

ACU WELLNESS

MAY-JUNE 2021

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

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FROM THE CHAIRMAN'S DESK



Dear friends,

Hope that all of you are safe and healthy in this COVID season. Due to the unexpected developments and lockdown in May, we were unable to bring out our monthly newsletter as planned.

The situation in the entire country is going from worse to worst. The increased awareness and vaccination is sure adding relief but not enough to complete our fightback against this viral pandemic. Another worrying trend is the new diseases being added due to heavy steroid treatment for covid, especially among diabetic patients. It's also unfortunate that we lost many lives and livelihood so far. On behalf of all our readers, I record our heartfelt condolences to the bereaved families.

Zen Masters say just live in the present.

Living in this present situation is difficult but not impossible. Many people admitted to the

hospital for covid treatment have also recovered very well. The trend is slightly improving all over India. **We appreciate the Government's sincere efforts to improve the situation.** The team working on the ground to successfully enforce the lockdown also deserves special appreciation. Also, thanks to the people for supporting the Government to overcome the second wave of Covid.

India is isolated now yet the whole world is ready to support us to overcome this present crisis. **We are also a country with vast spiritual knowledge.** By adopting the **Vasudhaiva Kutumbakam principle (a Sanskrit phrase meaning "the world is one family")** we can overcome the present situation and also lead the world, in proving that **'spiritual power is superior to any material power'**.

You are alive at this moment. That should be the starting point. **We can achieve a lot of clarity by staying calm and detach from future expectations and the past.** One can also take the help of Spiritual Masters to achieve this. The life lessons learnt with COVID so far will be very useful for the third wave which is certain to come once the lockdown is gradually eased. We must learn

to live in this new normal situation and still be productive.

The positive aspect of the pandemic is the penetration of the digital world to the most backward rural areas also. **The telemedicine and Tele-education programmes started by ISRO 30 years back has become a reality with the invention of the mobile phone with WhatsApp and zoom.** The whole world has shrunk and you can converse directly from any corner of the world.



SCREENSHOT SIRP -II AWARENESS MEETING

SIRP-II: THE SECOND EDITION

After the pilot success, I am happy to write that our second Sight Improvement Research Programme (SIRP-II) has also taken off well. We had a very good response to the introductory sessions organized on Zoom on May 19, 20 and 22. **Mrs Aarthi R (consultant editorial member of the Academy) has been nominated as the main coordinator for the second batch.**

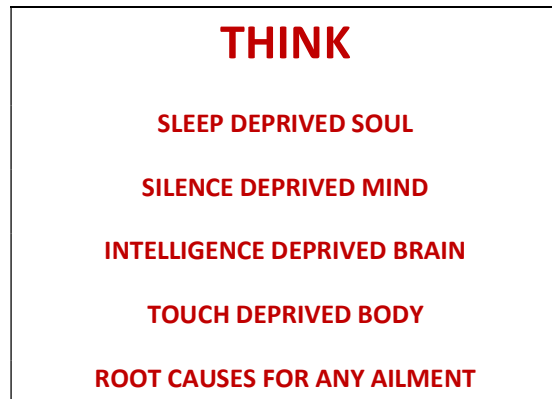
We are now in the process of finalising our research associates for the three-month research, expected to start by mid-June. Intensive training on eye problems and eye exercises for the selected RAs is being planned shortly. **Those interested in joining can contact Mrs Aarthi R on 9886326581 (WhatsApp/Message).** Also, read our FAQs for more details on the project and about your role as a RA or Volunteer. We are also planning a grand online celebration on Zoom

during July first week to conclude our first phase of research. I request all the volunteers to attend with their near and dear ones. I thank one and all for your continued support.

DAILY PRACTICE YOGA, PRANAYAMA AND EYE EXERCISES. GOD BLESS YOU ALL.

H BHOJRAJ

CHAIRMAN, AAA



HEALING MIRACLES FROM ACU WORLD

(New column showcasing interesting case studies from the alternative healing world every month)

ACUPUNCTURE CURED MY WIFE'S SEVERE SCIATICA PAIN – Dr H Bhojraj

We Karnataka Acupuncturists are taking solid efforts under Dr Samiullah for getting Acupuncture as an independent system in Karnataka like Maharashtra.

