrest the EYE Power degradation further. With continuous practise, his eye vision improved and he was also able to see things without spectacles.

Another key success story is of his close friend who was able to postpone his cataract operation. Few years later, his ophthalmologist advised that cataract surgery may not be required!

These two successes motivated Dr Bhojraj and his book '**Towards a better Vision with Acupressure**' was released during COVID times, detailing all aspects of the EYE and vision mechanism along with a simple & practical understanding of these systems and their functions.

The Book was released virtually in the presence of eminent personalities and the E-Book version was also uploaded on the official website as a free download. This was our starting point to begin training children to do these exercises regularly with the guidance of trained practitioners.

July 2020: The training and practise sessions commenced on the ground with close to 150 Volunteers (90 Adults & 60 Children). Everyone participated with great enthusiasm. However, our exercise schedule was regularised only by September 2020.

Due to the severity of the pandemic, eye power data from an authorized ophthalmologist was not possible so a practical method was hit upon by using the standard EYE CHART.

This line reading method was adopted to update and observe the eyesight improvement based on the number of lines that an individual can see at every 15 days and the feedback was given to the respective Research Associates. **Lesson now well learnt is that when things don't work out exactly the way you plan, there is always another simple way out.** Presently the mission of this program is to collect the vision improvement data periodically from each volunteer and compile these routine observations into a meaningful interpretation with authentic data points so that the exercise can be adapted as a standard routine for vision improvement.

Another interesting learning from SIRP-1: **'Time is truly a great healer. So, give the research the time it needs.'** The data

compilation for SIRP-1 could not be completed satisfactorily despite having the program beyond six months but this has given an enormous strength to continue the program in a modified way to ensure that we have a better beginning without compromising on our standards. We also have a few active participants (volunteers and RAs) from SIRP-1 continue their research in SIRP-2. This is to understand the longer-term benefits of these exercises.

SIRP 2: THE RAW & REAL EXPERIENCE

(Introducing our new Research Associates (RAs) through their experience and learnings working with us on this three-month eye research project - SIRP 2.)

“IT HAS BEEN AN IN-DEPTH LEARNING EXPERIENCE SO FAR”- Sandhya Gupta, RA.



Hello Everyone!

I am Sandhya. I have joined SIRP-2 as a RA - Research Associate. After an initial training of five days with Dr Bhojraj sir and the entire team we were supposed to start our own training sessions with the volunteers thereby helping the mission of the group - **to bring improvement in eyesight.**

I had joined the program with an aim to learn about and practice eye exercises but what I have gained so far has been immense. This includes an in-depth learning from sir and his to qualified team, a way to exercise through acupressure which would benefit not only the eyes but entire body organs.

The members are not only highly qualified and committed professionals but are also good human beings always ready to help everyone.

Their selfless efforts and dedication have motivated me also to start my training sessions with Research Volunteers and thus add a small contribution from my side.

I am at present training seven volunteers. Backed with entire teams' support, my training has now entered the second week as I write this little piece of my experience so far.

I wish the entire SIRP-2 team all the very best in their future endeavours.

Regards and wishes.

(Sandhya ji has been among our very active RAs this season. She makes it a point to communicate with each and every volunteer on a daily basis. Couple of them have also confirmed a good improvement so far. The training of volunteers has just begun on July 10, 2021. We hope that the enthusiasm and sincere participation of volunteers and RAs continue to be on our side. Best wishes to the team.)

HEALING MIRACLES FROM ACU WORLD



(Showcasing interesting case studies from the alternative healing world every month. Featured this month: Few interesting case studies cured by one of our advance course student)

Mr Manoj Hombal, 56 years, Chennai

Mr Hombal, Vice President at TVS company has been actively practising Acupressure as a hobby for more than a year as a student. Last one year he has been using acupressure to actively heal himself, his family and close friends. He is also into regular meditation. One of our promising talents in the field, we wish him the very best in his future endeavours.

#1: SIMPLE CURE FOR HICCUPS

Preethi, my daughter (20yrs) started experiencing hiccups in late night. Tried remedies like drinking water, deep breathing etc. But the hiccups did not stop. Treated her with Stomach wind (St-41) reduction for 2 minutes as per our theory taught in the

Advanced Acupuncture Course. The hiccups stopped immediately and she could go to sleep without any disturbance.

#2: SKIN ALLERGY CURE

Gowri, my wife (45 yrs.) started having red patches with itching on her hands and legs. She used to get such eruptions earlier also and was using ointments prescribed by skin specialists. This time tried acupressure treatment instead of skin ointments. Treated her with Lung-dryness (Lu-7) reduction for three days. On the fourth day there was considerable reduction in patches. The patches almost disappeared in two days. This has strengthened my belief in acupressure theory where I can select the effective point as per the theory myself.

I myself had acidity, bloating and GERD issues for quite long time and every time was using antacids and other medicines as prescribed by doctors. I treated myself with stomach humidity (St-36) reduction treatment for a week. This treatment cured me from acidity problems and for the last three months have not taken any antacids or medicines for this issue.

Also, I was experiencing weakness / discomfort in the evening around 7 PM, now and then, which used to become ok after resting. Doctors advised multivitamins which were helping, but the problem was not solved fully. Decided to try acupressure treatment based on time diagnosis. Treated myself with Pericardium dryness(P-6) reduction which showed immediate results. Since then whenever I experience discomfort, I treat myself and get relief. Also, the incidences now have reduced.

I consider myself lucky to have joined Dr Bhojraj's Advanced Acupuncture Course where the theory is given importance so that we can choose the relevant points ourselves and cure the problem. My whole family members are happy and they are encouraging me to take it up seriously.

SOON YOU TOO CAN HEAL YOURSELF & YOUR LOVED ONES!

**OUR SPECIAL CERTIFIED COURSE IN
ADVANCED ACUPRESSURE AND
ACUPUNCTURE HAS STARTED FROM
THIS JULY. ONLINE CLASSES AT 4-PM
ON ALL MONDAYS - WEDNESDAYS -
FRIDAYS.**

**FOR MORE DETAILS CONTACT
AARTHI R ON 9886326581 NOW!**

**ANYONE INTERESTED IN HOLISTIC
HEALING CAN APPLY. NO PRIOR
KNOWLEDGE REQUIRED IN
ACUPRESSURE OR ACUPUNCTURE.**

DEAR READERS

**THANK YOU ALL FOR THE CONSTANT
SUPPORT AND APPRECIATION. SIRP-1
COULD NOT HAVE REACHED SO MANY
PEOPLE WITHOUT YOUR SUPPORT AS WELL.
WE HOPE THAT YOU WILL CONTINUE TO DO
SO WITH OUR NEW CHAPTER SIRP-2 AS
WELL. THE ACADEMY IS ALSO PLANNING TO
EXPAND ITS RESEARCH AND ACADEMIC
ACTIVITIES IN THE COMING DAYS. KEEP
WATCHING THIS SPACE FOR MORE UPDATES.**

TAKE CARE, STAY SAFE.

Dr H BHOJRAJ, CHAIRMAN – AAA & SIRP-2

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