

# ACU WELLNESS

**MARCH 2021**

**SPECIAL NEWSLETTER FOR EYESIGHT RESEARCH**

**ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE**

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## FROM THE CHAIRMAN'S DESK



In Pic: Nurse Namrutha in action, Annanya Hospital

### Dear Members,

March started with a great note that the vaccination was made available for the senior citizens. It was a pleasant experience for me and my wife in Annanya Hospital in Rajajinagar. The Doctors and the nurses treated all senior citizens with empathy and sympathy during the process. Kudos to the entire team for taking care of the elderly

The Covid time since 2020 has made me more creative. I must admit: Many positive things have also happened across fields. My Book "Towards a better vision with Acupressure" was one such creative output made possible with the support of many people sitting at home and working for the common goal. **It now gives me immense pleasure to share with you, the positive feedback that we have received from our RAs and Volunteers on the Sight Improvement Research Project (SIRP)**

**that was started in September 2020, based on this book.**

The very idea of using acupressure to activate eyesight improvement is a new concept not widely used by people because it lacked experimental evidence. **As space research engineers, for me and Dr Bhaskaranarayana, SIRP was a research opportunity to work with people having eye problems (particularly Myopia at a young age), motivate them to try these simple self-help therapy exercises every day for six months and observe the changes in their vision.** Mr. Achuta Rao, Ex DGP who had seen the effectiveness of Acupressure, came forward to sponsor the research programme along with me.

The book was printed and given to all our supporters and volunteers. The E-Book also was uploaded to our website **<http://bhojraj.tripod.com>** for free download by anyone interested in trying these techniques continuously for six months. Now we are close to completing five months.

Majority of the time, **the eye check-up results show a wonderful improvement in the vision,** despite using mobiles and computers for a long time because of online classes. It also restored a few cases of long sight vision to normal, and few people could see much better now. **Few elderly people reported postponing their cataract surgery,** at least temporarily during this covid period.

I take this opportunity to thank all the Volunteers for your regularity and sincerity in practicing these simple exercises as per the protocol for our

research and also for giving your feedback to the Research Associates with measured results. **I also thank all the Apex Monitoring Committee Members whose collective wisdom could guide this limited research project with the Acupressure technique.**

My special thanks to all the Research Associates who have done a wonderful job in motivating the young and old volunteers to continue the exercises regularly, which was a difficult task.

**We have planned to start a new batch from APRIL 2021 and we expect more and more people, particularly students with eyesight problem joining our second batch, mainly to confirm the findings.** The research team will analyze all the results by April and come out with conclusions with evidence.

**Acupuncture and Acupressure therapies in INDIA need better recognition. All organizations should come forward to support these drugless treatment methods as both curative and preventive therapy.** Prevention is better than cure. Let the younger generation follow this and stay healthy.

THANK YOU ALL  
H BHOJRAJ

**QUICK TIPS: THE EXAM SPECIAL TIME MANAGEMENT FOR STUDENTS**

1. SET YOUR GOALS AND PRIORITIES
2. TRACK YOUR TIME ON A DAY AND RECORD FOR ANALYSIS
3. BE HONEST. TIME AND TIDE WILL WAIT FOR NONE.
4. BREAK YOUR TASKS AND SET A TIME LIMIT ON TASKS.
5. PLAN YOUR DAY AND WEEK
6. BUNCH SIMILAR TASKS TO SAVE TIME.
7. REVIEW YOUR WEEKLY PLAN AND EVALUATE YOUR PRODUCTIVITY.
8. MAKE A TO-DO LIST
9. AVOID MULTI TASKS
10. TAKE BREAKS FROM STUDY AND REJUVENATE YOUR BODY AND MIND.
11. LOVE YOURSELF FIRST

**FOLLOW 80/20 RULE. BY DOING 20% OF THE IMPORTANT AND URGENT JOBS YOU WILL BE 80% EFFECTIVE. BUT IF YOU DO OTHER 80% WHICH ARE NOT IMPORTANT YOU WILL BE 20% EFFECTIVE.**

**PHOTO SHOTS: TAKEN DURING THE VISIT TO RURAL SCHOOLS IN NILGIRIS**



Prof. Arunachalam, Mr. Sundaramurthy and Mr. Kannan conducted many sessions in Nilgiris Rural Schools.



