

# ACU WELLNESS

**JULY-AUGUST 2021**

**ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE**

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**WEB SITE: BHOJRAJ.TRIPOD.COM**

**PHONE-9845649914 VOL-10 NO.6**

## FROM THE CHAIRMANS' DESK



**Dear Friends,**

*Once bitten  
twice shy they  
say...*

It was a great relief not only for elders but also for the total productive population of INDIA that the Covid load has drastically come down mainly due to strict local lockdown by the State Governments and also due to strict adherence to protocol by the public. Let us continue to follow the same precaution as we restart our production activities after two months.

Let each one of us also take a pledge to serve the country and increase our production particularly in Agriculture. The monsoon is predicted to be normal and the share markets are flying high in expectation of good monsoon and control of covid with the vaccine.

The health system that has been under heavy strain since COVID has now also started thinking about how to combine the traditional systems with modern medicines for effective

control of many diseases. The individuals' immune system plays an important role in protecting them from infections from outside.

**Our ancient systems mainly insist on breathing technique which has been taught by many Yoga Schools. Preventive techniques like Yoga and Acupressure should be promoted as main and not as optional subjects in the schools.** The good health of the student with perfect eyesight will be the main wealth for our Nation. **Let us get united to teach our young population a few acupressure exercises to keep their eyesight in good condition along with basic yoga.**

It gives me immense pride that the Tele-education project which ISRO experimented with 30 years back to get a dedicated satellite for this purpose is now coming of great use. Let us use the technology and start improving our knowledge base. **We must give something back to our country and the COVID phase has given a wise lesson that health is the real wealth.**

For the first time in INDIA, our Academy for Acupressure and Acupuncture (AAA) has started systematic research for proving that **simple acupressure activation on acupoints in and around the eyes can solve not only**

their eye problems but also their common ailments like cold, sinus and headache etc. The pilot project which was conducted for six months with 150 participants has shown encouraging results. Many participants experienced improved vision despite using the computer and mobile for a longer time during the previous academic year.

**Our II Project on Sight Improvement Research (SIRP-2) has taken off well on 9th June 2021, with a five-day intense one-hour practical cum theory online with the participants. The majority of them have also registered with us as Research Associates (RAs) for this three-month project. Thank you all for the overwhelming support.** Mrs Aarthi Raghunathan as Project Director and our core team of experts - Mr Sundaramurthy, Mrs Latha Murali, Mrs Kallolini Patro, Mrs Saroja Appanna and Mrs Vijaya Seshadri have been working towards making this project another grand success for the Academy.

We plan to train and induct at least 50 RAs to take up the project with 500 volunteers. Those already trained and registered have also started registering volunteers. Their practice sessions with the respective volunteers will start during the second week of July. Those interested from any part of the world may join us as volunteers if the timing is suitable.

**We will be concluding our SIRP 1 on 4th July at 4 pm by video conference.** It is planned as a grand event and the team has also worked hard towards making the project a commendable success. All our supporters particularly our Donors are requested to attend positively and extend your support to SIRP-2. Let us try to create a healthy world and healthy children with sharp eyesight.



(IN PHOTO: Dr BHOJRAJ & TEAM IN FIVE-DAY TRAINING SESSION WITH THE NEW RESEARCH ASSOCIATES OF SIRP-2)

We will be printing revised copies of the book **Towards better eyesight with Acupressure** that will be updated with the SIRP-1 results and key observations for the 500 volunteers registered for SIRP-2. We are also planning to print more copies of our book **Acupuncture-The drugless path to good health** due to increasing demand.

Those interested in buying these books in bulk at a 50% discount can contact me on my WhatsApp number 9845649914.

**The next batch of advanced acupuncture course for the year 2021-22 will start in August 2021. Anyone with a healing background may register with Mrs Aarthi (Ph.98863 26581) to join the trial classes before committing to the course.**

