



ACU WELLNESS

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

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(FOR PRIVATE CIRCULATION ONLY)

VOL: 12 NO: 5

FROM THE CHIARMAN'S DESK

Dear Friends,

It really heartening to see the World Health Day was celebrated on 7th April with the theme of preventive health care ie "Health for All". World Health Organization (WHO) was founded by UN on 7th April 1948 and is celebrating its 75th Anniversary this year. It is a global initiative that aims to raise awareness and advocate the health care issues affecting the communities worldwide. **Yoga approved by UN declaration has been seriously taken up by more than 100 countries and the population started reaping the benefits of Yoga.** On 21st June World Yoga Day will be celebrated and I expect more and more papers on Yoga research will be published from the west. **The most populated countries in the world like China and India have already given the preventive health care therapies like Acupuncture and Yoga for the common man.** Ultimately individual is the main person responsible for his own health and the communities responsibility is to keep the environment in good condition. Whatever

we do in the process of developmental activities have their own environmental dangers and every citizen should be aware of this. **Our attitude towards the future generation has to be one of prevention techniques rather than curative.**

LAUNCH PROVIDER		CUSTOMER	LAUNCH WINDOW	
ISRO/NSIL		OneWeb	MARCH 26 03:00Z UTC 09:00 IST	MARCH 25 23:30 EDT 20:30 PDT
MISSION TYPE		MISSION SLOGAN	(Instantaneous launch window)	
Communications		'HELLO WORLD'		
PAYLOADS		LAUNCH VEHICLE	LV Mk III	
36 OneWeb K/K _a Band Gen-1 Satellites		LVM3 (Mission #3)	Height: 43.4 m	
#588 - #620 Payload Mass: ~5,805 kg			Width: 10.4 m	
DWS 1 - 36			LV mass 645 tons	
LAUNCH SPACEPORT		ENGINE BLOCKS		
Second Launch Pad, Satish Dhawan Space Centre, Republic of India (INDIA)		STAGE/ENGINES		
DESTINATION		PROPELLANTS		
Low Earth Orbit (Polar LEO)		LH2 / LH2		
~1,200 km		N2O / URS		
Inclination 87.4°		HTPB / AP-AI		
		RECOVERY		
		LAUNCH VEHICLE IS EXPENDABLE		

INDIA IS GEARED UP FOR THE HUMAN LAUNCH

The covid virus proved how vulnerable we are in this world and anything happening in any part of the world will affect the whole humanity. Let us understand this very clearly

and making wealth, using the dire situations in the world will destruct the humanity. **The EARTH is overcrowded and the Scientists are looking at the MOON as a base to go to MARS which has the potential to accommodate humans in future.**

INDIA as a space faring nation has its ambition to do its best by sending a lander in the Chandrayaan 3 mission which is slated for the second half of 2023. With the lessons learnt in the second mission in Sep 2019, the mission is expected to do well by landing smoothly on the South Pole of the Moon for the first time and explore the possibility of finding abundant water for converting into fuel for rocket for extended explorations in future.

The Gaganyaan project is also motivates our younger generations to contribute for the progress of our country. In this project not only space engineers are contributing also medical doctors in large number are involved in evaluating human parameters of the Astronauts and keeping them healthy throughout their journey to the space and back. India is learning from not only from their own experiments but also from other countries like USA and Russia. It is a great opportunity for the younger generation and they must keep their health in excellent conditions to at least compete for the selection of Astronauts. Day is not far off for selecting astronauts not only from Air Force pilots but also from young scientists and engineers.

It is a great achievement that we could inaugurate the SPACE I Club on 2nd April with a Zoom Meeting which was attended by teachers, education department officials and space scientists from Bangalore. The next generation students are really smarter than earlier generation mainly due to technological developments in Information Technology.

Let us together put all our efforts to train this generation with preventive health care systems and give them all the inputs needed for taking up career in Space related activities in India. I wish my book "Basics Of Spacecrafts" written in 2009 will be prescribed as an optional subject in High School Curriculum for 11th Standard Students under New Education Policy.

H.Bhojraj, Chairman, AAA

SPACE I CLUB FOR INTERESTED TEACHERS AND STUDENTS

The first meeting of the people interested in space activities was called on 25th March 2023 which was attended by about 6 people including Dr.Bhojraj who initiated this project to create the awareness about upcoming space activities in the world and INDIA in particular. **The main idea was to meet the teachers and make them understand the simple science behind any complex system like Rocket and Satellites.**

The meeting was attended by **Mr.Nagulan Joghee** who has been in the forefront for motivating many youngsters in the past 40 years and many of them who reached very high position still remember his mentoring in the young age while studying. As the member of KBGA Executive Committee he devised plans to reach the school and college students to prepare themselves to reach their goals in life. Many meetings were held and the scheme is on the anvil for implementation within a year.

