

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE-AAA

BANGALORE

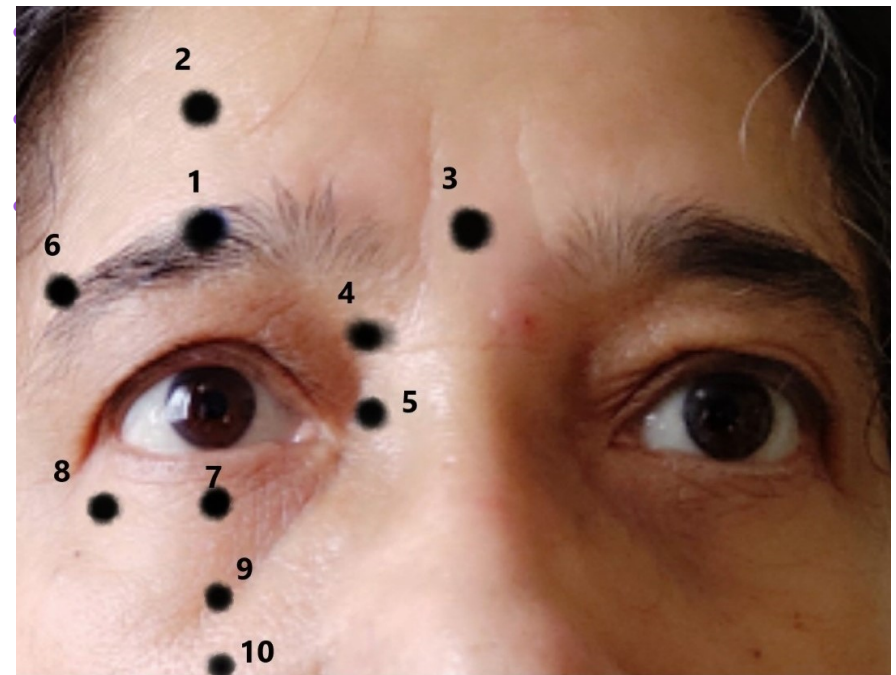


**PILOT PROJECT BY DR H BHOJRAJ
SIGHT IMPROVEMENT RESEARCH PROJECT-SIRP-1**



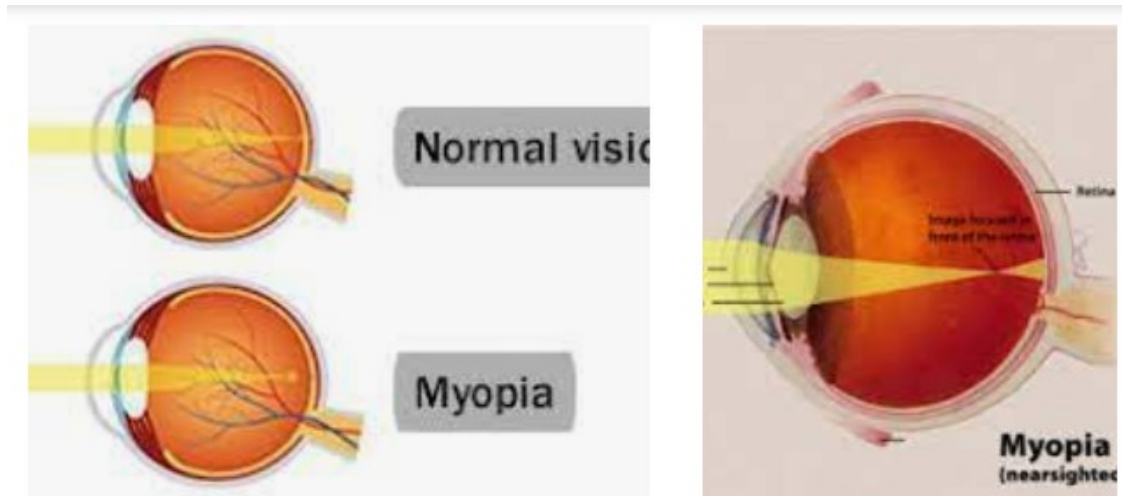
SIMPLE EXERCISES WITH ACUPRESSURE POINTS MAKE A HUGE DIFFERENCE IN **EYE HEALTH**

- Dr Bhojraj formulated a simple exercises using important acupoints around the eyes to improve vision. These points nourish nerve fibers and blood vessels on stimulation.
- He personally experimented with these exercises for over a period of SEVEN years and observed great results. Few of his close friends also adapted the same and came out with wonderful results. One of them could even avoid getting a cataract surgery done!



