



ACU WELLNESS

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE
1963, 8TH MAIN ROAD, E BLOCK, II STAGE, RAJAJINAGAR, BENGALURE-560010

MAY 2024

PHONE: 9845649914

E MAIL: bhojrajh45@gmail.com

WEBSITE: <http://bhoiraj.tripod.com>

(FOR PRIVATE CIRCULATION ONLY)

VOL 13 No.5

MAY 2024 FROM THE CHAIRMAN'S DESK

April month started with heat as expected, mainly due to climate change and Bangalore has become so hot, everyday newspaper was carrying headlines on its upper temperature touching 39 degrees centigrade which was unheard of in Bangalore with its elevation of 3000 feet above Mean Sea Level (MSL). Obviously, the coastal parts of Karnataka reached much higher temperature due to general climate change. **Particularly the climate in Bangalore is altered not only by overall climate change but also by the greedy people who want to sell their agriculture land to the builders and converting every inch of land into concrete jungle.** Even otherwise, instead of fixing the limit for Bangalore, the state government is extending Bangalore boundaries to unsustainable level. Outer ring road has become innermost ring road and the population of Bangalore has already crossed more than a crore nearly one seventh of total population of Karnataka. **Let's wake up from sleep and caution the present Government to moderate the growth of Bangalore as an International City.** The health of the citizens is very important with clean air, clean water and moderate temperature for sustainability.

Health and wellbeing are the most important parameters for human happiness and success. The physical wellness, mental wellness, social wellness, financial wellness and spiritual wellness are the measures for the success of an individual, not money only. If the mind is agitated and not balanced, that is the indication that people are stressed to the core due to traffic and cost of living. Happy and successful families should lead the life without any conflict with their family members and relatives, may be friends and others come later. Let us live with happiness by

counting the blessings of what we have, rather than worrying about what we don't have.

Once we got the wealth, whether it is utilized for not only getting returns and appreciation **but also for the upliftment of the society is an important parameter for success.** As everyone knows giving advice is easy but it is difficult to follow. But with good intention, we are trying our level best to motivate self-healing techniques to common man so that in spite of all the external problems one can keep himself/herself happy and healthy.



I record my deep appreciation and thanks to my 1971 Batchmates who all felicitated me for my service in alternative therapies along with our friend Mr.P.G.Santhanam who won the Veterans National 100M sprint in 16 seconds. Mr.Regunath in the photo came with two special garlands to honor us.

The grand meeting conducted by Dr.Samiullah, Chairman of FAST Board was attended by about 100 Acupuncture Practitioners from all over India, who have a degree or diploma or certificate to treat patients with Acupuncture principles. **I presented the preliminary proposal to add at least 100 Research**

Associates for registering with FAST Board and getting the accreditation for research and practice of Acupuncture mainly for Diabetes. The Apex Body under the leadership of Dr.Samiullah will decide the rules and regulations for this big research program coming up after 6 months in the next meeting.

The eyesight and hearing improvement classes conducted regularly by Ms.Kallolini is gaining momentum and utilizing the research results Academy is planning to approach the Corporates to give importance for such self-help techniques for their employees who are working 10 hours continuously with their computers. **We need trainers from our Academy to prepare themselves to go to Corporate Offices for training regularly by their HR Department. Those working in the corporate field can motivate their HR to write to our Academy or send a WhatsApp message to my mobile 9845649914 for entering into an MOU for one year of Preventive Health Care especially for the eyes.**

The review meeting held at Excel Die Casting , Chennai on 28th March was very fruitful and almost all employees were following self-acupressure to overcome their health issues and generally not only staying healthy but also contributing their best for their own organization. The owner, Mr.Nargunam has taken the review results seriously and agreed in principle to conduct sessions in various SSMES in their Industrial Estate.

I request all of you take care of the peak summer by taking precautionary measures like sufficient water intake, seasonal fruits and fruit juices and staying indoor during day time if possible. Wish you all happy, healthy and productive life.

H.BHOJRAJ, CHAIRMAN,AAA 9845649914

DONORS LIST – MARCH 2024

Mrs.REKHA S Rs.5000/=

Ms.DIVYABHARATHI Rs.3000/=

Dr.RAVISHANKAR Rs.3000/=

Mr.MUTHUKARUPAN Rs.3000/=

YOUR CONTRIBUTIONS WILL HELP US TO COMPLETE THE RESEARCH SUCCESSFULLY.

