



# ACU WELLNESS

The Quarterly publication of  
**ACADEMY for ACUPRESSURE and ACUPUNCTURE (R)**

# 2596, 11<sup>th</sup> Main, "E" Block, 2<sup>nd</sup> Stage, Rajajinagar, Bangalore – 560 010

**October – December 2015**

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Vol. 4

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No. 4

## From the Chairman's Desk

It has been a great period of the year, in terms of our achievements. First of all an international seminar on Pulse Metabolic Analyser was conducted by our Academy on 26<sup>th</sup> and 27<sup>th</sup> Sep 2015. The seminar was inaugurated by Shri A.R. Infant, Ex Director General of Police and his experience of simple healing therapy for head ache, neck pain, stress management including diabetes control was an eye-opener for all the participants. This experiment for the past 20 years proved that mere activation of the reflex points in the palm and fingers have the potential to cure many ailments.



**Mrs. Bhojraj received Dr. Fedotov at the residence**

Dr. Sergei Fedotov has taken extra initiative to come all the way from Russia and not only clarified many doubts but presented a new theory for correcting the diseases. The PMA has the potential to detect any disease likely to develop in the future, which, if not corrected now with required ions in food or supplements.

Though the participants' strength has come down compared to last year, all those who participated were serious in the research presentation with the evidences of PMA. It is a boon for the alternate therapy healers to prove the efficacy of any

treatment with the change recorded in the energy levels. With S-VYASA [Swamy Vivekananda Yoga Anusandhan Sanstan, a deemed University] representative participating in the seminar, the research will be taken to higher levels to convince the scientific community.

In the third quarter, the Academy made an effort to impart the knowledge to school students for improving their concentration and memory. Mr. P. Suresh addressed nearly 600 school children in 3 rural schools in Nilgiris and motivated them to activate certain points in the palm not only to improve their memory but also to keep good health and good eye sight. This programme was organized by Lions Club, Ooty, mainly to create an awareness about space sciences in rural area schools and motivate them to take up science as the main subject.

We need systematic studies on different diseases and its cure with alternate systems. In this respect Mr. S. Girish, Reflexologist, has agreed to start a campaign for diabetes cure for our systematic studies from November 1<sup>st</sup> week. Those who are having diabetic tag can join our campaign from November 2015 for one year and monitor their progress every month.

Those who have children below 10 years wearing spectacles can also join another campaign for systematic studies for one year for curing their eye problem. Simple solutions will be taught to the parents to get rid of spectacles for their children.

The Academy's objectives are well received by the public and I thank all Donors, Advance Acupuncture practitioners and other supporters of alternate therapy for your cooperation and encouragement.

Dasara Greetings and Happy Diwali to all.

*H. Bhojraj*

### **Cure Diabetes with Reflexology**

**& Self-Help techniques**

**Monthly Camp starts on 7<sup>th</sup> November 2015**

**For 6 months**

**For registration contact Academy on**

**Phone : 080 2313 2103**

### **Get rid of spectacles for your children**

**Eye Camp for children (below 10 years)**

**Monitored for one year**

**Camp starts on 2<sup>nd</sup> November 2015**

**For registration contact Academy on**

**Phone : 080 2313 2103**

# International Seminar on PMA

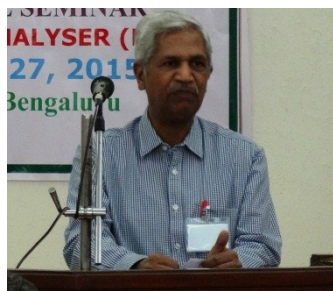
The International Seminar on Pulse Metabolic Analyser [PMA] was held on 26 & 27 September, 2015 at Hotel Chalukya, Bengaluru. A total of 30 users and practitioners of PMA from different states and cities participated.

The Chief Guest was Mr. A.R. Infant Ex-D G P, Karnataka, and Dr. Fedotov was the special Guest.



