

# ACU WELLNESS

**ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE (R)**  
**1963, 8<sup>TH</sup> MAIN, "E" BLOCK, II STAGE, RAJAJINAGAR, BENGALURE-560010**

**NOVEMBER-2022**

**TEL: 9845649914 E-MAIL : [acuacademybgl@gmail.com](mailto:acuacademybgl@gmail.com)**

**WEBSITE: <http://bhojraj.tripod.com>**

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## FROM THE CHAIRMAN'S DESK

It has been a great achievement for the Academy having conducted the Emotional Intelligence Workshop after two postponements due to unavoidable circumstances like heavy floods and the festivals. **The workshop and the book release function on the same day in Hotel St Marks are the real feathers in the cap of our Academy.** When we started our Academy activities in the year 2011, we all Trustees were unaware of its potential in future. But the



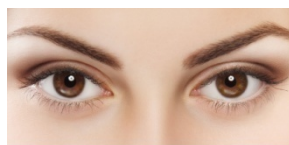
consistent efforts of our founder Trustees and the support of our Donors made us to reach this stage. Today Academy is known all over the world, mainly due to our

website <http://bhojraj.tripod.com> created and maintained by our founder Trustee **Mr.M.V.Kannan**

**Rtd.ISRO** Scientist and the

openness in our website has catered to the needy with acupressure and acupuncture points. Though thousands of people all over the Globe benefitted very few have time to acknowledge this on record. But it is our moral responsibility to tell the people

about such easy and efficient ways to cure themselves.



*Towards a Better Vision  
with Acupressure  
Dr.H.Bhojraj*



*Emotional Intelligence in Health  
Sivakumar Bellan*



As human beings, we have had our physical bodies for thousands of years, but all of us came to this world without any manual attached to our bodies. All of us have spent much of our time trying to figure out how they work and how to make them work better.

More than that we have been fed constantly with opinions, traditions, theories, facts about nature, science, and history of the world and *by the time we reach adulthood, our ideas about the world including the healing science are moulded and stored in our memory. When new information comes along based on any research, our minds are slow to accept and understand that do not fit with previously learned information.*

"The human energy field" which we call "Pranamaya Kosha" has been the basic tenet of healing acts for very long time. The "Qi" of Chinese, "Ki" of Japan and Korea are the same energy field which has to be balanced to stay healthy. **If we go step ahead we are all "Spiritual beings" and having physical experience here on earth as human beings.**

Thoughts are energies too. **Thoughts only produce emotions which is intense energy.** Ultimately the secret of staying healthy is in balancing this energy mechanism and not allowing and excess energy due to emotions get stuck in our organs. **Identifying those stored emotions and removing them from our system with our intention and also with a magnetic force will revive our health.**

We in our Academy want our system to train and teach the youngsters below 20 years to learn all these alternate systems in the schools and colleges to bring a total revolution in healing science.

Emotional Intelligence workshop is the maiden effort by our Academy in this direction. I wish more and more sessions will be conducted in coming months and years to make this a reality. **All for health and health for all** with simple healing systems.

I thank all the Donors, Supporters and Practitioners for their wonderful support not only for the workshop but also for spreading the simple healing systems to all your family members.

**May GOD bless you all with health, wealth, prosperity and long life.**

H.BHOJRAJ

CHAIRMAN, AAA

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## ABOUT THE BOOK

By.Dr.BHOJRAJ

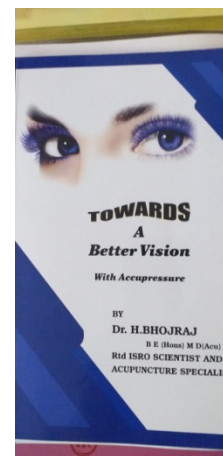
The book **“Towards a better vision with Acupressure”** was conceived in the year 2017 when Mr.Bhaskarnarayana, Ex.ISRO Scientist and my close friend and colleague for 40 years in ISRO declared in one of our Annual Functions as Chief Guest, **that almost for three years he could postpone his cataract surgery by activating the acupressure points in the eye region.** It was a surprise for many of us in that function. He very clearly declared it was due to activating the

acupressure points daily for 10 minutes as explained in our casual conversation during his visit to our Academy. Then Mr.Bhaskar and his wife casually suggested me to write a book on eye sight improvement with Acupressure.