Mr.Damodharan who joined ISRO in 1992 worked in LPSC on Launch Vehicle and Satellite propulsion components design for 12 years. His contribution is still used in bimetallic transition joint and gas dynamical

ignitor for Cryogenic Engine . He worked in various organizations like IBM, FINTECH, GSS, WIPRO and presently as Director in DELOITTE.

Mr.Leo Jackson who joined ISRO in 1990 worked in Space Craft Operations area in URSC and ISTRAC. Manager for Chandrayan 1, Operation Director for Chandrayan 2 and overall in-charge for LEO satellites. Currently, designated as Deputy Project Director for Gaganyaan Mission Operations.

Dr.Neena Gayathri founder Director of ACEnovation company headquartered in Singapore took up the Story Telling Competitions all around the world and conducted many shows in many parts of INDIA especially in Bangalore in collaboration with Times Of India. She has two world records, first story telling spanning 140 countries for over 20000 people. Second one is nonstop story telling for 24 hours with people attending from 140 countries. She has conducted 260 free story telling webinars at international level.

Major Rajan, the Founder of ACEnovation appreciated the efforts of the team and expressed his congratulations to ISRO for the wonderful launch of LVM-M3 which delivered 36 satellites of one web in a single launch .He conveyed his full support for this initiative to create an awareness about space related activities particularly upcoming Gaganyaan project till 2024/2025.

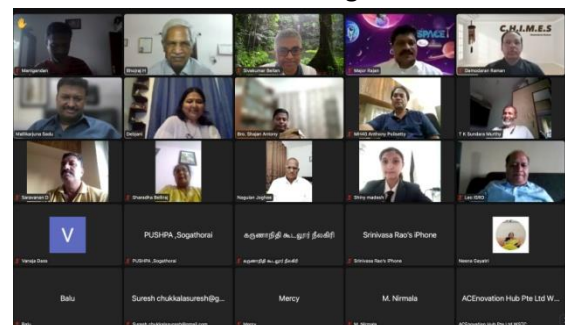
Mr.R.Murthy, Patron of KBGA is the key person who encouraged the students to take up guidance at the early stage and achieve their goals. He worked in Kirloskars and other private industries for more than 36 years. Though retired, he guides the 1000 members association which was founded by him and few more Badagas from Nilgiris in 1981.

SPACE I CLUB MEETING

The second meeting was attended all core team members along with **Ms.Debjani, who is specialised on story-telling for the children.** The SPACE I Club first inaugural meeting was conducted on 2nd April at 4PM by Zoom

Online meeting which was attended by all Core Committee members and about 25 teachers from Nilgiris. The Chief Education officer also logged in though the Collector of Nilgiris could not log in due to his pressing workload due the visits of Ministers on that day.

The meeting started with the introductory remarks about the proposed “Space I Club” by Dr.Neena Gaythri, Co-founder of ACEnovation Company headquartered in Singapore which has been motivating the school students with Story Telling competitions all over the world. Mr.Nagulan, the main organizing brain behind this Club, talked about our short term and long term goals and emphasised the need to give our accumulated knowledge to the youngsters. With a story he persisted that knowledgeable people to die empty and not to take their knowledge with them.

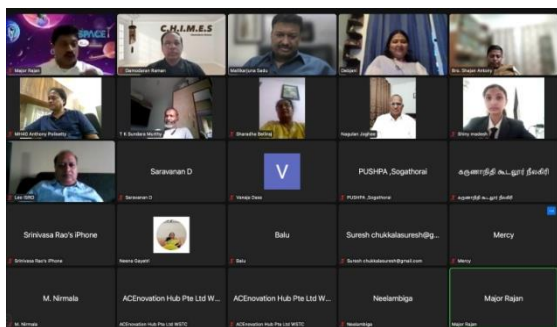


Mr.H.Bhojraj, the first Badaga ISRO Scientist explained his travel from a village school in Nilgiris to ISRO and explained how he was selected to represent ISRO’s launch team along with Prof.U.R.Rao to launch the INDIA’s first satellite ARYABHATA inspite of being junior in the team.

Mr.Damodharan, who hails from a village in Nilgiris explained how he stood first in the University and got selected for ISRO based on his merit. After working in Cryogenic Engine Project, he explained how he went all around the globe on different assignments before settling down as Director in Deloitte in Bangalore.

