

# ACU WELLNESS

NOVEMBER 2020

SPECIAL NEWSLETTER FOR EYESIGHT RESEARCH

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

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## FROM THE CHAIRMAN'S DESK



The Sight Improvement Research Project (SIRP) has taken off very well. Over **250** people have registered for six months practice with our Research Associates. Feedbacks are pouring in with positive results, even within 4 weeks of exercise. **I request all the practitioners to continue your practice regularly, for five to ten minutes every day, once or twice in a day and just continue with your main assignment for the day.** The healing process is a slow process. Be assured that you can see TV a lot clearer after three months. You will be able to see the mobile without glasses after three months. **The first three months are crucial for our research and we do not want anyone to get into any problem by overdoing.**

The best results will come when you follow the effortless way of life. Yes. You do the things you love to do and do it for the joy and thrill of it. Creation of Life comes with

some specific purpose, and you must specialise in that and excel in your field. Whatever you do must benefit humanity.

As per science you build a new body every eleven months. We have 50 trillion cells in our body. Except brain cells almost all cells are getting renewed every moment in everyone's life. **Your eye muscles are changing every moment and the accommodation process is becoming normal every moment.** While doing exercise, involve your subconscious mind to do this repair work faster. We know it is normal to have perfect eyesight and perfect health. It is abnormal to be sick and have eye defects.

**My sincere advice is that the practitioners should listen to the subconscious mind.** It gives you intuitions, hunches, intimations, urges and ideas. It is always telling you to rise, transcend, grow, advance and move forward to greater heights. Those interested in getting best results should practice Zen Meditation given in the book to involve your subconscious mind. **Any method that causes you to move from fear and worry to faith and acceptance will heal your body and mind.** That is called faith healing. There is only one process of healing that is faith. There is only one healing power and that is your subconscious mind. Your initial results will increase your faith in your own healing

power and within three months your eye cells will get replaced for perfect vision. We will be creating history with this experiment where 109 youngsters are motivated to cure themselves without any external input. The relatively older generation can practice to avoid the problems which can generate a wonderful input for our researchers.

**I take this opportunity to thank all senior members of our Apex Monitoring Committee, Research Associates and Volunteers for their support. I also thank the Donors for their monetary support for the great success of this project.**

H.BHOJRAJ

CHAIRMAN, AAA

**ADVANCE ACUPRESSURE ONLINE COURSE**

For the first time an **advance acupressure course with pulse diagnosis was conducted online**. Two students enrolled for this course:

**Mrs. Aarthi R**, a resident of Yelahanka who is house wife and former journalist,

**Mr. Manoj Hombal**, Deputy Manager, TVS Group, Chennai.

The theory classes from **September 7<sup>th</sup> to October 16<sup>th</sup>** were held three days a week. The practical classes will continue with our guidance for at least for next six months.

**Aarthi R, Homemaker and former Journalist**

Phone: 98863 26581

The course has given me the real solid foundation to begin my formal journey into Acupressure and Acupuncture. I am impressed with Dr. Bhojraj, his holistic

knowledge on the subject and his dedication as a teacher. He clarified all our doubts and took all efforts to give us a solid foundation. I hope to carry on my healing journey under his guidance so that I can add value to someone's life with this healing power of nature that I learnt in the class. **Thank you so much.**

**Mr. MANOJ HOMBAL, 56 years, Vice President, Technology development, TVS Brakes India Pvt limited, Chennai**

Ph 9841567345

The course was excellent. Dr. Bhojraj is an authority in the field of drugless therapies and the ease with which he takes you through the acupressure course is amazing. The course book written by him is like a bible on the subject. Every sentence written in the book carries deep knowledge about the subject. He encouraged us to ask questions and clarified all our doubts with patience. He made the course very interesting for us in spite of limitations like audio/ video disruptions. I found a unique philosophical touch in all his briefings which might change one's own idea of life forever. I am very grateful to Dr. Bhojraj for taking me through this advanced course and laying a solid foundation for me in the field of acupressure.