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

INDIAN BANK, RAJAJINAGAR, BANGALORE

A/C No.6012588256 IFSC: IDIB000R005



Mr.P.G.Santhanam, Dr.Bhojraj and Mr.Regunath

**1971 ENGINEERING COLLEGE
BATCHMATES MEETING IN CHENNAI
ON 29TH MARCH , By.Dr.H.BHOJRAJ**

The 1971 batchmates of Alagappa College of Engineering and Technology(ACCET) KARAUKUDI, had decided to meet in Chennai mainly to honor one of our classmates, Mr.P.G.Santhnam who has achieved the rare distinction of winning the 100M sprint in the National Sports Event conducted in Feb 2024 for veterans above 75 years. Mr. Santhanam as a



Mr.Muthukaruppan, P.G.Santhanam and Bhojraj with his medals.

sportsman right from college days continued his passion of running and physical exercise to keep fit. He came first with a timing of 16 seconds which is a national record and according to him the world record for 100M for plus 75 veterans is 15 seconds. The batchmates felt that we must meet him

personally not only to honor him but also to get some tips to stay healthy.

Based on our decision **Mr.P.Sridhar, Mr.K.R.Chidambaram and Mr.C.Vishwanathan took the initiative and organized a meet in Gandhi Nagar Club on 29th March 2024 which was**



attended by about 24 members with 8 of them with spouses.

It was a great occasion to meet all the friends after few years and the meeting started with welcome address by **Mr.K.R.Chidambaram** who explained the purpose of our meet and also included me for making a mark in Alternate Therapies like Acupressure and Acupuncture.

Mr.P.G.Santhanam, explained how he got motivated especially after the sad demise of his better half last year and he focused more on physical fitness so that one could maintain himself without depending on any support from others. He also told that he is continuing his regular practice every day with the aim of participating in the upcoming world meet where the record is 15 seconds for 100M sprint for 75 plus category. He advised all aged people to walk as much as possible every day and make it a habit to stay healthy.



1971 Batch mates

I thanked all my classmates for considering me to be honoured along with our great friend

Mr.P.G.santhanam who has achieved such a rare feat at this age of 75 where many of us find difficult to walk. I wished Mr.P.G.Santhanam all the best for his upcoming world meets and beat the world record of 15 seconds in 100M sprint. I explained our research on eyesight improvement for all, especially for the Children. Many of them expressed their desire to attend our regular weekly practical classes conducted by Ms.Kallolini.



Mr.K.R.Reghunath, another fit person in the group appreciated Mr.P.G.Santhanam for this rare achievement and

expressed his thanks for initiating him for long distance running during our collage days. He brought a special garland made up of spices produced in his brother's farm and honored both of us.



Mr. Nandakumar spoke very nicely in his own jovial style and appreciated the achievement by Mr.P.G.Santhanam and myself. Mr. Sukumar, the youngest person in our batch also spoke about our achievements.



K.R.Chidambaram, Mr.Angamuthu, Mr.Govindan with PGS

Mr.Nargunam praised Mr.P.G.Santhanam for this great achievement and expressed his best wishes for the upcoming international meet. He also explained how the drugless therapies implemented in his **Excell Diecasting Plant** has helped his 200 employees and told the technology will be taken to almost all industries in his Industrial Estate. He thanked Dr.Bhojraj and the Academy for the excellent research.



The spouses took interest to congratulate PGS



K.R.Chidambaram addressing the audience



Mr.Nargunam and Mr.Sridhar with his wife attended our annual function in 2023.

EXCEL DIE CASTING ORGANIZES ACUPRESSURE REVIEW MEETING ON 29TH MARCH 2024

By.Mr.SURESH PLYAM ,
AURICULAR THERAPIST, BANGALORE

Mr.Nargunam, Founder and Managing Director of Excel Die Castings in Thirumudivakkam, Chennai



organized a review meeting by Academy for Acupressure and Acupuncture after the initial training of employees with self-help techniques and regular follow up for six months by Mrs.Vidya who has done

Acupuncture course in our Academy and done M.D (ACU) form Srilankan Open University.

Dr.H. Bhojraj, Mr.Girish Shankar and myself had an interactive session with all employees. It was a pleasant surprise for us to see that almost all employees attended earlier sessions, two years back expressed their satisfaction about their health and many of them could feel the difference with self-acupressure.

The usual pains which they used to get earlier had vanished and their concentration also improved according to them. This was confirmed by their HR first aid cell that the cost of emergency medicines like painkillers and antacid tablets have come down drastically. Earlier an amount of Rs.1000 per month was spent by the company which has almost come down to Rs 100 per month. **This is an indirect proof that self-acupressure had helped almost all employees by word of mouth.**

Mr.Saravanan, Sr.Quality Manager told his own experience with acupressure for past 10 years and he declared that due to this activation of all fingers



and palms, he could keep himself healthy without any problem and he shared the tips to start pressing the

tips of the fingers one minute each while lying down for sleeping and told at the 10th minute one would get good sleep.



Mr.Nargunam in his welcome address thanked our Academy for initiating preventive health care in his plant and giving successful results. He asked the employees to utilize the expertise of the experts and get the relief during practical

session. He also mentioned that he would be spreading this message to all the organizations in the Industrial Estate and will be calling our experts to initiate this technology transfer to keep their employees also healthy.

