

# ACU WELLNESS

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

NOVEMBER 2023

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VOL 12 No.12

## FROM CHAIRMAN'S DESK

India has started achieving results in almost all fields starting from space technology with Chandrayaan 3, Organizing G 20 meeting in India with yearlong preparation and involvement of wide section of Indians and the unprecedented success in ASIAD Games with record medals(107) in OCT 2023, for the first time in the history due to the encouragement given by the Government to the talented youngsters. **Kudos to the Prime Minister of India and Minister for Sports for their encouragement, support and guidance at every stage of the game right from talent identification to final participation.** Talking to the medal winners every day during the sporting event and meeting all of them personally after the games shows the importance given by the Central Government for sports. **Today INDIA is raising and the upcoming Olympics in Paris will prove again the we are second to none in every field.** As our Prime Minister pointed out, this Century is INDIA's Century. Our old glories are slowly coming to the forefront and generally world in looking at INDIA for its spiritual solutions in this materialistic world which has spoiled the environment and the nature's fury has given us many times the warning for the humanity.



**INDIA has the potential to lead in Alternate Therapy also.** The AYUSH department has taken great strides to establish an International AYUSH research Centre in Ahmadabad and also conducting regular seminars for presenting their research records. **The research funds for AYUSH department**

should be increased in the coming budget and private players should be funded for research to prove the efficacy of their methods with natural products.

**Our limited research for improving the eyesight and hearing improvement indicates very positive results and most of the participants not only observed improvement in hearing and eyesight but observed improvement in general health with acupressure.** It is a preventive health care system and it should be taught in the schools along with Yoga. A healthy child will be able to think better and perform better with sharp sensors. **My request to the State Government and also Centre Government is to recognize Acupuncture as a system and integrate with all the medical systems.** Acupuncture has the potential to cure the root cause of the problem by treating not only the body but also the mind. A six months course on Acupuncture for all medical graduates will be a boon for our country with 140 crore population. **Certainly, it can act as a complimentary system for all recognized systems including modern medical course.** Health and general wellbeing should be the criterion rather than measured parameters.

According to famous writer Swaminathan S Anklesria Aiyar who explained his back pain was finally cured with Neurologist's medicine for Fibromyalgia. He also wrote that he had undergone three surgeries for back pain earlier without much long-lasting relief. He also tried acupuncture and other alternate therapies. Every individual is uniquely mainly due to their mind condition though all the organs have same constitution. Sometimes acupuncture also fails to give the required relief. This Newsletter carries an article on fibromyalgia.

The eye and ear research results reported in this issue gives us confidence to expand the research by inducting 10 more volunteers who will be trained to conduct weekly classes in their own language. Those interested in this research can contact me or Ms.Kallolini for more details on the training schedules.

The advance acupuncture course started as planned and will be continued for next six months. Those people who have already done the course in any batch can join without any payment and share their experiences with the participants.

I take this opportunity to congratulate Team ISRO for their resounding success of Test Vehicle D 1 which paves the way for Gaganyaan Test launch in coming months. Hats off to you ISRO.

H.BHOJRAJ, CHAIRMAN,AAA

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE  
1963, 8<sup>th</sup> Main Road, E Block, II Stage, Rajajinagar  
INCOME AND EXPENDITURE STATEMENT FOR  
JULY/AUGUST/SEPTEMBER 2023

