



# ACU WELLNESS

## ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

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### MARCH 2023

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VOL 12 No 02



### FROM THE CHAIRMAN'S DESK

I am very happy to note that we completed 11 years of our Research, after starting the Academy in 2012 with objectives of spreading the simple healing systems to the common man as a preventive therapy and conduct

systematic research to convince the Government to start an Integrated Medical College in Karnataka so that Acupuncture gets its due in the healing science.

It is very well known, no other system except Modern Medicine, developed so far to give relief during emergencies and **everyone of us support this main modern medical system for its effectiveness and efficiency in emergencies**. But many life style diseases can be avoided by practicing other preventive therapies. Acupressure and Acupuncture system has been recognized as a system in nearly 102 countries all over the world with WHO approval. But in India only West Bengal and Maharashtra have

recognized the system. Maharashtra started registration of experienced practitioners after a formal test conducted by the Acupuncture Council but an Integrated College is still remains as dream.

**I am very happy to state that Electro Homeopathy research has taken off well and our Academy decided to support the research since it has the potential to cure the problem in the tissue level and patient can gradually taper off the regular medication with the help of the Doctor with test results.** These records for few years will give us the confidence to take it to the rural mass. Dr.Rehanul Huda, who is the authority in Electro Homeopathy in India has agreed in principle to conduct the online course every Saturday and Sunday (2Hr sessions) for three months and with two full day programme in Bangalore. The classes will start from first week of March 2023 and details will be sent shortly.

The Second convention on Electro Homeopathy research results was conducted online and was attended by about 90 people in an online programme and it was an eye opener for many people who attended for the first



time. We are planning to hold such scientific presentation by leading EH practitioners from any part of INDIA and share their experience and knowledge to the beginners. **Dr.Rehanul Huda, Dr.Giridhar Gopal and Dr.Beena are to be complemented for this great initiative.**



### Cupping Therapy Institute Convocation

The Cupping Therapy Institute under the leadership of Dr.Junaid Khan has done a wonderful research on this therapy and brought out many dissertations by the students and his special Junaid Tapping Therapy (JTT) was demonstrated on the guests to get a feeling of wellbeing mainly to relieve any pain in the body. As a guest speaker, the talk on Eye Sight Improvement and Hearing Improvement with records was well received by the students.

The visit by our retired Space Team to Universal Metric Higher Secondary School in Jolarpet for a Science Carnival was really very interesting not only for the children from Std 2 to Std 10 but also for their parents and the local people. Many models of the Satellites were made by the children and kept for display. The exposure to high technology in the young age will certainly sow a seed in their mind to grow with scientific temper. Our team is geared up to visit many schools to motivate the children to think differently and do their best for our Nation.

The Hearing Improvement Research Programme-2 has taken off well and about 20 people attended the first session and many of them joined the subsequent (Wednesday 4 PM) classes and are ready to continue the exercise for 3 months. If successfully completed, the data will give us the basis for taking it forward in the National level and get the funding from ICMR for full time research in collaboration

with any reputed medical college. It needs systematic research in the brain to prove the changes inside the brain for improving the sensitivity of the ear. Those interested in this research can contact me for taking it further.

**Our 11<sup>th</sup> Anniversary function is to be held on 5<sup>th</sup> March 2023 at Hotel Parag.** All Donors are requested to attend the function from 3 30 PM to 5 PM. **One day Acupressure course also will be conducted at the same venue from 10 AM and all Donors are requested to join us for Lunch also.** I take this opportunity to thank all our mentors especially Shri. **S.V.Ranganath, Dr.Surendra Pal and Shri Neelam Achuta Rao** for their support and encouragement for more than a decade. Apart from them, I have invited my classmates **Mr.S.Nargunam, Mr.T.L.Dhanabalan, Mr.V.Ananthakrishnan, Mr.Reghunath and Mr.R.Chidambaram** as special guests who all attended my marriage in my village in Nilgiris in 1972. I have also invited my classmates **Mr.P.S.Sridharan and Mr.B.B.Malayali** who have been practicing Alternate Therapies for many years and supporting my venture all throughout.