Lecture in Judes School, Kotagiri on SPACE RESEARCH

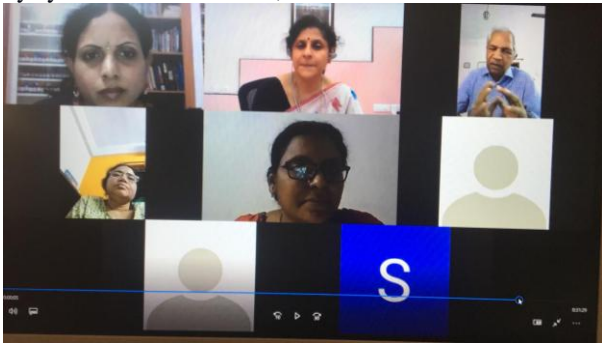
**MY SEVEN HABITS TO BECOME A 'SUCCESSFUL' STUDENT**

1. NO LAST-MINUTE PREPARATION
2. STUDYING EVERY DAY INCLUDING HOLIDAYS.
3. ASKED QUESTIONS AND GOT HELP FROM OTHERS.
4. **PREVIEWED THE CHAPTER BEFORE THE NEXT CLASS.**
5. GOT AS ORGANIZED AS POSSIBLE.
6. USED ACTIVE STUDY METHOD AND TAUGHT FELLOW STUDENTS.
7. STUDIED MISSED CHAPTERS IMMEDIATELY

**I SPENT ONLY ONE HOUR PER DAY (STUDY HOUR) DAILY DURING MY SCHOOL AND COLLEGE DAYS AND STOOD FIRST IN CLASS AND COLLEGE -  
Dr H BHOJRAJ**

## POWER OF POSITIVE INTENTIONS

By Jyothika Dwarakanath, Fitness Trainer



Think positive, have gratitude. I am thankful; I am happy, I can do this... We use many more such affirmations in daily life. "Ask and you shall receive", they say. Have you thought about what does this mean? How does it affect your mind? What happens, and why should we add these affirmations to our daily life? Let's find some convincing answers here:

**Thoughts are powerful. Now science can also help us understand How and Why.** Power of thought has been in use for thousands of years and through many names. Indian scriptures and epics like the Mahabharata and the Ramayana speak of transmission of thoughts. You sometimes may wonder how you knew what the other person wants to say and how someone knew what you wanted, without you even asking it.

Thoughts/Intentions is an energy form - proven through what we call the butterfly effect, the power of prayers, intentions and thought travel across the universe.

### So, what happens when you set an intention or a positive thought?

Dr Masaru Emoto has done extensive experiments on water and rice to study the effect of intentions.

We know the strawberry farms of Switzerland for some world's best strawberries. All farms here receive the same water and grow under the same soil conditions and climate. However, one farm seemed to have sweeter and better-quality strawberries in terms of size, colour and taste. **When explored, the farmer explained how he spoke to the water every time before watering his farm.**

**Spoke What?** He said he gave the water intention, positive intention and thought such **as I Love you, I feel grateful, thank you, you are wonderful; I appreciate you, etc.** This was the only difference between his farm and the others. **Could just saying these words to the water make such a difference in the strawberry crop?** Intrigued, Dr Emoto did many experiments and has written several books on the same. His water experiment had three jars of water kept in the same conditions.