**DONATIONS RECEIVED**

JULY 2023

Mrs Rekha Rs 15000

AUGUST 2023

HIRP Mr.Jeyesh Kumar Rs 3000

Mr.Nagulan Joghee Rs.3000

SEPTEMBER 2023

HIRP Mrs. Shyamala Rs.3000

HIRP Mrs. UmaRs.3000

HIRP Mrs. LalithaBhandula Rs.3000

HIRP Mr.S.S.Rao Rs.3000

HIRP Mrs.Adithi Rs.3000

OCTOBER 2023

HIRP Mr. M.B.Shekar Rs.3000

HIRP Mr. Krishnan Rs.3000

HIRP Mr.Madhu Rs.3000

TOTAL INCOME FOR 4 MONTHS Rs.45000/=

**EXPENDITURE**

SALARIES Rs.60000

RESEARCH ASSOCIATE Rs.15000

NEWSLETTER PRINTING Rs.4500

MISCELLENEOUS (POSTING)Rs.500

EXPENDITURE FOR 4 MONTHS Rs.80000/=

**WE WELCOME YOUR DONATIONS FOR  
OUR RESEARCH- PLEASE TRANSFER TO:-**

**“ACADEMY FOR ACUPRESSURE AND  
ACUPUNCTURE”-AAA**

**INDIAN BANK, RAJAJINAGAR**

**A/C No.6012588256**

**IFSC Code: IDIB000R005**

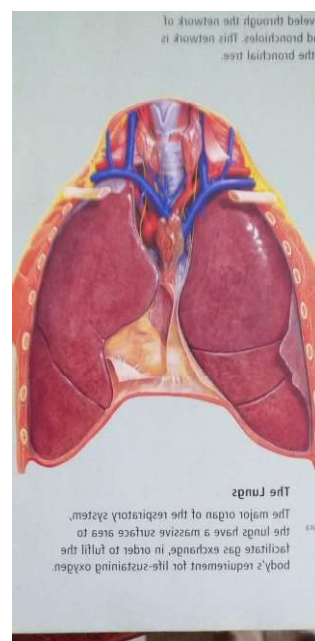
## THE ART AND SCIENCE OF BREATHING

By:Dr.H.BHOJRAJ

**The Art of Living is to master the Art of Breathing.**

Life starts with breathing and ends when the breathing stops. During delivery, till the new born child cries the lungs are kept in compressed condition and it expands to receive its first “PRANA” from the cosmos independently

and then only the umbilical cord is cut from the mother. Till birth, the growing child inside the mother’s womb, gets the prana from the mother’s blood. **After birth, when the diaphragm gets activated, it creates slight vacuum inside and the air rushes inside to supply the oxygen and prana.** Many people question this concept of “PRANA” which has been used by our Yogis and we



developed the concept of PRANAYAMA for long and healthy living. The Yogis observed the animals and found out,those animals breathing very slow like **Elephant, Tortoise and Python etc. live longer than fast breathing animals like dogs and monkeys.** They gave us the simple technique of PRANAYAMA which is nothing but deep breathing with awareness.

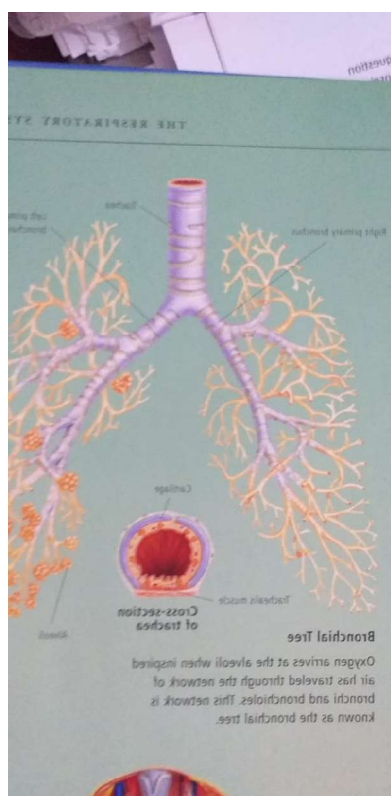
### WHAT IS PRANA?

This question lingers on everyone since we cannot scientifically evaluate or prove. **But we can say it is the main electricity line by HIGER POWER connected to every individual at the time of birth.** It is the prana mixed in the lungs with the clear fluid sent by Kidney for sending to Heart for circulation. If the prana is not mixed in the lungs the blood cannot be used by the system. That is the reason for not making synthetic blood in spite of this technology explosion. **So,**

everyone should understand PRANA is available free in the cosmos and it is your responsibility to absorb as much as you can by deep breathing. Not only the blood formation will be better, most of the mind related problems also will vanish.

## WHAT IS CONSCIOUSNESS?

Once we understand prana, next question comes what is **consciousness**? Conscious means all five sensors in our body are working perfectly. **Unconscious** means all the five sensors are temporarily shut down so that the brain gets the maximum supply of prana for the survival. Coma or Comatose is a condition that the sense organs are kept in rest condition for long time. It means unconscious condition for long time. Now what is this term "**Consciousness**" means? **It the main software attached to the Prana which we breath every time.** The prana in the form of breathing enters our lungs with this changing/updating software called consciousness. This is also known as "**GOD'S PARTICLE**" filled in the "**UNIVERSE**". In layman terms



whatever thoughts generated by all human beings are filled in this universe as a tiny particle which is very, very tiny and invisible to even very high-resolution electron microscope. It is nothing but the thoughts generated by this humanity.