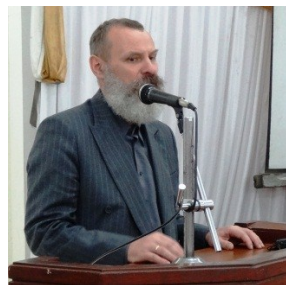
Seated on the dais (L to R) Dr. H. Bhojraj, Dr. Sergei Fedotov and Mr. A.R. Infant, Chief Guest

The programme began with a welcome address by Mr. P. Suresh. He highlighted the support given by the Chief Guest Mr. A.R. Infant for over a decade now not only referring his colleagues, contacts, friends and relatives but also arranging popular talks and treatments camps.



Dr. Bhojraj gave a brief introduction to the purpose of this Seminar, which is to establish a scientific basis for acupuncture treatment and to give the users of PMA an opportunity to share their experiences. He also emphasised that the forum can be used to get any clarification from the inventor of the PMA, Dr. Sergei Fedotov, himself.

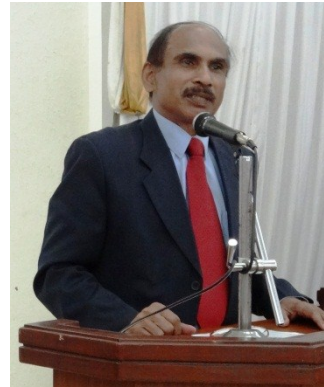
Dr. Fedotov spoke briefly about the newer developments in his research which he shared with the users of PMA.



Release of Special Issue of "ACU WELLNESS"

A Special issue of Acu Wellness, the newsletter of the Academy, was released by the Chief Guest.

Mr. Infant, a staunch believer and follower of Acupuncture and Acupressure, in his inaugural address, appreciated the efforts put in by the Academy and Dr. Bhojraj to develop the scientific basis of Acupuncture, Homoeopathy and Ayurveda.



Chief Guest, Mr. A.R. Infant, the giving the inaugural address & Ms. Vimala M proposing the vote of thanks



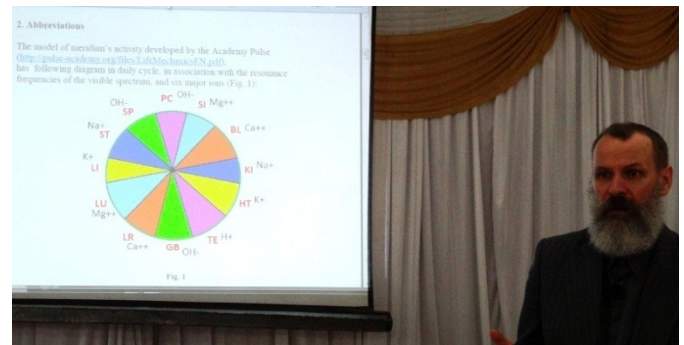
He emphasized that the practitioners of various therapies should use the PMA to build up scientific evidence to prove the efficacy of various holistic healing methods.

Ms. Vimala M. proposed the vote of thanks.

## Technical Sessions :

The technical session started with a presentation by Dr. Sergei Fedotov on his latest development - metabolic balance in organisms. The Anabolic-Catabolic balance of functional systems was explained to the participants.

There were interactions during his presentation as it was the first time many of the participants were exposed the subject of Anabolism and Catabolism.



Sergei Fedotov with his presentation

The post lunch session was devoted to presentations by the Acupuncturists using PMA. The first presentation was by Mrs. Jija Subramanian of Bengaluru. Her presentation was on Migraine. She



presented 2 Cases, one treated with Dr. Bhojraj's method and the other, using only Pulse Analysis.



**Presentations by Mrs. Jija Subramanian & Dr. Shripad Chodankar**

The next presentation was by Dr. Shripad Chodankar of Mumbai relating to uterus problems. The treatment administered was based on the PMA readings. One of the patients, who was advised to undergo surgery, recovered her health completely and surgery was avoided.

This session continued with pulse recording of several participants before and after Dr. Bhojraj's method of treatment.

The latter readings showed how acupuncture treatment could bring down the excess energy levels immediately after the treatment.

The 2<sup>nd</sup> day's sessions started with pulse analysis of participants before and after acupuncture treatments.

The significant change (lowering) of excess energies within a couple of minutes roused a lot of interest among the participants who were not using PMA.