To one jar, he gave negative intentions such as *you are stupid; I hate you; you are ugly* etc., to the second jar he gave love saying *I love you, thank you, you are wonderful* etc. and to the last jar of water he said nothing. After a few days, he came back to check on the water. He noticed discoloration of the water in the jar that received his negative intentions while not much change in the other two jars. He crystallized the water and observed the molecular structure and found some amazing results. **The water with positive intentions crystallized into beautiful crystal formations like snowflakes.** The jar with no intentions appeared as a normal water molecule, and the one with the negative intentions looked murky.

Several mantras and prayers in the Indian culture also have the same effect on water molecules. We had it ingrained in our system but is long forgotten. **Our elders always acknowledged and thanked the food before eating or water before drinking.** Now science and studies have explored this via many experiments.

Our body is 70 per cent water and absorbs intentions and energy of thoughts from everywhere. All our senses of perceptions, what we hear, see, talk about affects how the structure of water within us. These come from various media, friends, people who may hear on the street or any passerby, any advertisement, etc. That is the power of words and thoughts.

When you expose yourself to any negativity, it alters body constituent and without you being aware you feel sick or dull or sad etc. **Same when you see cheerful things, laugh, talk with cheerful people you feel amazing, good, happy, and positive. We all feel this, but now you know the science behind this.**

Dis-ease starts in the thoughts first, so watch your thought. Just like we use apps to allow entry to people into our homes, mentally use your mind to detect negative thoughts and use the "NO ENTRY" Sign to reject them. Allow positive to come in and send out positive thoughts and words.

### YOUR INTENTION CARD:

**Wake up every morning and say "All is well", thank you, I am alive and breathing, I love me, I have the energy to do whatever the days bring to me, I Can etc.**

**Gratitude is one of the most powerful intentions. Use this as often as you can in the day. Imagine every time you say thank you or I love you, you are making your cells happy and you feel wonderful. The power of intentions, thoughts, and words can affect your mental and physical health. Medicine can help to a certain extent, but most of the healing happens from within you.**

**Jyothika Dwarakanath** is a Nirvana education specialist & Access consciousness practitioner.

**AAA TRUST ACCOUNT: MARCH 2021**  
**OPENING BALANCE: -490**  
**11-02-2021: CASH DEPOSIT (H BHOJRAJ) Rs 1,000**  
**12-02-2021: DONATION(UNKNOWN) Rs 2,000**  
**23-02-2021: By Shri. ACHUTA RAO Rs 5,000**  
**04-03-2021: By Mrs. SAROJA APPANNA Rs 5,000**  
**04-03-2021: By H BHOJRAJ Rs 4,000**  
**18-03-2021: By Mr.SATHISH, ISRO SCIENTIST Rs 5000**  
**18-03-2021: By Mr.B.B.MALAYALI Rs.5000**

WE NEED ANOTHER Rs 45,000 TO COMPLETE THE RESEARCH. ALL ARE WELCOME TO CONTRIBUTE FOR THE COMMON CAUSE.

**ACADEMY FOR ACUPREESURE AND ACUPUNCTUR (AAA)**  
**INDIAN BANK**  
**ACCOUNT No.6012588256**  
**IFS CODE IDBI000R005**

### **EMOTIONS: THE IMPACT ON HEALTH**

BY Dr H BHOJRAJ

We as humans are GOD'S special creation. We have the power to self-probe our purpose in life. Emotions exist for both humans and animals. However, only humans can suppress their emotions and recall them at a later date. Sadly, we have abused our recall ability to pose serious health hazards.

**Joy, Happiness, Worry, Grief, Fear and Anger - our predominant emotions.** Whatever be the emotion, our body chemicals change as per the thought process. Joy and happiness are felt by the Heart and Brain, the chemicals released will have a positive impact on our body with positive actions and making us feel more energetic.

**Worry is the most common emotion, and if it continues for long, harms the stomach.** It will alter the enzyme secretions. Hyperacidity will be the direct impact of worry. Worry accumulated for a long time affects the Spleen while short time worry irritates the stomach. Instead of taking antacids for acidity and indigestion, one should take action for their worry and accept reality. Nothing is going to change by worrying, but acceptance and timely action can work a simple miracle.