***I wish you all happy 11<sup>th</sup> Anniversary and thank you all for the great support.***

H.BHOJRAJ, CHAIRMAN, AAA

**A SUCCESSFUL PERSON IS ONE WHO POSSESS GREAT PSYCHOLOGICAL AND SPIRITUAL UNDERSTANDING.**

**THE SECRET OF GUIDENCE OR RIGHT ACTION IS TO MENTALLY DEVOTE YOURSELF TO THE RIGHT ANSWER UNTIL YOU FIND ITS RESPONSE IN YOU.**

**THE RESPONSE IS A FEELING OF INNER AWARENESS, AN OVERPOWERING HUNCH WHEREBY YOU KNOW THAT YOU KNOW.**

## **Eye power reduced with Acupressure says Mr.Giridhar Gopal 67 Yrs(Celebrated on 30<sup>th</sup> Jan 2023)**

I have been attending all the research programmes started by Dr.Bhojraj and I bought 10 books in 2020 when it was first released for the students. I was very much convinced with the theory and started practicing for 10 minutes everyday. After 6 months when I checked my eyesight, it was showing less power. **Both eyes it came down from -4.2 with cylindrical error to -2.3 without cylindrical error.** I was really surprised and I changed my lenses to suit the power. **After two years when I checked it came down to -1.7** and again I changed my lenses to suit the reduced power. I am still continuing my daily exercise along with electrohomeopathy drops to strengthen the Liver which is responsible for the eyes as per Five Elements Theory. I declared on 13<sup>th</sup> Jan Electrohomeopathy conference my improvement to the audience as a motivation for them to start practicing self acupressure for improving the eyesight. It will work better if the Liver detoxification is done by any system like, Homeopathy, Ayurveda or Electrohomeopathy.

I thank to Dr.Bhojraj for his wonderful technique and writing the book **“Towards a better vision with Acupressure”** for the benefit of the common man.

***Cylinder(CYL)** indicates the amount of lens power for astigmatism and represents the difference in the greatest and weakest power of the eye, usually separated by 90 degrees. It occurs when the cornea or lens inside your eye has mismatched curves.*

***Sphere (SPH)** means the correction for nearsightedness or farsightedness. This indicates the amount lens power, measured in diaptors(D), prescribed to correct (-) nearsightedness or (+) farsightedness.*

***Axis** is required for correcting cylindrical error. It indicates the angle between the two meridians of the astigmatic eye. The axis is defined with a number from 1 to 180. The number 90 corresponds to the vertical meridian of the eye and the number 180 corresponds to the horizontal meridian.*

## **SOUND THERAPY- AN INTRODUCTION**

Sound therapy is a treatment which uses sound to treat mental and physical stress. **The technique involves sending sound waves and harmonic vibrations to the body through the use of instrumental or the human voice Sound waves help to facilitate a shift in brainwave conditions by entertainment.**

Entertainment matches the oscillating brainwaves by providing a stable frequency which they can attune to. It is possible to stimulate the brainwaves by using frequency and rhythm, which makes possible to downshift normal waking consciousness /state ( beta state) to relaxed consciousness/state (alpha state), then to meditative state (theta state) and to sleep state,where internal healing can occur (delta state).

