

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

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FROM THE CHAIRMAN'S DESK

It gives me great pleasure to write for the October Newsletter after bringing out a special edition dedicated to Chandrayaan 3 and its heroes. I consider that I am blessed to live in this era when INDIA has touched the MOON.



With Dr.Sankaran, Director, URRSC, the architect of Chandrayaan 3 in Pensioners Forum Meeting

In 1984 during my official visit to Germany, I recall the argument I had with their Engineer about the necessity for a poor country like INDIA to take up Space Technology when millions were starving for food. Hats off to the Central Government, based on Prof. Vikram Sarabhai's dream, we have proved that we are second to none in Space Technology compared any developed nation in the world. Dr.Abdul Kalam, Ex ISRO Scientist and most loved President of INDIA wanted INDIA also to be a developed nation by 2020. Dr.Kalam's noble soul will be watching from the sky, the wonderful achievements of ISRO and rejoicing with other noble souls. Under the able leadership of our present Prime Minister, it is possible to convert INDIA as the third nation in GDP within next five years though we have to wait for another 15 years to reach the per capita income of \$4500 per year due to increasing population to get the Developed Nation tag. The whole world is looking for skilled manpower and INDIA is in the forefront due to young population.

The Chandrayaan's grand success and the grand success of G 20 has motivated our youngsters and every one of them is ready to work hard to achieve the target. The population is a boon for the companies manufacturing consumer products and they are all geared for providing a quality product like Japan and the TOYOTO culture is being adopted in almost all production centers. We cannot sustain for long without quality. Anything produced in any part of INDIA should have the stamp of the certified quality to sustain in the world market. Space Technology is in the forefront mainly due to its Quality Policy.

Our ambitious plan of having a CHANDRAYAAN lecture in OOTY calling 300 students from Government schools in the September end has been postponed due to upcoming Gaganyaan related launches. As soon as we get the clearance from the concerned people, we will certainly announce the dates in collaboration with LIONS CLUB, OOTY.



Chandrayaan 3 celebrations in Hotel Monarch Luxur

A committee formed under the Chairmanship of Dr.Devraj, Former UGC Vice Chairman to study the feasibility of having an exclusive Remote Sensing Institute to offer Post Graduate Diploma of Degree in Nilgiris or Coimbatore had its first meeting on19th September by Zoom. The discussions are published in this newsletter to create an awareness among the Educationist on the remote sensing application-oriented courses particularly in Nilgiris. We welcome your comments on this proposal and those interested in joining our discussions can give a WhatsApp message to my mobile 9845649914 to add to our panel for discussion. We are planning to meet once every month on 4th Saturday at 6PM to update the members. It may take one year to come to a conclusion and take appropriate actions for implementation.



Ms.Kallolini Patro, the Co-Ordinator for research

The hearing improvement research team has done very well with the conclusion of the 6th batch which is being reported in this issue. I request more and more people should join this self-help technique and keep practicing for minimum three months to observe the changes. The eye improvement also combined with this. Those interested in joining the batch can contact Ms.Kallolini Patro Ph.9911413405 for the link. Kindly join our weekly Wednesday 7PM practical class after getting the link and pay the donation of Rs.3000 after two weeks if you want to continue. The Trustees meeting is planned this month and request all the Trustees to attend for finalizing our further course of action and re-registration. I wish you all Happy Dasara and Happy Nava-rathri. I thank all the Donors for their support.

H.BHOJRAJ, CHAIRMAN, AAA

WHEN YOU LOVE SOMEONE, YOU LOVE THE PERSON AS THEY ARE, AND NOT AS YOU WOULD LIKE THEM TO BE. THE HIGHEST DEGREE OF HUMAN WISDOM IS WHEN YOU KNOW THAT YOU KNOW NOTHING.

LEO TOLSTOY

Hearing Improvement Research Results (Batch 6)

It is heartening to note those people who joined this Hearing Improvement and Sight Improvement combined practical sessions conducted by our Academy, have reported considerable improvement in their hearing and eyesight. The review meeting was conducted by Dr.Bhojraj on 4th August 2023 at 7 PM by Google Meet.

Ms.Kallolini Patra, main co-ordinator for this program welcomed the participants and explained the main purpose of this organized training with hand holding for three months by experts in Acupressure. Dr.Bhojraj, Chairman,AAA in his opening remarks appreciated the efforts of Ms.Kallolini and congratulated the participants for completing the practical successfully.