Mr.Leo Jackson, who also hails from Nilgiris, explained how he started his career with Diploma and after serving in IIT got motivated to join higher studies before joining ISRO. He explained how he became incharge for Chandrayan 1 monitoring team and took charge as monitoring official for Mangalayaan insertion which was witnessed by our Prime Minister. He also expressed his participation in the Chandrayaan 2 lander operations which was also witnessed by our Prime Minister. He explained his responsibility as Dy Director for Gaganyaan which is slated for launch in 2024.

Mrs. Parvathi Bheeman who is the first Badaga woman scientist to join ISRO in 1984, explained how she was recruited based on her merit and served for 10 years in remote sensing before she left to USA to join her husband. She also explained her family members' commitment to give back to the Nilgiris where all her relatives are living.



Mr.Sundramurthy who is from the rural background from Thirupattur, explained how he got into the college where Abdul Kalam studied and how he was recruited for INDIA's first communication satellite APPLE by Dr.R.M.Vasagam and how he handled two prestigious foreign satellites contract skilfully saving the satellite and made it work beyond its intended life time as Mission Director.

Kumari. Shiny Madesh studying in 11th Std now in Bangalore Convent School explained how she answered YUVIKA questions in her first attempt and after knowing her shortcomings how she improved within a year. She was recommending the 7th and 8th students to start preparation and participate in sports and other open competitions to qualify for the YUVIKA selection.

Mr.Shivakumar Bellan explained about his achievement as brand ambassador for many leading pharmacy companies in INDIA and his passion for Emotional Intelligence training for all especially to students. He conveyed that students' talents should be identified at the young age by conducting few tests and motivating and guiding them to reach their full potential.

Ms.Debjani Bhaduri, professional story teller kept the audience spell bound with her ability to take all of them to the space travel and bring them back safely to the Earth. ***The message has been driven well that the students must start dreaming big and achieving big in their life.***

Mr.A.Muniyaswamy, CEO expressed his happiness for organizing such a forum where almost all people from rural background could achieve studying in Government High Schools. He expressed his support and cooperation to SPACE I Club for conducting many more sessions particularly one physical session in Ooty with all the experienced space scientists.

Major Rajan Founder and CEO of ACEnovation expressed his appreciation and thanks to every one of the participants. He not only praised the ACEnovation team led by Dr.Neena but also encouraged them to conduct more shows like this since INDIA is the verge of reaching higher levels in Space Projects in near future.

The meeting ended with the note to have a follow up meeting within a month.

EVERY THING THAT COMES OUT OF OUR BODY STINKS. ONLY THAT CAN BE SWEET ARE OUR WORDS.

GEOSYNCHRONOUS SATELLITE LAUNCH VEHICLE (GSLV)

GAGANYAAN SERIES No.3

By. Dr. H. Bhojraj and Mr. Sundramurthy
Rtd ISRO Scientists

Reviewed by Prof. Soma Rtd. ISRO Scientist

(MAINLY FOR STUDENTS)

GSLV is a powerful rocket built by ISRO to launch communication satellites into geosynchronous orbit. Normally for Low Earth Orbits (LEO) applications like remote sensing with cameras, the spacecrafts are launched into 500 to 1000 KM circular or elliptical orbits. The PSLV is normally used for launching remote sensing satellites into polar circular orbits of 900km which is also known as Sun Synchronous Orbit. **The spacecraft at 35864 KM orbit above the equator will take 24 hours to complete one orbit which is the same as of Earth's rotation which is called Geosynchronous.** If the spacecraft is made to point its antenna at a particular area/ country, it is called Geo Stationary Orbit. It looks stationary though the satellite is moving at high velocity and the satellite antenna can be looking large area with receiving antenna.

All Geosynchronous satellites are first injected into highly elliptical orbit of 300KM by 36000KM and with the help of Apogee Boost Motor (ABM) it is taken to 36000KM orbit. The main requirement is to save the fuel in the spacecraft with this efficient method so that the life of the satellite can be longer with more fuel in the propulsion tanks for regular orbit and pointing corrections.

The first development flight of GSLV {MK I} was launched on 18th April 2001 but considered as partial success as the indented orbit could not be achieved. The second developmental with same Russian cryo engine was successful with the perfect launch of GSAT-2 satellite. As per the agreement with Russia, ISRO procured 7 KVD-1 Cryogenic

Stages and used 6 of them in row with GSLV-Mark I vehicles.

DESCRIPTION OF GSLV



GSLV MK I is 49 M tall, with a lift off mass of 415 tonnes. It is a three stage vehicle with solid, liquid and cryogenic engines. The payload fairing is 3.4M diameter and 7.8M long. There is a system called Inertial Navigation System/ Inertial Guidance System of GSLV and fixed inside the equipment bay which guides the vehicle from lift off to spacecraft injection.