The next session was a presentation by Dr. B.S. Venkateswara Rao a homeopath from Vishakapatnam. He made a presentation on Medical Educational tool with reference to PMA.



**Dr. B.S. Venkateswara Rao and Dr. Kuldeep Monga presenting their cases**

He presented the data of patients with Spondylitis, Arthritis, Renal colic, Hypothyroidism, Obesity, Diabetes, Hyperlipidaemia and less height.

Dr. Rao's presentation and the cases discussed were interesting. He uses the reports on Vatta, Pitta,

Kapha and pH balance to treat his patients. He explained how the quantum and types of medication could be altered significantly to bring in better and enhanced health among his patients in a relatively short period of time by using the PMA readings.

The book authored by Dr. Rao which is a guide for Homoeopaths titled **"PULSE DIAGNOSIS in HOMOEOPATHY"** was released by Dr. Fedotov. This book is a comprehensive literature and results of experiments he has conducted by making use of the PMA while treating his patients.

The next presentation was by Dr. Kuldeep Monga of New Delhi. His presentation was titled **"Only Nature Can"**.

He treated patients on the basis of the Interpretation of anabolic and catabolic balance.

Since many of the users of PMA were not conversant with this concept, there were prolonged interactions. Dr. Monga's presentation indicated that by using the PMA results, medication could also be greatly reduced.

**Dr. Venkateswara Rao was awarded a PMA sensor** for the best presentation based on the opinion gathered from the participants.

**A PMA sensor was presented to Mr. P.V. Giri Kumar, a PhD Scholar** of S-VYASA for research work sponsored by Dr. R.K. Mundra.

**In his concluding remarks, Dr. Bhojraj** thanked all the participants for their kind cooperation and suggested that the next seminar/workshop/conference could be held in cities like **Mumbai, Delhi, etc. to popularise this scientific system throughout India.**



Many of the participants, in their feedback, appreciated the efforts of AAA in arranging and providing a better opportunity for the users of PMA to clarify their doubts.

**Our Vision**  
**To build AAA as an International Institute.**  
**Our Mission**  
**Stay healthy ! Treat yourself ! Avoid Drugs !**

## Activities during the 3<sup>rd</sup> quarter of 2015

### Basic Acupressure Course



The monthly **Basic Course** was conducted on 25<sup>th</sup> June and on 19<sup>th</sup> July 2015 at the Institution of Engineers. This one day Course has been appreciated by all the participants from various fields of professional activities.

### Treatment Camp at M/s. J.P. Morgan by HOSMAT

M/s. J.P. Morgan-HOSMAT had organised a Wellness Programme for their employees. The coverage included Dentistry, Orthopaedics, Stress management, Diet control and **Acupressure** at their unit in Marathalli, Bengaluru.

Hlr. Jija Subramanian and Hlr. Vimala M. were deputed from the Academy on **19<sup>th</sup> and 20<sup>th</sup> of July, 2015**. Acupressure has invoked a lot of interest among the employees. Most people wondered how a simple technique of applying pressure could cure and prevent diseases/ailments. They were amazed at how our therapists could point out their problems by just checking out their palms.

Around 400 employees approached our healers on these two days. Most of them complained of neck pain, backache, headache, stress and acidity. There were also a few cases of menses related problems and thyroid.

Going by the response to Acupressure, HOSMAT will be arranging a talk on Acupressure for the benefit of their staff. The Academy looks forward to long and fruitful association with HOSMAT. Thanks to Dr. Vivek Panalkar, Vice President, HOSMAT for inviting us to join the team.

### Visit to Nilgiris District

The Lions Club, Udagamandalam, invited Dr. H Bhojraj, Scientist ISRO, to address students of various schools in rural areas of Ooty to promote a scientific temper among them. Dr. Bhojraj took this opportunity to introduce the students to simple

acupressure techniques for their all-round development and well-being.



