

ACU WELLNESS

OCTOBER 2020

SPECIAL NEWSLETTER FOR EYE SIGHT RESEARCH

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

1963, 8TH MAIN ROAD, E BLOCK, II STAGE, RAJAJINAGAR, BANGALORE-560010

Volume 9 PHONE-9845649914 No.2

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

FROM THE CHAIRMAN'S DESK



I personally feel the awareness developed by the Government in keeping a good hygiene against virus has started showing good results in general health. Lots of articles on improving the immunity of the individuals have been published and many people followed the home remedies faithfully. In spite of all these precautions some people were affected by the corona virus and recovered also. Though prevention is better than cure, in this particular case only a proven vaccine can prevent it. As we were informed, many vaccines are in the final phase of testing and the Government is on the job to take care of the COVID warriors with these shots on priority basis as a preventive measure for them. We wish the scientists and the manufactures all the best for the great success of the vaccine and its production.

The book "Towards better vision with acupressure" has been released in the E Book format and given to all our advance acupuncture

practitioners and to our Academy supporters including our Donors and Trustees. Most of them appreciated the contents which makes a normal person understand the problems of the eye. The solutions are available from different systems but once you know the root cause of the problem the solution will be easy to follow.

I am very happy to note that nearly 130 people have officially registered as volunteers to join this eye sight improvement monitoring programme which can pave the way for a full fledged research project in future. Many participants are experiencing the improvement from the first week itself and we advice them to practice regularly for a minimum of 3 months to see any significant change in the eye power. I request all volunteers to give their feedback regularly to the Research Associates. I would like to thank all the Donors for their contribution for the Academy at this critical time to complete the programme. The income and expenditure statement will be printed in the E newsletter published every month. The success of the eyesight improvement depends on the monitoring of the volunteers from day one. The research associates are requested to guide them regularly not only on the exercise but also on their food intake and general detoxification methods. Overall health is more important to improve the eyesight.

H.BHOJRAJ, CHAIRMAN, AAA

WEB SITE REVIVAL

WEBSITE [https:// bhojraj.tripod.com](https://bhojraj.tripod.com) started by **Mr.M.V.Kannan**, Ex.ISRO Scientist in the year 2000 has become active once again.

Thanks to Mr.M.V.Kannan for reviving the website bhojraj.tripod.com by paying approximately Rs.4500 to the sponsor for one year with an extra space of 1GB. Since we have not renewed our acupressureclub.org this revival has become crucial for communicating with all our followers all around the world.

I personally thank him not only reviving the website by paying the money but also maintaining it nicely inspite of his tight work.

H.Bhojraj

Letter from Mr L M.Gangrade Ex.ISRO Scientist

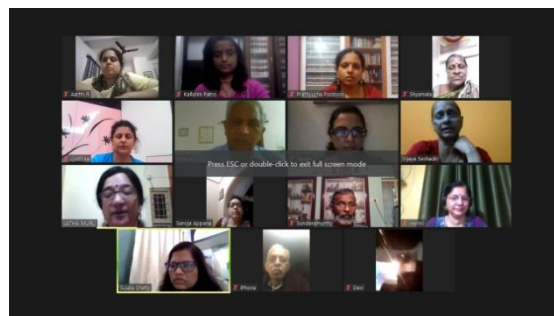
I received your book "Towards a better vision with acupressure" and found it very useful for youngsters to prevent the eye problem. The descriptions of the acupressure points for common problems are also very useful. The eye construction details are very well explained. The book gives the real understanding to manage one's health to lead a cheerful life.

I congratulate you and your team for this great effort and sending an amount of Rs.5000 as my contribution for this great project.

NOTE: *I thank Mr.Laxminaryan Gangrade personally for his appreciation and encouragement.* H.BHOJRAJ

RESEARCH ASSOCIATES MEETING ON 13th SEP 2020

The first meeting of the Research associates was conducted on 13th Sep at 11 AM by Zoom Meeting by Mrs. Latha Murali. After welcoming the participants, she explained the purpose of the meeting and introduced all the research associates to the Apex Committee Members. **Dr. H. Bhojraj, Chairman of the Committee explained in brief the requirement for having proper data collection from the volunteers for proving the efficacy of the simple five minutes exercises for preventing as well as curing eye sight problems.**



Mrs. Latha explained the protocol to be followed by the Research Associates for the research with power point presentation and explained the method for training and taking eye power with eye chart instead of measuring with Optometrist.