I took it up little seriously because on my own experience of improvement in my eye power with same points. ***Though it helped Mr.Bhaskar to postpone rather prevent cataract surgery till 2022, he could not observe much improvement in the eye power.*** But I thought it should not be isolated cases and writing the book will help us to spread the exercise to wider age groups especially younger children wearing spectacles. We planned to write the book so that the books can be distributed free to about 200 students with spectacles and monitor them through a dedicated Research Team under the guidance of myself, Mr.Bhaskar and other Apex Committee members.

The pandemic struck exactly in 2019, when I finished the first chapter with Acupressure points for eye sight improvement. Since we had to close our Academy, the online activities picked up and nearly within a span of 6 months we completed the book written by me but reviewed by many. **Mrs. Latha Murali, who had done my course in Advance Acupuncture for a year took the responsibility of the whole research project and could enrol nearly 200 volunteers for the research.** It was decided to print the book but the cost of the printing was graciously shared by Mr.Achuta Rao, Rtd.DGP as the Academy was closed.

The book was released in an on line function by Dr.Surendra Pal and Shri. S.V. Ranganath. After distributing the hard copies to the students the six months training cum monitoring was started by the team **and a novel idea of reading the eye chart line before and after exercise was devised since they could not go to Ophthalmologists for checking.**



**After completing the first phase of research it was found almost all of them observed that their eyesight was maintained well with less problems inspite of excess hours of working on Computer or Cell phone for hours during regular tele-education by Schools. Only few of them observed improvement in reading lines.**

The next project SIRP 2 was started with Mrs.Aarthi R as project Director which could attract about 57 people who paid a donation of one thousand each. All of them seriously practiced and found considerable improvement in their eyesight and few of them sent their eye test results for our records. *The E book was uploaded in our website which was utilised by the participants.*

**Based on these two pilot projects, the Trustees decided to bring out this book “Towards a better vision with acupressure” as a commercial venture which will help our Academy in the long run and the price is kept as Rs.399 with discount for those who book well in advance to help our Academy. Interestingly Mr.Shivakumar Bellan who added his Emotional Intelligence chapter as a bonus had worked tirelessly to improve the formatting of the book and the cover page design which has given a rich look almost representing the contents inside.**

M/S.Sapna Book House in Bangalore and M/S. Gangarams Book House in Church Street have agreed to support our Academy by keeping our new book for sale not only in Bangalore but also in all their branches. They have agreed in principle to take care of the mail order from any part of India.

I thank all those who helped me to bring out this book especially to my Co-author who took the major load of the formatting and cover page designs.

### THINKING

**THINKING PROCESS VALIDATES EXISTING KNOWLEDGE AND ENABLES INDIVIDUALS TO CREATE NEW KNOWLEDGE. IT ENABLES TO BUILD IDEAS AND MAKE CONNECTIONS BETWEEN THEM.**

## CASE HISTORIES

### THYROID PROBLEM ALMOST CURED

Says Ms.Apoorva 21 yrs

I have been having Thyroid related problem for almost 6 years and I was prescribed Thyronorm 100mg every day. As my TSH was very high and normally comes above 150 IU/ml (Not measurable) whereas the normal limit is 4.2. I started my treatment with Acupuncture in the Academy from June 2022. For 3 months, every fortnight I used to take Acupuncture treatment. During October test, it was a pleasant surprise not only for me and my mother but also for the Specialist who has been treating me since the TSH was measurable and showed around 11 which is also high. My T4 which used to be normal had gone up which tells the changes are occurring in my thyroid glands towards normalcy. Again after a month we are planning to do one more test to find the T3, T4, and TSH values.

