

ACU WELLNESS

SEPTEMBER 2021

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

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

FROM THE CHAIRMAN'S DESK



Dear Friends,

It is heartening to note that our SIRP-2: Sight Improvement Research Project 2 has taken off well. As on date, there are 9 trained and active Research Associates (RAs) sincerely working with at least 63 volunteers. This is excluding the new RVs who are being inducted and some special groups of interested participants who are yet to submit any data but are very regular in practise and also seeing good improvement.

The line reading data received from the volunteers are encouraging though the real changes in the eyesight will show after three months of regular practice. So, keep practising eye exercises every day and give your weekly feedback to RAs for consolidation of data. I request all volunteers of SIRP 1 to continue this simple eye acupressure activation for five minutes every day and give your optometrist test results after completion of one year. This will certainly help us in our acupressure research. I positively recommend a daily activation of these acupressure points especially for those people who have eye sight-

related problems. Make it a habit like yoga or any other practice in your self-care routine. One can utilise the advertisement breaks for eye exercise while watching TV and try to check the improvement of your vision by reading the scrolling texts at the bottom. I observed the changes in the power reduction but also observed the increase in power when I left the exercise for just three months.

Due to the pandemic, a lot of children have to use the mobile phone or laptop for nearly four to six hours almost daily which is very harmful to the eyes. That is why we suggest the parents motivate their children with perfect eyesight also to join our research group for learning and motivating them to maintain the perfect eyesight. Once the schools are reopened, we have plans to motivate the teachers especially Yoga teachers to learn these acupressure points and motivate the parents to learn and transfer the technique to their young children. It should be our National Policy to encourage preventive health care and also providing the best medical care when it is needed. "FIT INDIA" will be a reality if preventive health care is adopted along with sports and moral lessons.

Apart from the eye, all the other four sense organs are also very important for our survival

and absorbing the real knowledge required for the life. Through sight, smell, hearing and taste have well-defined organs, the fifth sense “touch” has no specific organ and it refers to the whole body by the skin. The first four sensors produce feelings that are felt by the whole body particularly through the skin. The feeling produces desires which are fulfilled by the body action with or without thinking.

THERE ARE FOUR KINDS OF FEELINGS:

1. Physical feeling like pain,
2. Psychic feeling like fear or grief,
3. Moral feeling like shame or disgrace and
4. Mental feeling like mental disturbance.

All four senses will create only feelings and desires in life. But I request all of you to give importance to the fifth sense ie. feeling and desire. Then think deeply to decide what is right or what is wrong and then fulfil your desire by taking action. “THINK AND ACT” is the short message for all, particularly to our youngsters who are the active future.

Let us resolve to carry out our preventive health care message across INDIA and lead the world with our indigenous health care systems.

Best Wishes

H BHOJRAJ, CHAIRMAN (AAA)

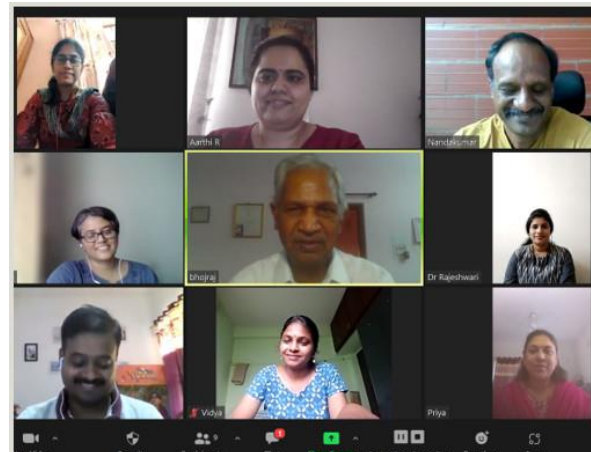
***Next Batch This SEPTEMBER 2021**

Online Classes for the next batch of SPECIAL CERTIFIED COURSE IN ADVANCED ACUPRESSURE and ACUPUNCTURE begins mid-September 2021. Two classes per week (Mon/Sat). Course fee includes practical and textbook.

FOR MORE DETAILS ON COURSES & SIRP-2 CONTACT AARTHI R ON 9886326581.