**Dr. Bhojraj explained and Mr. Suresh demonstrated the points to be activated.**

A team comprising of Dr. H. Bhojraj, Mr. M.V. Kannan, Mr. R. Arunachalam, Mr. T.K. Sundarmurthy (ISRO Scientists) and Mr. P. Suresh (Acupressure Therapist) reached Ooty on 9<sup>th</sup> Sept. 2015. As planned earlier, the team visited the Govt. Higher Secondary School, Anikorai. This team was accompanied by Mr. Manivannan, President, Lions Club, Udagamandalam and Mr. Krishnamurthy, Lions District President of Nilgiris.

The entire team proceeded to the Govt. Higher Secondary School, Anikorai village. More than 150 students and staff participated in the school's auditorium. Due to lack of electricity, the sessions were held only with lectures followed by brief question and answers. This school has been identified to be adopted by Mr. M.V. Kannan for further follow up and provide all possible guidance and help.

On 10<sup>th</sup> Sept. the entire team visited the Govt. Higher Secondary School Thummanatty by 9-30 AM. All the arrangements were good and Mr. Arunachalam's presentations, the video clipping of ISRO and the Q A sessions were highly appreciated by a gathering of more than 100 students and the staff. This school has been adopted by Mr. Arunachalam.





**Mr. P. Suresh** gave a **demonstration** to the students of activating the points on their palm for about 5 minutes twice a day (morning and evening) which will help in improving their concentration and memory power.

After the lunch, the entire team proceeded to the school in Kathadimattam to make presentations at the Higher Secondary School. The total gathering was more than 70 including students and staff. Oral Presentations were made and the question and answer sessions was very good. This school was adopted by Mr. Sundarmurthy for further follow-up and guidance. In this school also, Mr. Suresh demonstrated to the students the points to be activated on their palm to improve their concentration and memory.

Dr. Bhojraj and Mr. Suresh, accompanied by Mr. Manivannan visited Thangadu village. Here, Dr. Bhojraj addressed the villagers in their own language (Badaga) and explained to them the ease with which Acupressure could be practiced which will help them in up-keep of their health. Mr. Suresh demonstrated some of the simple and easy methods which was appreciated by all.

On 11<sup>th</sup> Sept. the Quiz programme was held at the Wood side Higher Secondary school.



The team consists of Krishnamurthy, Anitha, Mr. Rajesh, Sundaramurthy, Kannan, Manivannan, Suresh, Bhojraj and Arunachalam.

### Special Course on Dr. Vora's Method

Mr. S. Girish, one of our practitioners has also taken up the treatment by **Dr. Devendra Vohra's Hand Reflexology** for various ailments. Initially, he has conducted 2 hours sessions for 4 days (once a week) to our Advance Course practitioners during September 2015. The response has been very encouraging. Based on the feed-back from this first batch, regular **half day training** is being conducted for patients on Wednesdays (from 2-30 PM to 4-30 PM) since 30<sup>th</sup> September 2015. Interested people can contact the Academy and register for this training.



After the initial written test, best performing students from 6 schools were selected to participate in the Quiz programme. A team of two members from each of the six schools participated. This programme started by 11-30 AM and went on till 12-15 PM. Mr. Arunachalam was the quiz master.



### First batch of Practitioners of Hand Reflexology Course

We will be organising this course exclusively for Practitioners from **Wednesday, 4<sup>th</sup> November 2015**. Further details contact Mrs. Jija Subramanian (Tel : 2313 2103).

Patients who are interested in this course can also register.

### Cure Diabetes with Reflexology

Registration fee Rs. 5,000/-

(payable in 5 monthly instalments)

For registration contact Academy on

Phone : (080) 2313 2103

### Steps to follow

1. Register on or before **6<sup>th</sup> November 2015**.
2. Fill up the data card for follow up with **FBS/PPBS**.
3. Attend introductory lecture on **21<sup>st</sup> Nov. 2015** at **The Institution of Engineers** at **3 PM**.
4. Attend monthly follow up on **3<sup>rd</sup> Saturday** at the same venue at **4 PM every month**.

## Case Histories

### 1. Severe Vertigo cured in a month with acupuncture.

*Says* Mr. Sherinidhi Katte. Tel : 98450 75782.