**Grief directly affects the Lungs,** and the tears coming out during a grieving situation will have the compensating effect of the chemical changes in the body. Again, if the grief lasts long, it affects

the Lungs and Large Intestine. One should understand the impermanence of life and live in the present moment, taking care of their life.

Reasonable **fear** is always as productive as a caution, **but unnecessary fear will have a cascading effect on the fluid control system.** Prolonged fear changes the chemicals in the Kidney and Urinary Bladder systems.

**Anger has a terrible effect on our body, especially the Liver.** Anger suppressed for years has the potential to create chronic problems for the Liver and muscular system in the body. Sudden anger affects the Gall Bladder and is more destructive to others. Whereas suppressed anger held for a long time affects the Liver function and creates unbearable headache which they call migraine. Just dissolve your suppressed anger in meditation, it can cure migraine. Any medicine taken for migraine will have a long-time impact on your health.

Joy and Happiness are the fundamental emotions that help your body to stay healthy. Be joyful in your work and find happiness even in minor achievements. **If you want to be joyful, you need some activity with others, but if you want to be happy you need nothing except silence.** As the thought processes slow down with meditation, the happiness state increases.

God has created us, humans, with a default option: one should be happy and healthy, but most people are unaware of what is happy and healthy. Children are the best example. As they grow, they create their program and upload them to the computer (Brain) to become miserable and whole medical care is thriving because of this ignorance.

You are the master of your body and mind. Take life as it comes. Live and experience each moment. God created you to create many things through you. **Realize your potential. Never waste your energy on negative emotions. Always generate positive thoughts and set goals for your actions. Action with a goal will keep you happy and healthy.**

***THE ENTIRE UNIVERSE WILL WORK FOR YOU ONLY WHEN 'YOU' ARE READY TO WORK ON YOURSELF***

## **ACUPRESSURE - A credible experience with Eyesight Improvement:**

“My Cataract development not only arrested but also got reversed!” exclaims **Mrs. Sumathi Nagulan**. She is 62-years old and lives in Bengaluru. She shared her heartfelt happiness and personal experience with Açu-cure, on mail with us as below:

I had an eye check-up in 2019. **I got a bit worried when the Ophthalmologist told me I had a cataract. It was at an early stage, but it might require surgery after some time.**

**In September 2020**, my husband (Mr. Nagulan Joghee) fortunately received the book on eyesight improvement written by Dr H Bhojraj.

I read the entire book, noting down the salient points of interest, and also started the exercises as directed in the book. I religiously practiced all the prescribed exercises twice every day - once in the morning and evening, without fail.

**Now, we had an eye checkup on February 26, 2021. It indeed surprised me when the doctor declared that there was no sign of Cataract now in the same eye.** Though there is also no significant improvement in my eyesight, I have a marginal reduction in the power of the Glass (**Previous power +1.75; Current is +1.50**).

Overall, I also see some relief and stability in health, particularly my eyesight now. This is thanks to the timely Acupressure tips and training provided by Dr H Bhojraj.

I strongly recommend this book and regular practice of the prescribed eye exercises for all, especially the younger generation to prevent their eyesight from steadily deteriorating with the hectic exposure to the visual media and online classes. **Wishing everyone all the best, with Cheers!**

## **YOU ARE THE FIRST PRIORITY**

### **THE EYE POWER MEASUREMENT**

In SIRP, our primary aim is to observe the changes in the eye power before and after six months of activating the acupressure points in-and-around the eyes: Minimum once daily for 5 to 15 minutes across six months.

Studies suggest that acupressure points when activated by pressing and releasing, not only

increase the energy circulation to the eyes but also activate inner organs to perform at their peak efficiency.

