

ACU WELLNESS

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE (R)

1963, 8TH MAIN, “E” BLOCK, II STAGE, RAJAJINAGAR, BENGALURU-560010

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From the Chairman’s Desk

The Emotional Intelligence Workshop by Mr. Shivakumar Bellan, the exposure of “PULSE DIAGNOSIS” by Prof. Basavaraju and the Book Release Function on 29th October was the highest peak in our achievements of the decade. The contents of Mr. Sivakumar’s talk, the way in which he delivered the talk and the anecdotes he delivered in between kept the audience not only spellbound but also joyous throughout the 7 hours session. Many of them wanted Mr. Sivakumar to talk for longer time and few participants wanted us to conduct 2 day workshop exclusively with him. The time allotted for me to cover The Emotional Code was given to Mr. Sivakumar. **The overall effect of the workshop kept everyone not only happy but energetic throughout the session.**



Dr. Bhojraj addresses the gathering

In the feedback **Mr. Sudhagar Rajan, Rotary President Elect, RT Nagar Rotary Club of Distric-3190** wrote “ Bhojrajanna, Today is one of the best days in life. I have attended so many personality development programmes, Leadership seminars, Health and Wealth seminars, International program on self development etc. but Shivakumar Bellan stood out. **I thought the Emotional Intelligence is for emotional people but little did I realise his seminar is a must for all people.** What a brilliant and wonderful presentation! I strongly recommend for an exclusive session for Karnataka Badaga Gowdas Association members.” {Ph.9343796424}



Mr. Sivakumar Bellan with participants

This is the sample feedback giving the overall picture of the great day for those who could not attend and missed this wonderful opportunity to learn and practice the simple techniques discussed

by Mr.Sivakumar. The Outstanding Scientists of ISRO who attended this seminar are appreciating the content and delivery of his talk in very high esteem. One of them even mentioned that he changed his decision to go home after lunch mainly to listen to Mr.Sivakumar.



Standing Ovation by the participants

The requests are pouring in and most of them wanted to attend this workshop again and wanted me to give full day to Mr.Sivakumar only. We are planning this seminar once in two months for all and particularly for the schools to promote preventive health care especially for the eyes.



Shri.Achuta Rao and Mr.Sandeep

Dr.Basavaraju gave a wonderful explanation on pulse diagnosis and pin pointing the emotional status with their thought process at that time. He also explained how a single point activation with Nadiswara analysis could cure problems. **I congratulate Dr.Basavaraju PhD for not only inventing the pulse analyser but also getting his doctorate in Pulse Analysis from Jain University, Bangalore.**



Dr.Bhojraj explains about the book

I thank **Mr.Nagulan Joghee** and the Organizing Committee members for wonderful coordination and execution of the plan.

The Book Release function also went on flawlessly and after **Mr.Sundaramurthy's** welcome address I explained the purpose of writing this book. The book was released by **Shri S.V.Ranganath**, our mentor and received by **Shri Achuta Rao** who was instrumental in making us surviving pandemic as a whole and reaching this stage today. **Dr.Bhaskarnarayana**, Ex.ISRO scientist explained his own experience of not only avoiding cataract surgery for 8 years but how he improved his hearing ability when all 3 ENT specialists advised him to use hearing aid. Another important mentor **Dr.Surendra Pal** missed this excellent function due his visit for Diwali celebration with his kith and kin but he had sent his blessing by voice message to the Chairman of the Committee.



Book released by Shri.S.V.Ranganath



November News Letter released by Shri Achuta Rao

The surprise element was the release of the November 2022 News Letter by Shri.Achuta Rao which contained the photos of the morning workshop. Added to it, to celebrate my Golden Jubilee year in Bangalore, 250grams of premium tea from Nilgiris was presented to all participants.

**26-11-2022 St Marks Hotel
Emotional Intelligence Workshop By
Sivakumar Bellan
Donation Rs 2000/
10 AM to 5 PM
Register your name with Dr.Bhojraj
9845649914**



Mr.Sivakumar announces the Life Time Achiers Award by Chennai Badaga Association

I would like to put on record my deep appreciation and thanks to all the well wishers of Academy for your unconditional support for this achievement. As mentioned in the function, the letter to the Honourable Prime Minister was drafted within a day and was sent along with 5 books for his reference. Let all of us work together and take this project of Preventive Health Care for eyesight to all the students in our great Country India.



The Award presented by Shri S.V.Ranganath and ISRO Scientists

I wish you all healthy, happy and productive life.

H.Bhojraj

CHAIRMAN,AAA

FEED BACK FROM PARTICIPANTS

Shri.R.N.TYAGI 75 Yrs Ex.ISRO SCIENTIST
Ph.9741300575

It was great experience to participate in this function. It improved the knowledge for self improvement. It also showed the progress of AAA inspite of the pandemic.