My wife Pallavi started complaining about dizziness one day. We contacted our family doctor who felt that it could be Vertigo. He asked us to undergo MRI Scan, ECG, along with other scans. We also consulted an ENT specialist, a neurologist and finally a psychologist. All of them suggested to take Stugeron or Vertin tablets. But no relief was forthcoming. Attending to regular household chores also became difficult for her. We tried Homoeopathy and she could get some relief. After 1½ years of suffering, my father-in-law suggested to consult Dr. Bhojraj. We took his advice.

The very first treatment by Dr. Bhojraj at the Academy gave my wife a lot of relief. After 4-5 sessions with Acupuncture my wife's problems were completely cured. It is more than 4 years since we took the treatment and my wife's problem has not re-occurred. We are deeply indebted to Dr. Bhojraj.

### 2. Cervical Spondylitis cured with acupuncture.

*Says* Mr. Poovaya B.M.. Tel : 99801 57348.

I have taken treatment from Dr. Bhojraj, for slipped discs, C5/C6 in 1998. Further, I was advised to activate certain points on the palm for relieving my stress and tension. I have found a lot of relief in this acupuncture treatment and activating the points on the palm suggested regularly. I always recommend my friends to undergo consultation and treatment from Dr. Bhojraj. Many of them have found great relief after undergoing treatment at the Academy.

### 3. Acupuncture treatment gave me complete relief for my neck pain.

*Says* Mrs. Selvi John. BSK II Stage, Bengaluru. Tel : 953533 6008.

I was suffering from neck pain for over 4 years. I went to neurologist and also underwent arthro-physiotherapy in 2014. I was asked to take MRI Scan which indicated everything normal but the pain persisted. I came to know about Dr. Bhojraj's Acupuncture treatment from my servant and took treatment from him. In just 4 sittings, I was completely cured of the problem and I am happy now. Thanks to Dr. Bhojraj and the acupuncture treatment.

### 4. Knee pain cured and knee replacement avoided with Acupuncture.

*Says* Mrs. Devi, Tel : 080-2529 6018.

I was suffering from knee pain for a few months in 2014 and I was finding it difficult to walk for even a short distance. Also, sitting down and getting up was very difficult. The pain used to increase and then go off. But the nagging pain persisted.

After the 1<sup>st</sup> sitting on 31/01/2015, I felt slightly better in the knee and after repeating 3 treatments with weekly intervals with Dr. Usha Rani, I found tremendous improvement in the pain. The final sitting was on 07/03/2015 with Pulse Analysis in the Academy.

Now (August 2015) I can walk and do my routine work without any pain. Whenever I get slight pain after heavy work, I activate the acupuncture points to relieve the pain or use some massage oil which gives me relief.

I could avoid knee replacement surgery which was recommended by the doctor. Thanks to the Academy for the treatment without any drugs.

### 5. Spinal surgery avoided with Acupuncture treatment.

*Says* Mrs. Prema Marthal, Age 65 years. Tel : 995400 6983.

I live in Kodihalli, Bengaluru. Since 2014, I used to get back pain and also leg pain. Once the pain was so severe that I was unable to get up from my bed. I consulted an Orthopaedic surgeon who took X-ray, MRI and blood tests. Studying the report he suggested me to undergo a spinal surgery in L5 - S1 area.

I was very much against spinal surgery and I wanted to try alternate therapy. Searching on the internet, I got the Academy's address and with a lot of hope I visited Dr. Bhojraj on 19<sup>th</sup> Sep 2014. He did the pulse analysis and activated some points in the leg with acupuncture needles for a few minutes. After the 1<sup>st</sup> sitting itself, I felt slightly better and two more sittings with Dr. Usha Rani, who stays close to my place which gave me a lot of relief.

After 2 months, I felt more comfortable and my back pain almost vanished. The pulling pain in the leg was not there. Based on my experience, I recommended Mrs. Rani for treatment since she was suffering from knee pain and she was also cured of her knee pain within 2 months.

Now I am almost normal (August 2015) and do all my preventive exercises as explained by the doctor. Thanks to the Academy.

**Our Motto**  
**Heal Thyself**



## **Dorn Therapy**

New Course is being planned during 2<sup>nd</sup> week of January 2016 along with a follow up of the earlier course.