Mrs. Devi Kalyani, Team Leader introduced all the Research associates and clarified all their doubts about registration and research protocol. Latha Murali 's demonstration of the eye exercise and Ms. Kallolini's video are the main exercise for the volunteers which can be taught to the volunteers from the next day. It was decided to record all feedbacks and report in the upcoming newsletters. It was also decided to pay the research associates,a nominal amount as per the number of students, for their incidental expenses like eye charts, phone etc. The exact amount will be decided by a committee headed by Mr.

Sundramurthy, Mrs. Latha Murali and Mrs. Devi Kalyani.

The meeting was also attended by Dr. Bhaskar Narayana, Mrs. Saroja Appana, Mr.Sundramurthy all members of Apex Monitoring Committee.

OFFICIAL LAUNCH OF EYE RESEARCH PROGRAMME ON 4th OCT 2020

A Zoom Meeting was called by Mrs. Latha Murali for the official launch of Eye sight improvement research programme on 4th Oct 2020. The meeting was attended by Apex monitoring Committee members and Research Associates.



Mrs. Latha Murali welcomed the participants and informed that about 150 people have registered for the research and the training has been successful. She also told that a number of positive feedbacks are coming with one week's practice itself.

Dr.H.Bhojraj in his opening remarks congratulated the Research Associates for the wonderful start of the programme and told them to maintain this tempo for next 6 months. **He also told them to train the volunteers to become research associates so that they can train few more people to make it as a chain reaction.** He insisted that the newsletter should be brought out every month by 15th and the donors should be intimated promptly.

Dr. Bhaskarnarayana, senior member of the Committee declared open the research programme on behalf of the Committee.

Few of the Research Associates clarified their doubts. Mr. Sundramurthy who has been monitoring and guiding the team expressed his appreciation for the team and asked them to add as many volunteers as possible. Mr.Achutha Rao wished the team all the best for its success. Dr.Romesh Bhat sent his best wishes to the team as he could not participate in the meeting.

Mrs.Devi Kalyani proposed the vote of thanks at the end.

THANKS TO THE DONORS

NEW DONORS LIST

SEPTEMBER DONORS

- | | | |
|----|------------------------------|-----------------|
| 1. | Mr.M.S.SUDARSANAM | Rs.2000 |
| 2. | Dr.H.DEVRAJ | Rs.50000 |
| 3. | Mr.NAGULAN JOGHEE | Rs.1000 |
| 4. | MR.HSD | Rs.1000 |
| 5. | Mr.L.M.GANGARADE | Rs.5000 |
| 6. | Mr.NEELAM ACHUDHA RAO | Rs.5000 |

TOTAL FOR SEPTEMBER	Rs 64000
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LAST MONTH DONATIONS	RS.44310
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TOTAL AMOUNT RECEIVED	Rs.108310
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EXPENDITURE FOR SEPTEMBER

04-09-2020 OFFICE ASSISTANCE SALARY	Rs.10000
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08-09-2020 POSTAGE	Rs.204
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25-09-2020 POSTAGE	Rs.148
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25-09-2020 NEWSLETTER HARDCOPIES	Rs.500
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TOTAL EXPENSE FOR SEPTEMBER	Rs.10852
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OCTOBER MONTH COMMITMENTS