ANYONE INTERESTED IN HOLISTIC HEALING CAN APPLY. NO PRIOR KNOWLEDGE required IN ACUPRESSURE or ACUPUNCTURE.

BATCH2/2021: MEMORIES & MILESTONES



August 2021: Our second batch of 2021 successfully completed their online classes with Dr Bhojraj in both, theory and practical as part of the Certificate course in Advance Acupressure & Acupuncture. We are proud to share that almost all of them have now started practicing both these healing techniques for themselves and their families.

As part of the course requirement, they will continue learning with us being part of the weekly practical discussions and through their active participation in various research projects being planned by the Academy. Majority of them are already part of our SIRP-2.

Their graduation ceremony will be held as part of our grand anniversary celebrations in February, 2022. Here is what each one of them has to share about their learning experience:

▪ **Mr D Nandakumar, Thanjavur**



“Universal energy is almighty. I did feel so as the classes started with Dr Bhojraj. Like a child's play, he had started on the basics, made sure everyone understands the concepts well before dwelling on acupoints.

Each and every point was clearly shown by him with easy finger breadth measurements. He did not rush on any subject and made sure that all are treated on par. Fortunate to learn the sessions. The crowning glory is how in a simple manner 4-point theory can be arrived at.

Sure, as we go through the material - we will gradually get each aspect etched in the mind as culverts. This association is to continue for career development and for the wellness of the next generations to come by.”

CASE STUDY EXPERIENCE: My sister had very high fever; Was unable to open eyes; the mouth gums were all glued up. She was also unable to open the jaw.

As we firmly believe - the body doesn't make mistakes, it shuts down systems to supply energy for core organs, we allowed her condition as it is and tried assistive methods such as wet towelling to ensure the body temperature doesn't cross 101F

Dr Bhojraj advised us to use **TW 5** acupoint - Anticlockwise rotation 7 times. We followed it diligently. Fever dropped considerably the next day as her autoimmune system picked up. We also

put her on only liquid diet, also ‘only’ when she requested for it.

For molar tooth pain he suggested acupoints **ST 5, 6** which greatly reduced the jaw pain. She was completely cured in 10 days. We did not force the recovery process and gradually allowed her system to normalise on its own. Thanks to Dr Bhojraj for very crisp data on acupoints.

▪ **Mr Yogesh Kumar, Jammu**



“I feel happy to share my experience of attending this course conducted by AAA under the able guidance of Dr H Bhojraj Sir who has eminent teaching and holistic healing experience. His scientific method of self-healing technique was easy to understand. The classes were interactive and enjoyable. The teaching method though simple, provides good knowledge about function and relation among organs of the human body. After attending the classes I can now find out the root cause of any diseases using acupressure principles and find out the solution to overcome it. This class not only guides us about the physical condition but also provides knowledge to improve mental health which is paramount important in one's life.

Thanks to sir, I feel confident about myself and that I now have some holistic knowledge to be able to do something for the betterment of humanity. I appreciate his interest to give back to the community and help people improve their health along the drugless path.”

▪ **Mrs Ritu Chandak, Bengaluru**



“I am totally driven by my interest in this field. I am from a non-medical background. However, I have been trying my hands in

acupressure techniques with the help of books at home and under my father's guidance since I was in my teens.

This course comes as a blessing for me and has holistically changed my approach. It is phenomenal to know that acupressure is based on the five elements theory. Dr Bhojraj sir has also amazingly simplified the diagnosis with his 4-point approach for all types of conditions. His experience, speech and passion make me look forward to the next class every single time. As Sir always says, it's good karma that made us meet and take this beautiful course and get lifelong learning. This course is a holistic course and helps you dig deeper than the outer dimensions alone for complete healing.”

HEALING MIRACLES FROM ACU WORLD

My Natural Conception with Acupressure



I am **Saritha Raja, age 35**. I took various treatment for 5 years in order to have a child. But none were successful. As is customary, doctors

advised me to go for IVF. Now I am a mother of a baby boy (4-months old). We are so grateful for the amazing gift you have given us, Dr Bhojraj. Your positive attitude and wonderful treatment not only

cleared my PCOD and irregular period problems, it also had me conceive naturally. We are so blessed today! I have no words to express my gratitude. Thank you so much for the help and support.