Whether Government recognizes it or not, my wife recognized Acupuncture which gives me immense satisfaction in learning and practising Acupuncture. Here's how it happened:

May 16, 2021: Early morning my wife got up from the bed with severe pain in the left thigh and calf muscles. She managed with difficulty till afternoon. But around 3 PM, she was unable to even move the legs. When I

examined her, the calf muscles and thigh muscles had become very tight. She was unable to stretch the leg from the knee joint to even get up from the bed.

The lockdown and pandemic created a scare for any immediate relief by the medical system. We consulted Mr Girish, an Acupuncture Practitioner on a video call. He could analyse the condition. The problem was in the sciatica nerve which was creating the blockage due to pressure. He sent a music video (on YouTube) for severe back pain. I made her listen to the music for an hour but she had no relief.

Immediately I also consulted Dr K Kanaka Rao, ex. ISRO Chief Medical Officer. He prescribed a mild pain killer to be taken three times for three days but due to lockdown, the medical shop also opened the next day only.

I finally decided to try our Acupuncture since my daughter had already tried acupressure on her with little relief. **I inserted 4 needles at the back on B-26, B-27, B-28 and B-29 on the Urinary Bladder Meridian for just 5 minutes.** Instantly the leg from the knee became normal and the thigh muscles also relaxed.

When she moved the legs freely I could observe the brightness in her face. **Then I made her lie down and inserted the needles on B-40 and B-60 bilaterally. Within 10 minutes she could get up and walk.** It was a surprise for me as well!

The next day she wanted me to repeat the treatment. Within three days she gradually improved and came back to normal mode. **I mentioned this to our team in our video conference meeting and told them that I would like to put it on record to highlight the efficacy of Acupuncture.**

I take this opportunity to thank my masters (Late)Dr ANTON JAYASURYA from SRI LANKA

and (Late) Dr S NAGENDRAN from Tanjore for initiating this ISRO engineer (myself) to Acupuncture. I am writing this after 11 days of that incident. But for acupuncture, I would have faced a tough time during the total lockdown.

Other Interesting case studies for this month:



Guest Writer: Surampudi Srinivas Rao

Rising Lifeline - **9845379198 (Mob)**

Case -1: Autism

Issues: Boy 16-years-old: Growth related Milestone delays from birth, improper speech, unable to pronounce all letters, no strength in hands, fingers and legs. Not able to fold all fingers or bring them close together. There was a strong/hard lump in the feet near the last finger of the right foot bone which is causing flexibility problem in the foot.

Treatment: Regular acupressure on important 10 points, Zone therapy, reflexology was carried out. In alternate sessions, we were also doing Access bars. To control emotions, Bach flower remedies used.

Results: In Phase 1 treatment we started observing small changes within 4/5 sessions. In 30 sessions spread over 100 days (10 sessions per month approx.) He can bring all fingers close and make a fist, he can walk freely to a greater extent as the lump became soft on foot, Immunity increased, Hormone balancing started happening and grew by two inches tall, weight increase by 5 kgs. He started doing hand wrestling too. He increased his food intake and able to enjoy

different tastes too. He gained a lot of confidence. Now he looks straight into our eyes. Started doing Springs and Dumbbells.

Case 2 - Constipation Since Birth.

Issue: Eight-year-old girl passed stools just weekly once since birth as per parents and Grandparents. The stools were hard and she was also unaware of motion passing.

Treatment & Result: In one session, I gave her acupressure on important points and applied Ayurvedic Acupressure colour therapy on Reflex points on her fingers. Explained the body clock rhythm and food changes required. In 10 days, they reported that her elimination was regular. She cleared her stools before 6: 30 AM.

Case -3: The Body Balancing Miracle

Issue: A Yoga trainer, 45-years-old, came to us with leg issues. He was accompanied by a common friend and reported one side hip problem.

Treatment & Result: We carried out Leg, hip, back balancing, Spinal walk, neck balancing techniques. On getting up he reported that the pain is not there and sat down “as we sit in Indian toilet”. He was surprised that both his feet fully touched the floor. It seems since childhood he had a problem keeping both feet fully on the floor while sitting. He was very happy with the single-session treatment.