**Now we must understand that when we breath, we not only breathing oxygen (AIR) but also prana and consciousness.**

The oxygen is absorbed by the Lungs (**BODY**), the Prana is absorbed by the **SOUL** and the consciousness is by the **MIND**. The **BODY-MIND-SOUL** concept will be kept in equilibrium if your breathing rate per minute is kept below 6 breaths per minute. Incidentally Tortoise breaths only 4 breaths per minute.

Now we know consciousness is entering our body and leaving continuously even during our sleep. **What**

**decides this consciousness (software) entry?** It mainly decided by our desires and wishes. **Depending on our conscious thought process based on our five senses, this software will enter and alter our present moment.** Anything you want to do in your life it should first appear as a thought in your mind, even routine eating or elimination but also future goals for any achievement in your life.

These five senses will keep on giving input for doing something or the other though these senses are meant for protecting your body where the **SOUL** resides. **Your life partner is inside your body not outside.** So right breathing technique has all the potential to take you to the higher planes of realizing your purpose of life.

Only 4 minutes one can survive without oxygen (Prana) but can survive 4 days without water and 40 days without food. Breathing right with awareness has the potential to cure any disease they say. **Every disease starts with a thought.** It is called stress. During fast breathing cells are deprived of oxygen and nutrients. The cells only form the tissue and tissues form the organs. **Root cause of any disease is cell hypoxia i.e., insufficient oxygen in the cell.** Emotions play a tremendous role in breathing. Anger, fear, anxiety, grief, guilt, sadness, depression and fear alters your breathing rate if you observe carefully. The **sympathetic** nervous system will be activated in **stressful** conditions and **para sympathetic** nervous system will work when you **relax**. Slow and deep breathing calms down the mind and create the right condition for rejuvenation.

The brain waves are the indication of your mind condition. Normally Alpha waves are between 8 to 12 cycles per second considered as calm and one can perform much better in their work. If the thought process is high, it will produce Beta waves which are above 13 cycles per second. **If you keep your breathing rate below 6 breaths per minute, your system will produce all feel good hormones called serotonin, dopamine, oxytocin and endorphin. If your breathing rate is more than 15 breaths per minute it produces the stress hormones called adrenalin, cortisol and epinephrine etc.**

So utmost importance should be given to the breathing from the younger age. Kindly start practicing deep breathing every day with this awareness which will alter you towards better health and happiness. Do not try to make others happy. You practice and feel

happy yourself. Every individual has the capacity to do this simple deep breathing exercise. **JOIN A YOGA CLASS. DETOX YOUR BODY AND MIND. STRAT LIVING YOUR LIFE WITH HAPPINESS.**

**THE INNER SOUL IS YOUR ONLY GURU. FIRST AND FOREMOST, RECOGNIZE THIS GURU.**

## EMOTIONAL CAUSES FOR SOME OF THE DISEASES

Our emotions play an important role in our daily life and if it is neutralized at the earliest the impact on the general health will be minimal. But if you hold on to that emotion for longer time possibly more than three months, it will start showing in your digestive system initially and then in all other main organs gradually. Most of the people live in the past by remembering the people who caused them the hurt. It is unnecessary and we will be losing the golden moment of our present. Based on some preliminary research, it has been reported that removing the stored emotions from the mind cured many physical diseases.

**ARTHRITIS-** Feeling Unloved and Unable to bear the Criticisms.

**DIABETES-** Comparisons, cribbing about what you don't have, Not enjoying what you have, Bitterness in the mind.

**ANXIETY-** Not trusting the flow of life and your abilities.

**BACK PAIN-** Lacking support in the family, lacks self-assurance, Not trusting anyone, worrying about tomorrow.

**HYPER TENSION-** Long standing emotions particularly anger, Not releasing the past, Volcano effect.

**RELEASE YOUR SUPRESSED EMOTIONS AND GET RID OF YOUR PHYSICAL AILMENTS. JOIN OF EMOTIONAL RELEASE COURSE CONDUCTED EVERY FIRST SUNDAY IN RAJAJINAGAR. PH 9845649914**