### **Here's How:**

As per the theory of Acupuncture, the Gall Bladder and Liver Meridians also handle eye health. Problems related to these two organs show initially in the eyes. The so-called Yang Meridians either originate or end in and around the eyes. The GB, ST, UB meridians originate from the eye region which is connected to the Liver, Spleen and Kidney meridians. Similarly, SI, TW and LI end up in the face region which is connected to the Heart, Pericardium and Lungs.

The SIRP eye exercises not only improve the eyesight but have the potential to cure many other body problems. With no precedence in research journals globally, the SIRP started by the Academy has the potential to invoke interest for all International eye vision researchers in the field.

**Once presented to the International Audience in an upcoming seminar in June, it also has the potential for collaborative research with reputed Universities across the Globe like the Centre for Vision Research at York University in Toronto, Canada.** Few youngsters can even plan to do their PhD in vision improvement research.

Kindly motivate the youngsters in INDIA to try all these simple self-help techniques to keep your eyes in excellent condition from a young age. It is our responsibility to train them in preventive techniques rather than going for power correction glasses.

### **SIRP - MARCH 2021: The Five-Month Marker**



Welcome to the action-packed concluding months of the Sight Improvement Research Project (SIRP) at the Academy of Acupressure & Acupuncture (AAA).

**- Compiled by Aarthi R**

**Stage 1: “The Cure is Within You”**

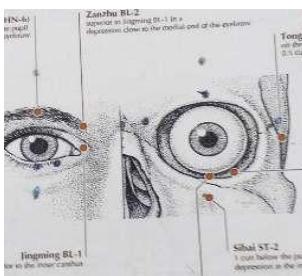
The apex committee meeting held on zoom this March 7, 2021, was a perfect houseful - *Dus ka dum* starter to the concluding event with all the 10 research associates in attendance with their detailed round-up of the key observations and round up on SIRP as on date. They were joined by all the apex committee members, the editorial team and Dr Bhojraj, the brain behind SIRP.

The 90-minute interactive session featured extensive presentations, interesting analysis and clarifying debates on various topics related to the six-month research project taken up by the Academy of Acupressure & Acupuncture (AAA).

**Dr Bhojraj, in his opening remarks, explained that there are enough successive case studies already to prove that these exercises work well with people aged 60 and above.** He also shared positive feedback from a friend’s wife who had many benefits with regular practice for 6 months, including a complete cataract cure without surgery. (exact feedback shared separately in this newsletter).

**Research Head Dr.Romesh Bhat also narrated his wife’s experience (also a scientist) with a combined module of these exercises and the yogic eye exercise, explaining how two of her initial problems (dryness of eyes, difficulty in focusing on a single point) were drastically improved with regular practice. However, there was no improvement in eyesight.**

**Hectic preparations are also underway to present SIRP as a detailed research paper at the International seminar on alternate medicines to be held in June 2021.** Interestingly, SIRP though was channeled to study the effect on Myopia specifically, the committee members are now thinking of concluding it as a generalized research paper considering the higher number of benefits in other areas than Myopia.



“For the first time, such extensive research is being done on eyesight. Our next job is to analyze all the data, leaving no loose ends or missing elements. The key questions to be answered are: How to analyze the overall data and to conclude whether this massive exercise has proved beneficial and to what extent. The results could be anything - positive, negative or neutral. **All of it is a true learning experience... But, without measured values, the research cannot be successfully concluded,” he explained.**

Overall, many volunteers have reported positive effects with regular practice, the majority of them are below 18 years. There are a few cases of concern as well, which are also being analyzed. The overall number of volunteers has sure dipped since the initial start in September 2020 **however, what makes an interesting twist in SIRP is the phenomenal increase in active participation among non-volunteers!** Research associate Jyothika Dwarakanath also included sample feedback in her presentation from a hundred such non-volunteers. These include:

- A 65-year-old able to needle a thread without glasses
- A 68-year-old now needs no glasses to use the phone
- “Able to see the moon and flying birds without blurry edges,”
- “Able to read letters on the TV,”
- “No deterioration in eyesight despite extensive use of the laptop,”
- “Sleep has improved significantly,”
- “Relaxed eyes,”
- “Can see time on the clock without glasses”

This was just a starter analysis. We will share the main course data analysis and concluding dessert with all readers in April. Stay tuned. For now, we leave you with a quick meeting round-up featuring other key observations by committee members and interesting trends tracked on SIRP so far by the individual RAs:



### COMMITTEE OBSERVATIONS:

“Congratulations to all RAs. Both, the presentation and results are excellent so far. **We were only looking at eyesight improvement but now observe many other benefits.** Comparing two months back to now, we are much better progressing. Needs another two months to convincingly conclude with exact numbers.” - **Mr. Bhaskarnarayana**

“We were trying to focus this research on Myopia, but what we have got for it is not much... We now may have to focus on the overall benefits of this exercise as a generalist paper and not specific only to Myopia. Even for this, we need to compile the initial health data for every volunteer and only exact measured values post-intervention will help us effectively conclude... **All the RAs have done tremendously excellent work.** No doubt about it.” - **Mr. Romesh Bhat, Research Head**

“Tremendous effort by all the RAs. Excellent presentation. **I can see many improvements.** I and Sundaramurthy will go through the observations in greater detail in the coming days.” - **M V Kannan**

“... It is difficult staying motivated in such extensive research. Getting regular feedback is a Himalayan task as well. Filtration of data with all relevant information is both important.” - **R Arunachalam**

“Everybody is devotedly doing this research work and has been consistent with following up with the volunteers. Theoretically, it is six-month research. **However, considering that we have begun active data collection only last three months, the committee should continue the research activity until May 2021 for better quantitative compilation.** 10 more weeks of work, the minimum will give us better results. By April end we should have a meaningful end to SIRP.” - **Sundaramurthy, Data Scientist**

### THE INDIVIDUAL RA PROGRESS CARD

**RA: Mrs. LATHA MURALI**

**Start Date:** September 23, 2020

**Current Active Volunteers:**

- Below 18 Years - 7
- Above 18 Years - 23

Many with Myopia

Monitored Regularly for Two Months

**Key Observations:**

- Sneezing stopped completely
- Headaches reduced
- Dryness completely stopped

- Increased freshness in Eyes
- No tiredness even with increased screen time
- Watering Stopped

**RA: Dr SHYAMALA**

**Start Date:** September 2020

**Current Active Volunteers:**

- Below 18 Years – 6
- Above 18 Years – 8

Most of them are with Myopia

Monitored regularly

**Key Observations:**

After One Month:

- Reduced burning in the eyes.
- Those able to read only 1-2 lines without glasses and up to 5 lines with glasses now read 3 lines without glasses and up to 7 lines with glasses.
- Palming was helpful.

After 2 Months:

- Most of them could read numbers.
- Power reduced by 0.25 for a 9-year-old
- Power reduced by 0.5 for a 12-year-old
- A 9-year-old with squint eye had mild improvement by doing regular exercise and deferred surgery for 6 months as suggested by the Committee.
- Volunteers below 18 years were better benefited by the exercises than adults.

**Dr VIJAYA SESHADRI - SUJATHA SHETTY**

**Start Date:** September 29, 2020

**Current Active Volunteers:**

- Below 18 Years Old - 10
- Above 18 Years Old - 15

Many with Myopia.

Monitored regularly for two months

**Key Observations:**

- **First Month:** Sneezing stopped completely, headache reduced drastically, dryness completely stopped, renewed freshness in eyes, no tiredness felt even with increased screen time, watering stopped, digestion improved, facial skin texture improved reducing wrinkles on the face.