SALARY Rs. 10000, AUDIT CHARGES Rs 8500
INCENTIVE TO RESEARCH ASSOCIATES Rs.10000

WE WELCOME YOUR DONATION TO OUR
ACADEMY

**ACADEMY FOR ACUPRESSURE AND
ACUPUNCTURE**

INDIAN BANK A/C No.6012588256

IFSC CODE: IDIB000R005 CBS CODE: 00064

**VOLUNTEERS CAN DONATE TO PMCARES
FUND DIRECTLY AND SEND YOUR
FEEDBACK TO OUR ACADEMY**

**PMCARES-ACCOUNT NUMBER
2121PM20202**

IFSC CODE: SBIN000691

**WITH THIS PROJECT OUR STUDENT COMMUNITY
SHOULD GET THE BENEFIT AND OUR FUTURE IS IN
THEIR HANDS.**

**FOR FREE E BOOK SEND WHATSAPP MESSAGE TO
9845649914.**

WORLD SIGHT DAY 8TH OCT

World Sight Day is an annual day of awareness held on the second Thursday of October to focus on blindness and vision impairment. This year world sight day took place on 8th Oct 2020 with the theme: Hope in Sight.

The theme has been very appropriate for our project of Improving the eye sight of the students below 18 years.

The vision improvement video prepared on behalf of our Academy by Ms. Kallolini was uploaded in You Tube.

<https://youtu.be/XLEzGbgQ36Q>

OUR RESEARCH ASSOCIATES

The Torchbearers.

Dr. H. Bhojraj has developed simple eye exercises using acupressure points to improve the eyesight. Keeping in mind the new normal during the present pandemic of COVID 19 he wanted the society, particularly the future citizens to benefit from his study. He involved several committed and enthusiastic people in spreading this awareness and asked them to take up and train some volunteers to achieve this goal of his. Taking his cause forward the following are doing the needful as our Research Associates. The Academy is proud of them who are doing a great service to the society.

Latha Murli



Latha Murli a post-graduate in zoology from Mysore University was running her own recruitment consultancy for 20 years. Being an ardently passionate person in medical field, always looked for an opportunity to pursue the same. Fortunately this alternate therapy course happened and she jumped into it with great enthusiasm.

After doing an advance acupuncture course under Dr Bhojraj, got rigorous training by Dr Peter Lee with his technology.

Simultaneously completed masters course in Reiki therapy. From the last two years she is having a having a clinic of her own and practicing Acupuncture, Reiki and, as a music lover, adapted music therapy in her healing sessions

Devi Kalyani

Devi Kalyani J, is an architect and Urban Planner and has over 17 plus years of experience in city planning. She developed interest in spirituality and that gave her an opportunity to learn and explore healing therapies such as Acupressure and Acupuncture. She learnt Acupressure and



Acupuncture from the Academy of Acupressure and Acupuncture, Bangalore; and also is trained by Smt. Latha Murali a Reiki Master and Acupuncturist and also had the opportune to learn from Dr. Purushottam Lohia, Mumbai. Her main interest lies in promotion and awareness of healing therapies amongst Women and Children. She is now a practitioner of acupressure and acupuncture since 2 years. She is one of the team members working on the “Preliminary Study – Efficacy of Acupressure on Eye Ailments”. She started this project and has about 12 volunteers and is training them in acu-massages since Oct 1, 2020.

Kallolini Patro

Mrs. Kallonini Patro, our Research Associate from Delhi is accredited by ASPEUS, Allahabad



as its Technical Teacher. She is associated as Course Director for Delhi Chapter and other states under the Academy of Acupressure and Acupuncture, Bangalore. Taught, mentored and treated men and women Cells through acupressure at Tihar jail (Delhi). She also

regularly conducts sessions on Acupressure, Hasta Mudra and Jin Shin Jyutsu.

Since 2009 Mrs. Kallonini has been practicing “alternate, complimentary, supplementary” therapies. Her techniques include Acupressure, Magnet therapy, Hasta Mudra, Jin-Shin-Jyutsu, Switchwords and Reiki.

Dr. Shyamala

This is Dr. Shyamala, a home maker cured her diabetes with Acupuncture treatment from Late Dr. Jayalakshmi in Chennai and learnt Acupuncture from her. And after a fortnight of treatment, she was guided by her to learn acupuncture. Though she started with great hesitation she has completed her MD(Acu) and practicing for past 10 years. She has given nearly 52 episodes on acupressure on various YouTube/TV channels.

