

ACU WELLNESS

OCTOBER 2021

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

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FROM THE CHAIRMAN'S DESK

Dear Friends,

September 15, 2021: The Hearing Improvement Research Programme (HIRP) was announced online with a live demonstration of the simple techniques to activate few acupressure points in and around the ear for quick hearing relief. The simple TV volume assessment done for all participants showed improvement in hearing after activation. The HIRP team under Mr S Srinivasa Rao, Ex ISRO scientist will promote this research and assess the hearing ability quantitatively. Those interested to improve or retain their hearing ability can register online. Log onto <http://bhojraj.tripod.com>, fill up the registration form and submit. Complete the registration by transferring Rs 1,000 as a one-time donation to our academy. The team will train them and start monitoring them every fortnight for our research records.

I appeal to all retired officials to join our campaign and learn this easy technique to keep your hearing ability in good condition for a long time. Join our mission to improve the hearing capability

of our elders. We are trying to change ourselves and experiencing the results.



FOR A HEALTHY HEARING FOREVER...

JOIN THE HIRP MOVEMENT

SIMPLE | SAFE | SELF-BASED

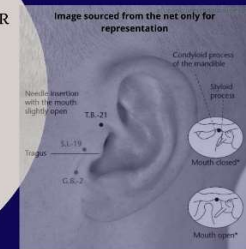
HEARING IMPROVEMENT RESEARCH PROJECT - (HIRP)

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LOOKING FOR A QUICK &
GUARANTEED SELF-CURE FOR
HEARING LOSS

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MANY WHO HAVE SINCERELY
USED IT...

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The Sight Improvement Research Program (SIRP) 1 and 2 are made successful due to digital technology and almost all the volunteers are sincerely practising and giving regular feedback.

THINK BEFORE YOU ACT

Shri S V Ranganath, Ex-Chief Secretary of Karnataka after a special review of the SIRP 1 results assured the research team, his support and appreciation for the pioneering efforts of the Academy particularly during the period where the online classes were essential to take the education forward. **He also mentioned supporting us for taking it to Government Schools in Karnataka once schools start functioning.**

It has been a great relief for all of us as the vaccination rate touched one crore per day during the intense vaccination campaign days that shows the capability of India to the world. The economic activities are almost normal. Even Tourism industries have started looking up. We express our deep appreciation for the Central government decisions and prompt implementation by the State Governments.

The whole health care system up to Primary Health Care (PHC) centres in rural areas have been exposed to the inadequacy of our health care system in INDIA. The pandemic has given us new ways to manage public health and individual's health during the shutdown periods for a long time.

The telemedicine, tele-education and teleconferences have given us a very innovative way of accomplishing our tasks. **What the Government planned to do in digital technology in 10 years has been achieved in two years. Every remote village now has mobile connectivity that has further enabled us to know many live events happening in any part of the world. I request you to focus on the knowledge that is needed to keep ourselves healthy and productive. We should try to keep the body and mind healthy till the end. It is our thought process that decides our destiny. Think positive, think good about others. Enjoy now. Have a vision and a mission.**

Take action to what you want to achieve in life.

Wishing you all a happy Dussehra!

YOURS FAITHFULLY,

H BHOJRAJ,

CHAIRMAN, AAA

THANK YOU, DONORS FOR THE SUPPORT

CONTRIBUTIONS FOR THIS SEPTEMBER 2021:

Mr Rajiv Bhaskarnarayana: Rs 5,000

Mrs Meera Bhojraj(Trustee): Rs 5,000

Mr Narendra Bhorwankar(Trustee): Rs 7,500

Mr Shankara Subbu: Rs.7000

Mr Palani: Rs 2000

COMMITTED IN OCTOBER 2021

Mr Sundramurthy: Rs 5,000

Dr Kanaka Rao: Rs 5,000

Mr Govinda Raghavan: Rs 10,000

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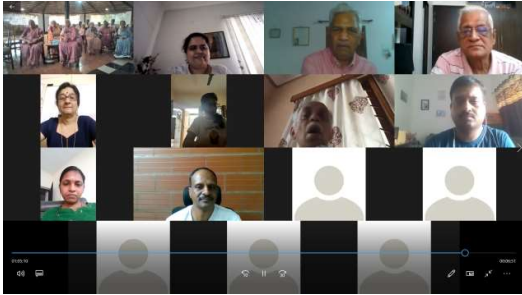
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**We need your support for the
next six months.**

THE AAA NEWS SPACE FOR THIS MONTH

PROJECT NEXT: THE HIRP

Compiled & Reported by Sruthi Suresh



The prominent success of the Sight Improvement Research Project has led way to the launch of a similar initiative for the ear. The functioning of our eyes and ears always go hand in hand to support each other. Right from reacting to loud noises to paying attention to intricate detailing, these organs have been closely associated.