EMPLOYEES OF EXCEL DIE CASTINGS



Dr.Bhojraj in his address thanked his classmate Mr.Nargunam for giving our Academy an opportunity to transfer this simple healing system to the entire staff of Excell Die Casting. He also praised Mr.Nargunam for excelling in this die casting field especially meant for automobile industry and changing his business strategy as the auto market changes. He expressed his support for any of his proposals for other industries in the Thirumudivakkam Industrial Estate Manufacturers Association for which he is one of the Advisors in the Management Board.

The treatment session was conducted for four hours by me and Mr.Girish. Nearly 40 employees utilized our services and expressed their thanks for the effective treatment. They also agreed to give their short term and long term feedbacks for our research activities. Mr.Nargunam, organized an Introductory talk to his Senior Collegemate's Induction Hardening Machine Manufacturing company in collaboration with Spanish Company for their employees on the same day at 3 PM to 4PM. **All the participants, not only enjoyed the lecture but also the practical demonstrations to relieve pain.** The management showed keen interest to engage drugless treatment by Mrs. Vidya in the initial stages and invite our Academy experts for a review later in the year.



Mr.Nargunam and Dr.Bhojraj with the Executives

EDITORIAL BOARD: Dr.H.BHOJRAJ, Mr.NAGULAN JOGHEE, Mrs.JIJA SUBRAMANIAN, Mr.SUNDRAMURTHY, Prof.SOMA AND Mrs.REKHA

CASE HISTORIES

EYE POWER REDUCED IN SIX MONTHS OF REGULAR PRACTICE-SAYS Mrs.UMA RAVICHANDRAN, 67YRS

I joined the eye sight improvement program in October 2023 conducted by Mrs Kallolini under the direction of Dr.Bhojraj. I not only attended all the Wednesday classes regularly but also practiced daily at home for 10 minutes in the morning when I got some free time after my routine work. I was able to see with little clarity, was my feedback in the class. I have also recommended many of my relatives and they are also practicing regularly.

I had an opportunity to check my eyesight last month because I lost my spectacles while visiting a temple near Bangalore called Chikka Tirupathi. It was a blessing in disguise. **The ophthalmologist checked my power and declared that the power had come down.** But I was more interested in my cataract development and specifically asked about it. **He told that the cataract is not there and asked me to check after a year. As a matter of fact, I was so much relieved because last time the same Doctor told that I may need cataract surgery shortly.** Then he told that power can't reduce like this as per their theory and wanted to know the reason. I explained about Dr.Bhojraj's acupressure points for the eye sight improvement and the book he has written for helping the students wearing spectacles. **I was really surprised to see the Doctor's attention and he intently listened to me for five minutes in spite of many patients waiting outside.** He has noted down the mobile number and told me that he would direct the patients to join the class and get the benefit of self-acupressure.

Thank you, Sir, and Ms.Kallolini for the regular training.

URIC ACID CAME UNDER CONTROL WITH ACUPUNCTURE-SAYS Mr.Srisha 51 yrs. Ph 9341225927

In one of my routine blood checkups after experiencing pain in the big toe **the uric acid level showed 14** whereas 7 was the upper limit. As my mother was taking treatment for her nerves related problem, I took her to Dr.Bhojraj for acupuncture treatment. At that time, I mentioned about my uric acid level and he gave treatment. Doctor told me it would come down within

a week. Next week, I had to take my mother for another sitting, I thought why not check again my uric acid and go to Dr.Bhojraj with results. **Really it has come down to 7.5 and my pain had come down drastically within a day after the first treatment.**

After two months I experienced the same kind of severe pain in the knee due to uric acid and this time I immediately rushed to Dr.Bhojraj and to my surprise the pain vanished within a day of the treatment. Doctor taught me all the points for daily acupressure activation and asked me to avoid high protein foods for a week or two. **After four months I am reporting that my uric acid level is maintained below 6.** Thank you, Doctor, for the treatment and training.

For controlling uric acid

Liv-1 Increase, Lu-7 Decrease, H-7 increase, P-9 increase

EYE SIGHT IMPROVEMENT

B-1, B-2, EXTRA POINT-M-HN-3, TW-23, GB-1, ST-1 AND ST-2

WHAT IS CATARACT?

WHY IT DEVELOPS IN OLD AGE?

By Mrs.JIJA SUBRAMANI,
ACUPUNCTURE PRACTITIONER
Ph.9986168181

Cataract is the clouding of the lens of the eye which leads to a decrease in the vision. Cataract often develops slowly and can affect one or both the eyes. The main symptoms are blurry vision or double vision, halos around the light, trouble with bright lights and trouble in seeing at night.

Cataracts are most commonly due to aging but may also occur due to trauma or radiation exposure. Diabetes, smoking, prolonged exposure of eyes to the sunlight and alcohol are the main risk factors for cataract. The underlying cause is the accumulation of protein or yellow-brown pigment in the lens that reduces transmission of light to the retina at the back of the eye.**Yearly examination by Ophthalmologist is a must for all people above 60 years and eye examination will certainly reveal the development of**

cataract. Normally, the cloudy lens is surgically removed and replaced with an artificial lens as an effective treatment. Diabetes should be under control during cataract operation for faster recovery. Within few days the normalcy will be restored.