**ADVANCE ACUPRESSURE AND ACUPUNCTURE COURSE STARTS IN DECEMBER I WEEK.**

**THOSE INTERESTED IN LEARNING MAY CONTACT Dr. H. BHOJRAJ on 9845649914 FOR DETAILS. CLASSES BY WHATSAPP VIDEO CALL. Timing 4 PM to 5 PM on Mondays, Wednesdays and Fridays.**

**DON'T BE SERIOUS! BE SINCERE!**

**LIFE IS A GAME. PLAY YOUR GAME WELL.  
WINNING OR LOSING IS SECONDARY.**

We are printing more copies of our book **“TOWARDS A BETTER VISION WITH ACUPRESSURE”** as many have requested hard copies of the book. The number of copies will be decided based on the demand. **Those interested in buying a minimum 10 copies may book in advance before 30<sup>th</sup> Nov 2020 by sending the WhatsApp message to Dr.BHOJRAJ 9845649914. The cost is Rs.200 per copy for a minimum order of 10 copies.** Money transfer can be done after printing in December 2020.

Please note: **The book will be revised with research inputs in April 2021 and published through reputable publishers. All are requested to give the input for revision before March 2021**



**WE ARE LOOKING FOR A REPUTED PUBLISHER FOR PUBLISHING THIS BOOK BY MARCH 2021.  
KINDLY CONTACT THE AUTHOR 9845649914**

## **CASE HISTORIES AFTER ONE MONTH**

### **Case Study #1**

**Research Associate: SHYAMALA**

1. Eye strain reduced says Master Nivedh, 9 years

Master Nivedh is a known case of high Astigmatism and Myopia. He has been wearing glasses since the age of three. His parents motivated him to join our SIRP. Post training, he started doing exercises by himself on 21<sup>st</sup> September, 2020. He has been monitored every week and after a month of practice, his parents have reported as below:

“Earlier to this practice he used to complain about eye strain since he has been attending the online classes for many hours daily and now after a month of this eye exercise he feels slightly comfortable. He says the eye strain is less now.

He is having an eye power of -3 and hoping to improve his eyesight within six months of practice.”

### **Case Study #2**

**Research Associate: KALLOLINI PATRA**

“I Could read mobile messages without wearing my spectacles for one hour!” says Mrs. Madhu Das, 49yrs.

I joined this programme last month to improve my eyesight. I have been practicing the exercises for 10 minutes every day under the guidance of Ms. Kallolini. I normally use my eyeglasses to read the messages on my mobile phone as I can't see the letters clearly.

Almost after one month of practice I realised that I was actually reading my mobile messages without glass for almost one hour! I realised that I was not wearing my spectacles only when it appeared slightly blurry. It was a great revelation for me. I am

very much hopeful that I can improve my eyesight within next few months.

### Case Study #3:

**Research Associate: VAISHNAVI GANESH**

“Concentration improved”! Mr.Vaibhav

Before starting my eye practice, I could not concentrate more on my studies. But now, my concentration level has increased in a month! I also feel calmer.

### Case Study #4

**Research Associate: VIJAYA SESHADRI**

“Feeling freshness in my eyes!” Satvika

I exercise five times a day. My eyes feel refreshed and unstressed despite looking into the computer screen daily for online classes. I could feel the pictures in my room look a little brighter than before practicing.

### Case Study #5

**Research Associate: Dr.PRATHYUSHA**

“No discomfort in the eyes now”!  
Dr.Ramanashree 54yrs, Practicing Doctor in Gurgaon, Haryana

I have been practicing the exercises twice daily for the past one month. I could feel the relaxation of the eyes post exercise. My earlier discomfort has gone completely. I am more comfortable and feel freshness in the eyes.

### Case study #6

**Research Associate: MRS. JYOTHIKA**

“I have seen amazing results in the five weeks of practice.” “Usha Krishnakumar, 68 years”

The volunteer is paralyzed in the left arm and can use only one hand. So she does exercise one eye at a time only. It takes her 25 minutes to do it.

## SWAMI VIVEKANANDA

**TAKE UP ONE IDEA. MAKE THAT ONE IDEA YOUR LIFE. THINK OF IT, DREAM OF IT, LIVE ON THAT IDEA. THIS IS THE WAY TO SUCCESS.**

### THANKS TO ALL DONORS

OCTOBER 2020

- |                              |          |
|------------------------------|----------|
| 1.Dr.Surendra Pal, Bangalore | Rs.5,000 |
| 2.Mr.R.S. Mani, Mumbai       | Rs 5,000 |
| 3.Mrs.Latha Murali           | Rs.5,000 |
| 4.Mr.Leo Jackson, ISRO       | Rs.5,000 |

NOVEMBER 2020

- |                        |           |
|------------------------|-----------|
| 5.Mrs. Vijaya Seshadri | Rs.5,000  |
| Closing Balance        | Rs 98,010 |