**Third Month:**

- A 62-year-old who had retina problem in right eye has improved with regular exercise done twice a day. Now has no blurring.
- A 35-year-old has been advised to stop practice as of now as she experienced repeated chalazion on eyelids.
- A 53-year-old who recently underwent Cataract surgery had to discontinue Inner

Circle Activation after experiencing some discomfort. Thereafter she improved.

**Other pointers:**

- Many are irregular with the exercises. So, replaced them with new members
- Those practicing regularly have neither done Optometry tests nor chart tests.
- Expecting some positive results in mid-April from volunteers across both Age Groups.

**RA: JYOTHIKA DWARAKANATH**

**Start date:** Sept 25th 2020

**Current Active volunteers:**

- Above 18 years – 10
- Under 18 years -1

**Key Observations:**

Common Initial Problems: Dryness of eyes, Blurred vision, Itchy eyes, Migraine/headache due to extended lap top exposure, Fatigue in eyes, Night vision issues, Short/long sight

**Response after 5 months:**

- No Dry/Itchy Eyes
- No fatigue post eye exercises
- Improved measurable reduction power of 0.25 in one eye & 0.75 in the other eye, 1 volunteer. Another volunteer reduced eye power by -0.25
- Chronic stye condition completely disappeared for 1 volunteer.
- Reduced usage of reading glasses by many volunteers, no glasses to use the phone, watch TV - Not measured
- Night vision clear, no blurry vision
- Peripheral vision very clear. Can see small objects.
- Long-distance clarity w.r.t colours and patterns
- No more migraines
- Sinus issues gone
- Improved sleep, reduction of acidity

**RA: Dr PRATYUSHA**

**Start Date:** September 20, 2020

**Current Active Volunteers:**

- Above 18 years - 10
- Below 18 years - 9

**Key Observations:**

After 3 Months

- A 62-year-old female volunteer reported reduced dryness and using eye-drops from 6 times a day to 1-2 times a day.
- A 57-year-old male had power reduced in the right eye from -2 to -1 and left eye from -2.5 to 0.5 along with reduced Rhinitis.

- A 47-year-old female volunteer confirmed reduced dryness and Eyestrain.
- A 55-year-old doctor confirmed reduced discomfort in the eyes.

Few Challenges:

- Many volunteers below 18 years are not doing regularly.
- Positive results expected in mid-April.

**RA: KALLOINI PATRA**

**Start Date:** September 1, 2020

**Volunteers Currently Active:**

- Above 18 years - 16
- Below 18 years - 12

All of them with varied eye issues

**Key Observations:**

- Reduced artificial tears reported by two female volunteers within 10 days of practice, alongside many regular benefits like reduced dryness, improved vision, etc.
- After one month, twitching got cleared, relief in UTI...
- Post two months: tooth pain reduced, improved wrinkles, no more blurredness in vision, improvement in nose blocks, watering of eyes completely stopped.

**RA: HARINI**

**Start Date:** October 20, 2020

**Volunteers Currently Active:**

- Above 18 years - 20
- Below 18 years - 8

Many of them have Myopia, headache on reading.

**Key Observations: Overall, all feel good with regular practice.** 90 per cent reported calmness in eyes, two even stopped wearing glasses after the first month, decreased eye power in a 16-year-old, decreased eye strain, improved sleep and happiness, a lady complained of pricking pain first few days initially, resumed after a break felt better.

**RA: DEVI KALYANI**

**Start Date:** October 1st Week

**Volunteers Currently Active:**

- Above 18 years - 5
- Below 18 years - 4

**Key Observations:** Cured sinuses, improved digestion, decreased fatigue, considerably relief in eyes with reduced dosage of eye drops, among other improvements.

<b>EDITORIAL TEAM:</b> Mrs.SAROJA APPANNA, Mrs.AARTHI R, Mrs.JYOTHIKA DWARAKANATH, Mrs.LATHA MURALI AND Mr.SUNDRAMURTHY
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