Main Cause: Lens is made up of proteins. If it degrades over time and not replaced, the clouding starts. This process is accelerated by diabetes which is a metabolic disorder. By activating the acupressure points in and around the eyes the protein replacement takes place in the lens and stays clear for long time.

The toxins in the air and radiation particularly UV rays affects the eyes. Protecting your eyes and activating the energy points to eyes daily can protect your eyes even after cataract operation.

URIC ACID PROBLEM

Uric acid is a product of the metabolic breakdown of purine nucleotides, and it is a normal component of urine. **The high concentration of uric acid in the blood can lead to gout with severe pain in the big toe or in any joints in the legs.** In diabetic patients' high uric acid can cause even kidney stones.

Uric acid is a heterocyclic compound of carbon, nitrogen, oxygen and hydrogen with the formula $C_5H_4N_4O_3$. It forms ions and salts known as urates and acid urates, such as ammonium acid urate. **If too much uric acid stays in the blood, it causes uric acid to clump together in sharp crystals, which can settle in you joints and cause gout, a painful form of arthritis.** They can also build up in the kidneys and form kidney stones.

Normal uric acid levels are 2.4 to 6 mg/dL for female and 3.4 to 7.0 for male.

The Liv-1 activation with Acupuncture or Acupressure has shown wonderful results for a long time. Avoiding excess protein and improving the metabolism is the key for overcoming uric acid problem though modern medicine says there is no cure for gout.

TRANSFORMING YOUR LIFE FOR EVER

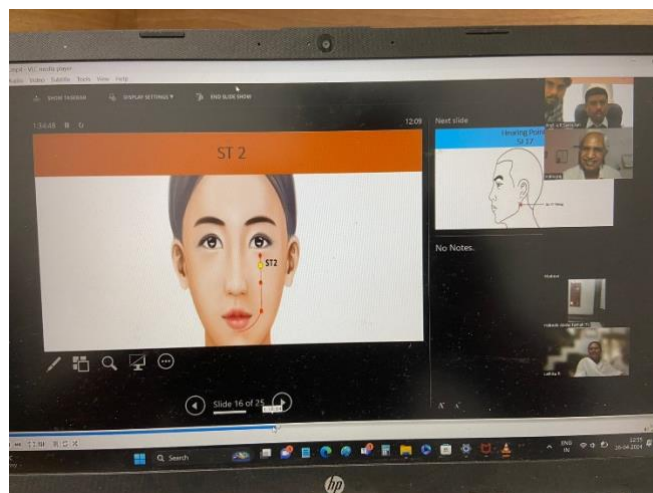
- 1.PRACTICE POSITIVE THINKING, POSITIVE SELF IMAGE AND POSITIVE SELF-TALK**
- 2.PRACTICE IMPECCABLE AND INCREDIBLE SELF- DISCIPLINE**
- 3.PRACTICE EFFECTIVE COMMUNICATION WITH PURPOSE DRIVEN ACTION**
- 4. REALISE THE TRUTH AND INTERNALISE.**

DIABETIES RESEARCH PROPOSAL BY Dr.H.BHOJRAJ

FOR FAST BOARD ON THE PROJECT OF DIABETES MELLITUS, #25/3, I MAIN ROAD, ATHMANANDA COLONY, SULTAN PALYA, RT NAGAR, BENGALURE-560032 12 NOON TO 1 PM DATE 14-04-2024

Introduction

Diabetes Mellitus is a metabolic disorder affecting millions of people and it has been observed as progressive disease, possibility of affecting the main organs if not controlled within the limits. The effective way of finding the sugar control is to check mean glucose level over a period of three months with HbA1c test. Fasting glucose and post prandial glucose are not the reliable test for checking the overall control of sugar levels.



In the year 2004, our Academy for acupressure and Acupuncture(AAA) started research on Diabetes control with Acupuncture on four points and self-acupressure for three months. About 100 diabetes patients enrolled for the research and after giving acupuncture treatment weekly once for about 3 months we conducted an open meet calling almost all the patients to express their experience. **Almost 80% of them expressed positive improvement and told their FBS and PPBS values have come down to below normal levels.** About 5 of them even stopped their mild medication. The research could not be continued further due to lack of research funds.

MIGRAINE RESEARCH

The Academy researchers started Migraine research for about 50 patients joined by paying Rs.500 for weekly

sittings for four weeks. In the second week only 5 patients turned up and on the fourth sitting only 2 patients were there. Mr.Suresh Palyam, Research Co-ordinator called each and every one of them and asked the reason for their absence. **All of them told that they didn't get migraine headache after the first sitting and they are applying acupressure on those points as trained by Dr.Bhojraj.** It was an eye opener for our research team. Later one student Mr.Sivaraman did intensive research for two years only on Migraine from Mumbai with four different acupuncture methods and got his Doctorate from Open International University, Sri Lanka.