One of the most common sources of sound therapy is the “Tibetan singing bowl”. The bowl produces vibrations in deep tones which allow relaxation of both sides of the brain and helps in muscles regeneration. The vibration also improve circulation, release tensions or blockages, relieves depression and mood related concerns, as well as cure anxiety. It treats children with hyperactive disorders too by stimulating the immune system. **The bowl is made up of five to seven types of metals which are connected to celestial bodies: Mercury ( Mercury), Copper(Venus), Iron( Mars), Tin(Jupiter), Lead(Saturn), Gold(Sun), and Silver(Moon).**

## **CUPPING THERAPY (HIJAMA) GRADUATION DAY**

The Hijama Education and Research Training Centre Director, Dr.Junaid Khan invited Dr.H.Bhojraj as a Guest of Honour for their 12th Convocation Day on 4<sup>th</sup> February 2023. Dr.Deepak Rout, Global Icon of Healthcare was honoured by the Centre for his invaluable contribution for Holistic Healthcare in number of Countries including INDIA. Mr.Mohamed Yousuf , Mentor of the Centre presided over the function. The students who had undergone the course for one year demonstrated their skills of few volunteers including the guests for the

function. Junaid Tapping Therapy (JTT) developed by Dr.Junaid was demonstrated for relieving any pain in the body within five minutes of this therapy.



Dr.H.Bhojraj presented a paper on the pilot project results of improving eyesight for students and hearing for senior citizen which was well appreciated by the audience.

## KBGA ACTIVITIES

The Foot Ball semi final matches of KBGA annual tournament was conducted in Shlok International School, Kaggilipura Village, Sarjapura road on 5<sup>th</sup> February 2023 which was attended by **Dr.H.Bhojraj and Mr.Nagulan Joghee. Mr.Sarvanan, President, KBGA welcomed the gathering and kicked off the semi final matches.** The semi-final matches of Cricket Tournament also were conducted on 11<sup>th</sup> and 12<sup>th</sup> Feb and the finals will be played on the Musical Day planned in March/April.



*YOUNGSTERS FROM NILGIRIS IN BANGALORE*

The final matches of both Foot Ball and Cricket will be held on a day when the Badaga Musical Evening is planned.

## NAMMA CLINIC INAUGURATED BY HIGHER EDUCATION MINISTER Dr.ASWATHNARAYANA IN SUBRAMANYANAGAR

As reported in our February 2023 issue, BBMP has done a wonderful job by establishing NAMMA CLINIC in Subramanyanagar, Sangoli Rayanna Park for the benefit of the local people which was inaugurated by local MLA and Honourable Minister for Higher Education Dr.Aswathnarayana on 8<sup>th</sup> February 2023.



**The Minister appreciated the BBMP officials for establishing such a wonderful facility at a short time and offering the services to the local mass at their convenient time in the morning and evening.** He told that the Doctors will be available for consultation and testing from 7 45 AM to 10 45AM and also in the evening from 4 PM to 7 PM mainly to accommodate the office goers and health conscious people who come for regular walking in the park.

**Dr.H.Bhojraj attended the function and appreciated the efforts of the Minister who has taken care of the health of the people living in Subramanyanagar. He also thanked him for the extensive work taken for the replacement of old water pipes and sanitary lines which will last for another 50 years. He requested him to start a wellness centre in the park to impart Yoga Therapy and other preventive health care technique to the common man.** Dr.Bhojraj presented his book "Towards better vision with Acupressure" to the Minister. The Minister told Namma Clinic concept can be used as Health and Wellness Centre. Prevent the disease by checking the parameters in the beginning especially for the youth.

**ELECTROHOMEOPATHY ONLINE CONVENTION ON 12<sup>TH</sup> Feb 2023**



By **Dr.Beena Divakar** Dentist, Acupuncture and Electrohomeopathy Practitioner

Electrohomeopathy practitioners presented scientific papers in the convention conducted online on 12<sup>th</sup> February from 11 AM to 1 30 PM. **Dr Bhojraj** along with many of our Acupuncturists participated in the 2nd Electrohomeopathy convention.

Chairman, as Chief guest declared the convention open after extending a very warm welcome to all the dignitaries , Electro homeopaths and Acupuncturists coming together on Zoom.