(As on September 30,2020)

Closing Balance	Rs.1,07,010
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(As on 31<sup>st</sup> October,2020)

### EXPENDITURE

September,2020	Rs 10,852
October ,2020	Rs. 10816

### Our commitments for November 2020

- 1.Office Assistant: Rs 10,000
- 2.Newsletter : Rs.850
- 3.Audit fees : Rs.8,500
- 4.Incentive to RAs: Rs.20,000

APPEAL TO ALL SUPPORTERS

WHATEVER SMALL DONATIONS YOU SEND WILL BE THE TONIC FOR US TO COMPLETE THIS SIX MONTHS RESEARCH.

PLEASE SEND YOUR DONATIONS TO:

ACADEMY FOR ACUPRESSURE AND  
ACUPUNCTURE INDIAN BANK A/C  
6012588256

IFSC CODE : IDIB000R005

CBS CODE : 00064

The Research Associates and the registered volunteers as on November 1, 2020

NAME OF RESEARCH ASSOCIATE	VOLUNTEERS BELOW 18 YEARS	VOLUNTEERS ABOVE 18 YEARS
1.Mrs.LATHA MURALI	12	11
2.Mrs.DEVI KALYANI	5	12
3.Mrs.VIJAYA SESHADRI	15	20
4.Mrs.SHYAMALA	4	7
5.Ms.KALLOLINI	17	18
6.Mrs. JYOTHIKA	5	25
7.Mrs.SUJATHA SHETTY	15	20
8.Mrs.Harini	9	21
9.Dr.PRATHYUSHA	10	7
10.Mrs.VAISHNAVI	17	3
TOTAL	109	144

## REVIEW BY APEX MONITORING COMMITTEE

Our research campaign **SIRP was officially launched on October 4, 2020**. An online review meeting on Zoom was organized by Mrs.Latha Murali on 2<sup>nd</sup> November, 2020 at 5 PM to review the progress of the research programme by Zoom.

**Dr.H.Bhojraj**, The Committee Chairman, in his opening remarks, after listening to the RA's feedback congratulated all the RAs for their dedication in this research and complimented the volunteers for their

regular practice. "Many good results have been reported within this One Month," he observed and asked all the volunteers to continue the simple exercise every day.

**He asked the RAs to add as many students as possible in the coming months to drive the point that the cure is coming from their own system and the individual is responsible for his/her eyes as well as for their general health.** He insisted on compulsory

detoxification and yoga exercises as a must for getting excellent results for the eye.

**Mrs.Latha Murali** explained that the data collection methods from the registered volunteers are in the final stage pending confirmation. She observed the data collection has to be streamlined and the vision defective students are given priority for the first cut analysis. Many students are being added, she said.

**Dr.Romesh Bhat** appreciated the efforts of the Research Associates and insisted that the data collected should be presented in a format that eases statistical analysis. He also agreed to train RAs in this regard.

**Mr.Sundramurthy** said the review meeting conducted earlier was successful and that he and Mrs Latha managed to clear many doubts regarding data collection. "The format explained in the book can be taken as the base standard with extra data added accordingly" he said.

**Dr.Bhaskarnarayana** appreciated the combined efforts of all the RAs. He said that the research has already reached the international level since many people he knew settled abroad, started practicing through his wife Saroja, including his granddaughter in the USA. He also suggested

that the RAs be paid a monthly stipend to take care of the incidental expenditure for the research depending on the number of students or case studies.

**Mrs.Saroja Appanna**, the Editor congratulated all RAs for their grand success and thanked all the RAs for their best efforts. She asked them to submit their detailed feedback along with case studies and articles for publishing in the News Letter on our website [bhojraj.tripod.com](http://bhojraj.tripod.com).

**Sri.Achutha Rao**, who could not log in due to technical glitch later commended the entire team for bringing the research up to this stage of collecting data and said that this project will have wonderful benefits for the younger generation.

**Mr.M.V.Kannan** also congratulated the entire team and informed them that the number of visitors for the site is increasing every day. He appreciated the quality of the new letter and insisted that the quality of the contents should be maintained for next five months.

**Mrs.Devi Kalyani** proposed the vote of thanks and assured the committee of the RAs full cooperation for the success of the research.

**Dr.Bhojraj** also explained the Emotional Freedom Technique (EFT) for the RAs specifically for the eyes and explained how to detox the Liver if improvement saturates at some point after initial improvement.