Mr.S.Srinivasa Rao, ex ISRO Scientist and Healer said that his eye power has come down from -4.5 to -3.5 on one eye and from-4.0 to -3.0 in another over a period of one year. His hearing ability also improved from 7000Hz to 8000 Hz on one ear and from 4500 Hz to 5200 Hz in another. His hearing test confirmed normal hearing for his age of 65 years.

Mr.Thirumalai, 75 years, Rtd TNEB Engineer, has seen considerable improvement in hearing after starting this exercise. Mr.Sridhar from Chennai, who sponsored this 6th Batch expressed his happiness that his hearing frequency improved from 7600 to 8600 Hz in 3 months of regular practice and also his cataract development on one eye has started reversing. Almost all ear related problems like pain and excess wax formation are cured without any medication. He also told his wife Mrs.Gopi Sridhar also seen very good improvement for the ear, from 5600 Hz to 7200 Hz both ears in 3 months.

Mr.Priyatham told he is yet to take the audio test to observe the quantitative change but feels some difference in hearing ability.

Mrs.Lalitha Bhandula from the earlier batch expressed her experience of travelling in the flight and for the first time she has not used any ear plugs or cotton while travelling abroad and said her hearing frequency was maintained. Mr.Tellur Ravindran from the first batch had recommended his relatives for all the batches after observing the results. Mr.Mahenranath from Bellari has seen considerable improvement in his quality of hearing and eye sight also showed better clarity now.

DOS/ISRO PENSIONERS FORUM MEETING ON 17-09-2023

A report by Dr.H.Bhojraj and Mr.M. V. Kannan

The 13th Annual General Body and Family Get-Together function was organized in Hotel Krishna Grand on 17th September from 10 AM to 2PM. Mr.Sankaran, Director, U.R.Rao Satellite Centre, Bengalure attended as Chief Guest which was presided by Dr.A.S.Kiran Kumar, Former ISRO Chairman and Patron of our Pensioner's Forum. Mr.Kunjiraman, President of the Forum welcomed the Guests and expressed his deep appreciation and hearty congratulations to Director URSC for the grand success of Chandrayaan 3 which has put INDIA on the World Map as the first country to land on the South Pole of the Moon.

Mr. Sankaran in his address acknowledged the tremendous amount of work done by the Engineers, Scientists and the supporting staff not only in URSC



bur also all ISRO Centre. He also acknowledged industries the which had whole heartly supported this unique project. He also mentioned that this unique achievement possible was mainly due to strong foundation laid by the veterans of this forum and appreciated everyone for their contribution in different fields.

Dr. Kiran Kumar who spent sleepless nights along with the Chandrayaan team in ISTRAC for more than one month was very appreciative of the team which achieved its final goal without any hitch. He showered his praise for the teams starting from Chandrayaan 1, 2 and 3. In his wonderful address he made us to think what exactly operating us. The program installed in the birth time or the programs installed during of life time of learning. We have different ways of understanding our actions in our life. Similarly he made us to look inwards for the proper solutions for our problems instead of looking outside.



Mr.Sankaran, Director URRSC, Dr.R.M.Vasagam and Dr.Kiran Kumar Ex.Chairman, ISRO with others

The General Body Members honored Dr.R.M.Vasagam and Mr.Antoni for having completed 84 years in this



Earth having completed 1000 Full Moons. Dr.Vasagam in his addressed thanked the Forum for honoring him and spoke about his interactions with Dr.Vikram Sarabai in 1967 onwards till he retired. Particularly he recalled - 1 Communication Satellite was tested on bullock cart to avoid Electro Magnetics Interference and appreciated the 40th Anniversary function conducted under

Academy banner. Mr. Antony in his address said that as a civil engineer joined ISRO in the initial years under the stalwarts like Mr. R D.Jhon and Mr.sathyanarayana Rao and started almost all projects since since every project starts with civil works. He thanked the Organizers for recognizing in the Pensioners Forum. The General Body Members appreciated the efforts of the Executive Committee members under the Chairmanship of Mr.Kunjiraman for solving almost all the problems related to CHSS which is taken up on priority basis by DOS for cashless transactions for senior citizens. He also requested the members to open a joint account with spouse for avoiding the problem of family pension in future. The meeting ended with nice lunch. About 200 members attended and many of them with families.