**H BHOJRAJ  
CHAIRMAN, AAA**

**“NO OBJECT IS  
MYSTERIOUS. THE  
MYSTERY IS YOUR EYE.  
HOLD THE VISION...  
TRUST THE PROCESS”**

- Anonymous quotes from the web

**AT A GLANCE: THE COMPLETE EXPENSE SHEET**

**-OCTOBER 2020**

Salary & Office Expenses: Rs 11,000

**-NOVEMBER 2020**

Audit Charges: Rs 8,500

Salary & Office Expenses: Rs 11,000

Research Associates: Rs 20,000

**-DECEMBER 2020**

Salary & Office Expenses: Rs 11,000

Research Associates: Rs 16,000

**-JANUARY 2021**

Salary & Office Expenses: Rs 11,000

Research Associates: Rs 9,000

**-FEBRUARY 2021**

Salary & Office Expenses: Rs 11,000

Research Associates: Rs.15000=00

**-MARCH 2021**

Salary & Office Expenses: Rs 11,000

**-APRIL 2021**

Salary & Office Expenses: Rs 11,000

**-MAY 2021**

Salary & Office Expenses: Rs 11,000

**-JUNE 2021**

Salary & Office Expenses: Rs 11,000

**TOTAL EXPENSES Rs.166500**

**AAA & SIRP 1: THE EXPENSE TRACKER**

**IN AUGUST 2020**

- THE OPENING BALANCE: Rs 6,509

- **TOTAL DONATION RECEIVED: Rs 1,85,000**

**(FROM AUGUST 2020 - TILL MAY 2021)**

- **TOTAL EXPENSES: Rs 1,66,500**

**SEPTEMBER 2020**

- Mr ANIRUDH: Rs 5,000
- Mr H BHOJRAJ: Rs 10,000
- Mr M S SUDHARSHANAM: Rs 2,000
- Dr H DEVARAJ: Rs 50,000
- Mr NAGULAN JOGHEE: Rs 1,000
- Mr H S DUA: Rs 1,000
- Mr L M GANGARADE: Rs 5,000
- Mr ACHUDHA RAO: Rs 5,000

**OCTOBER 2020**

- Dr SURENDRA PAL: Rs 5,000
- Mr R S MANI: Rs 5,000
- Mr LEO JACKSON: Rs 5,000
- Mrs LATHA MURALI: Rs 5,000

**NOVEMBER 2020**

- Mrs VIJAYA SESHADRI: Rs 5,000
- Mr S S RAO: Rs 3,000
- Mr R MURTHY: Rs 2,000

**FEBRUARY/MARCH 2021**

- Mr RAJIV: Rs 25,000
- Ms ANU MUTHUMANI: Rs 5,000
- Mr SATHISH: Rs 5,000
- Mr RAM NARAYAN: Rs 5,000
- Mr B B MALAYALI: Rs 5,000
- Mrs VARSHA MANOJ: Rs 5000
- Mr SHANKAR DESINGH: Rs 2,000

**TOTAL DONATION: Rs 1,85,000**

**THE AAA DONATION BOX: AUG'20-MAY'21**

**THANK YOU, DONORS!**

**AUGUST 2020**

- Mr SHIVAKUMAR BELLAN Rs 5,001
- Mr V K VENUGOPAL: Rs 500
- Mr THURUMALAI: Rs 5,000
- Mr THANGASWAMY: Rs 1,000
- Mr SUDHAKAR: Rs 1,000
- Mr SAMBASIVAN: Rs 5,000
- Mr VEEMARAJ: Rs 5,000

**NOTE: DONATIONS CAN BE MADE TO**  
Academy for Acupressure and  
Acupuncture  
**Indian bank Rajajinagar**  
**Ac.no. 6012588256**  
**IFSC IDIB000R005**  
**CBS Code 00064.**

## **SIRP-1: THE GRAND FINALE SPECIAL**

**MEMORIES & MILESTONES:** WALKING THROUGH THE LANES OF OUR FIRST SIGHT IMPROVEMENT RESEARCH PROJECT - BATCH 1

**Compiled by Mrs Latha Murali & Ms Sruthi S**

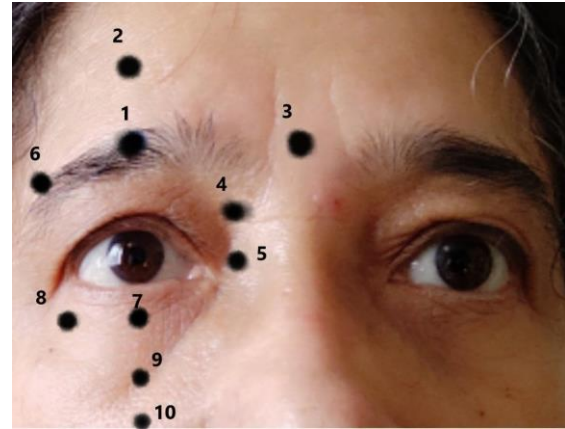
July 2021 opens with a grand celebration for the team here at The Academy for Acupuncture & Acupressure (AAA) as we celebrate the official completion of our first batch on the Sight Improvement Research project, also known as SIRP-1. **We take this opportunity to also invite you all for the online valedictory function to be held on Sunday, July 4, 2021 starting 4 PM. Please find the formal invite and event login details on Page 8.**

**THE CONCEPT & BEGINNINGS:** The SIRP-1 commenced in the year 2020 with a motive of improving one's vision and taking care of the same in the longer run. Emphasizing the fact that complete eradication of screen time is inevitable, this initiative was presented as the brainchild of Dr H Bhojraj and his team to offer beneficial practices. Today, these exercises are a trusted, comfortable and a compulsory 'To-Do' activity for our volunteers in their daily routine.