Gaganjot Mann

Gagan holds a Master of Arts in Psychology from Panjab University and a Master of Science in Social Policy and Planning from London School of Economics. She volunteered at many Non profit organisations in New York before moving to London. She worked at London Borough of Hounslow’s Children’s Department for many years. Gagan developed an interest in alternative medicine over the years and has been learning Acupressure and Acupuncture over the past 3 years and applying her learnings on friends and family

Jyothika Dwarakanath

Jyothika Dwarakanath from Bangalore is a mind and body fitness instructor. She is a Nirvana education specialist for India. Nirvana is a breathing fitness form to detox the mind and body. She is also a pre/post natal fitness trainer and is a partner in a

wellness company called InSync Fitness that caters to corporate employees' wellness and fitness. She is also an Access Consciousness bars and Body process practitioner for the last 3 years. She teaches Zumba, strength -based fitness forms and Nirvana. She has been in the fitness/wellness industry for 12 yrs now and prior to that was a software engineer.

Vijaya Seshadri



Ms. Vijaya Seshadri from Bangalore is a B.Sc. graduate in Chemistry and Biology from Bombay University and has learnt Acupuncture from eminent experts like Dr. Bhojraj, Dr.Lohiya, Dr.Vengutopathy (auricular), Park Jae Woo (Sujok), Ajay Mishra (Colour Therapy)

Completed 4 semesters of Acupressure Healing Science at Allahabad Sansthan, now joined 5th Semester. Co-Founder and Partner of Svastam-Acu Yoga, a clinic in J.P.Nagar 6th Phase in partnership with Sujata Shetty, where they treat with Acupuncture and Therapeutic Yoga, conduct Acupuncture and Yoga Therapy classes.

Sujata Shetty



Mrs. Sujatha Shetty is a B.A. graduate in Philosophy from Bombay University and did Masters in Acupuncture from ATAMA

University. She has done Yoga Therapy Instructor Course from SVYASA. Hailing from Bangalore she has learnt Acupuncture from eminent experts like Dr. Bhojraj, Dr.Lohiya, Dr.Vengutopathy (Auricular), Ashok Kothari (Sujok), Ajay Mishra (Color Therapy). Completed 4 semesters in Masters Advance Diploma in Acupressure Healing Science at Allahabad Sansthan, and now completing 5th Semester.

Founder and Partner of Svastam- Acu Yoga a clinic in J.P.Nagar 6th Phase in partnership with Vijaya Seshadri, where they treat with Acupuncture and Therapeutic Yoga, conduct Acupuncture and Yoga Therapy classes.

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FEED BACK FROM VOULANTEERS

EYE DROPS NOT USED

I have dry eyes and I have been moistening my eyes 2 to 3 times a day. I started this eye exercise as taught by Ms.Kallolini for the past 3 days. To my surprise, I never used my eye drops for the past 3 days. It is a remarkable improvement for me and I would like to continue this experiment. This exercise helped me to cure my sinus problem also.



PRESSURE IN THE EYE REDUCED

I used to feel some pressure in my eyes and I used to keep my eyes half closed. After doing this exercise, the eyes were quite relaxed and wide open without feeling any pressure.

HEAVINESS FELT AFTER EYE EXERCISE

After doing this exercise I felt the heaviness in the eye and slight pain in the eyes.

Note: More pressure causes this problem. Advised to reduce the pressure. If pain persists stop the exercise and report to the Coordinator.

EYES BECOME BRIGHT

After doing this exercise I feel the coolness in my eyes and gets brighter for few minutes.

VERY RELAXING

My eyes are relaxed and seem to be well lubricated. I felt my vision brightened up.

EYE WATERING REDUCED

After doing this exercise my usually watering eyes in the early morning improved and the puffiness in the eye reduced.

CLARITY IMPROVED

After the exercise I felt my eyes are relaxed and I could see clearly. It was amazing.

ALERTNESS IMPROVED

After the eye exercise felt the relaxation of the eye and also alertness in the mind.

IRRITATION REDUCED

Within a week of practice irritation in my eye considerably reduced.

EYE WATERING REDUCED

My eye used to water before and now after one week of practice it is considerably reduced.

COULD READ WITHOUT SPECTACLES

After the exercise I could read without specs for few minutes as it was very clear.