**Dr. Hemlata**, retired army colonel and physician as guest of honour said that **she diagnosed Allopathically and treated Electrohomeopathically which has given excellent cure for many diseases.**

Other Dignitaries like, **Dr Vijay Kant Agnihotri**, Principal scientist CSIR and **Dr Pooja Mohanti** Scientist ICMR graced the occasion and **appreciated the initiative and extended their support** for more such scientific presentations in future.

The session began with Introduction to EH and it's Legal status in India , by **Dr Rehanul Huda**, Researcher and President -Electrohomeopathy Research Foundation, India.

**Dr Beena** spoke of Role of EH remedies in Management of chronic diseases in the elderly. She very astutely suggested that by integrating EH remedies along with regular allopathic medications can improve quality of life



in the elderly and also bring down the health care cost.

**Dr Devasena Chakravarty** presented a case on cervical Spondylosis with very good

improvements observed in a span of 4-8 weeks.

**Dr Rini Vinod** presented a Hypothyroidism case in a 36 yr female client with weight gain and TSH levels 8.45mIU/ml . After 6 months of EH remedies, exercise and appropriate diet changes she is on the path of recovery with TSH levels 4.10mIU/ml. Test Reports were displayed before and after the treatment.

**Dr Shaikh Rafik** Ismail from Pune Shared a very good case of Eczema completely cured with EH remedies and Neem oil application within few months.

**Dr Bushra**, Consultant OBS and Gynaecologist in Silvenza Hospital presented a case study on Uterine fibroids.

**Mrs. Shanta Francis**, presented a GERD case treated successfully with EH remedies .

**Dr Sujatha** presented a case of CA Breast in a 75y/o woman, bed ridden since 6 months.

EH remedies started on 23/3/22. As of today she is progressively showing very good recovery with size , softness of the breast lump and nipple retraction . **Her**



**sleep, appetite, pains have improved and she is able to walk with a stick now.**

Last but not the least, **Dr GiridharGopal** presented a **wonderful testimony of Client Puneeth Kumar Verma who was advised liver transplant by many specialists in Bangalore**, as the only possible option for his survival from a chronic liver disorder.

Dr Rehanul Huda and Dr GiridharGopal took his case, started EH remedies. **Puneeth** himself was present in the convention speaking about his recovery and his journey with EH remedies. He extended his heartfelt gratitude to Dr Huda and Dr Gridher Gopal.

**After 9 months of EH remedies he is now returning back to his normal life. No Liver transplant required.**

All the presentations were well supported with all the pathological tests, reports and diagnosis by modern medicine.



**Dedicated Doctors and practitioners can evidently bring the awareness required in bringing Acupressure, Acupuncture and Electrohomeopathy as a Preventive, Curative and Palliative care and also to take these systems all over India.**

**ELECTROHOMEOPATHY COURSE  
BY DR.REHANUL HUDA**

**ON LINE COURSE  
SATURDAY AND SUNDAY FOR 3 MONTHS**

**TWO DAYS PRACTICALS IN BANGALORE  
THOSE INTERESTED MAY CONTACT  
Dr.Giridhar Gopal Ph 8088033337  
For Course Fee and Details**

**UNIVERSAL                      METRIC                      HIGHER  
SECONDARY                      SCHOOL,                      JOLARPET,**

## CELEBRATES “SCIENCE CARNIVAL” WITH SPACE SCIENTISTS

By. Mr.Sundramurthy

The management of the Jolarpet School invited **Dr.Bhojraj, Mr.Sundramurthy, Mr.M.V.Kannan and Prof Soma (Retired ISRO Scientists)** to inaugurate and judge the science models prepared by students starting from Class 2 to Class 9<sup>th</sup>. It was a wonderful experience for the team which reached Jolarpet by Lalbagh Express and returned by the same train in the evening. The correspondent of the School **Mr.B.Shivaprakash** received the team and introduced the members to the Principal and Staff of the school.