Since the growing population has been showing a positive response to alternate healing therapy, Dr Bhojraj and the team have come up with another engaging research project for Hearing Improvement. We must begin early with these holistic practices that can happen right here and right now.

The launch of the Hearing improvement research project took place on September 22nd 2021. With the pandemic driving us into a world of gadgets, this is a much-needed initiative of the hour. **By activating the points in and around the ear, one can maintain as well as improve the hearing ability despite ageing and work demands.**

The virtual session served as a platform to provide handholding of exercises to participants alongside clarifying their doubts. A good number was witnessed in the list of

participants and amongst them were the members of Vishranthi Home.

An audiometry test with the ENT is usually suggested as the preliminary step to analyse one's hearing ability and observe the degradation rate. Speaking at the event, Dr Bhojraj emphasized the need for HIRP as a measure to correlate the theory and practical portions of an experiment.

Simple guidance was given to perform the ear test at home with the television audio. The observations were recorded and it was evident that one could hear at comparatively lower volumes after trying out the auricular points.

Further, the structure and functioning of the human ear were understood. It is to be noted that the ear is responsible not only for hearing but also for balance. The association of inner ear fluids and brain response trigger muscle movement and maintain the body at a stable position. The transmission of sound through the bone has always seemed to have the maximum effect.

Common hearing issues deafness, otosclerosis and their allied causes were addressed to throw light on how our everyday actions impact the hearing ability. Poor transmission through acoustic nerves may end up in these ailments and it is thus important to prevent the deterioration of the same.

Auricular response and body stability are compared to a gyro in our ear that works to maintain stability. The session was concluded with remarks from various members of the team and participants as well.

It was indeed a great start with a motive of **"HEAR US FOR A HEALTHY HEARING FOREVER."**

- **DON'T WAIT FOR THE BEST RESOURCES**
DO THE BEST WITH THE RESOURCES YOU HAVE
- **TAKE CARE OF YOURSELF**
- **YOU ARE THE FIRST PRIORITY**

HOW I CURED MY HEARING USING THIS ACU-METHOD: Ex- ISRO Scientist Mr A Bhaskarnarayana Shares His Experience



“About six to seven years back, my right ear suddenly went blank and I could not hear 10 per cent of what I could hear now. I went to an ENT specialist for consultation. The wax accumulation was

initially checked and it was found that there was no problem. I was advised to take an audiometry test and the frequency response was dropping drastically. The doctor asked me to use a hearing aid after consulting the audio lab. I checked up with the medical officer and he asked me to visit three ENT specialists for getting the hearing aid. The story repeats at all places and I came back to the first doctor after enclosing three certificates from the respective doctors.

There were several aids available with frequency compensation and noise cancellation. I had to buy one and during this process. **I happened to visit Dr Bhojraj. Despite not having treated anyone previously with such complications, he suggested a few exercises. From then on, I have been practising the same and my hearing ability has been improving. Within a week my hearing ability was restored. I am not using the aid since then. It was like a miracle for me.**

The biggest problem in hearing aid is not only varying it but also that its battery goes away within 4-6 hours. Its small size also has the disadvantage of getting misplaced.

Anyway, I have been practising these exercises to find relief and the aid remains safe inside. That’s my story of recovery.”

3 DEEPER QUESTIONS TO ASK ONESELF:

“I HEAR BUT AM I REALLY LISTENING?”

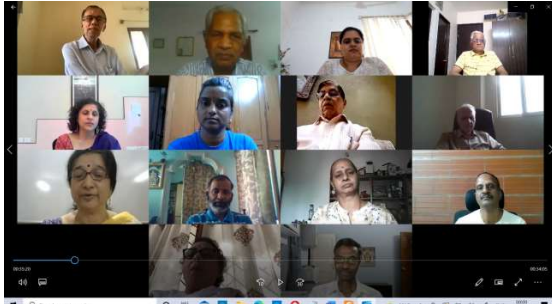
“I EXIST BUT... AM I REALLY LIVING??”

“I LOOK BUT... DO I REALLY SEE???”

SIRP IS NOW READY FOR SCHOOL!

September 16, 2021: This was a very special day for entire SIRP team (1 & 2) led by Dr H Bhojraj as we submitted a detailed presentation on SIRP to Shri S V Ranganath, former chief secretary, seeking his guidance and support to launch this project in all schools, starting with the government schools.