LIQUID BOOSTERS OF GSLV

The first GSLV flight, GSLV D-I used four numbers of L-40 strap-on boosters which are loaded with 42.6 tonnes of hypergolic propellants Unsymmetrical Di Methyl Hydrazine (UDMH) as fuel and Nitrous Tetra oxide (N₂O₄) as oxidizer.

FIRST STAGE OF GSLV

GSLV-D1 used the S125 stage which contained 125 tonnes of solid propellant made in four segments of 2.1M diameter and stacked together with a burn time of 100 seconds. All

subsequent launches have used enhanced propellant loading with 139 tonnes with a increased diameter of 2.8M.

SECOND STAGE OF GSLV

It is a liquid engine developed by ISRO with the help of France called VIKAS engine with the diameter of 2.8M. It uses the hypergolic fuels called UDMH and N₂O₄.

THIRD STAGE OF GSLV

The third stage of Mark II is propelled by the Indian CE-7.5 cryogenic rocket engine while the Mark-1 was propelled by Russian made KVD-1 Engine. It uses liquid hydrogen (LH₂) and liquid oxygen (LOX). This engine has a thrust of 75 KN but is capable of a maximum thrust of 93.1KN.

LAUNCH VEHICLE MARK-3 (LVM3)



The developmental flight Mark III was launched on **18th December 2014** with the payload of Crew Module Atmospheric Re-entry experiment (CARE) with a payload mass

of **3775 Kg** into a suborbital flight. It is ISRO's medium-heavy lift launch vehicle.

The first orbital test launch was achieved on **5th June 2017** with **GSAT-19** communication satellite with a weight of **3136Kg** into a GTO orbit successfully with functional cryo-engine.

On **14th November 2018**, **GSAT-29** communication satellite weighing **3423Kg** was launched very successfully into GTO orbit. In this flight an upgraded High Thrust Vikas Engine (HTVE) was used in the L110 core engine stage.

On **July 22nd, 2019** similar rocket Mark III was used to **launch Chandrayaan -2** with a payload of **3850Kg** into a highly elliptical orbit and declared as operational with this fourth success.

On **22nd October 2022**, in its first commercial mission, **LVM 3 launched 36 satellites** belonging to One Web constellations in five staggered phases into their designated orbits with a total payload weight of **5796 Kg** very successfully.

Again on **26th March 2023**, **LVM 3 rocket launched another set of 36 Satellites** of One Web again very successfully with a payload mass of **5805 Kg** which is the heaviest payload launched by a LVM-3 by ISRO which is almost ready for human rating flights in future.

LVM MARK 3 FIRST STAGE

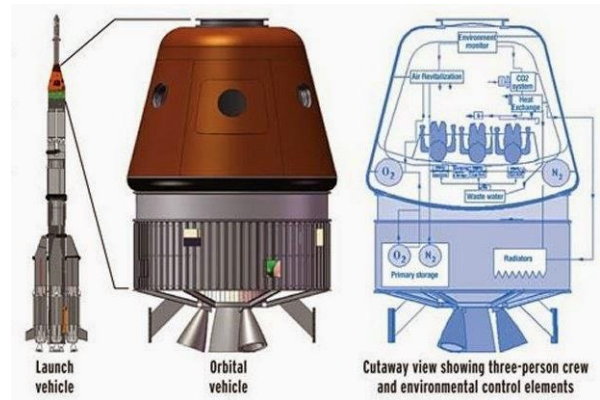
The diameter of the rocket is 3.2 M which was cleared after three static fire tests in 2010, 2011 and 2015. With a propellant mass of 205 tonnes, it can give a thrust of 5150 KN with a specific impulse of 274.5 secs and it will burn for 128 secs during the flight.

LVM MARK 3 SECOND STAGE

This is liquid fuel rocket using hypergolic fuels UDMH and N₂O₄. It has been used in LVMs very successfully after conducting static tests for 200 seconds in 2010. It is 4M diameter with a propellant mass of 116 tonnes and powered by two VIKAS engines. It can give a maximum thrust of 1598 KN with a specific impulse of 293 seconds.