#### NORMAL RANGE

**T3-0.6 TO1.81 T4-4.5 TO 10.9 TSH- 0.4 TO 4.2**

	T3	T4	TSH	
DEC 2021	0.7	4.8	>150	
JAN 2022	1.7	0.39	>150	
MAR 2022	3.7	0.37	>150	
APR 2022	3.3	0.42	>150	
MAY2022	1.7	0.45	>150	
JUN 2022	5.2	0.72	>150	ACU
JUL 2022	3.1	0.76	>150	ACU
AUG2022	1.0	0.25	>150	ACU
SEP 2022		NOT TESTED		
OCT 2022	15.40	1.67	7.89	<b>TSH</b>
<b>CAME DOWN</b>				

It has been observed, for the first time in 11 months TSH value has come within the measurable range with 3 months of acupuncture treatment. **The Doctor wanted to check again after one month to reduce the dosage of Thyronorm,**

## MEETING WITH Dr.ALEXANDER THOMAS, PRESIDENT, PRESIDENT OF AHPI(Association of Healthcare Providers – India)

Dr.Alexander Thomas cured many migraine patients with the activation of seeds on acupressure points and was very keen to start a systematic study with the neurologists. Though the initial trials were not successful due to faulty seeds, still the proposal is kept alive if any recognized hospital is interested in a systematic study.



To explore the possibility of further research on migraine or eye sight improvement and hearing improvement for senior citizens, Chairman AAA met Dr.Thomas and held discussions on any systematic research involving research oriented Doctors. Since Acupuncture is not recognized in Karnataka, Dr.Thomas expressed the difficulty to get the permission for research from Ethical Committee. But non-invasive system like Acupressure has the potential for research investigation for migraine and other diseases since patients themselves are motivated to practice with initial guidance by the Doctor. It was decided to meet again with specific proposal for research on migraine.

Dr.Thomas presented their latest book “**PERILS IN PRACTICE**” –The prevention of violence against healthcare professionals and also invited Chairman for the release function of the book “**In Sound Health: A Handbook of Sound Music and Health**” on 21<sup>st</sup> Oct 2022 edited by the team headed by Dr.Thomas in Smriti Auditorium, Bangalore Baptist Hospital, Bangalore.

The book was released by Shri.Selvakumar, Additional Chief Secretary, G O I and Dr.Manjunath Director Jayadeva Cardiology Hospital, Bangalore. **Under the leadership of Dr.Alexander Thomas I am confident that the modern medicine will certainly recognize the value of Alternate Systems like Sound Therapy and Acupressure.**



**Dr.Thomas was awarded the Waterfalls Global Award 2022 by the UAE Government for exceptional service during the pandemic which was reported on our earlier August 2022 issue.**

## FEEDBACK FROM STUDENTS PRACTICING ACUPRESSURE

Dr.Bhojraj and Mr.Girish Shankar trained first batch of girl students in the age group of 12 to 21 years in collaboration with Nakku Betta Foundation, a non profit organization for the upliftment of rural people in Nilgiris in June 2022. All of them not only enjoyed the one day Acupressure course with instant relief for their pains but practiced sincerely for the past four months. Few of them have reported their feedback after 4 months of self acupressure practice which is given here. In general it helped all participants and some of them showed improved concentration and memory also. **Now we are planning to expand our training programme in Nilgiris.**







K.JAMUNA, 20 yrs

I had great results by practicing acupressure. It gave me immediate relief when I had headache, back pain and heel pain. With immediate relief I was able to concentrate on my work. Zen Meditation helped me a lot with studies. I am

able to concentrate more on my studies. Particularly I feel happy that I have got a great relief from my menses related problem and I was able to do more activities even during my menstruation period.