THINK

- **WITHOUT CLEAR VISION AND FOCUS YOUR MIND IS YOUR OWN ENEMY**
- **EVERYBODY HAS GOT THE WILL TO WIN BUT ONLY VERY FEW HAVE THE WILL TO PREPARE FOR WIN**

SIRP: Your Eyes Matter

ACU-Mission towards Vision Improvement

-T K Sundaramurthy and M V Kannan

Ex ISRO SCIENTISTS

During our great grandparent days, there was not much medical aids/support in vision-related defects, like what we all enjoy today. Most activities were confined during the sunlight period and in field works. The day started just before sunrise and completed by sunset. Reading also happened only during the day. For a few, even viewing the objects



during daylight were challenging, besides some not able to see the nearby/distant objects.

Science advanced. People started looking for remedial measures for clearer vision even in sunlight. The eye exercise was one of the methods adopted. Ophthalmology has advanced rapidly in the past 60-70 years. Flipside, we also see an increasing number of people using spectacles to correct vision, starting at a very early age.

Most vision-related problems today are mainly due to the extended use of computers, tablets, e-readers, cell phones and TV. It is disheartening to say that even tiny tots are introduced to mobile phones while feeding. Yes, true they pick up the technology very fast, but their sight also gets affected on continuing this habit long time. Blurred vision, sensitivity to light, difficulty in focusing, headache including migraine,

burning/stinging eyes, etc lead to chronic eye conditions. This is also aggravated by the blue light affecting the production of tears for lubrication and nourishment.

Many health problems are cropping up among children today. With schools shifting to the online mode due to the prevailing Covid pandemic worldwide, children are spending more time in front of computer screens. Further, many parents are also relaxing screen-time rules for TV and video games to keep their kids occupied while under lockdown. Further, they are being restrained to play outdoors away from sunlight. This combination – more screen time and less outdoor time – is likely to harm children’s vision and place them at higher risk of developing myopia, or near-sightedness. Further, this can lead to severe eye-related problems in the future, including some potential blindness syndrome. Opticians also confirm an increasing number of children coming in with complaints of eye strain.

The Big Question: Is it possible to reverse the eyesight naturally?

Yes. You can with simple eye exercises advocated by our former ISRO Colleague/scientist Dr H Bhojraj, (also Acupressure and Acupuncture practitioner). Just giving a thumb pressure regularly around both eyes has shown positive improvements for many. Gradually this technique was modified to be more effective without any side effects/issues. It is also proved effective and safe for children (with parental guidance).

Dr H Bhojraj has effectively utilised the lockdown period to bring out his book - “Towards a better vision”. This book details how one can improve eyesight with simple five-minute acupressure on relevant pressure points in and around the eyes. These exercises are based on his research over five

years and positive feedback/results received from his team of advanced acupuncture practitioners/class students and few former ISRO colleagues.

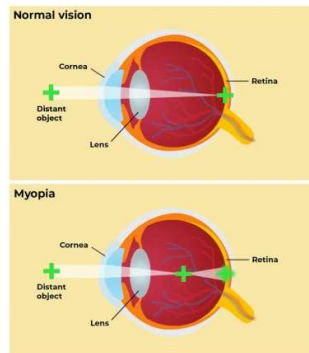


It is reported in media that over the past 20 years, the number of children with myopia has increased significantly. In Asia, up to 90 per cent of children are now myopic, and in the U.S., the number of children with myopia will increase from 39 million in 2020 to 45 million by 2050.

**THINK
CLARITY IS POWER**

For Children, below 10 years, the mothers should spend five minutes with them doing these simple exercises for preventing defective vision in future.

Children above ten years can be educated to maintain their eyesight for life. Adults and aged people can also practice these exercises for regular upkeep of their eyesight and a measure in



overcoming defects such as cataract, glaucoma, presbyopia etc. Generally, Eye defects like myopia (short-sightedness), Hyperopia or hypermetropia (long-sightedness), Astigmatism (squint) are corrected by spectacles.

If one understands the root cause of these defects, it can be circumvented at an early stage, without the use of spectacles.