Dr Bhojraj formed a simple formula of exercises using important acupoints around the eyes to improve vision. He personally experimented with them over a period of seven years and observed great results. Few

of his close friends also adapted the same and came out with wonderful results which even avoided getting cataract surgery done. A compilation of the exercises was published as a book titled, '**Towards Better Vision with Acupressure**'.



### **COURSE OF EXPERIMENTATION:**

- SIRP- I was carried out for a period of six months with an intention to reach out to children suffering from Myopia. The program began with 200 volunteers among which 100 were between the age group 8 to 18.
- A team of enthusiastic research associates, under the guidance of Dr Bhojraj, trained their volunteers and maintained a regular follow-up for each individual.
- The initial eye powers were collected in the beginning and the change was periodically reviewed with the help of eye charts.

READ THE TEXT <i>WITHOUT</i> GLASSES.	YOU NEED:
Can you read me now?	+4.00
Good. What about now?	+3.50
Looking a little blurry yet?	+3.00
Okay, looking a lot blurry yet?	+2.75
Like 4th glass of Chardonnay blurry?	+2.50
Not that you'd know anything about that.	+2.25
Yeah, us either. Anyway, back to the test!	+2.00
Wow. Still not blurry? Color us impressed.	+1.75
Okay, come on. Now you're just showing off.	+1.50
Seriously, you're making us +3.50's look bad.	+1.25
Every little bit helps.	+1.00
Only available in Blue Light.	+0.75

**THE FINAL RESULTS:** The detailed observation of the volunteers' progress will be shared with all of you during the valedictory function held on July 4. Be sure you don't miss it.

**IN ADDITION TO IMPROVED VISION, MANY MORE BENEFITS HAVE BEEN REPORTED BY VOLUNTEERS WHO REGULARLY PRACTISED THESE EXERCISES FOR SIX MONTHS.**

**FOR FEW OF THEM, THE POWER REDUCED BETWEEN .25 TO .50 WHICH IS SIGNIFICANT.**

- The eye powers of volunteers were assessed after six months of regular practice.
- Since the pandemic had posed hurdles to visit ophthalmologists, standard eye test charts were provided to obtain accurate results.
- Apart from these, the 20-20 rule was put into effect according to which, 'Basically, every 20 minutes spent using a screen, you should try to look away at something that is 20 feet away from you for a total of 20 seconds.'
- Though distant learning put forth difficulties in gathering efficient results, many of the volunteers reported to have witnessed huge difference in their eye health and other common ailments.

Having created such profound impact on people's vision, the SIRP-II project will commence shortly with great zeal. Interestingly, many of the active volunteers from SIRP 1 have now also joined us as Research Associates (RAs) in SIRP-2, the second batch that was inducted in June 2021.

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### **SIRP-2: THE NEW BEGINNING, THIS JULY 2021**

**“An Eye on The Vision is More Important than an I on the Vision”**  
- Quote from Web

### **FROM I TO EYE – A VISION WITH A MISSION**



*(This monthly edit piece on our project SIRP 2 has been written by Mrs Aarthi R, AAA Editorial member & Project Director - SIRP 2.)*

Winding up an exciting and hectic month of June with the induction and intense training of our new RAs and the detailed project documentation work of SIRP-2, I am fondly reminded of Charles Dickens and his classic experiment with literary parallelism in the opening lines of *The Tale of Two cities* – “It was the best of times, it was the worst of times...”

Firstly, Thank you for the overwhelming response so far. Our initial three introduction meetings with Dr Bhojraj had over 150 participants trying to join in despite them being held on consecutive week days. Each of these sessions lasted well over 90 minutes. The five-day intense training program for the Research Associates that followed helped us narrow down to the interested and committed candidates. **As on date we have a total of 30 RAs who have confirmed their participation and 27 have already registered and started registering their volunteers for the three-month research project that is scheduled to start by July 10, 2021.**

Special thanks to my colleagues & team members - Mrs Kallolini Patrao who helped mobilise interested participants in short notice and to Mrs Latha Murali, Project Director, SIRP-1 for the technical support, Mr Sundaramurthy for his guidance and input on the detailed project report, Mrs Saroja Apanna and Dr Vijaya Seshadri for their editorial inputs and key observations. Our youngest member Ms Sruthi S has also done commendable work with the documentation work.

