

# ACU WELLNESS

## ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

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### MARCH-2024 FROM THE CHAIRMAN'S DESK

Last month was a great month for our Academy mainly due to the Lions Club, Ottacamund's initiative in collaboration with our Academy by organizing a great event by inviting the Chandrayaan 3 Project Director, Dr.Veeramuthuvel to address the Government High School Students from 31 schools in Nilgiris.



WITH Dr.VEERAMUTHUVEL AND Mr.NAGULAN

Mr.Krishnamurthy has done a yeoman's job in organizing the grand event which was attended by District Educational Officer, Mrs.Geetha. Though Mrs.M.Aruna, the Collector of Nilgiris was supposed to preside over the meeting, she could not attend due to some emergency activity with three senior Ministers' visit. Still, she has sent her best wishes for the seminar and assured her support in future for such motivational activities for the young minds particularly in 10th Standard. After inaugural session, Mr.Veeramuthuvel presented his talk in Tamil and his one-hour explanation of Chandrayaan-3 complexities were very well understood by rural students. Mr.Leo Jackson, the fourth Badaga to join ISRO from Nilgiris explained the upcoming Gaganyaan Project as the Dy.Project Director of this project.

Our main aim was to convey our simple healing systems to the young students and that was achieved by motivating them to follow Yoga and Acupressure as preventive health care. The Eye Improvement book was distributed to all schools mainly for their library so that all students can read and get the benefits.

Mr.Nagulan's presentation for students under the topic "From Institute to Industry" was well received by the audience. He explained the students how to find out their strengths and opportunities but also weakness and threats. He also explained how to transform weakness into strengths and threats into opportunities.

A gold coated LVM3 Model was presented to the Project Director, Mr.Krishnamurthy for conducting such a grand function and motivating rural students to dream bigger in their life. The Bangalore Team has decided in principle to analyze the feedback data which forms the basis for mentoring all these 300 students till they complete their post-graduation. The Lions Club, Ootacamund has agreed in principle to collaborate with us and associate with us for next 6 years.



In any civilization, people are segregated into four classes though every individual has to do all these four types of transactions. First, we call them workers who work with their hand, second are traders who buy and sell, third category are thinkers who extract work from others and the fourth is knowledge class who think of greatest wellbeing and happiness. Depending on their experience and talent we put them in any one of the predominant categories.

Out of all these four classes, the fourth-class people are known as “Knowers” who have the knowledge available from the past experience and are directly connected to Supreme Self. If such people are in power, the well-being and happiness will prevail among people. The greed, lust and cruelty will vanish from such a society.

Yes, we need the knowledge society at this moment of life. **Every one of us must reach the fourth category and operate on other three classes depending on the requirement.** Our combined effort is towards this goal especially to the younger generation.

**Do your duty with awareness and leave the rest to the Almighty to decide.** Each and every human being is a combination of all classes and depending on self-learning one can reach the higher levels.

Thank you all for your support and encouragement.

**Dr.H.BHOJRAJ, CHAIRMAN, AAA**

**“MAN’S CONSTITUTION EMBODIES DIVINE OMNIPOTENCE, AND THIS SHOULD BE REALIZED AND SET UP AS A MODEL OF ALL HUMAN ACTION.”**

**SWAMI VIVEKANANDA**

## **THE VALUE OF ONE RUPEE-REALIZED MY STATUS IN THE REAL WORLD BY H.BHOJRAJ**

I would like to narrate an incidence which took place on 4<sup>th</sup> Feb 2017 which made me realize the worth of my status in real life.



I went to the SBI branch in Subramanianagar and withdrew Rs.24000 from my wife’s account. The cashier counted Rs.500 notes (32) and Rs.2000 notes (8) and handed over to me. I also counted after getting it in my hand and the amount was Rs.32000 instead of Rs.24000. Immediately I handed over the excess amount Rs.8000 to her and she immediately acknowledged her mistake and profusely thanked me for returning the amount. Other employees commented that only very few honest people do it. I told that the excess amount is not mine and morally I am bound to return it. I returned with satisfaction in my heart that I did the right thing as expected from everyone.