19-09-2023 REMOTE SENSING INSTITUTE IN NILGRIS-DISCUSSION ON THE PROPOSAL

To discuss the preliminary proposal written by Dr.Bhojraj for a Remote Sensing Institute in Nilgiris for the benefit of the hill tribes the high level committee formed under the Chirmanship of Dr.H.Devraj, Ex.UGC Vice Chairman was held on 19th and 21st by Zoom Meeting.

BACKGROUND

The first draft proposal circulated by Dr.H.Bhojraj. Chairman, Academy for Acupressure and Acupuncture



among known Educationists in Nilgiris evoked keen interest and also among qualified people in Nilgiris. As the remote sensing technology is evolving, with the help of Artificial Intelligence, the whole world is moving very fast towards many dreams like extended life for humans and diagnosing the health problems with remote sensing. It was felt that an advance Institute for Remote Sensing in Nilgiris will help hill tribes in remote

inaccessible areas. With technology explosion, even the smart phones have the capacity of a big computer of 90s and every villager is having such phones in rural areas. With so many remote sensing applications are being evolved, it is very much needed to give a PG Course for the future generation in backward areas.

As **Dr.H. Devra**j, Ex.UGC Chairman has a thorough knowledge of all the Universities offering such special courses, he was requested to be the Chairman of this Committee. **Dr.A.K.Gupta**, member of this committee has not only worked in ISRO's National remote Sensing Agency, in Hyderabad but also taught remote sensing as a subject to PG Students for few years after his retirement. **Mr.Sundramurthy T.K**, worked in ISRO for 36 years and was Mission Director for many Communication Satellites. **Mr.Nagulan Joghee**, with his vast experience in Statistics and Computer applications was also added as a member for this brain storming session of the committee.

Dr. Bhojraj, in his welcome addresses introduced all the members and explained the need for this committee. He also clarified this Committee is only for exploration and recommendation by appropriate Authorities or to interested Educational Trusts.

Dr.Devraj in his opening remarks appreciated the core idea of having an Institution for remote sensing in Southern States and mentioned that Anna University had already established a full-fledged remote sensing department and an extension is already available in OOTY. Nilgiris. Since most of the applications are for agriculture purpose, he felt dedicating the institute under Agriculture University would be better. He felt the remote sensing data especially Oceanography data are being used by multiple agencies including private companies for weather forecasting etc. Dr.A.K.Gupta told that more than a dozen institutes are offering MTech in Remote sensing and GIS/Geo-informatics including Karnataka State Remote sensing Agency in Bengaluru. According to him M Tech courses are available in Anna University in Chennai and Bharathidasan university in Coimbatore.

Mr.Sundramurthy told that retired ISRO Scientists are conducting an M Tech course in Space Technology and he has been teaching one subject on Mission Management and similar arrangements can be done in any University.

Mr.Nagulan Joghee lauded the idea of having an institute in Tamil Nadu especially in Nilgiris and he insisted that remote sensing applications are likely to pick up if future due to privatization of Space Technology by the Central Government. He also mentioned that such institutes should come up in all districts so that people can get benefit of this high-tech application. He also told so many remote sensing applications are which are tailor made to the people living in that area.

Dr.Bhojraj mentioned that his main idea is to make the Central Government aware of the potential **to use remote sensing for the benefit of the humanity living in remote areas especially in hills.** The dedicated institute will not only impart knowledge but will help to develop watershed areas, monitor the forests closely for preservation, monitoring unauthorized constructions, predicting agricultural outputs on weekly and monthly basis and also provide survey data for small growers in Nilgiriis.

In the follow up meeting on 21st Sep 2023, it was decided in principle to visit few remote sensing centres in OOTY and Coimbatore by our members and meet again after a month to decide further actions.