EYE SIGHT IMPROVEMENT RESEARCH

The feedback given by Mr.Bhaskarnarayana, ISRO Scientist for postponing his cataract surgery for 3 years motivated us to start the eye improvement research especially during pandemic period which helped almost 200 students with very positive feedback. Incidentally Mr.Bhaskarnaraya has not undergone cataract operation even today after 10 years of starting eye exercises.

Mr.Bhaskarnarayana is the main motivator for hearing research also. **He has discarded his hearing aid within a week of practicing acupressure on the ear points and never used his costly hearing aid for the past 8 years.** Initially we asked people to measure their hearing ability with TV volume control and gradually shifted to frequency measurement application in the phone. Today about 50 people are regularly practicing and participating in our weekly Wednesday 7PM class conducted by Research Associate Ms.Kallolini.

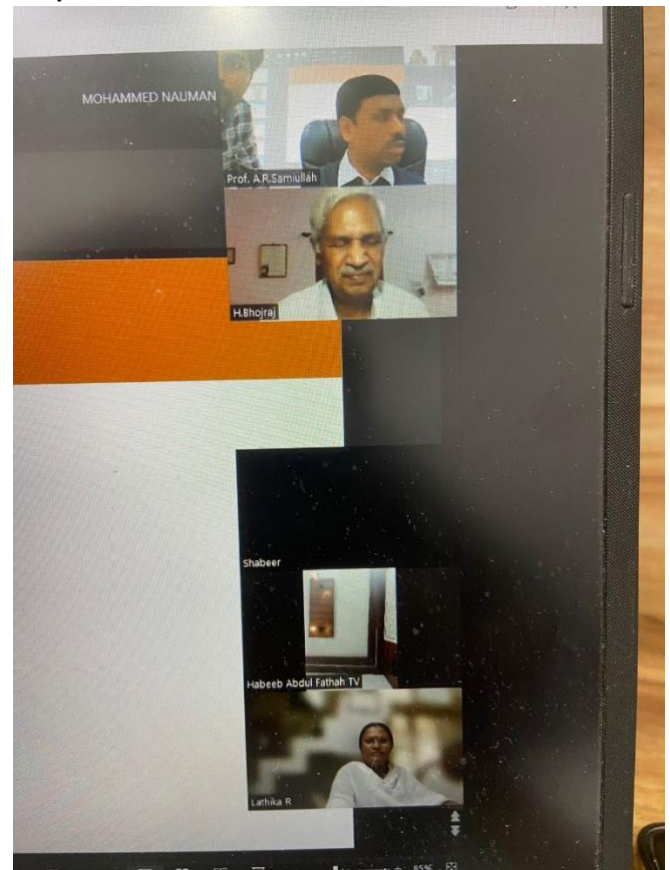
AGAIN, DIABETES RESEARCH

In the past one year many patients suffering from frozen shoulder were referred to me and almost all of them were cured within four sittings. **Incidentally their sugar levels also showed tremendous improvement and two of them started reducing their insulin dose based on their doctor's advice.** This motivated me to start systematic research in collaboration with FAST Board which is in the verge of getting a full time Acupuncture College once we get the approval of our Karnataka Government. These research projects will enhance the effectiveness of Acupuncture Treatment and our State will have the opportunity to lead the country in Acupuncture research once we prove the efficacy with records to the Modern Medical System.

HOW ARE WE GOING TO START THE RESEARCH?

First and foremost, about 50 to 100 trained acupuncturists with degree or diploma or certificate will be registered as Research Associates with FAST

Board for a nominal amount which will be fixed by the Apex Committee. **This will be the accreditation from the board for their practice and research in acupuncture.**



All these research associates will have to undergo HbA1c test to check their mean glucose level for 3 months. They will be asked to start self-acupuncture on specified points for 10 minutes four times a week for a month, thrice a week for next month and twice a week for third month. **Then same research associates will have to do one more test of HbA1c to observe the change.** It will give the result conclusively to take up in a bigger scale with 1000 diabetic patients of various age groups.

Those people having HbA1C below 6, need not take up the three months test. Those above 6, it is mandatory to take the self-treatment and testing after three months.

Based on these pre-clinical trials, a major decision to go ahead with the big research involving 1000 people can be started with proper records.

REGISTRATION OF RESEARCH ASSOCIATES

All those interested in joining our research program has to fill up the Registration Form within 10 days or **on or before 10th May 2024.** The details of the treatment points and treatment schedules will be given by the Apex Committee.

They have to sign a form agreeing for the terms and conditions and also taking responsibility for the outcome of the treatment.

Diabetes patients have to continue their medication, exercise and diet without any change for three months. Though initial HbA1C and final HbA1C after three months are essential, they are encouraged to check their FBS and PPBS results weekly once if a glucometer is available. Otherwise, once a month these parameters can be evaluated for strengthening our research.