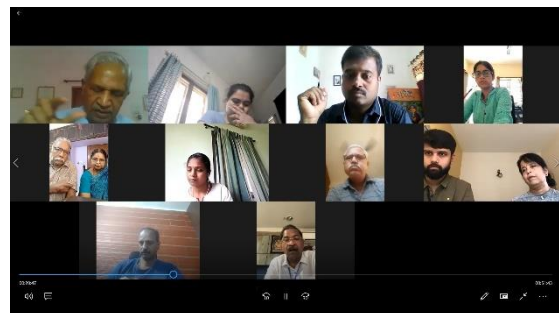
Got A Quick Relief for my Chronic High BP



My name is **Rahul Appaji**. I am **28-years old** and work in an IT firm in Bangalore. I was diagnosed with

high blood pressure, where my readings used to reach 160/100. We approached Dr Bhojraj through a friend and he suggested certain acupressure techniques which are simple to do. The most important one being the **H1** armpit acupoint. I could see an instant drop in BP. I practiced all the acupressure techniques prescribed by Dr Bhojraj religiously along with some deep breathing exercises. To my surprise, my BP readings gradually dropped within a week. Now my average readings are steadily around 135/80.

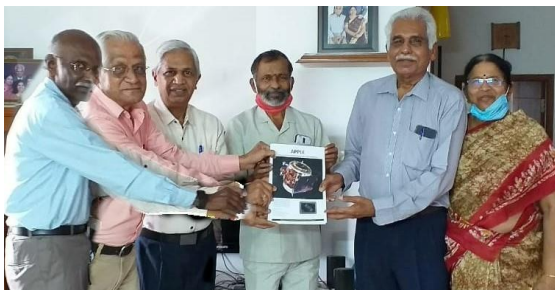
I am very grateful to Dr Bhojraj and would continue to inculcate his recommended techniques in my everyday life and would recommend those with hypertension to consult his expertise without fear as acupressure is a non-invasive treatment.



In PIC: Rahul and his mother share their healing experience at a special practical session on treating High BP with Dr Bhojraj and students held on August 31, 2021. A detailed report on the various concepts and easy cure for hyper tension / High BP will be out in our next newsletter. **Don't Miss It!**

AAA NEWS SPACE: 'APPLE' OF OUR EYE

September 2, 2021: The Apple 40th anniversary special souvenir was personally handed over by its team to veteran scientists Dr Surendra Pal & Dr R M Vasagam at their residence.



Dr Vasagam was the project director of APPLE, India's first indigenous geostationary communication satellite project, ISRO.

SIRP MONTHLY VISION BOARD

Our first batch of trained research associates (RAs) successfully complete their first month active research. We have touched 63 volunteers so far with 9 active volunteers!

Visit <https://bhojraj.tripod.com> to know all about this project and how you can be a part of it as volunteers.

FROM I TO EYE – A VISION WITH A MISSION



September 2021, the academy steps into the third active month in its Sight Improvement Research Project (SIRP-2). Concerning research data compilation, we will be completing our first-month data file for all 63 participating volunteers by end of this month.

Charles L Lucas was probably right when he said “Civilization is just a slow process of learning to be kind”. The only holistic guideline here is to ‘never discourage’ anyone who makes a continuous effort to progress, no matter how slow, he/she progresses. It truly takes a village to raise a healthy child. However, if you have told a child a1,000 times and he/she still does not understand then it is not the child who is the slow learner. (The latter was originally commented by Walter Barbe confirms a quick Google search.)

As with basic concept of diagnosis in TCM, our project SIRP has also had its active Yang success with initial excitement, chronic issues in implementation which of course have also opened up few deeper Yin channels of continuous learning & healing that has come with some routine practise and consistency today.

SIRP-2: A HOLISTIC CARE FOR BETTER SIGHT

True. Going by the numbers, we haven't progressed much beyond what was already achieved by SIRP-1. **Presently we have just 9 active RAs from a big group of 150 plus excited participants** who initially got in touch and promptly attended the introductory sessions and training workshops.