THE ARRIVAL OF THE TEAM

After the lighting of the lamp by the dignitaries Prof.Soma in his inaugural address gave his experience of reaching the top position in ISRO mainly due to the encouragement given by his father in the young age. He was appreciating the

management for organizing such events which has the potential to sow a seed in the young minds to achieve their vision and goals.



The inauguration of the function

The models made by students vary from working models of lungs, heart, volcano, motorcycle with salt water, wind mills, environment, forest, animals and almost all the science concepts.



Mr.Sundramurthy and Mr.Kannan evaluating the models

The four houses representing four satellites **Aryabhata, Mangalyaan, Insat and Chandrayaan** were judged by Scientists and the best teams were rewarded with a shield. Almost all participants were given a certificate signed by all four scientists and a plaque. The students were also addressed by Dr.H.Bhojraj, Chief Guest, Mr.Sundramurthy and Mr.M.V.Kannan.

**DON'T WAIT FOR BEST RESORCE,  
DO THE BEST WITH THE RESOURCE YOU HAVE.  
DON'T COMPARE YOURSELF WITH ANYONE.  
GO TO THE DOOR, IT WILL OPEN.  
TAKE CARE OF YOURSELF, YOU ARE THE FIRST  
PRIORITY**



*Dr.Bhojraj and Prof.Soma evaluating the models.*

The team has planned to visit many primary schools in this year and talk on Gaganyaan to create an awareness about our prestigious manned mission GAGANYAAN which is likely to take place in 2024 to become the fourth country to do so after USA, RUSSIA and CHINA.

*The team is planning to develop a working model 1:200 of Gaganyaan by 3D PRINTING and distribute to the village schools at a nominal cost. The model makers may contact Dr.H.Bhojraj (9845649914) for details.*

#### DONATIONS RECIVED IN JANUARY/FEBRUARY 2023

Mr.NAGULAN JOGHEE	Rs.5000
Dr.H.BHOJRAJ	Rs.5000
Mrs.MEERA BHOJRAJ	Rs.5000
Mr.M.V.KANNAN	Rs.5000
Mr.KARIABETTAN SUGUMAR	Rs.5000
MrS.JIJA SUBRAMANIAN	Rs.5000
Mr.SUNDRAMURTHY	Rs.5000
Mr.ARUNACHALAM	Rs.5000
Mrs.LATHA MURALI	Rs.5000
Mrs.AARTHI R	Rs.5000
Mr.SURESH PLYAM	Rs.5000
Mr.K.N.S.RAO	Rs.5000
Mr.NARENDRAN	Rs.5000
Mr.GIRISH SHANKAR	Rs.5000

## ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE ELEVENTH ANNIVERSARY FUNCTION 5<sup>TH</sup> MARCH 2023 VENUE : HOTEL PARAG, RAJ BHAVAN ROAD, BANGALORE



#### PROGRAMME

- 9 30 AM TO 10 30 AM REGISTRATION AND TEA  
10 30 AM ACUPRESSURE –SINGLE POINT  
SOLUTIONS FOR COMMON AILMENTS BY  
Dr.BHOJRAJ  
11 30 AM BODY BALANCING PRACTICALS BY Mrs.JIJA  
12 30 PM REFEXLOGY BY GIRISH SHANKAR  
1 30 TO 2 30 PM LUNCH  
2 30 TO 3 PM QUESTION ANSWER SESSION  
3 PM TO 3 30 PM NADISWARA BY Dr.BASAVARAJ

#### ANNIVERSARY FUNCTION

- 3 30 PM PRAYER  
3 35 PM WELCOME ADDRESS BY Mr.ARUNACHALAM  
CHAIRMAN OF THE ORGANIZING COMMITTEE  
3 40 PM INTRODUCTORY REMARKS BY Dr.BHOJRAJ  
3.50 PM ANNUAL REPORT BY Mrs.JIJA SUBRAMANIAN  
4 00 PM FELICITATION TO Mr.M.V.KANNAN,  
Mr.SURESH PLYAM, Mrs.LATHA MURALI AND  
Mrs.AARTHI  
4 10 TALK BY SPECIAL GUESTS  
4 20 ADDRESS BY Dr.SURENDRA PAL  
4 25 ADDRESS BY Shri.ACHUTA RAO  
4 30 ADDRESS BY Shri.S.V.RANGANATH  
4 40 CONCLUDING REMARKS BY Dr.KANAKA RAO  
VICE CHAIRMAN, AAA  
4.50 PM VOTE OF THANKS BY Mr.SUNDRAMURTHY