The general parameters like energy levels and wellness feeling can be recorded in the beginning and in the end for our evaluation. Parameters to be recorded are work output in qualitative terms, tiredness after exercise, any pain relief etc.

Once successful, same Research Associates will be attached with minimum 10 diabetes patients of various age groups and the treatment will be continued for next 3 months. They have to be taught how to activate the points daily to keep their sugar under control.

Weekly once Zoom meeting will be conducted with Research Associates and if required with patients to know their progress or any reactions.

The FORUM can decide the terms and conditions along with the clearance needed for this pre-trial research involving only Research Associates and then with actual patients.

The Apex Committee will decide the registration fees for becoming Research Associates and also their monthly remuneration based on number of patients joining them for treatment.

All financial transactions will be handled by FAST Board with the decisions taken by the Apex Committee.

The Zoom meeting conducted by Dr.Samiullah , Chairman of FAST Board was attended by about 100 people from various parts of INDIA and almost all of them given positive feedback after the talk on various researches conducted so far by our AAA. In principle it was agreed to start the research on Diabetes control with Acupuncture and he requested interested students to fill up the registration form to join as Research Associates.

It was also decided to discuss in depth about the parameters to be monitored and also to fix the protocol to be followed by Research Associates. It was decided to meet on 28th April in the same venue and all concerned were invited for discussions .

ACU MEDITATION PROTECTS YOU FROM CONTAMINATION, EROSION, CORROSION AND EVAPORATION OF THE MIND.

EXCELLENT INITIATIVE BY ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE : SAYS Mr.BHASKARNARAYANA, Ex ISRO SCIENTIST AND MENTOR OF AAA

As a colleague and close friend of Dr.H.Bhojraj, Chairman of the Academy, I always supported his research ventures right from the day he started the Academy for Acupuncture research after his retirement in 2011.

I myself experienced the effective treatment of Acupuncture for my Frozen Shoulder 10 years back, I could avoid my Cataract Operation for past 10 years with Acupressure points, I could discard my hearing aid 8 years back after practicing ear points and my leg swelling also vanished with acupuncture treatment. So, I strongly believe in this simple self-help system and I have been supporting for past 20 years.

Now also I strongly feel this Diabetic research is going to spread very fast because it is very effective. As a mentor of the Academy, after going through the proposal, I strongly believe in this research project of AAA in collaboration with FAST Board.

I would like to congratulate the Research Team of this great project which was conceived by Dr.H. Bhojraj and being executed by the FAST Board .

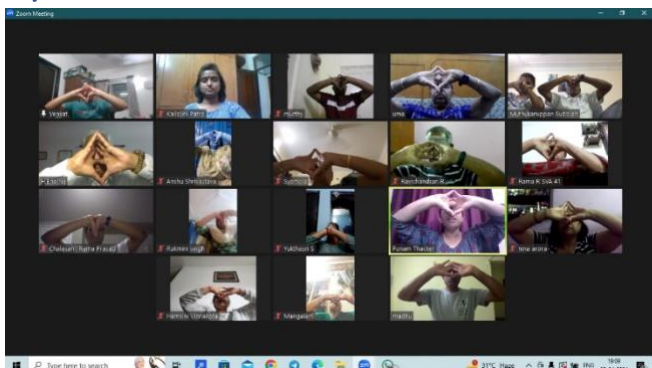
Wishing you all the best.

Mr.BHASKARNARAYANA, EX-ISRO SCIENTIST

- **HAPPINESS IS WITHIN US.**
- **GAIN CONTROL OVER YOUR DESIRES.**
- **PRACTICE BEING CONTENT.**
- **BE A GIVER. BE TRUTHFUL AND KIND.**
- **BE MORE ACTION ORIENTED THAN RESULT ORIENTED**

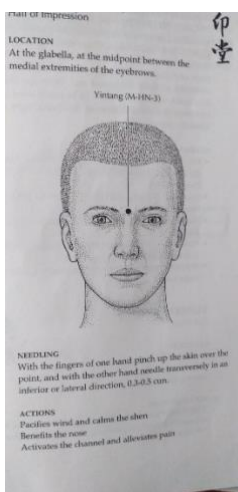
HEARING IMPROVEMENT RESULTS FOR 6 MONTHS

By Ms.KALLOLINI and Dr.H.BHOJRAJ



Every Wednesday at 7PM, Hearing and Sight Improvement meeting starts with ACUMEDITATION for just two minutes. We received wonderful feedback from the participants. As a matter of fact, **GV-26 (Just below the nose) is considered as Consciousness point** which is activated to revive the person to wakefulness if they faint. Acupuncturists say it has the potential to

revive patients in coma and it is very effective for epilepsy during attack. The index finger touches the GV-20 and middle fingers together touches **the center of the eyebrow which is called Yin-Tang which represents the mind.** By applying rhythmic pressure for two minutes, one can balance the mind and bring peaceful state of the mind.