**H.BHOJRAJ**

**A-ACT FEARLESSLY, B-BREATH DEEPLY, B-BEHAVE DECENTLY, D-DRESS SMARTLY, E- EAT SENSIBLY, E-EARN HONESTLY, S-SAVE REGULARLY, S-SPEND INTELLIGENTLY, T- THINK CREATIVELY, T-TALK SOFTLY, W-WORK PATIENTLY**

## CASE HISTORIES

### BACK PAIN CURED IN 4 SITTINGS OF ACUPUNCTURE-SAYS Mr.RAVINDRA JAWLI, 73 YRS

I have been keeping myself healthy with Yoga and proper diet for quite some time. But one fine day I had terrible back pain and I was not able to change my position in the bed while sleeping. I went to the Doctor for consultation and he prescribed painkillers for one week. I was feeling slightly better but I wanted to consult Dr. Bhojraj who had given wonderful relief for same problem almost 10 years back. Fortunately, I had his phone number and got an appointment in first week of Aug 23. On the first sitting itself I got almost 50 percent reduction in the pain and he asked me to come every week for three more sittings. I was almost feeling fine after the second sitting after a week. I was able to turn without any pain while sleeping. After the fourth sitting I am feeling almost normal and he gave me all the preventive points for self-activation which I have been practicing. I thank him for his wonderful Acupuncture System and giving the technology to keep ourselves healthy. I wish him all the best for his service to the humanity.

### FROZEN SHOULDER CURED-SAYS Mr.VIJAYA GOPAL 56 YRS

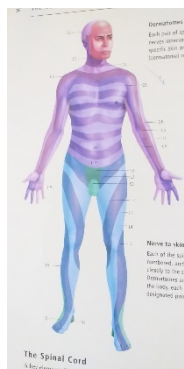
I was not able to lift my hand freely after an accidental fall and the Physiotherapy gave very good relief for some time. Though I was able to do all my work without much pain my movements were restricted and above certain level of stretching I used to get terrible pain. The Doctor diagnosed as Frozen Shoulder and asked me to continue the exercises and physiotherapy. My wife Mrs.Sathyavani came across



Dr. Bhojraj's website [bhojraj.tripod.com](http://bhojraj.tripod.com) and contacted him for an appointment. My first acupuncture treatment started on 1<sup>st</sup> Aug 23 and to my surprise I could move my hand up immediately without pain after 5 minutes. It was a real surprise for both me and my wife. Thanking my wife, I continued the treatment on 14<sup>th</sup> also. I became almost normal. But after one month again the pain came back with less intensity. I went for the third sitting in September second week. Since then, I have been practicing preventive points and feeling much better with my regular exercise. I have thanked not only Dr. Bhojraj but also my wife who took it up seriously the acupuncture cure reported in his website and took the appointment.

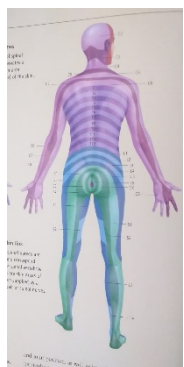
## PARESTHETICA (PINS AND NEEDLES IN LAYMAN'S LANGUAGE)

**Meralgia paresthetica is a disorder characterized by tingling, numbness and burning pain in the outer side of the thigh.** This disorder occurs when the lateral femoral cutaneous nerve is compressed or squeezed as it exits pelvis.



**It's caused by the compression of the nerve that provides sensation to the skin covering the thigh.** Tight clothing, obesity or weight gain, and pregnancy are common causes of meralgia paraesthetica. They say it can be due to diabetes also and local trauma.

Many of these conditions, especially several circulations related and neurological causes, are dangerous or life threatening without treatment. Other conditions that cause it, while not dangerous, are disruptive and can affect the quality of life without treatment.



Doctors may prescribe drugs like ibuprofen, naproxen sodium and even steroid injections into the affected area to treat pain and reduce swelling and inflammation.

Chronic paresthesia is often a symptom of an underlying neurological disease or traumatic nerve damage. B vitamins are useful for treating neuropathy since they support healthy nervous system.

**A patient aged about 67 years was treated for this problem with Acupuncture for two weeks with 4 sittings. The result was unbelievable. The discomfort reduced almost 50% in two sittings.** The patient was advised to continue back strengthening exercises and take the required vitamin supplements as per the Doctor's advice. She was also advised to consult a physiotherapist for alignment of the Lumber spine.