THE MAIN MOTIVE: WAS REACHING OUT TO THE CHILDREN

- SIRP-1 STARTED WITH AN INTENTION TO REACH OUT THE CHILDREN BELOW 18 YEARS AGE GROUP WHO ARE SUFFERING MAINLY WITH **MYOPIA**



APEX COMMITTEE MEMBERS



M V KANNAN



SUNDARAMURTHY



ACHUTHA RAO

APEX COMMITTEE MEMBERS



BHASKARNARAYAN

AND

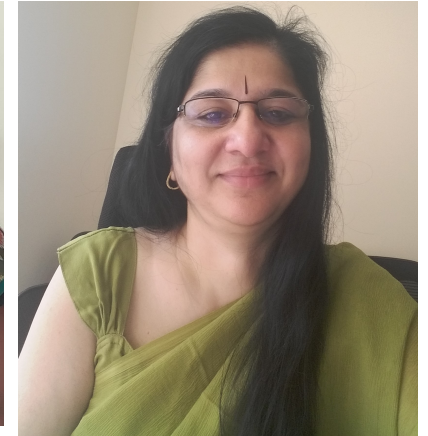
MRS SAROJA BAHSKARNARAYAN

RECRUITMENT OF RESEARCH ASSOCIATES

JYOTHIKA DWARAKANATH
DEVI KALYANI
KALLOLINI PATRO
DR PRATHYUSHA



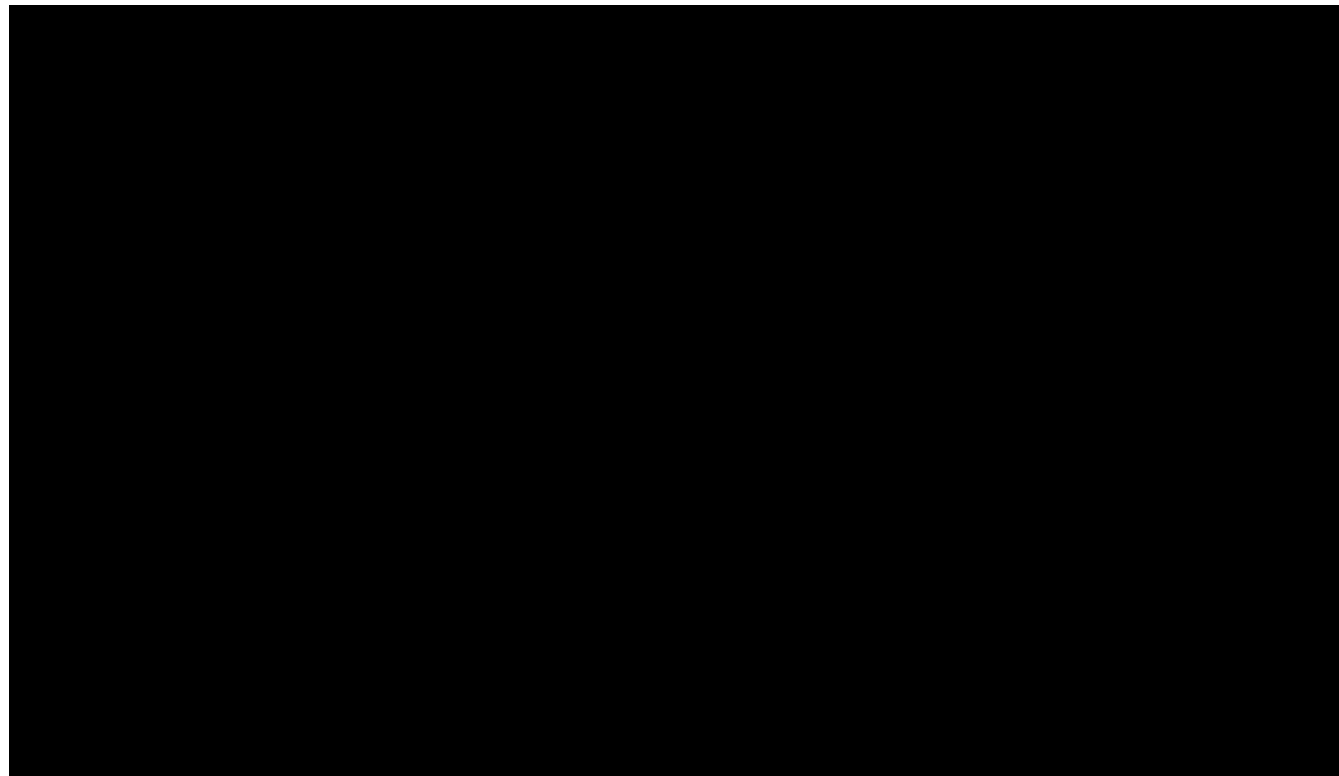
DR VIJAYA SHESHADRI
DR SHAMALA
SUJATHA SHETTY
VAISHNAVI GANESH & HARINI



THE RESEARCH PARAMETERS

- ❖ **SELECTED 9 RESEARCH ASSOCIATES WHO ARE INTO ALTERNATE THERAPY SYSTEM.**
- ❖ **UNDER EACH ONE THERE WERE MIN 5 AND MAX 20 VOLUNTEERS**
- ❖ **STARTED WITH 200 VOLUNTEERS**
- ❖ **100 CHILDREN IN THE AGE GROUP OF 8-18**
- ❖ **100 VOLUNTEERS WERE ABOVE 18 YEARS OLD.**