Prepared by

H.Bhojraj and Nagulan Joghee

CASE HISTORIES

FROZEN SHOULDER CURED IN TWO SITTINGS OF ACUPUNCTURE

SAYS Mrs. CHANDRIKA PRABHAKAR 65 YRS

Nearly nine years back I started developing shoulder pain and after taking pain relieving tablets and physio exercise, I got relieved from it. I practiced the exercises regularly for two years and discontinued as I was perfectly all right. But one year back it started again and I was not able to lift my left hand straight up without pain. The pain starts in the horizontal position and I was not able to take my hands back also without pain. Again, we consulted the Orthopedic Doctor and he suggested hand exercise, as there was no bone related problem. I was in US with my daughter for few months and I fortunately met Mrs. Gowri, sister of Mrs. Sujatha Rajendran in Malleswaram, both of them had similar problem and cured completely with Acupuncture in Bangalore. I had decided to visit Dr.Bhojraj as soon as I return to India. On 14th August, we visited him and after listening to us, he explained the process of Acupuncture and inserted 4 needles on my left side superficially for 5 minutes and asked me to lift the hand for checking. I could not believe myself. It was easy to lift without pain for the first time in 8 months. Still, we were skeptical when he asked us to come after a week. Next week also the Doctor activated 4 points for 5 minutes and asked me to check. I was not having any pain at all and my hand also moved back without pain. He taught us general acupressure points to stay healthy and also specific points to avoid shoulder pain. For the past two months I never had any pain on my shoulder and started doing my work as usual and I referred few patients to Dr.Bhojraj and they also gave good feedback for their problems. I thank Mrs. Gowri for referring me to Dr. Bhojraj.

CHRONIC COLD CURED IN ONE SITTING OF ACUPUNCTURE

Says Mrs. Reshma M. Com, Trainee, Acupuncture

I have been studying this wonderful science of Acupuncture under Dr.Bhojraj and not only got the benefit of Acupuncture therapy for myself but also for my family members. But two months back I had cold cough for a week and as it was increasing, I met the Physician, who prescribed antibiotic for 5 days. I took the medicine sincerely, though it came under control, it was not relieved completely. When I attended the

weekly class, he noticed my discomfort and asked for the reason. I explained the cold and cough background for 15 days and in spite of taking antibiotics it has not cured. He said that the acupuncture treatment will increase the discharge within 24 hours and if I were ready to face it, he would give treatment. I agreed to try. He reduced the dryness (Lu 7), increased heat (Lu10) and reduced coldness (Lu 5) for 3 minutes in our training session. To my surprise next day my cold discharge increased and almost it came out as thick phlegm for the whole day. I was perfectly alright from the next day.

COURSE DIRECTOR'S COMMENTS

Anything which comes out from the Lungs should not be stopped with medicine. The inner healing mechanism will convert the toxin in a different form and try to eliminate from the body. Those who are using nasal spray should be very careful because their main elimination system (Large Intestine) is underperforming. Improve your digestion by chewing for long time and drinking plenty of warm water for easy elimination. In Acupuncture Therapy Lungs and Large Intestine are interconnected. Gaseous elimination and solid elimination are performed by these organs. Don't treat them separately.

IMPROVE YOUR BOTH ASSIMILATION AND ELIMINATION CIRCUIT CONSISTS OF SPLEEN, STOMACH, LARGE INTESTINE AND LUNGS

H-9 WORKED TO REDUCE HIGH BP AND CHEST PAIN

SAYA Mrs.REKHA, ADVANCE ACUPUNCTURE TRAINEE

I have joined Dr. Bhojraj's Advance Acupuncture Course conducted by AAA in the month of June 2023 and as a Commerce Graduate, I could not follow many of the biological organs and its functions easily. But Doctor explained every organ in layman's language and made me understand the principles of healthy body and healthy mind with the energy manipulation.

He explained high blood pressure itself is not a disease but it is the requirement of the heart to pump at high pressure to overcome the temporary obstruction in the path of flow and it is required at that time to overcome the problem. Normally, all the organs which require nutrition shrinks a little to generate heat in that artery so that more nutrition are supplied for the requirement at that time. If you keep checking your BP throughout the day it will keep on varying depending on your physical and more on mental activity. Though

BP in the normal conditions is 120/80 mm of Hg, it can go up to 200/100 depending on the organ's requirement and mind condition.

The Systolic Pressure is mainly supplying blood to the brain area which requires force, but diastolic pressure is measured when flows downwards to all organs by gravity which takes care of more vital organs. If systolic pressure goes up, we can infer that the brain needs more blood and when diastolic pressure goes up, we can infer the organs need more blood. Normally 100 plus age is considered as higher limit and 80 plus or minus 10 considered as lower limit.