S.DEEPIKA, 17 yrs



After the camp I used to practice every single point given in the book for different ailments. It has helped me in many situations. I could cure my headache, constipation, hiccups, heel pain and even tiredness. Certainly it helped me to improve

my concentration.

R.Kowshika, 19 yrs

Almost all the participants got the benefit of self acupressure taught in the class. Generally concentration increased after doing Zen Meditation regularly. Constipation problems have reduced to a great extent. We all have experienced that



acupressure, serves as quick remedy for heel pain, headache, hiccups etc and none of us took any medication for the past four months. **Most of the girls are having timely menstruation and that too with less pain after practicing**

**acupressure.** It is a great technology and we have already started spreading the self help points to all our friends in the college.

## EMOTIONAL INTELLIGENCE WORK SHOP

The twice postponed workshop due to various reasons now taking place on 29<sup>th</sup> October in St Marks Hotel, Bangalore. **Mr. Sivakumar Bellan** from Chennai will cover a wide range of emotions in our daily life and how to handle them without getting into health issues. Various committees have been formed to make it very successful and also useful for the participants. The tentative programme is given below.

29-10-2022

**9 30 AM REGISTRATION**

**10 00 AM TEA( THOUGHTS,EMOTIONS AND AWARENESS) WITH SIVAKUMAR**

**10 25 AM WELCOME BY SHRI.NAGULAN JOGHEE**

**10 30 AM EMOTIONAL INTELLIGENCE LECTURE**

**1 00 PM LUNCH**

**2 00 PM QUESTION AND ANSWER WITH SIVAKUMAR**

**2 30 PM NADISWARA TO ASSESS THE MIND BY Dr.BASAVARAJ, CHAIRMAN, BASAVA ACADEMY**

**3 00 PM EMOTIONAL CODE DEMO BY Dr.H.BHOJRAJ, CHAIRMAN, ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE**

**3 30 PM to 4 30 PM BOOK RELEASE FUNCTION**

**WELCOME ADDRESS BY Mr.SUNDRAMRTHY, Rtd.ISRO SCIENTIST**

**ABOUT THE BOOK By.Dr.H.BHOJRAJ**

**RELEASE OF THE BOOK AND TALK BY Shri.S.V.RANGANATH, Ex.CHIEF SECRETARY, GOVERNMENT OF KARNATAKA**

**VIDEO MESSAGE BY Dr.SURENDRA PAL, Ex.ISRO SCIENTIST**

**ADDRESS BY Dr.BHASKARNARAYANA Ex ISRO SCIENTIST**

**ADDRESS BY Shri.NEELAM ACHUTA RAO, Ex DGP OF KARNATAKA**

**ADDRESS BY Shri.SIVAKUMAR BELLAN, CO AUTHOR**

**CONCLUDING REMARKS BY Shri.NAGULAN JOGHEE, FREE LANCE I T CONSULTANT**

## **MAIN ORGANIZING COMMITTEE**

1. **Shri.NAGULAN JOGHEE**  
**CHAIRMAN**
2. **Prof.ARUNACHALAM**
3. **Mr.M.V.KANNAN**
4. **Dr.BASAVARAJU**
5. **Mr.GIRISH SHANKAR**
6. **Mr.NARENDRA BORWANKAR**
7. **Mrs.JAGADAMBA KUMAR**
8. **Mr.SURESH St.MARKS HOTEL**

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2. **Mrs.AARTHI R**
3. **Ms.KALLOLINI PATRO**
4. **Mrs.LATHA MURALI**
5. **Mr.NAGULAN JOGHEE**
6. **Mrs.VIJAYA SESHADRI**

