

The Sight Improvement Research Programme

SIRP – II

An Initiative of the Academy for Acupressure & Acupuncture (AAA)

All you need to know about the SIRP-II

1. What is SIRP –II?

SIRP is the short form of The Sight Improvement Research Programme.

SIRP-II is the second batch of this research project that uses simple eye exercises to improve eyesight.

The first batch of SIRP launched in October 2020 has truly been a wonderful learning and healing experience for all of us who worked in it. This includes the 70 children and 90 adults who joined as volunteers and the 11 RAs. We could get collect qualitative data in terms of a positive outcome but due to the present lockdown situation, the quantitative data on final eye tests through ophthalmologists are pending for further analysis and review to arrive at a logical conclusion on the six-month pilot project. However, the majority of them who have regularly practised the exercises as per training have confirmed remarkable improvement in not just alone on their eyesight but also in general health. The outcome of the project will be made available shortly in our news letter.

2. Who is conducting SIRP-II?

SIRP is a flagship project of The Academy for Acupressure & Acupuncture (AAA) under the chairmanship of Dr H Bhojraj.

3. What is the purpose of SIRP-II?

The present COVID situation has increased our dependence on the online medium. There is enough research evidence that indicates the harmful effects of exposure to increased screen time of individuals, especially children. As the screen exposure through digital media cannot be completely controlled, we offer a holistic eye care package through SIRP. These eye exercises have been scientifically proved to have amazing healing benefits

not only for the eye but also for the overall health of individuals who practise regularly. It is also found safe among children.

4. What is the duration of SIRP-II?

The project is planned for three months and may likely extend by around six months depending on the research data collection. However, both the RVs and RAs need not have to pay anything extra in case of any extension by the academy.

5. How can I be a part of SIRP-II?

You have two options to join SIRP-II. Details as below:

- a. **RESEARCH ASSOCIATE (RA):** Will be extensively trained by Dr Bhojraj on the eye exercises along with complete eye anatomy, physiology and the acupressure approach to common eye ailments. Once trained, RAs will have to work training the volunteers and gather continuous data for the research. To register as RA you have to log on to the AAA website: <https://bhojraj.tripod.com> fill-up the Registration form and submit it online. **The Registration also includes a compulsory one-time donation of Rs 2,000 (Rupees Two Thousand Only) to be paid to the Academy**

(Bank Account Details as below :)

Academy for Acupressure and Acupuncture

Indian bank Rajajinagar

Ac.no. 6012588256

IFSC IDIB000R005

CBS Code 00064.

- b. **RESEARCH VOLUNTEER (RV):** This Will be identified by both the Academy and the registered RAs. Those interested can also register online - <https://bhojraj.tripod.com> fill-up the Registration form and submit along with a one-time donation of Rs 1,000 (Rupees One Thousand only) to the Academy.

6. Is There an Age Limit to Join SIRP-II?

The age limit for RAs – 18 years & above; Volunteers: no age limit, preferable age - 12 years and above. However, younger children may also attend for early awareness on eye care.

7. Who will be called RA?

Anyone can register as RA. Training will be given by the Academy. Prior knowledge in any form of acupressure/acupuncture/yoga is an added advantage so is teaching experience. But none of these is compulsory to qualify as a RA for SIRP-II. The only minimal requirement is that you should have a mobile phone/laptop with internet connectivity and WhatsApp.

8. What are the commitments required from RA?

Participation in SIRP-II is two-way traffic. There are benefits to reap as well as a responsibility to commit to for the complete three months. The project has been designed in such a way that it can be executed with minimal effort and time. As RA you must be committed to work with us as a team, complete the training online, reach out to prospective volunteers, train them and help with regular monitoring and data collection. The project must achieve its ultimate purpose of reaching out to the people and creating awareness on eye care and how one can work towards improving their eye sight.