All those interested may please contact Mrs. Jija Subramanian on Tel : 99861 68181 / AAA Office.

### **6. My muscular problems cured with Acupuncture.**

*Says* Mr. Sai Ramesh, 46 years. Tel : 98450 47897

I had visited Dr. Bhojraj first in 2012 for my fistula problem. Though the problem could not be solved completely, my constipation problem came under control when doctor gave me several points on the palm to activate daily.

I have had other muscular problems related to my neck, shoulder, hand and legs over 3 years. Following the Acupuncture treatment and activating the points indicated to me during my treatment, I got tremendous/complete relief from these problems without any medication.

My son had a weak immune system for which I have used the allopathic medicines in the past which did not give the desired results. After the Acupuncture treatment, cold, cough and stomach related ailments have come under control. These treatments has been very useful in bringing relief to muscular problems.

Thanks to the Acupuncture/Acupressure methods of treatment.

### **7. Acupuncture for Great relief from heel pain.**

*Says* Mrs. S. G. Srilakshmi 40 years. Tel : 96869 33243

I came up with Planta faecia (foot pain) problem and took Acupuncture treatment. After 2 treatments, the pain was more which came down within next 2 days. After the 3<sup>rd</sup> treatment 80% of my pain had gone and I was feeling very comfortable to walk and do my daily routine easily. Acupuncture is a sure cure for these types of problems. Thanks to Dr. Bhojraj for giving me relief in just 1 month's treatment.

### **8. Hyper tension easily cured with Acupuncture.**

*Says* Mr. Vishnuchandar T., who has completed our Advance Course. Tel : 81479 18847

A friend of mine (who wishes to stay anonymous) came to me with hyper tension and he was suffering for 7 years. No medication gave him any relief. He approached me and as per Acupuncture theory, after

reading his pulse, I found he had *Yin* dryness constitution. I reduced **Lu 7** as per the theory and in just one sitting, he was able to see the difference. Now he is feeling better without any medication. The BP has become normal.

Thanks to Acupuncture and Dr. Bhojraj's method of treatment.

### **Course Director's comments :**

*In such cases, it is better to monitor for one year and report.*

### **9. Acupuncture treatment gave complete relief from severe heel pain.**

*Says* Mrs. Gowri Janakiraman. 48 years, Bengaluru. Tel : 98450 35450

I came in for treatment for my leg and heel pain in late January 2014. After a few sittings I got great relief. I also activated the points shown to me by myself. After the pain vanished, I was able to get undisturbed sleep and could feel more relaxed. This Acupuncture is a very good way to overcome problems without any medication.

### **10. Acupuncture treatment gave complete relief from Dengue.**

*Says* Hlr. Jija Subramanian. An Accredited healer of our Academy. Tel : 99861 68181

My 13 year old daughter complained of severe abdominal pain, tiredness and loss of appetite. I advised her to take rest. That day by 9 PM her temperature rose to 102°F and she had pain around her eyes. The next day, the temperature was fluctuating between 102°F and 104°F inspite of TW5 reduction and a dose of Crocin tablet. She did not feel hungry and became sensitive to light and sound. Since there were quite a few Dengue cases being reported, I decided to take a blood test which revealed her platelets were 1.5 lakh. The doctors were of little help. We were asked to wait for 3 days before which they cannot confirm anything.

The next day the platelets fell to 1.3 lakhs. Immediately, I started her on papaya leaf juice in the morning on empty stomach and plenty of fruit juice along with **Sp 6** reduction formula twice a day. On the fourth day the doctor confirmed dengue fever. The platelets fell further to 92,000 but her energy levels and hunger were very good. The doctors felt hospitalisation will be required if the platelets fell below 40,000. On the 8<sup>th</sup> day, the platelets rose to 1,03,000 and reached normal levels within the next 2 days. It was amazing to see that the child was normal and energetic despite the falling levels of platelets. All thanks to the Sp6 formula and papaya leaf juice.