Now the realization story. On the same day evening my wife asked me to get two packets of curd and the main supplier told me it was sold out. I just went a vegetable shop nearby and asked for the curd. She gave two packets and gave her Rs50. Instead of returning Rs10 she told me to buy two lemons since she had no coins. I objected to this since she was forcing me to buy what was not required at that point of time. She immediately took back the curd packets and refused to transact. I again asked her to give one packet and offered Rs.20 stating that I would certainly give Rs.1 the next day. She stared at me and refused to give the curd packet. I told I am staying in the same area for 40 years and I will not cheat her. Then she gave two 200ml packets for Rs.20 which was Rs8 per packet. I lost my temper and dropped the packets there.

Then I went to another shop on the other side of our road and she also refused to give the curd packet if one rupee coin is not given for the Rs20 curd packet. After promising her that I will come back with one rupee within five minutes she handed over the curd packet. I made another round to pay that one rupee which she accepted with stern face and advised me that whenever you come for buying milk or curd always bring one rupee with you.

With a scientist tag, senior citizen tag and acupuncture specialist tag, I could not earn the shopkeeper’s trust for one rupee. I could not understand the concept of MRP on the products. Though it happened 7 years back, I am writing this to tell everyone that realization can come at any moment in our life.

Still, I want to follow the path of Dharma and forgive such people who exploit the system openly.

**MY SLEEPING SOUL WAS ROUSED TO THE SELF-CONSCIOUS ACTIVITY FROM THAT DAY**

## CASE HISTORIES

### Hearing frequency improved by 1000Hz says Mr. Shanmugan, Rtd Agriculture Officer, Ooty.

Phone:9486127672

I am 74 years and for the past few months, I was observing my hearing capability was gradually reducing and most of the time I have to ask my wife to repeat what she was telling. I also thought it is due to aging problem and I must visit ENT specialist to find out the reason.

On 10<sup>th</sup> Feb,24, I was really surprised to see my brother-in-law Dr.Bhojraj visiting our house and told us he had come to attend the students function in JSS College Of Pharmacy, which very close to our house. After having tea my wife Saroja, casually mentioned about my hearing difficulty when I asked her to repeat.



Immediately, Dr.Bhojraj explained about the hearing improvement research and demonstrated the frequency measurement application. Mine was up to 5500Hz whereas my wife could listen up to 11000Hz. Then Dr.Bhojraj activated all the acupressure points himself and

taught my wife also how to locate the points. After activation, it was a real surprise to me that I could listen up to 6500 Hz. I have been doing all these points regularly and within 5 days I could listen up to 7000Hz. I would like express my hearty thanks to Dr.Bhojraj for transferring the technology to us. I will give my measurement results after 3 months of practice.

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### CONSTIPATION RESOLVED WITH ASHWINI MUDRA SAYS

#### Mr.KESHAVAMURTHY, 57 YRS

I have been suffering from constipation for quite some time and with ayurvedic medicine Thriphala Churana, I was able to manage well. But, when I discontinue the medicine, the morning evocation becomes usually partial and I have to go again to clear it before going to office. I have been taking treatment for my Diabetes and shoulder pain from Dr.Bhojraj. After mentioning the constipation problem to Doctor, he

mentioned ASWINI MUDRA and told if done properly, it has the potential to cure constipation. Then he explained how to do it properly. To my great surprise, the next day itself the elimination was normal without any medication. I have been using this mudra for the past 15 days and my constipation problem never occurred. Thank you, Doctor.

#### ASHWINI MUDRA

It is really great to observe good results for constipation with Ashwini Mudra and many patients have given positive feedbacks like this. CONSTIPATION is the root cause for many problems in our body. If the waste stays in the Large Intestine for longer time, it will start absorbing the toxins also in the blood along with water. When it reaches Lungs, it recognizes the toxins and create phellegm and it will remove through the nose. It is better to wait for few days to remove all the toxins from the lungs rather than suppressing the reaction with tablets. A healthy man should get COLD every six months so that all the toxins are removed from the Lungs. If you adopt Allopathy medicine to suppress the reaction these toxins will be shifted to the other organs and will try to come out in different form. The connection between Large Intestine and Lungs was well understood by Acupuncture Specialists but Modern Medicine treats them separately.