## **BOOK PRINTING COMMITTEE**

1. **Dr.H.BHOJRAJ**
2. **Mr.SIVAKUMAR BELLAN**
3. **Mr.SRINIVAS, ELEGANT**  
**PRINTERS.**

## **FOR SENIOR CITIZENS**

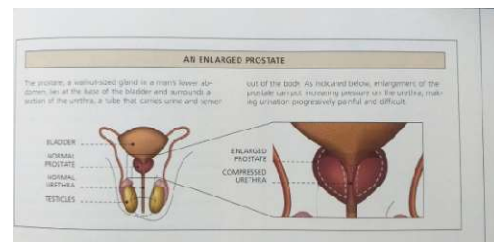
### **PROSTATE PROBLEMS**

The prostate is a walnut sized gland that surrounds the male urethra-the tube that transports urine from the bladder. Its primary function is to produce the essential portion of the seminal fluid that carries the sperms; the prostate also controls the outward flow of urine from the bladder. Because of the dual role, signs of prostate trouble include both urinary and sexual difficulties.

The first problem is enlargement of prostate, called BPH(Benign Prostate Hyperplasia) and the second problem can be prostatitis, a bacterial infection which may be sudden or severe(acute

prostatitis) or milder but persistent or recurrent called chronic prostatitis.A chronic infection may follow acute one.

The signs of prostate enlargement generally appear after 45 years. Typically the first indication is to urinate at night, with the urge gradually increasing over time.



### **SYMPTOMS**

- Difficulty in urination
- Weak or intermittent stream
- Unusual frequency especially at night
- Straining and dribbling urination
- Inability to empty the bladder fully

#### **Acute case**

- Frequent, difficult urination
- Burning sensation while urinating
- Sudden fever, chills
- Pain in the lower back
- Blood in the urine

#### **Chronic case**

- Painful ejaculation
- Sexual dysfunction

### **ACUPRESSURE POINTS K-3 AND K-10**

**DAILY PRESS AND RELEASE 14 TIMES.YOU CAN AVOID THIS PROBLEM.**

**BE REGULAR AFTER 50 YEARS TO PREVENT THE PROBLEM**

EMOTIONAL INTELLIGENCE  
PARTICIPANTS LIST 29-10-22

WORKSHOP

1. Dr.H.BHOJRAJ
2. Mr.NAGULAN JOGHEE
3. Mrs.SUMATHI NAGULAN
4. Mr.MURTHY.R
5. Mr.KANNAN M.V
6. Mr.SUNDRAMURTHY
7. Mr.ARUNACHALAM R
8. Dr.BASAVARAJU
9. Mr.RAGHU
10. Dr.BHASKARNARAYANA
11. Mr NERENDER MALIK
12. Mr.V.K.KAILA
13. Mrs. SUKINDER KAILA
14. Mr.DAS GUPTA
15. Mr.NARENDRAN
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17. Mr.GRIDHAR GOPAL
18. Mr.KUMARESH
19. Mr.MURUGAN
20. Ms.DURGA
21. Sr.SUNITHA
22. Mr.NANDAKUMAR
23. Mr.ACHUTA RAO
24. Mr.SANDEEP
25. Mrs.SUMA SANDEEP
26. Mr.RAVIKUMAR
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34. Mr.LEO JACKSON
35. Mr.MANJUNATH
36. Mr.JANARTHAN S
37. Mr.ACHUTA RAO
38. Mr.SANDEEP
39. Mrs.SUMA SANDEEP



With Shri.Mr.Sandeep and Mr.Achuta Rao



With Shri Achuta Rao

29<sup>TH</sup> OCTOBER 2022-10-29  
THE WORKSHOP STARTED WITH A BANG.  
THANK YOU ALL FOR YOUR SUPPORT AND  
LOVE.  
RELESED ON THE SAME DAY AT  
4 PM.





Mr.R.N.TYAGI WITH CHAIRMAN



THE AUDIENCE IN RAPT ATTENTION

Mr.Sivakumar meets Achuta Rao



EDITORIAL TEAM  
Dr.H.BHOJRAJ  
Mr.NAGULAN  
Mr.SUNDRAMUTHY