LVM MARK 3 THIRD STAGE

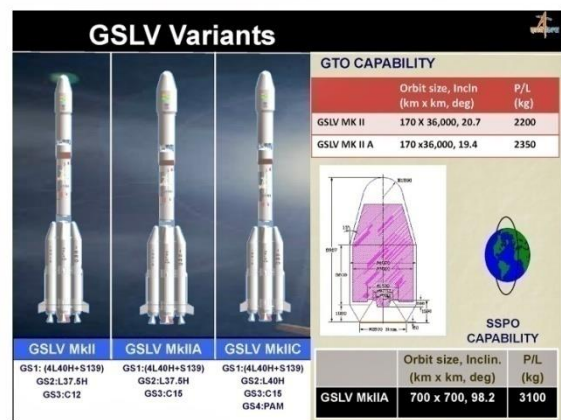
Third stage is the Cryogenic Engine called C25 and the first static test was conducted on 25th Jan 2017 and fired for a duration of 50 seconds. A static fire test for full flight duration of 640 seconds was completed on 17th February 2017. This test demonstrated the consistency of engine performance along with its subsystems, including the thrust chamber, gas generator, turbo pumps and control components for full duration.



HUMAN RATED LAUNCH VEHICLE HLVM 4 WITH ORBITAL VEHICLE WITH 3 CREW POSITIONS

ROCKET MODIFICATIONS

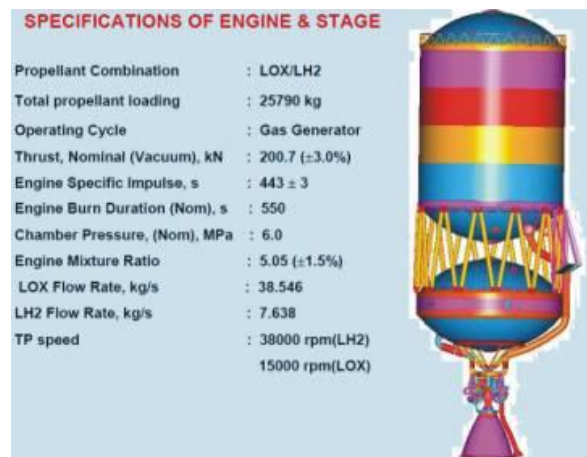
After the suborbital test flight of GSLV MK3, certain modifications were made to improve its performance. The propellant grain geometry of the head end segments were changed from a 10-lobed slotted configuration to a 13-lobed star configuration and propellant load was reduced to 205 tonnes, to improve performance during transonic phase of flight keeping the requirement of human flight.



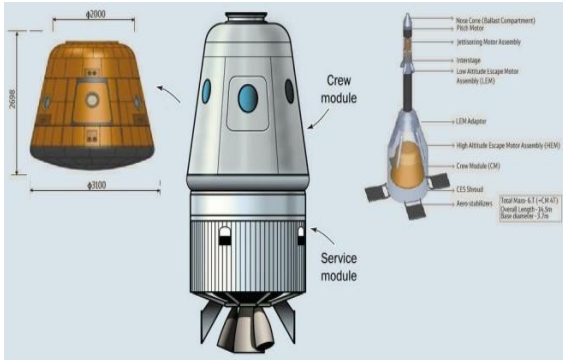
GSLV VARIANTS DEPENDING ON THE PAYLOAD REQUIREMENT



THRUSTER NOZZLES



THE CRYO ENGINE WITH LH2 TANK AND LOX TANK WHICH NEEDS HIGH TEMPERATURE INSULATION WHICH WAS DEVELOPED BY OUR THERMAL TEAM FOR GSLV D1 LAUNCH

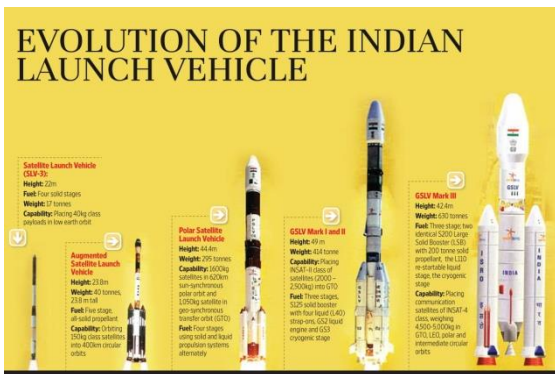


THE CREW MODULE, ORBIT MODULE AND CREW ESCAPE SYSTEM-WE WILL BE LEARNING MORE ABOUT THESE SYSTEMS IN OUR FUTURE ISSUES

ROCKET CONTROL

During initial ascent phase, the flex nozzles can be vectored up to + OR –8 degrees using electro hydraulic actuators operating in blow down mode. Hydraulic fluid required for operating these actuators is stored in an externally mounted cylindrical tank at the base of each booster.