OVERALL HEALTH IMPROVED

After doing eye exercise for one week I not only feel the improvement in the eye but also my overall health.



SESSION IN PROGRESS

COULD SLEEP BETTER

I felt I had better sleep yesterday night which is surely a blessing for me. I attribute to the eye exercise.

CHAIRMAN'S COMMENTS

It really heartening to note that all the participants are giving positive feedbacks within two weeks of practice. I request all of you practice regularly for 3 months for improving and another 3 months for stabilizing the eye power.

It is a natural process and you are curing yourself. These techniques are to be done properly and the Research Associates will help you to monitor your progress.

You can motivate your friends to do this exercise but involve your guide for proper transfer of technology.

YOUR SUBCONCIOUS MIND IS CONDITIONED BY YOUR THOUGHTS.

IF YOUR THOUGHTS ARE CONSTANTLY ON THE BEAUTIFUL, THE NOBLE AND THE GOOD, YOU WILL REMAIN SPIRITUALLY YOUNGER REGARDLESS OF YOUR CHRONOLOGICAL AGE.

Dr. Joseph Murhy

RELAX

THINK POSITIVE

SLOW DOWN

SMILE

KEEP CALM

BELIEVE IN YOURSELF

TAKE IT EASY

ENJOY LIFE

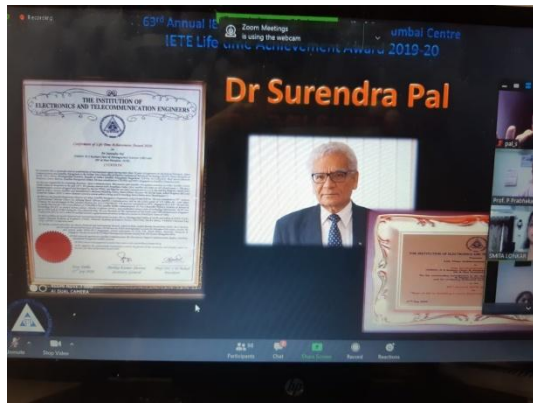
BE DIFFERENT

STAY POSITIVE

YES YOU CAN

JUST DO IT

ALL PRACTITIONERS SHOULD FOLLOW



Dr.Surendra Pal, Rtd Distinguished Scientist from ISRO and Rtd. Vice Chancellor of Defence University, Pune was awarded Life Time Achievement Award by IETE in their annual function held on 27th Sep 2020. Congratulations to Dr.Pal for this well deserved honour.

Dr.Pal and Mr. Achutha Rao inaugurated our Academy in 2012 and have been supporting us till today. Both of them contributed Rs.5000 each for our eye sight research project.

THE RESEARCH ASSISTANTS AND THEIR VOLUNTEERS NUMBER WITH AGE

NAME	BELOW 18 YRS	ABOVE 18 YRS
Latha Murali	10	13
Devi Kalyani	6	11
Vijaya	6	9
Shayamala	3	6
Kallolini	10	19
Jyothika	2	18
Sujatha	-	-
Gagan	1	2

Prof.L.Kameshwara Sarma has written this book Natural Cure of Eye Defects in 1938 and reprint is revised and enlarged by L.t.Vijayagopalan.

One our well wishers Mr.Thirumo Pai has sent a copy to me after getting our book. Thanks to Mr.Pai.

APEX MONITORING COMMITTEE

Dr.H.BHOJRAJ , CHAIRMAN

Mr.SUNDARAMURTHY, MR.ACHUTA RAO

Dr.BHASKARNARAYANA,MR.KANNAN

Mrs.SAROJA BHASKAR,Dr.ROMESH BHAT

Mrs. LATHA MURALI EXECUTIVE SECRETARY

EMOTIONAL FREEDOM TECHNIQUE (EFT)

Emotions play an important role in our general health. EFT can give wonderful results if the eye defect persons have any emotional problems. The cure will be very fast with this technique. The technique will be discussed in one of our review forums by Dr.H.Bhojraj about this technique if required.

EDITORIAL COMMITTEE

**Mrs.SAROJA BHASKAR , Mrs.DEVI KALYANI
AND Mr.SUNDRAMURTHY**

Phone: 9845649914