- **REGULAR TRAINING OF VOLUNTEERS TO PERFECT THEIR EXERCISES FOR NEARLY A MONTH**
- **THE INITIAL EYE POWER WAS COLLECTED FOR EACH VOLUNTEER IN THE BEGINNING THROUGH EYE TESTS CHARTS**
- **REVIEWED EACH VOLUNTEER EVERY MONTH WITH EYE TEST CHARTS.**

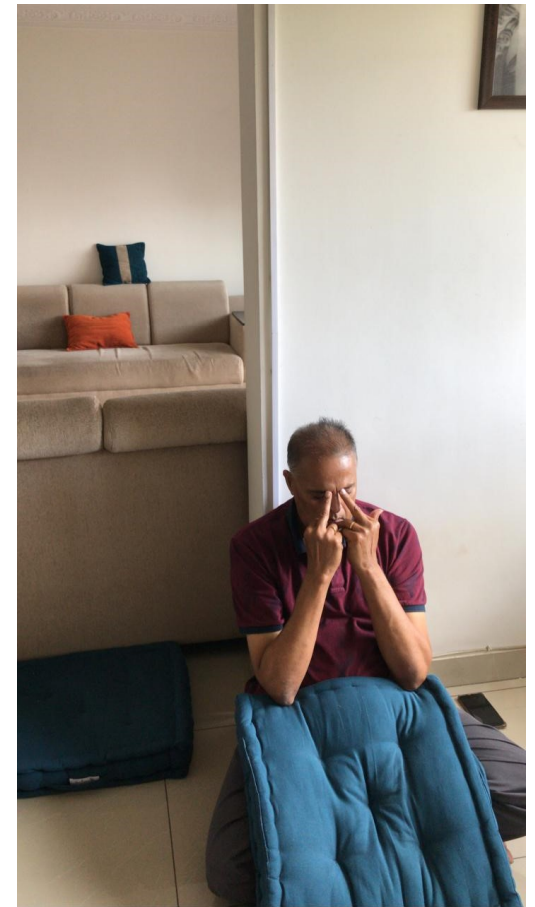
**ALSO CREATED A 1-2 MINTUES EXCERCIES VIDEO FOR
THOSE BUSY PEOPLE WHICH ALSO DID WONDERS**



ANYWHERE AND ANYTIME



VOLUNTEERS BUSY TAKING CARE OF THEIR EYES



RESULTS AFTER THREE MONTHS

- **WE ASSESSED ALL VOLUNTEER'S EYE POWER AFTER THREE MONTHS REGULAR EXERCISES.**
- **DUE TO PANDEMIC AND FREQUENT LOCKDOWNS MANY OF THEM COULDN'T REACH OUT TO OPHTHOLOGIST FOR ACTUAL VISION TESTS.**
- **THEY WERE ASKED TO DO A TEST BASED ON A STANDARD EYE TEST CHART.**
- **ALSO WITH 20/20 FORMULA**
- **OTHER THAN GETTING AN IMPROVED VISION THERE WERE MANY MORE BENEFITS FROM THESE EXERCISES**

READ THE TEXT *WITHOUT* GLASSES.