Each VIKAS engine can be individually gimballed to control the vehicle in pitch, roll and yaw. The L110 core stage ignites 114 seconds after liftoff and burns for 203 seconds. Since the L110 is air-lit, its engines need shielding during flight from the exhaust of the operating S200 boosters and the reverse flow of gases. It is achieved by a “ Nozzle Closure System which gets jettisoned prior to L110 ignition.



SLV, ASLV, PSLV, GSLV, LVM-3

OUR THOUGHTS ARE VERY POWERFUL AND WHAT WE THINK AND FEEL ARE WHAT WE CREATE.

LVM3 for Gaganyaan

The cryogenic engine called C-22 will be inducted with a higher propellant mass of 32 tonnes which will be re-startable. The total mass of the avionics will be brought down by using miniaturised components. There is continuous research to increase the payload capacity of LVM-3 for human space flight.

APRIL 8TH 2023 UPDATE

The final long-duration hot test of human rated L110-G Vikas engine was successfully accomplished for the planned qualification duration of 240 seconds on April 6th at ISRO Propulsion Complex, Mahendragiri.

The Vikas engine uses storable propellants in a pump-fed **gas generator cycle**. Human rated Vikas engine has higher structural margins for sub-systems, improved assembly process and additional measurements for health monitoring. Nine engines have gone 14 hot tests with a cumulative duration of 1215 seconds, including four long duration tests of 240 seconds each.

Gaganyaan has got a bipropellant based propulsion system for providing 3-axis control (Pitch, Yaw and Roll) to crew module following service module separation during re-entry, i.e. from altitude of 170 km to 7 km till deployment of parachute based deceleration system. It also provides altitude control in the ascent phase abort, if any, from 3 km to 70 km.

On April 5th, the hot test of the crew module propulsion system for demonstrating nominal re-entry for the duration of 650 seconds was successfully completed in Mahendragiri facility.

IF YOU ARE ALIVE YOUR HEART MUST BE FILLED WITH LOVE AND GRATITUDE TO STAY HEALTHY. LIFE IS ALSO ABOUT SERVING OTHERS, FEELING GRATEFUL FOR WHAT YOU HAVE AND LEARNING TO CREATE THE LIFE YOU WANT.

**11TH ANNIVERSARY EXPENDITURE
STATEMENT**

5TH MARCH 2023

HOTEL CHARGES INCLUDING LUNCH, TEA AND PROJECTOR-----	Rs 26700
NEWSLETTER-----	Rs.2500
MOMENTOS-----	Rs.5000
CERTIFICATES-----	Rs.650
BANNER-----	Rs.700
TRANSPORT ETC.-----	Rs.370
SHALVES-----	Rs2020
TOTAL EXPENDITURE	Rs.38190

DONATIONS RECEIVED

Mrs.SUJATHA RASTOGI Rs.2500	Mr.RAMANARAYAN Rs.2500
Mrs.SHANTHI NARAYAN Rs.2500	Mr.RAJENDRANATH Rs.2500
Mrs.SUJATHA RAJENDRANATHRs.2500	Dr.SURENDRA PAL Rs.5000
Shri.S.V.RANGANATH Rs.7500	Prof.SOMA Rs.5000
Mrs.MANIMEGALAI Rs.5000	Mr.GIRIDHAR GOPAL Rs.2500
Mr.NARGUNAM Rs.5000	Mr.KETAN SHAH Rs. 2000
Mr.SURESH PALLYAM Rs.10000	Mr.K.N.S.RAO Rs.5000
Mr.MURALIDHARAN Rs.4000	Mr.NAGULAN JOGHEE Rs.5000
Mr.ARUNACHALAM Rs.1500	Mr.M.V.KANNAN Rs.5000
Mrs.JIJA SUBRAMANI Rs.5000	Mrs.MEERA BHOJRAJ Rs.5000
Mr.SUNDRAMURTHY Rs.5000	Dr.H.BHOJRAJ Rs.5000
THANK YOU DONORS FOR YOUR GENUINE SUPPORT	

CASE HISTORIES

HEADACHE VANISHED WITH ACUPUNCTURE TREATMENT SAYS Mr.VINOD JAIN 52 YRS

I have been suffering from headache for few months and I was unable to concentrate on my work. I came to know through my friend

the Dr.Bhojraj's acupuncture method cures headache. I visited him on 25th February 2023 with headache. After the pulse analysis Dr.Bhojraj inserted four needles superficially on my right leg and right hand. After 10 minutes I started feeling the intensity of headache came down and when I reached home it had gone completely.

Doctor taught me few acupressure points for preventing headache and I have been activating these points regularly with finger pressure and **to my surprise the headache never occurred again.** I recommended this therapy to my close friend and accompanied him for the treatment on 6th April 2023 and conveyed my thanks to him.