One should never allow the BP to cross the limits since high pressure has the potential to rupture the fine blood vessels and cause damage especially in the brain cells. We appreciate the modern medicine which keeps the BP within the limits but the medicine has to be taken for life long. Young people should solve the root cause of the problem mostly tension and stress related rather than taking BP tablets for controlling BP.

After learning this theory Doctor taught us three Acupressure points to reduce the high BP. The first one is H-9, end of the little finger nail. Second point is Liv 3 located one inch from the web between big toe and second toe. The third one GV-20 on the top of the head where the line joining the ears is located.



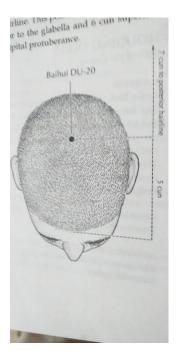
I had an occasion to try H-9 on one of my relative who is a female aged 60 yrs. and taking medicines for High BP and Diabetes. On the day I visited her, the relatives were bearing a worried look since she was complaining some pain in the chest region and BP was 220/100 as measured at that time. I remembered the point and started giving on and off pressure on the little finger nail for nearly five minutes. To the

surprise of all assembled there her chest pain was relieved within those five minutes. When the BP was measured, it showed 180/90. I taught them all the BP controlling points and Diabetes point (Sp-6) to my uncle and asked them to monitor after a month.

It convinced me that learning an Alternate Therapy is very useful during any emergency.

COURSE DIRECTOR'S COMMENTS

Yes. The acupressure point H-9 working like miracle for those people who get into any heart related problems especially high BP and heart attack (Myocardial Infraction). The unbearable pain is the indication especially in the left side of the chest. As an emergency first aid family members can use this H-9 point as a first aid till the Ambulance arrives. What they call the first golden hour is very important. As a matter of fact, H-9 can bring the pain down and



can restore the ECG to normal. That is why our



Academy made a proposal to train all ASHA workers so that first aid includes this H-9 point.

IT CAN ACT PREVENTIVE POINT FOR ALL PEOPLE

Though the past Health Secretary appreciated the idea, the Administrative Mechanism did not allow us to take it to the mass.

1971/72 BATCHMATES VISIT TO ISRO BANGALORE

THE CENTRE WHICH MADE CHANDRAYAAN 3

The program of visiting U R.Rao Satellite Centre during December or January was informally discussed among 1971 batchmates in Bangalore and the tentative date has been fixed in the third week of January 2024. In the formal meeting in October the date will be firmed up and an overall committee will be formed to finalize the overall program. The request for the visit to the URRSC Director will be sent once we finalize the date. This is the advance information to all batchmates.

H.Bhojraj , Ex.Group Director, Joined ISRO in 1972

T.L.Dhanabalan, Ex Dy.Director, Joined ISRO in 1973

KBGA UPDATE

THE ETHNIC BADAGA COMMUNITY'S PROGRESS

The EC meeting held on 10th Sep 2023 had a special agenda to felicitate the young women achievers from Ethnic Badaga Community from Nilgiris. **Mr.Sarvanan**, President, KBGA welcomed the members and **Mr.Raj Kamal**, Secretary introduced the young achievers to the committee.



Ms.Jayashree daughter of Mr and Mrs. Mani from Kotagiri, has achieved the distinction of the first pilot from Badaga Community which is highly laudable and KBGA recognized this achievement by calling her as a special invitee to address the Executive Committee.



Ms.Jayashree had served in IT industry for few years after completing her Masters in Engineering. The work from home during pandemic inspired her to search for new opportunities and achieve this unique feat.

Jayashree got into wedlock on 24th September and we wish her happy, healthy and long productive married life.

Ms. Jayshree with Trainer

Ms.Mahitha daughter of **Mr and Mrs Ramesh** from Kattabettu Village was also honored for her



achievement to have worked as Assistant Laison Officer under Argentinan Minister in G 20 team. Selected after tough compitition in National Level.

With her oratory power, she was earlier selected to address the Parliamentarians on the achievements of



Babu Rajendra Prasad. Ms.Mahitha was selected as the finalist of Speak for India, Tamil Nadu edition conducted by Times of India and Federal Bank. She was one among the top 8 finalists out of 4500 people participated in the competition. It is a

rare achievement among Ethinic Badagas.