5 00 PM TEA



**EASY TO UNDERSTAND GAGANYAAN SERIES  
FOR SCHOOL STUDENTS**

## **GAGANYAAN SERIES FOR SCHOOL CHILDREN**

**By.Dr.H.Bhojraj**

**Revised by Prof.Soma**

**ACU WELLNESS EXTRA**

**MARCH 2023**



**Birth** Is **Parent's** Gift  
**Education** Is A **Teacher's** Gift  
**Job** Is **Company's** Gift  
**Wife** Is **Life's** Gift But,  
**Friends** Are **God's** Gift.

**Dr.Abdul Kalam** was known as “**Missile man of India**” for his work in the development of ballistic missile technology. He was our **11<sup>th</sup> President of India** from 2002 to 2007. He spent four decades as a scientist in ISRO and DRDO. We were fortunate to see him and work with him during late seventies for SLV Rocket Project. The Rohini Satellite (RS-1) for the second flight was made in ISRO SATELLITE CENTRE . I had gone with a Thermal Team led by **Mr.Prakash P Gupta** to establish the launch pad cooling requirement for the Satellite and **Mr.M S R Dev** was the Dr.Kalam’s Deputy for monitoring overall project with whom we interacted every day during the test. When he got Bharat Ratna in 1997, the whole ISRO

scientists felt that honour and cherished the recognition for his selfless service to the Nation.

We start our series on Gaganyaan by paying our tributes to this great noble soul and invoking his blessings for all the all the students who are eager to achieve much more for INDIA by contributing their talents for Space Technology,



The Launch Vehicle Mark III (LVM 3) which is a three stage vehicle capable of carrying four thousand kilogram of Communication Satellite into Geosynchronous Transfer Orbit. It is also capable of launching eight thousand kilograms payload into Low Earth Orbit (LEO).

It consists of two solid propellant **S200 strap-ons** on its sides and core **stage L 110 liquid stage and C25 cryogenic stage**. The cost of this launch is approximately Rs.500 corers. Four successful flights and a suborbital flight

were performed till Oct 2022.

### **INTRODUCTION TO ROCKETS**

**The** rocket principle is directly connected to the Newton’s third law of motion. ***This law states that for every action there is an equivalent and opposite reaction.*** When hot gas from the nozzle of the rocket rushes out with high speed, as a reaction to this action, the rocket moves up in the opposite direction. During the flight of the rocket, the fuel is continuously consumed and ejected out as gas from the nozzle. As result the mass of the rocket decreases continuously. ***So the rocket is accelerated continuously according to second***



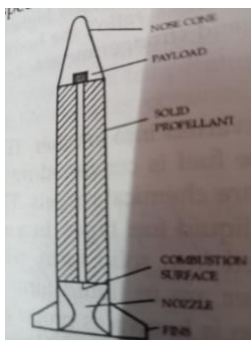
*law of motion which states that rate of change of momentum is directly proportional to the impressed force.* It is assumed here the fuel of the rocket burns at a constant rate and thus produces force at the constant rate.

## CHEMICAL ROCKETS

### SOLID ROCKET

In solid rocket both the fuel and oxidiser are mixed into solid form and this combination is known as propellant. Rockets carry their own oxidiser since it leaves the atmosphere. It is also known as rocket motor.