Note: Any type of headache including MIGRANE can be cured with acupuncture and self acupressure. Please learn and do it yourself. Dr.H.Bhojraj-9845649914

KNEE PAIN CURED SAYS	Mr.RAMACHANDRAN	75	YEARS
Ph.9036861191			
I was having knee pain for the past six months and I was unable to climb the stairs freely. The Doctor told that the problem is due to old age and one has to manage with it without taking pain killers. One of my relatives Mrs.Vani who visited Dr. Bhojraj for hip pain got cured in single acupuncture sitting recommended to try acupuncture treatment. I visited Dr.Bhojraj on 10 th March 2023 with hope of solving my knee pain. The treatment worked like miracle for me. I repeated the treatment after a week on 18 th March. Till today I never got that knee pain while climbing the stairs. Doctor taught me certain acupressure points specifically for knee pain and also for general health. I do it every day and I am feeling the difference particularly for knee pain.			

FEELINGS WILL CHANGE, BUT YOUR COMMITMENT SHOULD NOT CHANGE.
1. ACT FEARLESSLY 2.BREATH DEEPLY 3.BEHAVE DECENTLY 4.DRESS SMARTLY 5. EAT SENSIBLY 6.EARN HONESTLY 7.SLEEP SUFFICIENTLY 8.SPEND INTELLIGENTLY 9.TALK SOFTLY 10.THINK CREATIVELY 11. SAVE REGULARLY 12.WORK PATIENTLY

KNOW YOUR CONSCIOUSNESS

By Dr.H.Bhojraj

Reviewed by Mr.Nagulan Joghee

We should clearly understand our **consciousness** to be happy and healthy in our life. We are **conscious** when we wake up from sleep. During sleep the subconscious mind takes care of all basic requirements to keep our physical body healthy. The moment we wake up all the five senses become active and acquire knowledge through these sense organs or transfer the acquired knowledge to others for our survival.

The functions of all these five senses, are not active for any person in **coma** and that is because he/she is **not connected to the consciousness**, which is the source of mind. The Governing Vessel meridian point, **GV-26**, has the potential to **connect** to the five senses to the source called **consciousness** immediately. This is a very powerful point for bringing the unconscious/ fainted person back to normal within a minute. **This point GV-26 has the potential to cure epilepsy and when the epilepsy attack is there it gives relief very fast as an emergency point.**

WHAT IS CONSCIOUSNESS?

The word consciousness is very unique to understand; it has no synonyms and its meaning extends beyond human comprehensions. Consciousness is perpetual in presence. **It is indivisible, without parts, qualities, states, attributes or limitations. Yet, everything the least or the greatest, inside or beyond time and space, is dependent on consciousness.**

CONSCIOUSNESS is omnipresent and permeated in every thought process of one's life. **The degree in which conscious is felt, based on the situation as what or of what it is or what it does.** For a simple understanding let us compare our body to our computer or even to a smart phone. **The physical body** is the **hardware** which we can see. The body works with the operating system like MS 10 or ANDRIOD which has been installed at the production centre. Similarly **this consciousness software was already installed in the brain** before

its birth. After buying the phone **we install** all applications. Similarly all these external applications are installed or deleted over a period of time while growing. **But a phone will work with only regulated quality power.** This power is supplied continuously by the **prana** through our breathing. If the power is not there, Smartphone will not work. Similarly **prana** is not there human body will not work. **Hence top most priority is to be given for breathing which brings prana continuously.**

If, Prana is considered as **Yang** in Acupuncture Theory, it has to have another counterpart i.e. **Consciousness which is considered as YIN**, the source of the mind. Prana is always accompanied by consciousness.

In Acu-Meditation taught in the Acupuncture course connects consciousness (**GV-26**) with mind (**Yin-Tang point in between the eyebrows**). The

pituitary gland has a connection to the hypothalamus gland which is the seat of our consciousness in physical terms. Consciousness works through these glands and strengthens the



immune system. **The mind is a field like electromagnetic field and it is present all over the body.** Mind has two states which we call conscious and subconscious. We must recognize the double nature of the mind. As you sow in your subconscious mind, so shall you reap in your body and environment. **Every thought is a cause and every condition is an effect.** Begin now to sow thoughts of health, happiness, right action, good will and prosperity. When the thoughts deposited in your subconscious mind are constructive, harmonious and peaceful, the magic power of your subconscious will respond. If you want to change the external condition, you must identify and change the cause. Once you change the cause, you change the outcome. **Based on our thought process only, the consciousness will bring the software for modification along with the prana. So good thoughts, positive thoughts are essential for the Good Health.**