## JOIN OUR ADVANCE ACUPUNCTURE COURSE AND LEARN THE THEORY AND PRACTICALS

### TENNIS ELBOW

It is also called LATERAL EPICONDYLITIS in medical terms and also golf elbow. Normally elbow pain occurs due to the repeated use of wrist and arm motions. It is an irritation of the tissue connecting the forearm muscle and tissue. Pain is the primary symptom and it usually occurs on the outside of the elbow and sometimes in the fore arm and wrist. Tennis elbow often gets better on its own but if pain persists Doctor will prescribe pain killers for a short time. People should reduce overusing fore arm due to repetitive or strenuous activity. Home remedies suggested is Rest, Ice, Compression and Elevation (RICE). When inflammation arises stop activities like painting that rely heavily on forearm muscles.

A lady of 45 years brought one of her friends for treatment for back pain and she said that she was cured of her tennis elbow problem 8 years back by Acupuncture Therapy in three sittings. The points used were around the elbow points Li-11, TW-8, Lu-5 and H-3. This has relieved the pain in the first sitting and then the points for improving the muscular strength and immunity were given. She said she never got that problem again.

### INTERVIEW WITH A PATIENT By Mrs. Rekha, Advance Acupuncture Student

In one of the theories cum practical sessions, I came across a patient by Mr. Harish 65 years for his one side back pain. As usual Doctor did the pulse check and inserted 4 needles in GB-41, LI-1, SI-5 and TW-3 for one side pain and within five minutes he was relieved of his nagging pain. He has come all the way from Yelahanka to Rajajinagar to get the treatment.

Then I asked why he has not gone to the nearby Doctors for this simple pain. He told me that he had come almost 15 years back for his cervical spondylosis

which was cured in 4 sittings of Acupuncture by Dr. Bhojraj. Mr. Harish told me that he was suffering from severe neck pain for 8 years and tried all systems including Spinal Acupressure by an expert. Finally based on my wife's suggestion we took Acupuncture Treatment in 2011. He said his 50% pain was relieved in the first sitting and within next 3 sittings he became perfectly alright. For the past 15 years their family follows self-acupressure and occasionally Acupuncture treatment which kept them healthy. He was telling even his sugar levels have come down to normal and he could avoid tablets till today. He was mentioning his wife's allergic itching skin also became normal after two sittings of acupuncture. As a trainee, I could appreciate the efficacy of Acupuncture in treating even complicated diseases. I have decided to record it and I got permission from Mr. Harish to publish it in Açu Wellness newsletter.

## FIBROMYALGIA

It is a disorder characterized by widespread musculoskeletal pain accompanied by fatigue, sleep, memory and mood issues.

### SYMPTOMS

1. WIDESPREAD PAIN
2. EXTREME SENSITIVITY
3. FATIGUE
4. POOR SLEEP QUALITY
5. COGNITIVE PROBLEM
6. HEAD ACHE
7. IRRITABLE BOWEL SYNTROME

### CAUSES

Stressful or traumatic events, post-traumatic stress disorder (PTSD), Repetitive injuries. Injury from repetitive stress on a joint, such as frequent knee bending. Some viral infections also can cause fibromyalgia.

Symptoms of fibromyalgia may appear suddenly after an illness, physical trauma, or significant psychological stress. In some people, symptoms appear gradually, and a specific event is not believed to trigger pain and fatigue.

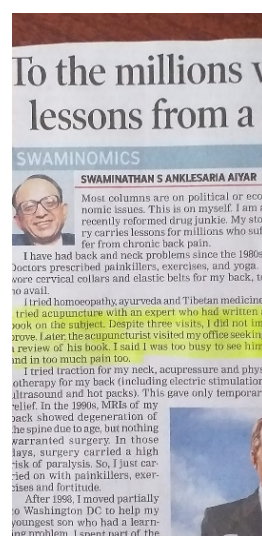
It is a chronic disorder that causes pain and tenderness throughout the body as well as fatigue and trouble sleeping. Researchers have not fully understood the cause but people with this disorder have a heightened sensitivity to pain. As per modern medicine there is no cure for fibromyalgia, but they control the symptoms with pain relievers like opeates.

Physiotherapy, Acupuncture, Tai Chi and Yoga can give good relief.