YOU NEED:

Can you read me now?

+4.00

Good. What about now?

+3.50

Looking a little blurry yet?

+3.00

Okay, looking a lot blurry yet?

+2.75

Like 4th glass of Chardonnay blurry?

+2.50

Not that you'd know anything about that.

+2.25

Yeah, us either. Anyway, back to the test!

+2.00

Wow. Still not blurry? Color us impressed.

+1.75

Okay, come on. Now you're just showing off.

+1.50

Seriously, you're making us +3.50's look bad.

+1.25

Every little bit helps.

+1.00

Only available in Blue Light.

+0.75

END RESULTS

- **THE END RESULTS WERE NOT VERY SATISFACTORY DUE TO UN AVAILABILTY OF ACTUAL VISION TESTS WITH OPHTHOMOLOGISTS DURING THESE PANDEMIC....**
- **BUT MANY VOLUNTEERS FELT A HUGE DIFFERENCE IN THEIR EYE HEALTH.**
- **REDUCTION OF DRYNESS/ITCHING/ REDNESS**
- **INSPIRE OF MORE SCREEN TIME THEIR EYES REMAINED STRESSLESS WITH THESE SIMPLE EXCERCISES.**
- **EVEN FEW OF THEM FELT THEIR DIGESTION IMPROVED.**
- **WE HAVE FEW SIGNIFICANT RESULT AFTER 4-6 MONTHS RANGE**

CASE STUDY- SAHITHA 37 YEARS OLD POWER REDUCED TO .25

SRI RAMCHANDRA EYE HOSPITAL
 ISO 9001: 2015 CERTIFIED
Dr.S.Srinivasan, M.B.B.S.,D.O. MNAMS (OPH)
 Reg No. 44191
 15, Good Shed Street, MADURAI-1 Ph:0452-2340832 No. 74
 Email ID : srinivasasrceh@gmail.com

Time : 9.00 a.m.To 7.30 pm
SUNDAY HOLIDAY

Name : Sahitha Age 37 MRD No. 2478 0317

RIGHT					LEFT				
RE	SPH	CYL	AXIS	VISION	LE	SPH	CYL	AXIS	VISION
D.V	4.75			6/6	D.V	4.75	0.50	30°	6/6
N.V					N.V				

Instruction :
 Date : 14/3/17

[Signature]
 Eye Surgeon

OTK
 New!

Ph: 9790 300550
MANO OPTICALS

S.No. _____
 Name Mrs. Sahitha Date 30/11/2020

	RE			LE		
	Sph	Cyl	Axis	Sph	Cyl	Axis
DV	4.50			4.50	0.50	30
NV						

IPD _____ Frame _____ Lense I. Contact, A. Box, 6 lens.

CASE STUDIES- A SIX YEAR OLD **SRIKARI** AND A NINE YEARS OLD **ARNAV SHETTY** VISION IMPROVENT

- Her initial reading:
- +2.00
- Now it is +1.50



- initial reading was
- 4.00
- Now 2.75



RESPONSE FROM VOLUNTEERS SIGNIFICANT BENEFITS

- **THESE EXERCISES NOT ONLY IMPROVED EYE HEALTH BUT ALSO RELATED ISSUES .**
- **CHRONIC SNEEZING COMPLETELY STOPPED**
- **HEADACHE AND SINUS REDUCED 85%**
- **STYE VANISHED JUST IN A WEEK**
- **PAIN AND PRICKING STOPPED WITH IN TWO HOURS**



MANY STUDENTS WHO WERE USING SCREEN TIME MORE THAN 6 HOURS DUE TO ONLINE CLASSES FOUND THEIR EYE POWER REMAINED SAME AND DIDN'T INCREASE.