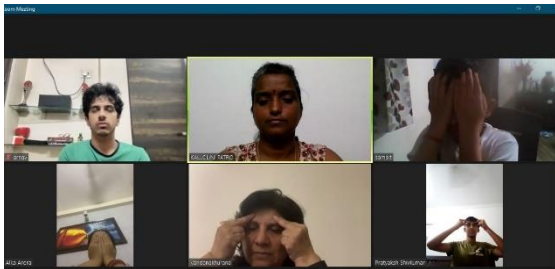
Despite all that downsizing and challenges, our volunteers have been making slow and steady progress with their committed RAs and are now working towards making weekly and daily practise of the eye exercises prescribed in SIRP-2 a mandatory routine.

I am glad that as I write this, we have this one perfect family example to lead with:



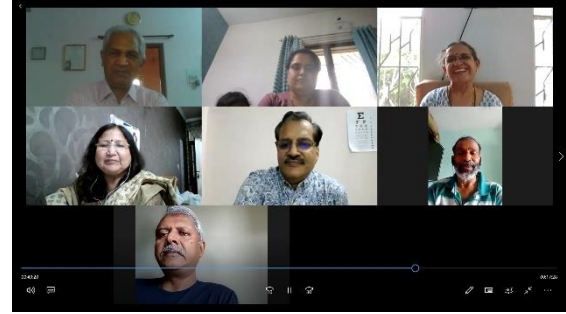
Meet our active volunteer **Dr Ravindra Pant** on top who is guided by **RA Mrs Bina Jain**. With his sincere practice, he had some instant relief and results, encouraging his wife and son into SIRP-2 practice.

Each one of the **9 RAs** has been doing their best in making themselves available at all times for their RVs and to the data collecting team. In the photo below is **RA Mrs Kallolini Patro**, also a senior SIRP-2 core committee member.



Unavoidable situations delayed her start but is now actively working on at least three separate groups of RVs that include new volunteers, continuing sincere volunteers from SIRP-1 and the RAs who are yet to begin their research.

Even **RA Mr Harish** who is yet to get the first-month data from any of his volunteers despite regular follow-ups, attended the September 1 monthly round-up meeting held online to sincerely admit that he, not his volunteers is at fault. **RA Mr Brijesh** is almost always now seen online with a printout of the eye chart behind him and in front of him! **RA Mrs Ashalatha** who started clueless is now happy with the steady progress of all her RVs.



RA Ms Sruthi, the youngest RA has regular college but promptly submitted all data and deliverables required from her before excusing herself from the meeting.

Success stories of **RA Mrs Sandhya** and **RA Mr SS Rao** have also been shared in our previous newsletter. With this learning attitude, we are sure that all the 63 volunteers who trust this project are now in the safe hands of these 9 inspiring, committed individuals & reliable guide.

New in SIRP-2, RAs have also been asked to compulsorily submit their weekly line readings. The slow learning so far has stretched our initial deadlines, as was observed by **SIRP-2 vice-chairman Mr Sundaramurthy** at the meeting but we are also confident that as a team we will now get better and best in this vision journey conceived by **Dr H Bhojraj**.

To wind up, it's a divine coincidence that I started writing this small edit piece on Gokul Ashtami (which reminds one of the powers of supreme survival amidst any stormy darkness) and concluding it closer to the **Teacher's Day** on September 5. Any learning is incomplete without expressing timely gratitude. My heartfelt gratitude to all the amazing teachers and individuals who have helped me work towards this clarity in communication in life and w.r.t SIRP-2 and holistic learning of vision improvement.

Cheers & Best Wishes!

Aarthi R

Project Director,

SIRP 2

Academy for Acupressure and Acupuncture
2596, (Ground Floor), 11th Main, E Block, 2nd Stage
Rajajinagar, Bangalore - 560 010

Balance Sheets As at 31st March 2021

Liability	Amount	Assets	Amount
Capital Account			
Arathi's A/c	10,000	Fixed Assets	46,941
Dr. Kanaka Rao A/c	5,000		
H Bhojraj A/c	10,000	Current Assets	
Suryanarayana Rao A/c	10,000	Deposits (Asset)	
M V Kannan A/c	5,000	Bescom Deposit	-
Narendra Bowrankar A/c	5,000	Telephone Deposit	-
S Ramaswamy A/c	5,000		
Suresh A/c	10,000	Cash-in-hand	-
	60,000	Bank Accounts	37,510
Loans (Liability)			
Interest Free Loan From Dr. Bhojraj	2,40,193	Loans & Advances	
Loan from Bhojraj	2,00,000	Rent Advances	-
	4,40,193		
		Excess of Expenses over Income	
		Opening Balance	2,52,875
		Add : Excess of Expenses	1,62,867
			4,15,742
Total	5,00,193	Total	5,00,193