#### WHAT IS ASHWINI MUDRA AND HOW TO DO IT PROPERLY?

Contracting the anal sphincter muscles for few seconds while holding the breath is called Ashwini Mudra. When you do it, the blood pressure will raise. So those who have high BP should do it carefully. In our system we ask the patients to pull the sphincter muscles of the anus while breathing out. Start with just 5 rounds and then gradually increase to 10 rounds. DON'T HOLD THE BREATH AT ALL. The large intestine called Colon consists of Ascending Colon, Transverse Colon, Descending Colon and Sigmoid Colon. With this exercise the sigmoid colon muscles will be strengthened to push it out during peristalsis which occurs naturally between 5 to 7 AM in the morning. If you constipation try to go to the toilet before 7 AM which will be more effective. Solve your constipation and solve your future problems. Have more Luke warm water in the morning and add fiber foods in your diet. H.BHOJRAJ

SPIRITUAL INTELLIGENCE IS THE SOURCE OF MOTIVATION



# ECZEMA

## CAUSES AND SOLUTIONS WITH ACUPRESSURE

BY Mrs.JIJA SUBRAMANIAN,  
ACUPUNCTURE PRACTITIONER

### WHAT IS ECZEMA?

Eczema is a form of dermatitis characterized by chronically itchy, inflamed skin. The affected area typically becomes dry, the skin flakes off, and occasionally blisters develop. When eczema on fair skinned people, the affected area turns a brownish gray colour. People who have dark skin, it generally alters their natural pigmentation, making the affected area either lighter or darker. Eczema appears most frequently on the face, wrists, elbows and knees but is not limited to those areas.

Eczema, also known as atopic dermatitis affects about 3 to 7 percent of the population and more than 70 % of the patients, it runs in the family. Eczema is often associated with asthma, so children with that disorder may be at greater risk of skin problems. Since eczema may be in part an internal response to some sort of external stress, initial treatment focuses on identifying and reducing possible causes.

### WHAT ARE THE CAUSES?

Many cases of eczema are allergy related .In susceptible people, outbreaks can be caused by ingesting certain foods, such as cow's milk, eggs, wheat and nuts-as well as by inhaling airborne irritants like dust mites and pollen.

It may be caused by a change in the way a person's immune system reacts in to a certain kind of physically, chemically, or emotionally induced stress. Any emotionally charged event may trigger a flareup of this disorder.

### HOW TO DIAGONOSE?

If the underlying cause is allergy, it is required to do allergy test and avoid such products.

### HOW IS IT TREATED?

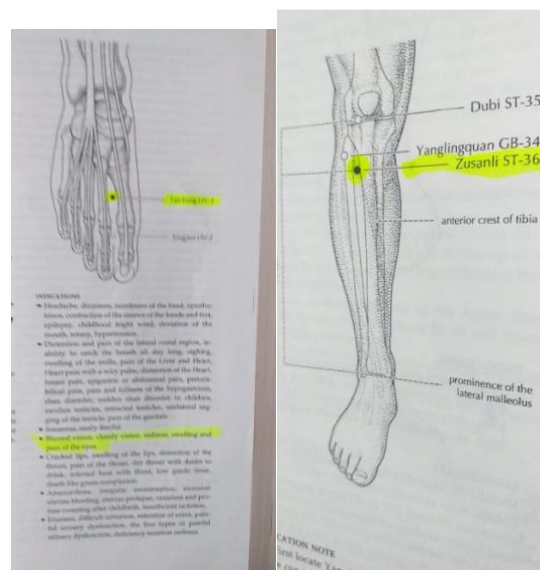
Because eczema is generally a benign disorder, and because underlying causes differ from person to person, primary treatment is directed in alleviating symptoms. Home remedies and over the counter medications are usually sufficient. For chronic eczema,

it is better to identify the allergens, building up the immune system and relaxing the body and mind are recommended.