These are troubled times for healthy eye sight. We are also witness to some ‘bizarre’ social trends. Here is a sample media clipping on a ‘bride calling off wedding in UP as groom fails to read newspaper without glasses.’



Increasing screen time and frequent lockdowns imposed to control the COVID surge has gradually deprived the eyes of some natural nourishment and care. Recent media reports also suggest how youngsters, especially children are being affected by it. The introductory meetings of SIRP 2 also had many children participate along with their parents. Majority of them already wearing big glasses for clear vision. We are confident that their active participation in this project will also give them the much-needed relief and holistic guidance on eye care. **The eye exercises introduced by Dr Bhojraj in SIRP has already proved its calming effects with many who diligently practised as volunteers in the first batch. New this time, he has also introduced three acu-meditation techniques to be practised before the exercises.**

As for me, this entire new phase has involved a lot of learning, unlearning and personal discipline. I personally thank each and every member of the SIRP -2 for this holistic experience. Many of them are way senior to me in age and experience but they have so beautifully worked together to achieve the targets so far. Heartfelt gratitude to Dr Bhojraj for giving me this wonderful team and learning opportunity through SIRP 2 and being the constant guide and well-wisher throughout.

**TO JOIN US: 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 me on +91 9886326581 for details. SIRP-2: Let us Make It Matter – I to EYE. Best Wishes.**

## **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.)*

### **“WE INDEED HAVE TO PROTECT THE GOD’S GIVEN GIFT” - Sruthi Suresh, RA – SIRP 2**



The human body has always got surprises to heal itself while encountering discomforts and one of them is the technique of Acupressure. I have been wanting to learn this self-healing

practice for a very long and the lockdown had given me a chance to pursue it. Since taking medicines is not my cup of tea, I was in search of alternative treatment methods. Fortunately, I was able to complete the basic level course and apply the learnings effectively.

Taking good care of our eyes is very much essential to maintain a robust sight and when it involves just simple exercises to be followed, why not give it a try? When the question of “What am I going to do next”, came up, I got to know about the SIRP-2 project. I decided to give it a shot and enrolled myself as a Research Associate. The five-day training program has brought a great change in my vision. Post every session, I could feel my eyes be completely distressed and rejuvenated.

Virtual sessions never seemed to be a barrier as we could connect easily and have a good rapport. Apart from the exercises, every fact related to the eye were elucidated and that brought in a better understanding of the purpose of the project. The non-linear relationship between screen-time and vision quality has been the talk of the town where young children are affected the most. Feedbacks from happy volunteers of the previous batch were an additional motivation to take this initiative to the next level.

As a Research Associate, I am hoping to make the best use of the opportunity to guide people in improving their vision and provide long-term benefits.

Looking forward to having a great journey ahead!

*(Sruthi has also joined us as an executive staff member and has been doing some commendable work on the project documentation so far. Best wishes Sruthi.)*

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## HEALING MIRACLES FROM ACU WORLD

*(New column showcasing interesting case studies from the alternative healing world every month. Featured this month: Two interesting case studies cured by our advance acupuncture student – Mrs Vidya V.)*



Vidya is a teacher who has now taken a sabbatical to pursue her deeper interests in holistic healing. Our best wishes to you Vidya.

### **#1: Neck Sprain cured by Acupressure**

Patient's Name: C Santhi                      Age: 57

Mrs Santhi had sudden neck sprain and it was often. She was managing it with pain killers. She had one such episode in March 2021 and was cured without taking pain killers – by simply activating few acupressure points.

Under the guidance of Dr Bhojraj, I treated her – working on Yang Wind increase, Yang Dryness decrease, Yang Heat increase and Triple Warmer wind increase for 4 days. By the end of the fourth day, she was completely relieved of the discomfort.

### **#2: Curing dryness along outer edge of lips**

Patient's Name: V Keerthi                      Age: 11

Miss Keerthi had experienced dryness along the outer edges of her lips extending out from

the sides of her mouth. It looked a bit like cracked lips. The condition became noticeable about three months ago and has persisted for weeks together. After consulting Dr. Bhojraj, she was treated by reducing Spleen Dryness (SP 5) for a week and for the past one month she feels better. The frequency of occurrence has also reduced.

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## ANNOUNCEMENT FOR NEW BATCH

THANK YOU FOR SHOWING CONTINUOUS INTEREST IN LEARNING. DUE TO THE PANDEMIC SITUATION, WE WILL ONLY BE CONTINUING WITH CLASSES ONLINE UNTIL FURTHER NOTICE. THE NEXT BATCH IN ADVANCE ACUPRESSURE & ACUPUNCTURE WILL COMMENCE CLASSES IN JULY FIRST WEEK. WEEKLY THREE SESSIONS – MONDAYS-WEDNESDAYS-FRIDAYS. ALL CLASSES WILL BE TAKEN BY Dr BHOJRAJ.