All participants were very happy to share their improvement in

hearing frequency and it gives us confidence in our research results. I request all people interested in trying this self-help method can join our free trail class any Wednesday at 7PM and continue after the payment of donation to our Academy.

MEETING ID 81480737634

PASSCODE: AAA

CONTACT Ms.KALLOLINI Phone: 99114 13405

WE NEED MINIMUM 100 REGULAR PRACTITIONERS FOR OUR RESEARCH. JOIN US AND SUPPORT US

THEORY-THE HYPOTHESIS FOR IMPROVEMENT

By activating all the Acupuncture points in and around the ears, more energy flows particularly to the inner ear and it helps replacing the fluid called ENDOLYMPH which amplifies the sound waves by 30 times according to the medical theory. As the fluid gets replaced by new one due to sufficient energy flowing in that area, the



hearing also improves.

This is only hypothesis which has to be checked before and after. Let us find a method to assess the

quality of endolymph fluid before and after practice for few months in consultation with ENT specialists.

HEARING IMPROVEMENT RESULTS AS ON APRIL 2024 FOR COMBINED BATCH FROM SEPTEMBER 2023

NAME	AGE	LEFT EAR	RIGHT EAR	BOTH EARS	INITIAL READINGS BOTH EARS	FEED BACK
1.RAVICHANDRAN	71 M	10200 HZ	10300 HZ	10300 HZ	8200 HZ	WONDERFUL RESULTS
2.UMA RAVICHANDRAN	68 F	8700 HZ	9000 HZ	9200 HZ		HAERING ALSO IMPROVED
3.HAMSINI VINNAKOTA	41 F	13000 HZ	11300 HZ	13000 HZ		JOINED FOR EYE SIGHT
4.K.MANGALAM	68 F	9300 HZ	9500 HZ	9500 HZ		GOOD IMPROVEMENT
5.PUNAM THAKER	41 F	12200 HZ	12200 HZ	12200 HZ	11900 HZ	JOINED FOR EYE SIGHT
6.ANSHU SRIVATSAVA	49 F	14953 HZ	15182 HZ	15891 HZ		
7.SHYMALA R	71 F	5000 HZ	9400 HZ	9500 HZ	LEFT 1400 HZ	SUPER IMPROVEMENT
8.SUDHA KALYANARAMAN	66 F	9600 HZ	9900 HZ	9700 HZ	NOT MEASURED	JOINED FOR EYE
9.KRISHNAN	71 M	9900 HZ	9900 HZ	9900 HZ	L 6000 R 8000	EXCELLENT IMPROVEMENT IN 5 MONTHS
10. MUTHU KARUPPAN	75 M	4000 HZ	3500 HZ	6500 HZ	JOINED IN APRIL 2024	
11. BHOJRAJ H	75 M	8900 HZ	9000 HZ	9100 HZ	7700 HZ IN 2023	LISTENING FREQUENCY IMPROVED INSPITE OF AGING

MEETING WITH THIRUMUDIVAKKAM INDUSTRIAL ESTATE MANUFACTURERS' ASSOCIATION (TIEMA) EXECUTIVES ON 28TH MARCH 2024

Mr.Nargunam, ADVISOR, TIEMA organized a meeting with the executives of the Association in his office during Dr.Bhojraj's visit to Chennai mainly to take this preventive health care to all units in their Industrial Estate. Mr.Ramesh Khanna, President of the Association, Mr.R.Selvam, Vice President and Mr.Muthukumarasamy, Director have attended the meeting in Mr.Nargunam's office.



Mr.Nargunam, Dr.Bhojraj, Mr.Muthukumarasamy, Mr.Selvam and Mr.Ramesh Khanna

Dr. Bhojraj explained the advantages of drugless therapies and asked the President to motivate all Industries in their Estate to invest some budget for preventive health care of their employees instead of curing the problem.

Mr.Nargunam explained the benefit the employees got in the last two years and strongly recommended for encouraging drugless therapies like self-acupressure and reflexology. He also suggested that Mrs. Vidya's services can be utilized when she visits Excell Die Casting for regular follow up and treatment twice a month.

Mr.Ramesh Khanna agreed in principle to promote this self-healing method and take it up in the upcoming Executive Committee meeting for approval. The meeting was very fruitful and ended with thanks to Mr.Nargunam.

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE
MOTTO: CLINICAL CARE, TRAINING AND RESEARCH

FOR HIGH SCHOOL STUDENTS

WHAT IS RADAR IMAGING?

BY Mr.SUNDRAMURTHY AND Prof.SOMA PERUMAL

RADAR stands for **R**adio **D**etection and **R**anging and is an active transmission and reception method in microwave GHz range. Radar sensors are used for contactless detection, tracking and positioning of one or more objects by means of electromagnetic waves.