**“GOOD HEALTH IS NOT SOMETHING
WE CAN BUY. HOWEVER, IT CAN BE
AN EXTREMELY VALUABLE
SAVINGS ACCOUNT”**

– Anne Wilson Schaeff

OUR DONORS THIS MONTH: WE THANK YOU!

Mr SARAVANAN, KGBA: Rs 2,000

Mrs SUJATHA RAJENDRAN: Rs 2,000

Mr RAHUL: Rs 1,500

Income and Expenditure Account For the year ended 31st March 2021

Particulars	Amounts	Particulars	Amounts
To Accounting Charges	5,000	By Course Fee	9,000
" Electricity Charges	1,670	" Fees Received	16,501
" Office Expenses	3,000	" Donation Received	153001
" Printing and Stationery	4,100		
" Rent Paid	49,500		
" Depreciation	8,313		
" Salaries	2,29,000	" Excess of Expenditure over	
" Telephone Expenses	1,090	Income	1,62,867
" Repair and Maintenance	15,000		
" Loss sales of Asset	24,696		
Total	3,41,369	Total	3,41,369

Receipts and Payment account for the year ended 31st March 2021

Receipts		Amount	Payment		Amount
To	Cash in Hand B/f	-	By	Accounting Charges	8,500
"	Cash at bank B/f	49,508	"	Electricity Charges	470
"	Donation Received	1,53,001	"	Office Expenses	3,000
"	Fee Received	16,501	"	Printing & Stationery	4,100
"	Course Fee Received	9,000	"	Rent Paid	33,000
"	Interest Free loan From Mr. Bhojraj	88,160	"	Salaries	2,29,000
			"	Telephone Expenses	590
			"	Cash in Hand C/f	-
				Cash at Bank C/f	37,510
		3,16,170			3,16,170

**Schedule 1
Fixed Assets**

Particulars	Opening Balance	Additions		Deletion	Total	Rate	Depreciation	WDV 31.03.20 19
		Before 181 Days	After 181 Days					
1 Camera	7,265	-	-	-	7,265	15%	1,090	6,175
2 Computer	105	-	-	-	105	40%	42	63
3 Electrical Fittings	2,065	-	-	2,065	-	15%	-	-
4 Furniture & Fixtures	42,556	-	-	42,556	-	10%	-	-
5 Projector	12,461	-	-	-	12,461	15%	1,869	10,592
6 Telephone Equipment	10,103	-	-	-	10,103	15%	1,515	8,587
7 Office Equipment	13,576	-	-	13,576	-	15%	-	-
8 Pas Sensor	15,699	-	-	-	15,699	15%	2,355	13,344
9 Printer	9,622	-	-	-	9,622	15%	1,442	8,180
Grand Total	1,13,450	-	-	-	55,254		8,313	46,941

Dear Readers,

Hope you have enjoyed reading this month newsletter as much as we enjoyed compiling it as a team. Do share your suggestions and reading experience without fail on mail to Dr Bhojraj on acu_bgl@yahoo.co.in. We also look forward to hear about your personal experience with holistic healing, especially Acupressure/Acupuncture.

THE EDITORIAL COMMITTEE: Mrs. SAROJA BHASKAR, Mrs. AARTHI R, Mr. SUNDRAMURTHY, Mrs. LATHA M, Ms SRUTHI S, Mrs. JYOTHIKA

JOIN US

BE A SPECIAL PART OF ALL THE AAA INITIATIVES PRESENTLY ON & PLANNED FOR FUTURE. HELP US IN CONTINUING WITH THE VARIOUS RESEARCH PROJECTS IN YOUR OWN COMFORTABLE WAY.

YOUR DONATIONS CAN BE MADE TO:

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