FOR MORE DETAILS ABOUT THE COURSE & TO ENROL YOURSELF, CONTACT AARTHI R ON 9886326581. DETAILS WILL BE SENT BY WHATSAPP.

## AAA GRADUATION CEREMONY

THE STUDENTS OF OUR LAST TWO BATCHES WHO HAVE SATISFACTORILY COMPLETED THE ADVANCE COURSE ONLINE WILL RECEIVE THEIR CERTIFICATES AT THE SIRP-1 VALEDICTORY FUNCTION TO BE HELD ONLINE ON ZOOM ON JULY 4, 4 PM.

THE CASE STUDIES SUBMITTED BY THEM WILL ALSO BE PUBLISHED IN THE NEWSLETTER IN PARTS. KEEP WATCHING THIS SPACE FOR ALL THE LATEST UPDATES ON COURSES AND SUCCESSFUL CASE STUDIES FROM THE ACADEMY.

## THE SIRP 1 GRAND VALEDICTORY FUNCTION

**Academy for Acupressure and Acupuncture (AAA)**  
**SIRP-1 Valedictory Function & Graduation Day**

We cordially invite you all for a virtual meet  
 on Sunday, 4th July at 1600 Hrs.

**Chief Guest**  
**Sri.S.V.Ranganath**  
 Former Chief Secretary, Karnataka

Agenda:

Welcome and Introductory Remarks	M V KANNAN	1600 Hrs
SIRP-1 Project Presentation	Mrs.Latha Murali	1605 Hrs
Presentation / sharing of experiences through SIRP-1	Research Associates	1615 Hrs
Address by Chief Guest	Sri.S.V.Ranganath	1645 Hrs
Address by Guest of Honors:	Dr.Sucandra Pal	1650 Hrs
	So.Achutha Rao	1655 Hrs
	Dr.H.Deeval	1700Hrs
	Dr.Bhaskar Narayana	1705 Hrs
	Dr.Mutugesha Deeksa Foundation,Mitatis	1710 Hrs
Graduation Program for Advanced Course Students	-	1715 Hrs
Learning Experience from Advanced courses (Acupressure and Acupuncture)	Course Students	1720 Hrs
Concluding Remarks	Dr.H.Bhoiraj	1730 Hrs
Vote of Thanks	Mrs.T.S.Sundara Murthy	1740 Hrs

**AAA Organising Committee**

**YOU ARE ALL CORDIALLY INVITED TO ATTEND**

**Date & Time: Sunday, July 4, 2021, 4 PM**

[CLICK HERE TO JOIN THE EVENT ON ZOOM](#)

**OR ENTER - MEETING ID: 850 8426 7714**

**& PASSWORD: 701890**

**RSVP Mrs Latha Murali on +919980554367**

### MESSAGE FROM THE CHAIRMAN, AAA



**Dr H BHOJRAJ**

“SIRP 1 has given us a strong foundation and a solid beginning. Much of it was accomplished despite the COVID situation and frequent lockdowns. Wonderful support from the team.”

### SIRP-1: THE KEYNOTE SPEAKERS FROM AAA



**Mr Kannan**



**Mr Sundaramurthy**

## HEARTY CONGRATULATIONS TO TEAM SIRP 1



**Mrs LATHA MURALI**

**PROJECT DIRECTOR**

**SIRP-1**

## **LOGIN TO WATCH ALL THE RAs SHARE THEIR COMPLETE EXPERIENCE AND FINDINGS LIVE!**



**Jyothika D**



**Kallolini Patro**



**Dr Vijaya**



**Dr Shyamala**



**Devi Kalyani**



**Harini**



**Sujatha Shetty**



**Dr Pratyusha**



**Vaishnavi**

### **OUR SPECIAL THANKS TO:**



**Mr BHASKARNARAYANA**

**&**

**Mrs SAROJA BHASKAR**

**Mr ROMESH BHAT, VOLUNTEERS, SUPPORTING STAFF, FRIENDS, WELLWISHERS & FAMILY MEMBERS FOR ALL THEIR SUPPORT THROUGHOUT SIRP-1.**

**THE EDITORIAL COMMITTEE: Mrs. SAROJA BHASKAR, Mrs. AARTHI R, Mr. SUNDRAMURTHY, Mrs. LATHA M, Ms SRUTHI S, Mrs. JYOTHIKA**