A rocket consists of a metallic cylinder containing the propellant. A solid –propellant rocket contains a fuel, such as polyvinyl chloride (PVC) and ammonium per chlorate as oxidiser, both mixed and cast into a solid form and having a hole along the entire length of the rocket, which forms the combustion chamber. A pyrotechnic igniter is used to start the combustion.

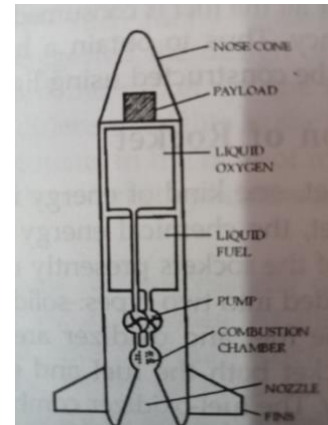


### LIQUID PROPELLANT ROCKET

In liquid –propellant rocket, fuel and oxidizer are kept in separate tanks and are pumped into combustion chamber where they mix and ignite. Some common liquid propellants are kerosene and liquid oxygen, or liquid hydrogen and liquid oxygen. Unsymmetrical **Dimethyl Hydrazine (UDMH) and Nitrogen Tetroxide (N<sub>2</sub>O<sub>4</sub>)** are frequently used propellant combination. Since liquid oxygen and liquid hydrogen are required to be stored at -183 deg.C (90 K) and -253 deg.C (20K) respectively, these propellant are called cryogenic fuels.

**Solid propellant rockets** are less costly and simple in construction in comparison with liquid propellant rockets. Solid propellant

rockets can be safely stored for longer time and can be launched at short notice. Liquid propellant rockets are however more complicated and very expensive to build. They



cannot be stored and the fuel and the oxidizer are required to be filled at the launch pad just before launching.

### WHY ARE ROCKETS BUILT IN STAGES?

A multistage rocket is the one which uses two or more stages, each of which contains its own engines and



propellant. A rocket must initially lift not only its payload, but also the weight of its propellant. Once the propellant is burnt, the empty structure is detached from the next stage to enable the next stage to start the engine. Similarly all the stages will be separated from the subsequent stages to maintain the velocity and accelerate if needed.



Lower stages are designed to withstand its own weight and all the stages fixed above it including the payload. The so called rocket design is optimizing the structural weight and achieving the performance required for the mission.

### WHAT IS PAYLOAD?

Payload is the system with mass to put into an orbit for the mission.

Communication satellites, earth observation satellites, scientific satellites etc are considered as payload for the Rockets. But the payload for communication satellite would be a transponder, a camera for earth observation and X-ray detector for scientific

satellite.

### WHAT IS A SATELLITE?

A satellite is defined as secondary object revolving around a primary object. Moon is the natural satellite of the Earth. Man made satellites (Spacecrafts) revolve around the Earth depending on the mission objective either in Polar Orbits or Geo Synchronous orbits.

### WHAT IS A PROBE?

A probe is the payload put in a definite trajectory to reach another location like Moon or Mars. It will not revolve around the Earth.



### GAGANYAAN ROCKET

Human rated Launch Vehicle M3 (HLVM3) is well proven and reliable heavy lift launcher. It has been identified as the launch vehicle for Gaganyaan. It consists of solid state, liquid stage and cryogenic stage. All the systems in LVM3 launch vehicle are re-configured to meeting human rating requirements and christened Human Rated LVM3. It is capable of launching the Orbital Module and Crew Module to an intended Low Earth Orbit of 400 KM. The Crew Module separates and enters the atmosphere and splashes down in the sea near Gujarat Coast as per the mission. The crew will be rescued by the Navy.

We will try to explain in simple language for students and common man. Please send your comments to my mail [bhojraj45@gmail.com](mailto:bhojraj45@gmail.com) or WhatsApp 9845649914 H.Bhojraj (Ex.ISRO) if you want

these articles in coming months till INDIA launches GAGANYAAN .