### EYE RELATED PROBLEMS

**STYE IN THE EYE** A stye is a small, but painful lump on or inside the eyelid or around the eye. The skin may be red, swollen and filled with yellow pus like a pimple. The eye may be red and watery but vision may not be affected.

**What causes styes?** Styes are caused by bacteria from your skin and gets into and irritates the oil glands in the eyelids. These bacteria which normally exist harmlessly on the skin of the eyes, can sometimes get trapped along with dead skin cells on the edge of the eyelid. This results in a swollen, red, and painful bump that can develop over a course of a few days. Touching mucus from the nose and then touching the eye can cause the spread of staphylococcal bacteria to the eyelid. Any discharge from the stye should be cleaned thoroughly so that the infection is less likely to spread to other areas. It is not contagious. In most cases treatment is not required. It may go away on its own within 2 to 5 days. Doctors may prescribe an antibiotic ointment for



application.



STYES IMPROVED WITH EYE EXERCISE

**MIGRAINE RESEARCH  
CURE YOURSELF WITH  
ACUPRESSURE**

Those people who are suffering from migraine headache can cure themselves with Acupressure therapy taught by Video call by Dr.H.Bhojraj.

PLEASE CONTACT BY WHATSAPP MESSAGE on 9845649914. MONITORED FOR 6 MONTHS

WhatsApp the following details: Name, Age, Date of Birth, Duration of migraine, medications taken etc.

Donation to Academy Rs 5000 for six months treatment.

CURE FOR SURE

ACCOUNT: INDIAN BANK

No. 6012588256

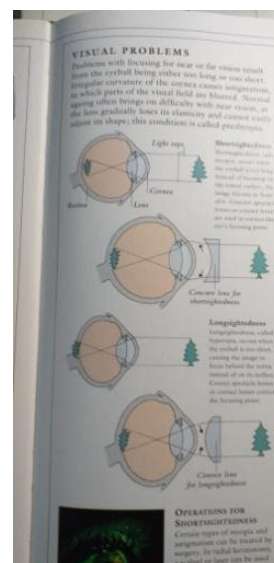
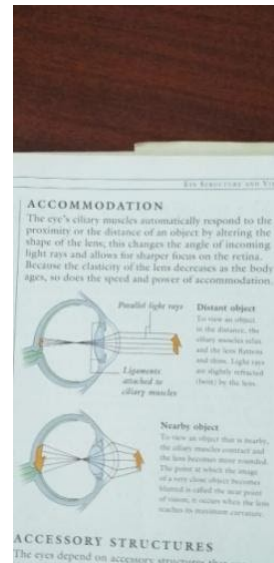
## EYE DISORDERS

### PROBLEM WITH FOCUS:

Near or far vision result from the eyeball being either too long or too short

### BLURRED VISION:

Irregular curvature of the cornea causes astigmatism, in which parts of the visual field are blurred.



### PRESBYOPIA

Normal aging often brings on difficulty with near vision, as the lens gradually loses its elasticity and cannot easily adjust its shape.

### MYOPIA OR SHORT SIGHTEDNESS

It occurs when the eyeball is too long. Instead of focusing on the retinal surface, the image focuses in front of it. Concave spectacles lenses are used to correct the eye's focusing point.

### HYPEROPIA OR LONG SIGHTEDNESS

It occurs when the eyeball is too short, causing the image to focus behind the retina

instead of on its surface. Concave lenses are used to correct the focusing point.

### **LASER SURGERY**

Certain types of myopia and astigmatism can be corrected by Laser Surgery. It is known as Radial Keratotomy.

A scalpel or a precision laser beam is used to make incisions in the cornea to alter the ways the light rays are bent. Lasers can be used to shave microscopic amounts of tissue from the front of the cornea to change the eyeball's shape.

### **CATARACTS**

The most common cause for cataracts seems to be the general aging process. Many people are not aware that cataracts are developing, as they cause no pain and may not interfere with vision. The changes in the lens are irreversible according to Modern medicine but acupressure can reverse it.

Diabetes Mellitus and exposure to direct radiation are possible causes. Cataract is very common in the elderly especially above 75 years.

### **GLAUCOMA**

The pressure is created by a build-up of aqueous humour, a fluid that normally drains away as fast as it is secreted. Otherwise the fluid compresses blood vessels supplying optic nerve, so that nerve fibres degenerate. Glaucoma may cause blindness as a result of damage from increasing pressure within the eye.