Here is a quick excerpt of what Shri S V Ranganath had to share with us after sitting with us through the three detailed presentations made to him on that day:



IN PIC: PRESENTATION TO Shri RANGANATH



“First of all, I would like to congratulate all the presentations made today on SIRP. They were all excellent. Anyone who sees it will surely get

inspired. Secondly, I myself tried out these eye exercises for about a month. I could feel some perceptible improvement. For some reason, I have stopped it for about 3-4 weeks now and it (vision) has again gone back to the old stage. I have to restart which I will do, exercise continuously for a month or two again and report back to you on the complete feedback on how my eyesight has improved. So far as extending it to schools is concerned, particularly government schools, **I completely agree that if you can extend this project to these schools, there is no doubt you will reach significant numbers. We need to first talk to the concerned ministers and authorities in the state government, particularly the education sector and the health department. We need to get their approval which I shall take it forward.** Once we get these approvals, let us start on a pilot project for all the schools in and around Bengaluru, get the data and then slowly extend this project to schools across all the other districts. It will all be very smooth once we get the approvals. We also need to work out a plan of action with timelines. I will coordinate with Dr Bhojraj on this and the schedule shortly. I request that the three

presentations made by Dr Latha, Dr Vijaya and Mrs Aarthi be submitted to me and also be presented to the concerned ministers and officials as and when required. What is important here is that we should all work together and make it happen.”

Thank you, sir for the encouraging words and for accepting the responsibility to take this ‘SIRP 2 School’ initiative forward.

The month of October, post Dussehra holidays, will see some hectic work at the academy in preparing and neatly packaging our pet project SIRP for the schools. Stay tuned for more updates on this in our next newsletter.

WELCOME TO SIRP - 2 BULLETIN BOARD



We are now active in Phase 03 of the research project that mainly focuses on daily practise of the eye exercises by all the volunteers and on weekly data collection. **So far, we have successfully compiled the second month line reading data for all active volunteers.** Our nine RAs have been at sincere work despite the festive season, tracking volunteers, trying all possible ways to sustain their active participation in this research to check on improvement in eye sight with regular practise.

As with SIRP-1, we have been a few absentees and non-compliers in SIRP 2 as well, citing continuous travel or hectic work, school and college as excuse. Let’s get stronger than our

strongest excuse & focus on all the reasons why we must make it happen.

WE WILL BE CONCLUDING SIRP 2 IN NOVEMBER 2021 WITH OPTOMETERIST TEST RESULTS

“A vision is not just a picture of what could be; it is an appeal to our better selves, a call to become something more”

– Rosabeth Moss Kanter

SIRP 2: THE RAW & REAL EXPERIENCE

(Our Research Associates (RAs) take on their experience and learnings working with the volunteers on SIRP 2.)



Mr Srinivasa Rao, ex-ISRO scientist has been an active part of SIRP-2 right from the start. He is featured in this column for the second time now

for his continuous dedication and support in this project. Majority of his volunteers are children wearing spectacles. Read on:

“Always working and learning with Dr Bhojraj is exciting. August 2020 when he launched his book on vision improvement, I went through it and felt confident that it was really possible to improve my vision because he wrote from personal experience - after he removed his spectacles at the age of 60 plus.

Last year itself in SIRP-1, I started training with three people but could not continue. I was also doing these exercises on and off. I didn't go for the initial or further readings. However, when SIRP-2 was launched, I went for the eye check-up and found that there was a 0.5 reduction in both eyes! From -4.5 and -4.0 it had improved to -4.0 and -3.5. As always quoted by Dr Bhojraj: Don't Believe. You Experiment. So, I started active research

in SIRP-2. I took it up seriously. I want to help many people with healthy vision. But I was sceptical as to how many people will join? Initially I got only 3 people. I started posting in my known WhatsApp groups and slowly, the number went up to 15. It was so exciting. July 10, 2021, I started with almost one-hour training to about 18 people. An elderly lady volunteer gave immediate feedback as follows: "In the beginning of the session, I could not see on screen without my glasses. By end of session without glasses I was able to see." This is the power of Acupressure-based exercises!

Initially we did a daily tracking of line reading and I found that within 2 to 3 days' time the line reading numbers changed for few people. So definitely within 2-3 days few people found improvement. The daily tracker was also an indicator of whether the volunteers are indeed practising daily.

After two months training, I find real difference in line readings. From haziness to clarity in reading with and without spectacles. It has been a great experience despite the challenges, as with any research program. All through my life I had only seen increasing power of the glasses every 2-4 years, but SIRP has been my first time observing steady reduction.

The only Challenge I face is with volunteers' inconsistency. While some people are doing daily exercises and also capture the data daily, some people are doing the exercises daily but are unable to capture the data or are irregular in exercises. While capturing line reading data with delay/once in a week I observed some inconsistency in data. We cannot drop any data points as the results will be skewed.