#### EDITORIAL TEAM

**Dr.H.Bhojraj,**  
**Mr.Sundramurthy, Mr.Nagulan Joghee,**  
**Mrs.Jija Subramanian, Mrs.Aarthi R,**  
**Dr.Beena**

#### CASE HISTORY

#### TINNITUS ALMOST CURED SAYS Mrs.Sashikala

I am **Sahikala**, aged 63 years suffering from sound in the ear for few years. In the year 2022, April I consulted ENT Specialist **Dr.Vaishnavi** with lot of ear pain and continuous sound in my ear. Doctor told me that I had ear infection and also Tinnitus. I took antibiotics for the infection. **Dr.Vaishnavi also suggested me to join the Hearing Improvement Research Project to get relief from Tinnitus.**

As I was interested in drugless therapies, I joined the second batch and started practicing regularly. **It is almost 10 months after practicing acupressure, my Tinnitus (sound in the ear) reduced by 85%. The intensity of the sound is also very less.**

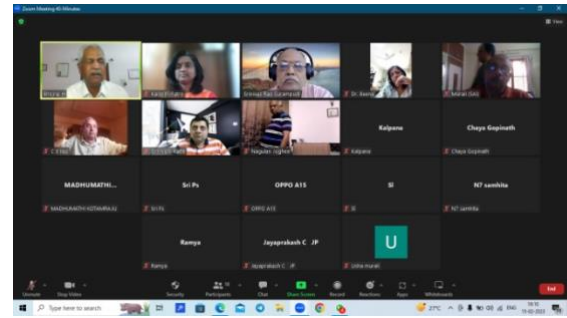
Along with this problem, earlier I also had frequent pain in the facial nerves and tiredness in the eyes. I am happy to state that pain also completely gone within three months of practice.

I thank you all for this wonderful self help therapy.

Mrs.SHASHIKALA

#### HEARING IMPROVEMENT RESEARCH PROJECT II- INAGURATED ON 15<sup>th</sup> FEB 2023.

A report by.Mr.Nagulan Joghee



The HIRP II was conducted online on 15<sup>th</sup> Feb at 4PM by online Zoom Meeting which was attended by 18 people. Dr.Bhojraj showed all the acu-points relevant for improving hearing and conducted the practical session for 15 minutes explaining the importance of each point. Dr.Bhojraj himself explained how his hearing frequency improved from 7700 HZ to 8800 HZ in the past one year.



Ms.Kallolini Patro, Project Director welcomed the participants and requested them to become regular practioners by attending our WEDNESDAY 4PM online class by Zoom. She also requested them to measure the frequency every week and share it in the forum. **She also asked people to spread this self help technique and motivate senior citizens to join this Group after paying the donation to the Acadmy.**

The second session was held on 22<sup>nd</sup> Feb and about 8 people attended the session. **We expect more people to join in coming weeks to make it a good research project with a sample size of 50.**

Please contact Ms.Kallolini Ph.9911413405 for joining this project or for any clarification.

**HOW TO JOIN HIRP-II?**



CALL Ms.KALLOLINI 9911413405 OR  
SEND WHATSAPP MESSAGE

TRANSFER Rs 2000/ AS DONATION TO AAA  
INDIAN BANK, RAJAJINAGAR  
A/C No.6012588256 IFSC IDIB000R005  
OR  
PhonePe 9845649914 (H.BHOJRAJ)

ZOOM LINK WILL BE SENT TO YOUR  
PHONE  
EVERY WEDNESDAY 4 PM PRACTICAL CLASS  
WILL BE CONDUCTED



2016  
ON 5<sup>TH</sup> MARCH, THE FUNCTION PHOTOS WILL  
REPLACE THIS PAGE AND UPLOADED IN OUR  
WEBSITE [bhojraj.triopd.com](http://bhojraj.triopd.com)

### ELEVEN YEARS OF OUR JOURNEY



2012



2017



2013



2020



2014



2021



2015



2021/2022