People may suffer for life long but it is not a progressive disease and it will not get worse over the time. It will not cause any damage to joints, muscles or organs. Any age group may be affected. Symptoms can last two days, months and years. **FIBROMYALGIA is a neurological disease affecting a person's sensory processing system. It is a disorder of central nervous system.**

### ACUPUNCTURE POINTS FOR ACTIVATION

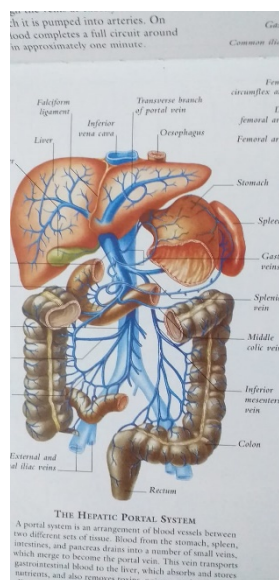
#### Liv-1 AND P-3



An interesting article by the Mr. Akeleshwar Iyer in Times of India column in September second week on his own experience of not getting cured from any system till he was diagnosed as having fibromyalgia and the treatment was given accordingly. He clearly says Acupuncture also did not work for his continuous pain. Yes. We need proper diagnosis to give solutions.

## KNOW YOUR SPLEEN

By Mrs. JIJA SUBRAMANIAN,  
Acupuncture Practitioner and Trustee,  
AAA



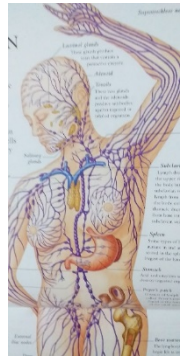
**Spleen** is an important organ from Acupuncture point of view for overall health. It is situated in the upper part of the abdominal cavity, lateral to the cardiac end of the stomach. It is about 12.5cm long with a flattened oblong shape, purple in color. In the lymphatic system, it is the largest organ.

It is not only the reservoir



for blood but also quality controller for blood. It also produces lymphocytes and plasma cells. It is closely linked to the stomach and assists in transforming solid foods and liquids into Qi energy and blood. The dysfunction of the blood results in poor circulation and heavy feeling in the legs and hands. Spleen is responsible for both pancreas and uterus. If

spleen functions well glucose produced in the system will of high quality for entering the cells with the insulin cells attached to it. If the glucose quality is not up to the quality, the insulin will not be attached to the glucose in pancreas. If the digestion is perfect the best quality blood produced in the system will take care of the uterus and the menstruation also will be



normal. So, spleen plays an important role in both Diabetes and Menstruation related problems.

It also controls the condition of flesh and muscles. Spleen controls the muscular response to stress and strain. Stiff neck, tense shoulders and lower back pain due to stress can be easily treated by correcting the spleen

function. The Lymphatic system plays an important role in our overall immunity. Every day just press and release Sp-6 seven times in the morning and seven times in the evening for three months. You will get better immunity for any infection.

## GAGANYAAN-THE IMPORTANCE OF THIS MISSION FOR INDIA

BY Dr.H.BHOJRAJ, Mr.SUNDRAMURTHY AND Prof.SOMA

The GAGANYAAN mission is aimed at developing a human-habitable space capsule that will carry a three-member crew into an orbit of 400 KM for three days, before returning to safety in a planned splashdown in Indian Ocean.



Though the uncrewed experimental flight on 18<sup>th</sup> Dec

2014 to test the crew module was successful, due to various reasons the developmental activities were delayed and it is expected to be launched by 2024.

**Gaganyaan is significant because it is the first indigenous mission that will send Indian astronauts to space. India will be the fourth country to achieve this apart from US, Russia and China.**

*The 3D printed model by Rounak Sudhagar.*

Before putting humans in the flight, the human rated launch vehicle had been developed and proved with six consecutive flawless flights. The life support system to provide earth like environment to crew in space is developed indigenously and undergoing ground testing. The crew escape system in emergency has been tested earlier and being repeated now under different conditions. The simulated robot VIO MITRA is also ready to be flown in the first test flight which will test all parameters during the flight especially the g-forces on humans during take-off and reentry.



TEST FLIGHT on 21-10-2023 has proved very successful to establish the crew escape system and ISRO is now poised for Integrated First Flight with environment control system also. CREW MODULE WITH SIMULATED MASS AND PARACHUTES

## KBGA UPDATE

The ethnic Badaga Community living in Bangalore bought a land of 50 cents near **Bylalu** near ISRO's Deep Space Network which is used for commanding Adhithya L1 spacecraft, for its welfare activities. The land had been registered in the year 2012 in the name of KBGA Trust. The Government survey for the verification of the boundaries is under progress. Once surveyed, the compound/ fence construction activities will start.