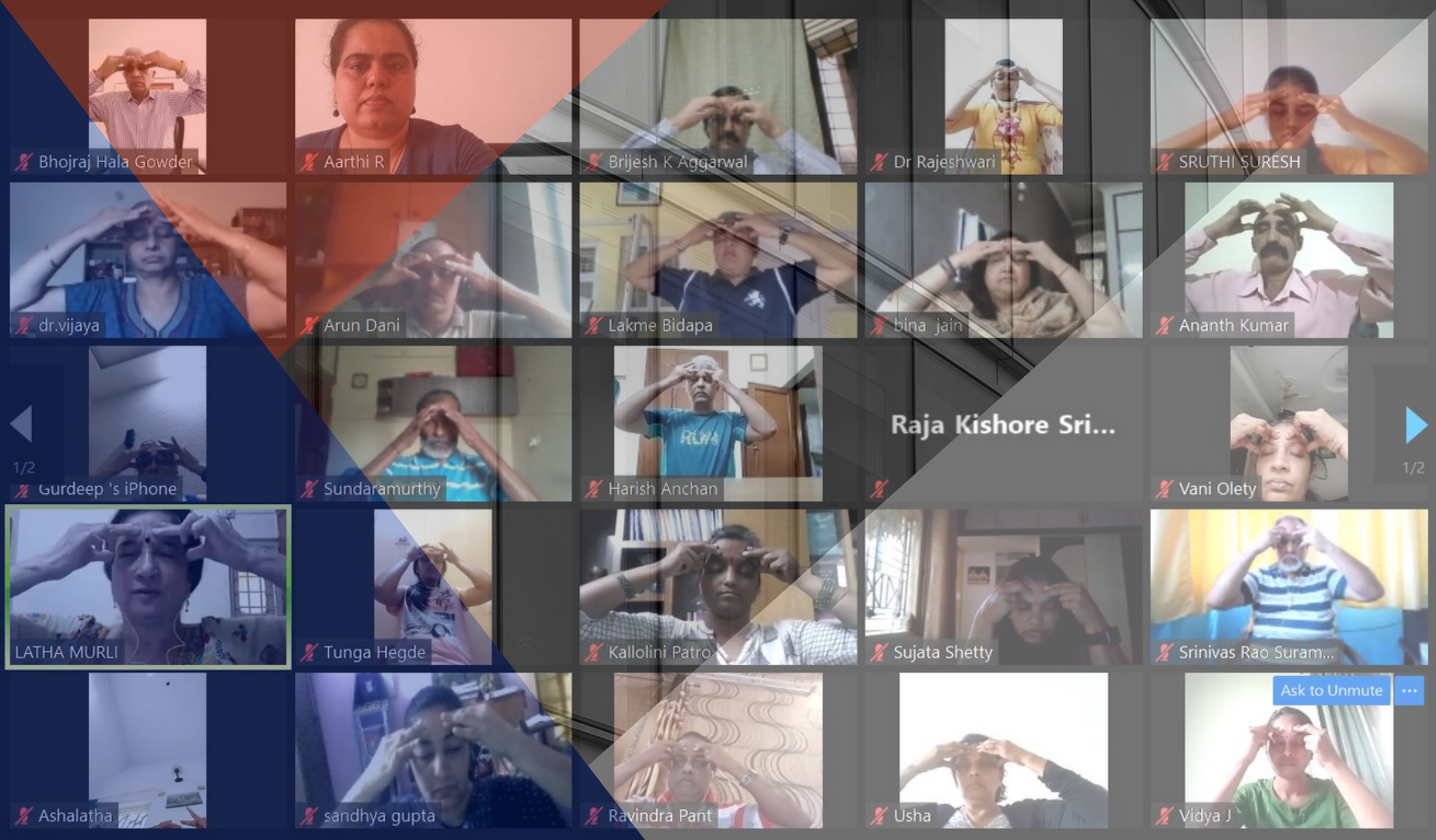
**Shrreya
EESHAAN
VRISHANK
Nischitha**

**15 YEARS
17 YEARS
10 YEARS
14 YEARS**



Final results after 10 months

- ❖ volunteers responded with final results---
-- 56
- ❖ power reduced -8 (14%)
- ❖ Power remained same-15 (26%)
- ❖ Over all eye health (freshness/dry eyes/cooling effects) improved -22 (40%)
- ❖ Remaining 11 didn't find any difference in their eyes.