### **RETINOPATHY**

Diseases of the retina (retinopathy) can be caused due to diabetes or hypertension, both of which occur most commonly in old people. Macular degeneration, overlying of

the central retina with scar tissue is possible for people above 60 years.

### **FOOD FOR THOUGHT**

**FOOD FOR YOUR EYES** Yes, you read it right! **GOOD** food for **PERFECT** eyesight. Presently our Acupressure Academy is focusing on eyesight improvement through Acupressure exercises. The recommended exercises are being done by the young and old volunteers alike sincerely under the guidance of our inspiring, enthusiastic and committed Research Associates. During this time of COVID pandemic people of all ages are attached to the electronic gadgets – older generation to mobiles for WhatsApp messages and TV for News and spiritual programs, middle aged for their job work and the children for their online classes. **These electronic gadgets cause a lot of strain on our most important sense organ EYES.** So it is our duty to take care of this precious sense organ.

Not only the exercises but right food also plays a very important role in maintaining and improving our eyesight. In our busy life no one pays attention to this food factor though a lot of information is available on the internet. So, this article is a reminder to all volunteers.

### **PROTECT YOUR EYESIGHT BY INCLUDING THE FOLLOWING IN YOUR DIET REGULARLY.**

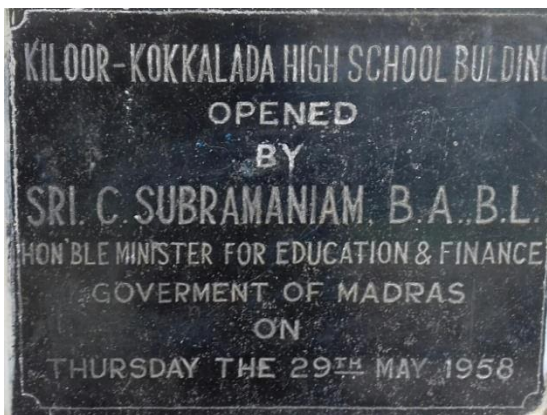
**LEAFY GREENS:** Leafy greens contain important pigments that stop the macular degeneration and prevent cataract. **VITAMIN A** – Vitamin A is critical for vision. Its essential component, a protein, helps absorb light in the retinal receptors, helps in the functioning of the Conjunctival membranes and cornea. Orange colored fruits and vegetables like Papaya, mango, muskmelon, carrots, pumpkin, sweet potato must be included in your diet as they are rich



sources of Vitamin A. These are available in plenty in our country. Eggs, milk and cheese also contain Vitamin A. **VITAMIN E AND ZINC:** These two, present in whole grains, nuts and Sunflower seeds are needed for healthy eyes. You can snack on roasted Sunflower seeds which are very tasty. **VITAMIN C** – Citrus fruits like oranges, lemons berries and Amla are rich sources of Vitamin C which is good for your eyes. If you eat non vegetarian foods eggs, fish and beef are good for healthy eyes.

### **AAA TRUST IS PLANNING TO ADOPT A VILLAGE SCHOOL** By.H.BHOJRAJ

**The Kiloor Kokkalada Higher Secondary School in which I studied for 4 years from 1961-64 was closed in 2018 by the TN Government due to lack of students enrolling for Tamil medium education.** The school building was unused for the past two years and the maintenance was not done for many years. Many local people under the leadership of **Mrs. Rajeshwari**, Local Councillor of Panchayat took the initiative to take up the matter with the Collector of Nilgiris through the OOTY MLA.



Finally the district administration agreed in principle to reopen the school and revive the standard 6, 7 and 8 with a total strength of 30 students.

The renovation work started with donations from a few old students including me.

After discussing with the team we have decided to form a committee under the Chairmanship of **Mr.M.V.Kannan, Rtd ISRO Scientist** for discussing the formalities for adopting this village school and interacting with Teachers and students on the latest educational methods in future. **Rtd ISRO Scientists Mr. Sundramurthy and Prof.Arunachalam** have been nominated to the Committee. Those interested in supporting this Corporate Social Responsibility with cash or kind may contact me on **9845649914** or **Mr.M.V.Kannan** on **9740317133**.

#### EDITORIAL COMMITTEE

**Mrs.Saroja Bhaskar Appanna, Mrs.Aarthi R, and Mr.Sundaramurthy**