Petroleum jelly application retains the moisture. In severe case hydrocortisone cream will be effective to give good relief. If it is allergy related, oral antihistamines may be prescribed. In severe case, Doctor may prescribe oral corticosteroid medicine also for a short time.

### ACUPRESSURE SOLUTION.

Improve the immune system by activating Spleen, Kidney, Intestine, Lungs and Liver points on the palm regularly for 5 minutes every day and activate Liv-3 and St-36 for reducing the inflammation.



### Liv-3

- # Cures headache, dizziness and hypertension.
- # Cures pain in the Liver and Heart.
- # Cures insomnia.
- # Cures blurred vision, cloudy vision, redness, swelling and pain in the eyes.
- # Cures irregular menstruation.
- # Cures urination related problems
- # Cures vomiting sensation.
- # cures any swelling in the body.

### ST-36

- @ Cures epigastric pain.
- @ Reduces flatulence.
- @ Cures dimness of vision
- @ Cures depression
- @ Cures throat painful obstruction
- @Cures lockjaw

Reference: A manual of acupuncture by Peter Deadman

# Inspiring the Future Heros: A Mission Accomplished

BY **Mr.NAGULAN** **JOGHEE**

In a heartfelt pursuit, a group of dedicated seniors from Bangalore, orchestrated an impactful event aimed at guiding high school students towards successful careers, while nurturing scientific aspirations at the same time. The dream became reality with **Dr. Veeramuthvel**, the celebrated Project Director of Chandrayaan-3 and **Mr. Leo Jackson**, the Deputy Project Director, Gaganyaan Project, readily accepting the invitation to address the young minds.



KRISHNAMURTHY,VEERAMUTHUVEL, BHOJRAJ,LEO JACKSON, NAGULAN JOGHEE AND GEETHA

The Lion's Club, under the able guidance of Lion, **Mr. Krishnamurthy**, Project Chairman, demonstrating remarkable commitment, shouldered the responsibility of organizing and managing logistics, executing the plan with exceptional enthusiasm. The meet unfolded seamlessly, leaving no room for exaggeration in declaring it exceptionally well-organized.

The Event aptly started with lighting the Devine Lamp by all the dignitaries in the Dias followed by Invocation song by the students.



THE ORGANIZING TEAM IN JSS COLLEGE OF PHARMACY

**Mr. Terrence Rajesh**, Project Co-chairman welcomed all the invitees and requested the Lion's District Governor **Mr. Jayasekaran** and **Ms R Geetha**, the CEO, Nilgiris to address the gathering.

The Chief Education Officer, Nilgiris, in her address expressed immense satisfaction for arranging the students from 31 High Schools to attend and gain the advantage of the presence of Experts in the field of Science and Technology, Healthcare and Mentorship.

**Dr. Bhojraj**, kick-started the days event, by pin-pointing the purpose of the program. He also made clear the team's plan to monitor the interested students, for the next 5 years for their performance. It is to ensure that they get proper guidance to become significant contributors in the future. He presented the profile of Mr. Veeramuthuel in such a way that the students felt the significance of the day's program and presentations

Mr. Veeramuthuel unfolded the mysteries of Chandrayaan-3's launch, emphasizing the significance of Vikram's landing on the moon and the Rover's exploration near the Southport. Excitement peaked as he outlined plans for Chandrayaan-4, unveiling a promising future. He also played a comprehensive video on the making and launching of Chamdrayan-3 at the best of its optimum cost when compared to similar projects around the world.

Taking the dream even higher, Mr. Leo Jockson, Deputy Project Director for the Gaganyaan program, crisply explained plans to send astronauts into the sky, an electrifying moment that resonated with the students. Dr. Bhojraj presented a brief of Mr. Leo's profile along with the fact that he is a proud son of Nilgiris.



Shifting gears towards holistic development, Dr. Bhojraj, a retired ISRO Scientist and seasoned Acupressure practitioner, shared preventive healthcare techniques. He not only demonstrated but also distributed a book authored by him to all schools, fostering a commitment to future well-being, improved eye sight and hearing.



JSS AUDITORIUM OOTY

The journey of the students, from institute to industry, came alive through an elucidating presentation by me, as a Management consultant and Mentor. The Real-time examples presented as example, motivated the students to conduct personal SWOT analyses formed a solid foundation for students to transform weaknesses into strengths and threats into opportunities.