-Compiled By Aarthi R, Project Director SIRP-2

WE REQUEST ALL VOLUNTEERS TO BE REGULAR IN DOING EXERCISE AND READING LINES RECORDING FOR OUR RESEARCH CONCLUSION

 **HEALING MIRACLES FROM ACU-WORLD**

It feels truly rewarding when as a teacher, students start their active practise after the course completion. We are proud to share that almost all our online students are now into active acupressure and acupuncture practise, healing their friends, family and relatives, guided by Dr H Bhojraj.

#1: In our previous newsletter, we reported on the online practical session conducted by Dr Bhojraj on how to keep our BP under control using Acupuncture / Acupressure.



Mrs Vidya Vasekaran from Chennai, who recently completed her course in advance Acupressure and Acupuncture has been

continuously treating her mother for over a month now and confirms good relief with BP! Here is a quick case summary:

Patient Name: C Santhi Age: 57 years

In the year 2018, My mother, Mrs Santhi was diagnosed with high Blood pressure (145/98) and started using drugs for the same from 2019. However, after consulting Dr Bhojraj, she was treated through acupressure, adopting certain points.

Now for the past one and half months, I am continuing this treatment under his guidance alongside with some meditation.

Key Observation: Her Blood Pressure is under control for the past 4 weeks. (Systolic pressure fluctuates between 130 to 135 and Diastolic ranges around 90).

With this success, Vidya has now extended her practise to conducting health camps for employees at a company run by her uncle. We wish you all the very best Vidya.

#2: Mr D Nandakumar, our student from Thanjavur has also started treating some challenging cases using Acupressure & Acupuncture.



One of his relative complained of these symptoms on her shoulder with burning sensation. She had tried all possible allopathic treatments for a while now. A detailed study of her case with Dr Bhojraj further explained this as a case of severe indigestion and improper elimination that has not been treated for a long time. With regular acupressure & acupuncture, it will now take her minimum six months for a complete cure confirms Dr Bhojraj.

Our Best Wishes to Mr Nandakumar and his relative. We confidently look forward to publishing his success with this case study within the next six months.



PREVENTION IS BETTER THAN CURE: EXCEL DIE CASTING COMPANY, CHENNAI HAS APPROACHED US FOR ONLINE ACUPRESSURE CONSULTATION FOR ALL THEIR EMPLOYEES ON ZOOM. NEARLY 10 OF THEM WITH HEADACHE PROBLEM WERE GIVEN SELF ACUPRESSURE POINTS; EIGHT OF THEM ARE FULLY CURED! TWO OF THEM WITH MIGRAINE REPORTED REDUCED INTENSITY AND FREQUENCY. LAST WEEK EIGHT EMPLOYEES WITH KNEE PAIN AND LEG PAIN WERE TRAINED BY Mrs VIDYA. RESULTS ARE AWAITED. COMPANY CEO Mr S NARGUNAM IS MY FRIEND AND CLASSMATE. - H Bhojraj

Q&A: THE YIN-YANG FLOW OF THOUGHTS

This new column features an interesting Q&A / Flow of FACT-BASED thoughts on the deeper channels & chapters of holistic healing. THIS FIRST CONTRIBUTION IS FROM A READER & GOOD FRIEND:

Dear Bhoji, when I feel that I have a desire for something then I think and act. Otherwise, I act without thinking!



Your definition for 'feeling' is really good. I have a question on Fifth feeling - feeling and desire! Is it feeling 'and' desire or feeling 'the' desire? Please throw some lights. Thank you Bhoji for making me to think. I wish and pray to God to bestow on you and your associates, enormous energy to take forward your AAA mission. Good luck.



My Dear Murugappu, Feeling and desire are the two sides of the coin. It cannot be separated. When there is a desire, feeling comes. When there is a feeling, desire comes. All four senses bring feeling and desire only. What is Known has the Knowledge and based on that knowledge we think. Once the KNOWER gives the clearance, one can act on that desire.

– Dr H Bhojraj

**FOR REGULAR ONLINE
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WITH Dr H BHOJRAJ CONTACT
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PM; TRAINING FOR YOUR SPECIFIC
PROBLEM
HELP YOURSELF-CURE YOURSELF**



**WEEKLY ONLINE CONSULTATION
FOR ACUPUNCTURE ORACTIONERS**

STARTING THIS OCTOBER, WE WILL CONDUCT A WEEKLY CONSULTATION ACU-CAMP ONLINE ON ZOOM WITH Dr H BHOJRAJ EVERY WEDNESDAY, 3-4.30 PM AS PART OF OUR ALUMNI MEET. JOIN IN & GET GUIDED ON HOW YOU CAN HEAL YOURSELF OR ANYONE IN YOUR FAMILY / FRIENDS FOR ANY KNOWN HEALTH PROBLEMS USING SIMPLE ACUPRESSURE TECHNIQUES.

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