He was supported by a team of experts (Research Associates) who have been trained first on the exercises and in turn have been entrusted with the responsibility of spreading and imparting this exercise with their guidance among children especially, wearing spectacles. Later this was extended to all age groups.

FLASHBACK SIRP-I: THE SUCCESS CHAPTER

REGISTER NOW FOR SIGHT IMPROVEMENT RESEARCH PROJECT (SIRP) II

THOSE INTERESTED TO JOIN US AS RESEARCH ASSOCIATE (RA) OR RESEARCH VOLUNTEER (RV) REGISTER ONLINE IMMEDIATELY. VISIT bhojraj.tripod.com. DO READ THE FAQS FOR BETTER CLARITY ON THE PROJECT. TRAINING BEGINS JUNE FIRST WEEK. CALL/WHATSAPP: 9886326581 FOR DETAILS.

DID YOU KNOW WHAT IS VISION 20/20?

The 20/20 vision is synonymous with “perfect vision”. The term 20/20 is solely a measurement. 20/20 vision is a term used to express normal visual acuity (the clarity or sharpness of vision) measured at a distance of 20 feet. The 20/20 is what the predicted perfect acuity of someone is at 20 feet. For example, if you have 20/100 vision, you see what someone with 20/20 vision can see at 100 feet.

SIGHT IMPROVEMENT RESEARCH PROJECT

Thoughtfully Dr H Bhojraj also introduced a six-month Sight Improvement Research Project (SIRP) in October 2020. This intensive drive was also successful in educating many school children (particularly children below 18 years) on vision-related aspects arising from continuous use of mobile phones, laptops and personal computers and attending online classes with the use of these electronic gadgets.

Around 70 Children and 90 Adults enrolled in this project that was conducted online. Intensive monitoring of improvement in the EYE sight among enrolled candidates started in Sep/Oct 2020 and the outcome of the monitoring (results) was reported by individual Research associates in two broad categories namely children (below 20 years) and adults (above 20 years). The data collected were periodically reviewed by the Apex committee headed by Dr H Bhojraj. The research carried out over six months yielded positive results towards sight improvement in a broader sense, as per the feedback received from over 100 volunteers who have experimented on this eye exercise through, their respective RAs.

The qualitative data was supplemented with the EYESIGHT testing by Registered Practitioner and readings of STANDARD EYE CHART provided to all participants through physical and online and this has yielded better test data for analysis and interpretation.

It is suggested that members of Pensioner’s forum may try this simple exercise with their

kith and kin and share their experience with Dr H Bhojraj, Chairman of AAA to facilitate active research in this area to benefit mankind.

Visit bhojraj.tripod.com for a simple demonstration of this exercise and to know more about the eye improvement programme.

SIRP-I SCRAPBOOK: VOLUNTEER FEEDBACK

WONDERFUL RELIEF SAYS



Mrs KAVITHA SOOD, 53 YRS FROM GURUGRAM

I approached Ms. Kallolini Patro at the lowest phase of my life while I was also struggling with my eye issue. The pressure in my left eye was on the higher side and my left eye felt injured. On checking it with my eye doctor, I was told that my eyes were actually injured and that the cornea has an irregular shape due to the radial keratotomy surgery that I had got done to get rid of my glasses three decades back. The doctor's statement left me disheartened. It is then that I approached Ms. Patro. She gave me an exercise protocol for the eyes and asked me to do it with complete attention two-three times a day. A week into doing these acupressure exercises, I am already feeling so much better, hopeful and confident. It feels that my displaced left eyeball has come back to its place! I have my sincere gratitude for Ms. Patro for having guided me towards my healing.

My wish for all is - that we be blessed by the guidance of such lovely souls who are God send and help us in our healing journey of body, mind and emotions 🙏

The first batch of SIRP launched in October 2020 has truly been a wonderful learning and healing experience for all of us who worked in it. This includes the 70 children and 90 adults who joined as volunteers and the 11 RAs. Due to the present lockdown situation, the final eye tests are pending to conclude the six-month pilot research. However, majority of them who regularly practised the exercises as trained have confirmed a remarkable improvement in not just their eyesight but also in general health. The final results will be published shortly.