Radars are now used to help navigate ships in fog and airplanes in bad weather. Radar can detect a speeding car and can give its speed for detection by Traffic Police. Radar is mainly used for tracking Satellites in space. Most importantly, Radar Imaging Satellites can detect all sorts of atmospheric phenomena for meteorologists.

BASIC PRINCIPLE

Extremely short bursts of radio energy (travelling at the speed of light) are transmitted, reflected off a target and then returned as an echo. The echo principle gives us the speed of the object and location.

MODERN USES

It is used in air and terrestrial traffic control, radar astronomy, air-defense systems. Anti-missiles systems, marine radars to locate land marks and other ships, aircraft anti-collision system, ocean surveillance system, outer space surveillance and rendezvous systems etc.

INVENTOR : HEINRICH HERTZ

NISAR PROJECT

The **NASA-ISRO Synthetic Aperture Radar (NISAR)** mission is a joint project between NASA and ISRO to co-develop and launch dual-frequency synthetic aperture radar on an Earth observation satellite. The satellite will be the first radar imaging satellite to use dual frequencies.

It is expected to be launched in coming months after receiving the 12M(39 Ft) antenna with special coating to control the temperature within the tolerable limits.

Students can look forward to this great collaborative project by NASA and ISRO in MAY/JUNE 2024.

OUR BEST WISHES TO ISRO AND NASA

REGISTRATION FORM FOR RESEARCH ASSOCIATES

NAME _____

DATE OF BIRTH: _____

PHONE NUMBER: _____

QUALIFICATION: _____

ADDRESS: _____

PRESENT HEALTH: EXCELLENT/VERY GOOD/GOOD/OK

ARE YOU ON ANY MEDICATION? YES/NO

I WILL PARTICIPATE IN THE RESEARCH AS PER THE DECISIONS TAKEN BY THE APEX COMMITTEE OF FAST BOARD.

I AGREE TO PARTICIPATE IN DIABETES RESEARCH WITH ACUPUNCTURE AND SELF ACUPRESSURE AND I TAKE THE RESPONSIBILITY FOR ITS RESULTS.

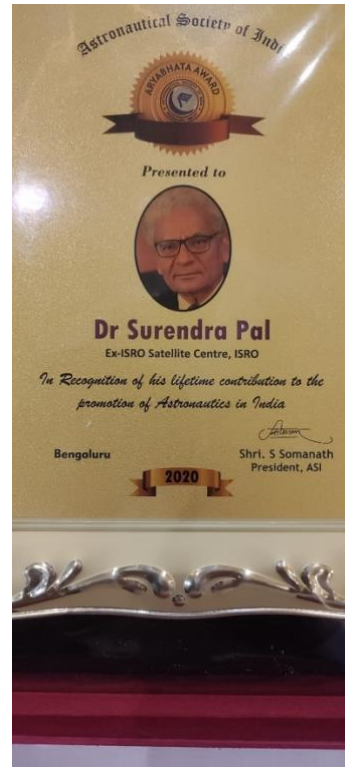
SIGNATURE WITH DATE

PHOTO

PLEASE SEND THE FORM TO Dr.H.BHOJRAJ, 1963, 8TH MAIN , E BLOCK, II STAGE, RAJAJINAGAR, BANGALORE-560010

ATTACH PHOTOCOPY OF YOUR ACUPUNCTURE CERTIFICATE

NO FEES TO BE PAID NOW. ONCE THE COMMITTEE ACCEPTS YOU AS A RESEARCH ASSOCIATE, YOU HAVE TO PAY THE AMOUNT DECIDED BY APEX COMMITTEE BEFORE STARTING OUR FIRST OFFICIAL ZOOM MEETING.



Dr.Surendra Pal, Ex.Distinguished Scientist of ISRO and Mentor, AAA has been awarded 2020 Annual award of Astronautical Society of India for his lifetime contributions to the promotion of astronautics in India. The function was held on 17th April in Space Application Centre, Ahmadabad.

AAA conveys our hearty congratulations to Dr.Pal to this great recognition by ASA.

ACUPRESSURE WORKSHOP FOR

EYE AND EAR IMPROVEMENT

BY ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

FOR EYE SIGHT IMPROVEMENT STARTS MAY 6TH

ZOOM SESSION : EVERY MONDAY AT 7 30 PM

FOR HEARING IMPROVEMENT STARTS MAY 3RD

ZOOM SESSION : EVERY FRIDAY AT 7 30 PM

HOW TO REGISTER?

WHATSAPP 9845649914 (Dr.H.BHOJRAJ) PAY RS.2000/ ONLY AFTER THE CONFIRMATION.

SEPARATE REGISTRATION

TO AAA, **INDIAN BANK,A/C No.6012588256,**

IFSC : IDIB000R005

ZOOM SESSIONS BY Dr.H.BHOJRAJ, Mrs.REKHA.S V AND Ms. KALLOLINI WILL BE CONDUCTED FOR 3 MONTHS TO OBSERVE THE DIFFERENCE WITH WEEKLY CLASSES.