SIRP-2

PRESENTED BY Dr H BHOJRAJ & TEAM



SIRP-2

OUR KEY OBJECTIVES

- Greater Reach: Schools, Families, Apartment communities
- Target: To have minimum 200 volunteers complete at least six months of consistent practice and record continuous data to observe key improvements & effects across different age groups, especially children
- Holistic Vision Improvement: Practise What We Preach
- Continuous Follow up with SIRP-1 Volunteers to analyse Long Term Effects of these exercises

SIRP-2: TIMELINE OF MAIN EVENTS

PHASE

01

PROMOTION & REGISTRATION

Over 150 participants attended the introductory sessions. New this time: A one time donation was announced as part of registration to restrict research participation to only interested candidates

PHASE

02

INTENSE TRAINING & DOCUMENTATION

50 candidates registered as RAs and attended the 5 day intense training workshop with Dr Bhojraj. Project finally started on July 10, 2021 post complete initial documentation

PHASE

03

DAILY PRACTISE & WEEKLY DATA COLLECTION

Presently we are in our second month of active research phase with our volunteers .NEW THIS TIME: 3 NEW ACUMEDITATION TECHNIQUES



SIRP-2

PRESENT STATUS

THE DATA PRESENTED HERE IS AS RECORDED BY THE TEAM ON SEPTEMBER 15, 2021.

- **TOTAL NUMBER OF TRAINED & ACTIVE RESEARCH ASSOCIATES (RA): 9**
- **TOTAL NUMBER OF RESEARCH VOLUNTEERS: 66**

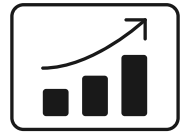
THIS INCLUDES:

- **ONLY THOSE WHO ARE COMMITTED AND ACTIVELY PRACTICISING WITH DATA**
- **ONLY THOSE PARTICIPANTS WHO HAVE SUBMITTED THEIR INITIAL DATA**

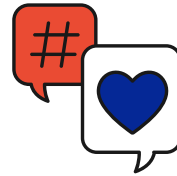
SPECIAL GROUPS OF VOLUNTEERS

- **AAA IS ALSO ACTIVELY INVOLVED IN EXTENDING THIS PROJECT TO TRAINING CHILDREN FROM LOW INCOME GROUPS & IN ORPHANAGES BY TRAINING INDIVIDUALS/ STAFF IDENTIFIED BY CONCERNED NGO/ORGANIZATION.**
- **WE ARE ALSO WORKING ON GETTING CONTINUOUS DATA FROM VOLUNTEERS OF SIRP-1 TO BE ABLE TO ARRIVE AT A REASONABLE CONCLUSION ON THE LONG-TERM HEALING EFFECT OF THESE EXERCISES**

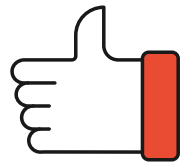
GOALS AHEAD ON SIRP-2



**INCREASE THE VOLUNTEER
BASE - STEADILY**



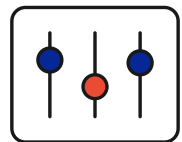
**I-TO EYE: A DAILY ROUTINE FOR
FAMILIES**



**EXTEND THE PROJECT TO
SCHOOLS**



**TARGET MINIMUM 200
VOLUNTEERS' DATA BY END OF
RESEARCH**



**CONTINUOUS DATA
COLLECTION FOR MINIMUM 6
MONTHS**

SIRP-2-SCHOOL

LOOKING AHEAD...



- 01 TRAIN SCHOOLS IN HOLISTIC EYE CARE FOR KIDS
- 02 PROVIDE GUIDANCE & TRAINING MANPOWER
- 03 PERSONAL GUIDANCE & FOLLOW UP
- 04 FOCUS ON CHILDREN AGED 8-15 YRS
- 05 BEGIN IMPLEMENTING FROM GOVT. SCHOOLS WITH GOVT. SUPPORT

Thank you!