VISIT TO PHYSIOTHERAPY COLLEGE ON 18TH APRIL 2023

A REPORT BY Mr.Palyam Suresh



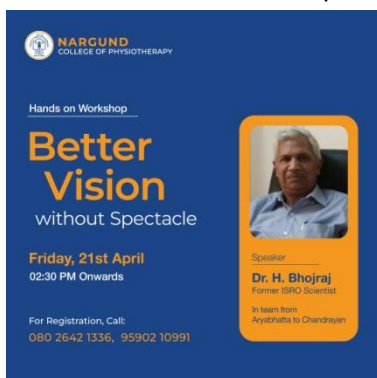
On behalf of the Academy, myself and Dr.Bhojraj, Chairman AAA, visited the **Nargund College of Physiotherapy**, 3rd Stage, Hosakarehalli in South Bangalore on 18th April and had a discussion with the

Principal of the college Dr.Balaji mainly to start a research programme for back pain and neck pain patients. Along with physiotherapy acupressure or acupuncture protocols can be followed for a group and compare the results after six months. The Principal was very keen to start the research work and asked us to form a team to submit the preliminary proposal. He is ready to identify faculty members and few students for this project but also proposed a half day workshop on Auricular Therapy for all physiotherapy students.

It was also decided to conduct one hour practical session for the students wearing glasses for eye sight improvement research.



Dr.Bhojraj, presented the book on “Towards better vision with Acupressure” to the



Principal and thanked him for his initiative.

Based on the decision, Prof.Balaji, Principal of



Nargund College of Physiotherapy organized a lecture programme by Dr.Bhojraj on 21st April at 2 30 PM. Nearly 60 final year students attended the practical session conducted by him. About 10 students wearing spectacles were tested for line reading of eye chart before the activation of eyesight improvement points and were asked to read after 10 minutes activation on eye acupressure points. Almost all of them observed one line improvement. The Acu Meditation and Zen Meditation techniques were taught along with few general points to stay healthy.

PRACTICAL SESSION BY Dr.Bhojraj



The participants showed their interest to learn more. Based on their input an exclusive workshop on AURICULAR THERAPY is being planned on 29th April 2023 by the Academy. The Principal thanked the Chairman and requested him to formulate the syllabus for Advance Acupuncture Course for their students in the next semester starting from June.





KBGA UPDATE

Karnataka Badaga Gowdas Association with 1000 members from Nilgiris particularly from the **ethnic Badaga Community under the leadership of Mr.S.Saravanan, President, KBGA** had organized a grand Sports Finals event and a musical event on 23rd April 2023 in Cathedrel School.



Mr.Saravanan addressing the teams

The Cricket Finals match was conducted from 10 AM to 12 Noon and Football finals from 12 Noon to 1 30 PM. The sports events were witnessed by about 400 people from all walks of life including their family members. After the lunch, the prize distribution was done with Dr.Bhojraj, Mr.Nagulan and Mr.Mohan Selvaraj as special guests for the function.

The function concluded with traditional tribal dance and we must thank Mr. Thangadu Manoj for inspiring us to join the tribal dance. Dr.Bhojraj presented a 1:200 model of LVM4 to Mr.Nagulan who motivated our Nilgiri Science Teachers to join SPACE I Club formed by Dr.Neena Gayathri. The team is planning to visit all **Government schools and explain Gaganyaan project and present a**



model to the school. We need sponsors for this noble cause. Kindly contact Dr. H.Bhojraj, Chairman AAA for details.Ph.9845649914

We will be waiting till we receive the minimum production order quantity. We will keep you informed if you pay and send the school address.

SPONSORS FOR LVM 3 ROCKET MODEL

Those interested in donating a model to your high school can donate Rs.5000 to our Academy Account. A model made of brass with protective plating will be sent to the school along with 3 books on "TOWARDS BETTER VISION WITH ACUPRESSURE" written by Dr.H.BHOJRAJ.



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ADVANCE ACUPUNCTURE ONLINE COURSE

2023 II BATCH STARTS ON SECOND SATURDAY AT 7 PM

THOSE INTERESTED IN JOINING CAN ATTEND COMING SATURDAYS' COURSE FOR 3 WEEKS FREE TRAIL

SEND YOUR NAME AND QUALIFICATION TO Dr.H.BHOJRAJ 9845649914 FOR LINK



KBGA EXECUTIVE TEAM

EDITORIAL COMMITTEE

**Dr.H.BHOJRAJ, Mr.NAGULAN JOGHEE
Mr.SUNDRAMURTHY, Mrs.JIJA SUBRAMANIAN**