The package offered to the students was truly wholesome, evident in the confidence and hope brimming on their faces. In the end, all participants expressed great satisfaction, recognizing the accomplishment of a mission that goes beyond the event, an investment in the promising future of these students.

The Event, eventually ended with a sumptuous lunch, arranged by the Lion's Club, to all the invitees and students.



The exercise to fine tuning the students for a better future ended with a happy note. All the students were asked to give the feedback sheet to the Organizers. Based on their

interest and talents the Education Team in Bangalore will interact with their teachers and guide the students for next few years till they reach graduation in any field. The Committee's main aim is to make these 300 students make them do Post Graduation and put at least 10 percent of them in Space Research. It was a nice trip all through and the relaxed travel back to Bangalore, after an exciting day was brimming on the faces of all.



COFFEE WITH MUTHUVEL IN PUGMARK RESTURANT WHILE RETURNING TO BANGALORE ON THE SAME DAY

**“ All is well that ends well”.**



## KBGA UPDATE

BY Mr.R.MURTHY, Patron, KBGA

The KBGA Executive Committee meeting was conducted by Google Meet on 11<sup>th</sup> Feb 2024 and approved the Mega Event Proposal submitted by Dr.H.Bhojraj to hold an international Badaga Conference in Bangalore during December 2024. Based on this approval, Mr.Murthy, Patron of KBGA prepared a preliminary project report in consultation with Mr.Nagulan which was discussed by the proposed Organizing Committee.



**Mr.R.Murthy, Vice Chairman, Mr.Nagulan Joghee, Vice Charman, Mr.Rajendran, Project Director and Dr.H.Bhojraj, Chairman**

The Committee in principle agreed to the proposal to invite achievers in different fields all over the world from Badaga Ethnic Community from Nilgiris under one forum which will motivate the youngsters from tribal community to achieve higher levels in life without expecting the Government to do something for our welfare. The influential people in the Community who attend the conference have the potential to generate more employment opportunities for future generation and improve the economy of Nilgiris District.

An eight-member committee including KBGA President, Mr.Sarvanan, Vice President Mr.Ganesan, Secretary Mr.Raj Kamal and Treasurer Mr.Ganesh Lingam were added to the Main Organizing Committee. It was agreed in principle to collect the data from various sources about these achievers and discuss in the committee for forwarding the invitation for Dec 2024 meeting. A tentative date of 25<sup>th</sup> Dec 2024 was proposed since many of them visit India during the X-Mas holidays to visit their parents in Nilgiris. A rough expenditure was calculated including venue charges, food and other arrangement which is likely to be around 7 Lakhs. The required amount will be generated by voluntary contribution by those who confirm their participation. Any excess amount will go to the KBGA Building fund and any deficiency will be met by KBGA funds was the suggestion which will be ratified in the next EC Meeting.

## FOR STUDENTS

BY Mr.SUNDRAMURTHY AND Prof.SOMA

## CONGRATULATIONS TO TEAM ISRO FOR LAUNCHING INSAT 3DS ON GSLV

Really, it is a great tribute to ISRO for the perfect launch of GSLV-F14 which injected INSAT-3DS into a better orbit which will save the spacecraft fuel and extends the life of the spacecraft according to Dr.Sankaran,

Director, U.R.Rao Satellite centre. It is used for enhancing meteorological observations. Monitoring of ocean and land surfaces, weather forecast and disaster warning, as well as to provide to provide satellite aided Search and Rescue Services (SAR) among others.

The Spacecraft carries IMAGER and SOUNDER payloads,



DATA RELAY Transponders and Satellite Aided Transponders to study cloud properties, fog, rainfall, snow cover and depth, forest fire, smoke, land

and ocean among others.

### WHAT IS RADIOMETRY?

Radiometry is the science of measuring light in any portion of the electromagnetic spectrum. In practice, the term is usually limited to the measurement of infrared, visible and ultra violet light using optical instruments. Irradiance is the intensity of light and is measured in watts per square meter.