## 11. Left knee pain cured in just 4 sittings with Acupuncture.

Says Mr. D.S. Anand, Age 52 years, Bengaluru.  
Tel : 98450 35450

I came in for treatment in January 2014 for left knee pain which was bothering me for more than 4 months. I was also suffering from right hip joint pain for 4 years. I was finding it difficult to move around easily coupled with disturbed sleep. Though I tried with Homoeopath treatment, I could not get much relief. After the first acupuncture treatment, my sleep improved and the knee pain reduced by 40%. The pain in the hip went off completely. After the 5<sup>th</sup> treatment (2 months), I did not face any problems. Thanks to the Acupuncture treatment for solving the problem without any medication.

## 12. Easy to control anger with Acupuncture.

Says Mr. Jeevan Kumar Palla, Age 33 years, Bengaluru.  
Tel : 98444 76794

I registered for the Academy's advance course in September 2015. Dr. Bhojraj was explaining the effectiveness of Acupuncture in treating emotions, so I asked him if he could treat me for my excess anger. I was given GB 41 sedation - just a single point. Within 3 days I was able to overcome this problem and I am now able to keep cool even if I am provoked. Thanks to Dr. Bhojraj for guiding me to an easy method to control anger.

## 13. Frequent cold, cough, fever, teeth colour in child completely cured with Acupressure.

Says Mr. Balasubramaniam M. Age 37 years, Bengaluru.  
Tel : 99801 79800

My 7 year old son, Ruthvik, was prone to frequent cold, cough and fever. He also had yellowish and black teeth. His major problem was that whenever he had fever, all his muscles would tighten and he would faint. The doctors prescribed the medicine Levipil which had to be taken for a few years. He also had a lot of sweating while sleeping. My wife was looking for some permanent cure for this problem. She came across Dr. Bhojraj's Children's' Immunity Development Campaign programme at the Academy.

Dr. Bhojraj advised us to give my son a complete hand massage and to activate K3 and Lu 7 points every day. In about one month's time his health showed tremendous improvement. The frequency of cold and cough reduced. The fainting stopped and I stopped all medication. The black teeth have also

become normal. We are very happy with this simple but effective treatment.

My wife me and have now enrolled ourselves for the Advance Course in Acupuncture.

## Advance Acupuncture Course

(ONE YEAR)

Every Saturday 10:30 to 12:30

[Theory followed by guidance for practicals]

Ten days forenoon course in Bangalore  
16<sup>th</sup> to 26<sup>th</sup> November 2015

One day

Basic Course in Acupressure

On 3<sup>rd</sup> Saturday of Every Month

[October 17<sup>th</sup>, November 21<sup>st</sup> and  
December 19<sup>th</sup> 2015]

at

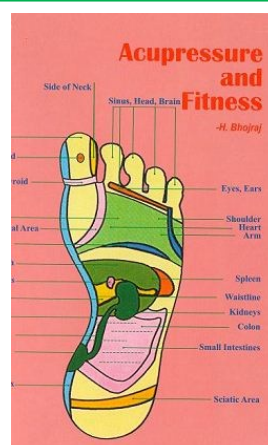
The Institution of Engineers (India)

# 3, Dr. B.R. Ambedkar Veedhi, Bangalore  
(Opp. The Indian Express Office)

From 9-30 AM to 4-30 PM

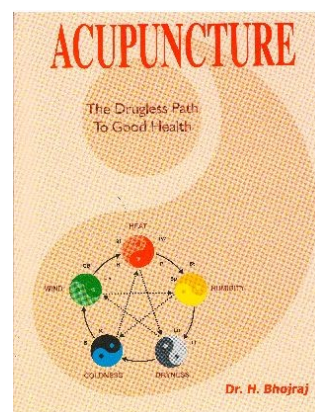
Pay & register with Academy (080) 2313 2103 or  
P. Suresh – 93412 61251 by 2<sup>nd</sup> week.

For all registrations contact  
(080) 2313 2103 10 AM to 5 PM



Price Rs. 250/-

Courier charges Rs. 100/-



Rs. 1,200/-

Courier charges Rs.200/-

Orders accepted for delivery by Courier despatch  
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Editorial Committee of ACU WELLNESS :

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Photos : Mr. Hemanth Raju