Trustees Mr.Nagulan, Mr.Krishnan, Mr.Bose (Managing Trustee), Dr.Bhojraj and Mr.Karunanidhi at the Site for Trust Meeting 29-07-2023

Youngsters from Nilgiris are requested to get involved in the planning for utilizing this plot for the welfare related activities like free skill training, hostel for the youth from Nilgiris, sports development center and more welfare activities for the KBGA members. **Every individual KBGA member's participation is essential for the grand success of this historic project planning and execution of the project for next generation.**

## Dr.Jagdish "Jags" Krishnan-The pride of ethnic Badaga Community from Nilgiris

Dr.Jags as he is popularly known in Australia is an ethnic Badaga from Kotagiri, Nilgiris and did his Medical degree from J S S Medical College in Mysore and settled in Riverton, Australia for the past 20 years.

He started with one clinic and now his company owns 20 clinics in Perth. After identifying his public service, the Labor Party identified him as their candidate from



Riverton in the Western Australian Legislative Assembly at the 2021 State Elections. He won the elections with thumping majority and his first speech in Assembly started in Badaga language thanking his parents and the great grandmother called divine "Heathi" with the permission from the Speaker. In 2022, he became Parliament Secretary to Ms. Sue Ellery, the Minister for Finance, Commerce and Women's Interest.

We are very proud to introduce Dr.Jagdish in the forum as a Badaga, TAMILIAN and Indian. This community deserves the Tribal Status to preserve the one-thousand-year culture.

**WORLD BADAGAS MEGA MEET IN DECEMBER 2024**

The KBGA Executive Committee met on 8<sup>th</sup> October 2023 and approved the main proposal to conduct a mega World Badagas Meet in December 2024.

All the Badaga Achievers living in various part of the world will be visiting Kotagiri to pay their respects to Great Grand Mother "HEATHI" in December/January to maintain our unique culture. A committee will be formed shortly to submit a detailed proposal for this mega event where all achievers from all over the world will be recognized in Bangalore meet in December 2024.

### 1971/72 BATCHMATES VISIT TO ISRO

The batchmates of Bangalore ACCETOBA 1971 discussed the date for visiting U.R.Rao Satellite Centre in January/February 2024 since most of them will be available during Jan/Feb 2024. **Tentatively February 2<sup>nd</sup> has been proposed and based on the response the permission can be sought.** DATE OF VISIT 2-2-2024 (FRIDAY) 10 AM to 2PM INTERESTED MEMBERS confirm the names and DOB. ADHAR CARD COPY CAN BE SENT LATER AFTER GETTING THE PERMISSION. **H.BHOJRAJ-9845649914**  
**T.L.DANABALAN-9663365970**

### HIRP FEEDBACK

I am Mrs.Shyamala, 72 years old, had undergone treatment for left ear 30 years back for sudden 100% hearing loss. Nearly 5 days in the hospital with steroids did not improve the hearing. My right ear was all right and Doctor advised me to manage with it. I was feeling little difficulty in identifying the direction of the sound.

I was always experiencing some pain at the ear lobe while touching the ear and in spite of scan and x-ray, the cause was not clear. I could very feebly hear the dial tone on the left side before joining this course.

I have been practicing hearing improvement points for the last one month only. **To my surprise I could slightly hear on her left side now some words and the pain at the ear completely vanished.** Really, I am very happy and I am confident that my hearing will certainly improve in my left ear considerably with practice.

Thank you for the training.

Mrs.Shyamala



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We wish her all the best for achieving the improvement with her own efforts with acu-points taught in the class.

Ms.Kallolini, HIRP Coordinator. 9911413405

**Anyone can join our class conducted everyWednesday at 7PM with prior intimation.**

Zoom Meeting ID: **814 8073 7634**

Passcode: **AAA**

ADVANCE ACUPUNCTURE ON-LINE COURSE STARTED  
EVERY SATURDAY AND SUNDAY  
3 30 PM TO 5 PM (IST)  
CONTACT Dr.BHOJRAJ FOR MEETING ID AND  
PASSCODE

**EDITORIAL TEAM**

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