9. What do I get back from the SIRP-II as a RA? / How can I as a RA benefit from SIRP-II?

The more you involve as a RA, the more learning experience you get in healing eye conditions. The academy will also train you intensively in the field of eye acupressure. Further, the Rs 2,000 you pay to the Academy is a donation towards the cause and we give you complete learning experience and a certificate honouring your contribution towards this research, towards the end of the program.

10. Is this monetary contribution refundable?

No. The money paid (Rs 2,000 for RAs and Rs 1,000 for RVs – both categories) is a donation accepted towards the cause.

11. Any other benefit one RA can get out of it?

As for other benefits, it will be purely depending on your commitment and active participation. You may also note that the project intent is not a commercial venture. It is purely for research purpose, also driven by a social commitment.

12.Is there any certification given to RA for participation in SIRP-II?

Yes, all RAs will receive a certificate from the academy for their participation and contribution to the project. There is also a plan to present the research paper at international conferences on alternate medicine.

13.How many volunteers one RA can have?

Each RA can have a minimum of 5 to a maximum of 20 volunteers. Those with more than 6 volunteers can organise their volunteer training/interactions in two batches.

14.Whether AAA team will help RA to get the volunteers?

The RAs should work on their own sourced volunteers. The Academy only will provide volunteer assistance - based on availability or excess (among other RAs), to enhance your confidence in the approach.

15.What is the role of a Research Volunteer (RV) in SIRP-II? / What are the commitments required from me as a research volunteer?

As an RV, your primary role is to fill up the registration form with complete details, especially concerning your present eye condition and general health. You must help us to help you improve your eyesight. This is possible only if you commit to being regular with your eye exercises and data recording and sharing. Paying the one-time donation of Rs 1,000 (Rupees One Thousand only) is also mandatory to complete the Registration process.

16.What do I get back from SIRP-II as a volunteer?

Improved eyesight, better health and best vision on holistic health

17.What is the difference between a Research Volunteer (RV) and a Research Assistant (RA)?

The only difference is that RAs will undergo a five-day intensive training workshop and personally trained by Dr Bhojraj.They will have more responsibilities in this research activity. While RAs contribute by getting in volunteers and train them alongside, monitor their progress every week, Research volunteers mainly help by doing the exercises regularly and actively participating in submitting their data/findings. Research volunteers

can also help by way of sharing contacts of interested individuals to join us as RA or RV.

18.Can a volunteer also participate as a RA?

Yes, if you have the personal bandwidth to do both, provided it does not affect the overall research. The ultimate decision lies with Academy.

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The Terms & Conditions

- I. The person registering to be an RA must pay a sum of Rs. 2,000 (Rupees Two Thousand only) as a one-time donation to the Academy which will go towards the research activity. Those registering as Research Volunteers (RV) must pay Rs 1,000 (Rupees One Thousand only) as a one-time donation to the academy.
- II. All donations must be made to the Academy account only. Account details are given below:

Academy for Acupressure and Acupuncture
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- III. The registered RAs must attend an orientation session and a 5-day training program to be held in the first week of June without fail. The dates and timings will be given three days in advance. The RAs must be committed to do the program for the three-month research period sincerely.
- IV. The three-month research program officially begins once all the RAs are trained and their volunteers have registered. The preliminary activity and training program for RAs will begin in June and the volunteers will be guided by their Research Associates for the entire research period.
- V. The volunteers must give all their details in the registration form without hiding any facts about their general health as well as their eye conditions. They must follow the instructions of the RAs with regard to their eye check-up before starting as well as at periodic intervals. The academy will not be held responsible for any discomfort arising due to undisclosed medical conditions. So, for your own good, be completely honest about your current health status while filling up the registration form.
- VI. If there is any discomfort in the eyes while doing the exercises the volunteers must inform their concerned RA immediately for proper guidance.

- VII. The Academy is not responsible if no improvement in the eye condition is seen due to the paucity of the volunteers in doing the exercises regularly.
- VIII. These exercises have no side effects. However, we would advise children below 12 years to compulsorily practise under parental guidance.
- IX. We at the Academy advise all to avail this program with faith and acceptance towards alternative therapies.