TELECONSULTATION FEEDBACKS

- MY HEEL PAIN SIMPLY VANISHED WITH SELF ACUPRESSUE SAYS Mrs SHARMILA FROM COONOOR
- MY WIFE'S SEVERE BACK PAIN VANISHED WITHIN A WEEK SAYS Mr HEMANTH ADIGARI FROM BENGALURU
- MY NECK PAIN VANISHED WITHIN A WEEK WITH ACUPRESSURE SAYS Mrs KALPANA RISHI FROM BENGALURU
- I COULD LIFT MY HAND STRAIGHT UP WITHIN A DAY WITH ACUPRESSURE...

ALL WERE GUIDED BY TELE-CONSULTATION. BOOK YOUR APPOINTMENT WITH Dr BHOJRAJ 9845649914

ALL YOU NEED TO KNOW ABOUT SIRP-II

SIRP is short for The Sight Improvement Research Programme. SIRP-II is the second batch of this research project that uses simple eye exercises to improve eyesight. SIRP is a flagship project of The Academy for Acupressure & Acupuncture (AAA) under the chairmanship of Dr H Bhojraj.

The present COVID situation has increased our dependence on the online medium. There is enough research evidence that proves the harmful effects of increased screen time on individuals, especially children. Since the screen exposure cannot be completely controlled, we hope to offer

a holistic eye care package through SIRP. These eye exercises have been scientifically proved to have amazing healing benefits not only for the eye but also on the overall health of individuals who practise regularly. It is also safe for children. The project has been planned for three months and may be extended to six months depending on the research data collection. You have two options to join SIRP-II. Details as below:

a. RESEARCH ASSOCIATE (RA): will be extensively trained by Dr Bhojraj on the eye exercises along with complete eye anatomy, physiology and the acupressure approach to common eye ailments. Once trained, RAs will have work on training volunteers and collect continuous data for the research. To register as RA you have to log on to the AAA website: <https://bhojraj.tripod.com> fill up the Registration form and submit it online. The Registration also includes a compulsory one-time refundable fee of Rs 5,000 (Rupees Five Thousand Only) to be paid to the Academy

This deposit is mainly to confirm the individual's commitment to work on the project and compliance with the volunteer data collection throughout the project period and will be refunded back on completion of the project.

b. RESEARCH VOLUNTEER (RV): Will be identified by both the Academy and the registered RAs. Those interested can also register online - <https://bhojraj.tripod.com> fill up the Registration form and submit along with a compulsory one-time Non-Refundable fee of Rs 1,000 (Rupees One Thousand only) to the Academy.

The age limit for RAs – 18 & above; Volunteers: no age limit, preferable age - 12 years and above. However younger children may also attend for early awareness on eye care.

Anyone can register as RA. Training will be given by the Academy. Prior knowledge in any form of acupressure / acupuncture / yoga is an added advantage so is teaching experience. But none of these are compulsory to qualify as a RA for SIRP-II. Only minimal requirement is that you should have a mobile phone / laptop with internet connectivity and WhatsApp.

2ND JUNE 2021

4 PM

ZOOM MEETING

JOIN OUR PROSPECTIVE RESEARCH ASSOCIATES MEETING ON 2ND JUNE 2021 AT 4 PM BY ZOOM.

YOU CAN REGISTER AS RA AFTER THIS MEETING

THOSE INTERESTED IN ATTENDING THE SEESION WITH Dr BHOJRAJ CAN REGISTER WITH AARTHI PHONE 98863 26581

LINK WILL BE SENT BY WHATSAPP

TENTATIVELY 4th JULY, 2021, 4 PM HAS BEEN DECIDED FOR THE CONCLUSION OF SIRP 1.

MANAGEMENT COMMITTEE MEMBERS, RESEARCH ASSOCIATES, DONORS, AAA SUPPORTERS AND VOLUNTEERS ARE WELCOME TO ATTEND.

FOR YOUR ADVANCE INFORMATION

Mr M V KANNAN AND Mrs LATHA MURALI WILL CONDUCT THE SHOW.

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE (AAA)-FOR DONATIONS

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IFS CODE IDIB000R005 CBS CODE 00064

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