### WHAT IS AN IMAGER? WHAT IS A SOUNDER?

Thermal imager is an electrical observation device, creating the image of temperature difference in an observed area of space. The fundamental component of every thermal imager is a microbolometer array (thermal sensor) and each picture element of this array (pixel) can measure temperature with high precision.

The INSAT-3DR sounder has 18 infrared channels distributed over long wave and short-wave bands along with one visible band. A visible channel provides synoptic view of the clouds and the earth to aid in generating three dimensional maps of temperature and moisture structure of the atmosphere.

### WHAT IS VHRR COOLER?

It keeps the thermal sensor at 105 K which is achieved by passive radiation cooling. A heater is also incorporated to heat if it goes down below 105 K. The sensor will be able to measure accurately if the patch is maintained at 105K. ISRO has mastered this technology and produced many VHRR and Passive coolers for INSAT weather satellites.



## VISIT TO ISRO on 21-02-2014 TO CONGRATULATE DIRECTOR, URSC Dr.SANKARAN FOR INSAT 3DS SUCCESS

By. H.BHOJRAJ

Myself and Mr.Sundramurthy visited U.R.Rao Satellite Centre on 21<sup>st</sup> Feb while visiting the SBI Bank and we got the opportunity to visit Director, URSC with special permission. Mr. Sundramurthy handed over a bouquet on behalf of AAA to congratulate Dr.Sankaran for the grand success of the weather prediction satellite after placing it in exact GEO SYNCHRONOUS orbit and making it work to the precision.



We also had an opportunity to visit MOX Facility which monitors the health parameters of the Satellite. The book on Nilgiris printed by LIONS CLUB, Ootacamund was handed over to Dr.Sankaran. We both visited Dr.Veeramuthuvel in his cabin and expressed our hearty thanks for motivating nearly 300 students from rural area studying in Government High Schools. We also conveyed our best wishes for a great career to Dr.Veeramuthuvel in ISRO.



We had lunch with Mr.Basavaraj, Deputy Director, URSC in the URSC Canteen and expressed our hearty thanks for the hospitality to Super Senior Citizens.

## KNOW YOUR ACHIEVERS FROM NILGIRIS

### Mr.DAMODHARAN RAMAN, DIRECTOR, DELOITTE CONSULTING, BANGALORE

Mr.Damodharn, born to Mr. B.K.Raman and Mrs.Sumdari Raman in a small village near Ooty, called Meekeri and did his schooling from nearby Government high School in Kathadimattam till 7<sup>th</sup> Std.



After that he got selected in sports school and continued his schooling in Coimbatore. He did his Engineering degree with honours and University medal and joined ISRO as Space Scientist in

Liquid propulsion Systems Centre, Mahendragiri. During his tenure of around 15 years, he not only developed many systems for Cryo-engine development but also indigenized various high-tech elements like Bimetallic Transition Joints and Gas Dynamical Ignitor and many more for rocket engines.

Then he joined IBM and served ( around 13 years) in many countries across the world in the capacity of Technical Leader. He also trained Professionals not only in India but also in many countries in microservices architecture. He joined Saudi Arabian Fintech as Chief technology and Innovation officer and got many global awards in International Forums. He also served in FSS and WIPRO in the capacity of Program Director to manage digital transformation for large clients in India. Presently serving as Director of DELOITTE CONSULTING in Bangalore and his contributions have been lauded by many international organizations.

We, the Nilgiris Ethnic Badagas in Bangalore are really proud of Mr.Damodaran Raman and wish him many more laurels in his active life.

**Dr. H.Bhojraj, Patron, KBGA**

#### EDITORIAL TEAM

Dr.H.BHOJRAJ,	Mr.NAGULAN	JOGHEE,
Mr.SUNDRAMURTHY,	Prof.SOMA,	Mrs.JIJA
SUBRAMANIAN AND Ms.KALLOLINI PATRO		

#### RESEARCH PROJECT ON EYE SIGHT IMPROVEMENT AND HEARING IMPROVEMENT

**YOUR CONTRIBUTIONS CAN BE SENT TO "ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE (AAA)**

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