Ms.Sisna S daughter of Mr and Mrs.Saravanan, is the



first Badaga to complete her law degree in National Law School and her academic achievements are highly commendable. She was immediately appointed in a reputed law firm in Bangalore.

Dr.H.Bhojraj, Patron, KBGA appreciated the

achievements of young Badaga girls on behalf of KBGA and wished them all the best for many more laurels in their Career. He requested the EC members to invite all the three achievers as special guests of honor for KBGA Annual Function. All senior members including Mr.Nagulan Joghee, Mr.R.Murthy, Mr.Ganesan and other members conveyed their best wishes to the achievers.

INSIGHTS - THE INDIGENOUS BADAGA COMMUNITY

The recent research reveals that Badagas are the Aboriginal Tribes living in the Nilgiris for more than 1000 years. Though Badagas were officially confirmed as Tribes since 1871 to 1941 Census, during 1950 they were declared as Backward Community. But the Tribal Status is line to the listed modalities laid down by the Constitution of India, like - 1. Primitiveness, 2. Distinct Culture, 3. Geographical Isolation, 4. Shyness and 5. Backwardness. Moreover UNESCO has officially listed Badagas are one of the Indigenous People of the World. The High Court of Madras in a WP has reviewed all the documents and directed the State and Central Government to Grant the Schedule Tribe status to the Badaga Community under Article 342 of the Constitution of India.

By.Dr.H.Bhojraj, first Badaga ISRO scientist.

KNOW YOUR LUNGS By Mrs Jija Subramanian, Acupuncture Practitioner, Rajajinagar, Trustee, AAA

Lungs play the vital role of keeping us alive in this world and it has direct connection not only with our Earth's atmosphere but also with the cosmos in receiving the consciousness. The right lung has three lobes while the left has two, to accommodate the heart between the two. Together the lung will weigh about 500g. After birth, the lungs start working with a cry and stops when the prana leaves the body (main electricity from cosmos stops).



There are no muscles in the lungs but the slight vacuum created by the diaphragm operates them. The windpipe divides at its lower end into two main bronchial tubes. Bronchioles are air passages. At the end of the bronchioles are grape like bunches of air sacs called alveoli. Alveoli

are covered with a web of capillaries. The red blood cells pass through this in single file and diffuse Carbon di Oxide into the alveoli and pick up oxygen through the gossamer membrane.

The medulla oblongata in the brain controls the breathing system depending on the carbon di oxide level in the blood. When it increases, the breathing rate is also increased to remove the CO_2 .

The entry of dry air into our lungs gets humidified, by moisture secreting glands and also tear glands. At the entry itself all the bacteria and virus are destroyed by Lysozyme and white blood cells destroys the rest. Cough is the controlled explosion to remove the sticky phlegm which consists of toxins not required for the body. As far as possible avoid cough syrups especially for children.

Deep breathing exercise like pranayama improves performance of the entire system. Lunga and Large Intestine are responsible for the production of defensive Qi and strengthening lungs increases one's immunity to infections. Lungs governs the condition of the skin. Practicing Pranayama improves your skin appearance also. When we breath-in we take not only Oxygen but also the PRANA along with Consciousness.

ADVANCE AVCPUNCTURE ON-LINE AND OFF-LINE COURSE

By. Dr.H.BHOJRAJ STARTS ON 14TH OCTOBER(SATURDAY)
(NO PAYMENT NEEDED FOR FIRST TWO CLASSES)
3 30 PM TO 5 PM ON WEEK ENDS (SAURDAY AND SUNDAY)
OCTOBER/ NOVEMBER/ DECEMBER -THEORY OF
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GAGANYAAN UPDATE

The rocket called Test Vehicle D1 (TVD1) is getting ready in Shriharikota to test the crew escape system, which is vital for ensuring the safety of the astronauts in contingencies. The TEAM ISRO is geared up to conduct the key test of its Gaganyaan Mission in early October.

We, the Space Club members wish the ISRO team a grand success of this crucial test which is repeated for the second time. This flight will last for a short duration and probably shown in live Telecast.

We are planning to take the Chandrayaan Team to OOTY in the third week of October.

EDITORIAL TEAM

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