Mr.V.K.Kaila 75 Yrs Ex.ISRO SCIENTIST Ph
9448107573

The talk was excellent which covered various aspects of living and gave an insight how to be a master of self. How to be successful in life and how to manage health also was covered.

Mr.Sivakumar is a wonderful orator and highly knowledgeable on Emotional Intelligence.

I would like to continue my interaction with you since I am serving for the Art of Living Foundation sharing our spiritual knowledge for the betterment of the society.

Mrs.Suhinder Kaila 67 Yrs Ph9986069744

It was wonderful and very useful session. I strongly recommend for youngsters.

Mr.Sundramurthy 67 yrs Ex.ISRO Scientist Ph 9611196052

It was very interesting and educative session. I enjoyed this great seminar.



Mr.N.K.Malik 74 Yrs, Ex ISRO Outstanding Scientist Ph.98805 95279

I really enjoyed the whole session.

Prof.R.Arunachalam Ex.ISRO Scientist Ph 9739569865

The talk was very interesting and gave many solutions to manage emotional problems.

Mr.Natesh Murthy 67 Yrs Ex.ISRO Scientist Ph.9844123705

I have no words to express my feeling. This is one of the best and excellent programmes I ever attended in my life.

Mr.Raghu B. Nadiswara Designer,34 Yrs Ph 9738363429

Excellent programme to create drugless world.He explained the emotional intelligence in a beautiful manner.

Mr.Manjunath Y.C 35Yrs Ph.9738786265 Nadiswara Designer

The seminar by Mr.Sivakumar was very nice and the Chief Guest Shri. S,V,Ranganth's talk about the importance and necessity of Alternative systems based on the statistics in France was excellent.

Mr.S.S.Rao, 61 Yrs, Ex.ISRO Scientist and Healer Ph.9845379198

The whole program was excellent and I feel it should be for one day exclusively for him.

Mr.D.Nandakumar 50 Yrs IT Employee and Healer Ph9585540439

The knowledge delivered was wonderful and I am looking forward to Emotional Code session from Dr.Bhojraj.Very well organized sessions and I could feel the selfless service of the organizing team. I would like to participate in future sessions also.

Mr.Kumaresh 42 Yrs Acu Healer Ph 7899235786

I learnt many things needed for my acupuncture practice. I am very happy and really enjoyed the excellent session by Sivakumar. I thank Dr.Bhojraj for organising this wonderful workshop.

Mr.Murugan 50 yrs Aircraft Maintenance Engr Ph.9004392429 An enlightening programme.

Sr.Sunitha 66 Yrs NAET and Acupuncture Practitioner, Ph 9449445823. The workshop was very educative and enriching. The explanations touched my own emotions. Living in the present moment joyfully was the main lesson. I thank Dr.Bhojraj and Mr.Sivakumar for this excellent opportunity to learn Emotional intelligence.

Mr.Narendra Borwankar I T Manager, 54 Yrs Ph 9844005520



Excellent program. Overall arrangements were perfect. I could learn a lot about emotions. The session by Basavaraju was also excellent. Wonderful Book Release Session.

Mrs.Manimegala N.Borwankar, 54 Yrs
Ph.9844398164

This is the first time I am attending such a session and it was excellent. I would like to attend more of such sessions in future. It was my privilege to be among the great scientists from ISRO. Thanks to Dr.Bhojraj for organizing such a wonderful workshop in St Marks Hotel. The seminar hall and the arrangements including food were excellent'

Mr.J.Raghuvaran 36 Yrs Educator Ph.9047590474

I enjoyed the session especially in the company of legendary ISRO scientists.

Mr.Nagulan Joghee 72 yrs Free Lance IT Consultant
ph.9886336409



Overall it was an awesome, wonderful program. Very useful for whole community irrespective of age.

Mrs.Sumathi Nagulan 64 Yrs Ph 9916946861

Really motivating and very informative programme. It is a privilege to have been part of it with senior scientists.

Mrs.Durga R 28 Yrs IT Consultant Ph.6361885396

The workshop is an eye opener on how to deal with emotions. Next time I want this workshop to be conducted for two days with younger generation where all the strategies would be discussed in depth. Overall this was a great workshop on dealing with emotions in a constructive way.

Mr.R.Murthy 70 Yrs Patron, KBGA,
Ph.9986980863

Excellent session on extraordinary topic .I thoroughly enjoyed the day and gained overall

knowledge about Emotional Intelligence. I am really happy to be a part of Book Release Function. I record my appreciation to Dr.Bhojraj who has been working on Acupressure for nearly 30 years out of his 50 years in Bangalore.

EMOTIONAL INTELLIGENCE WORKSHOP

A GREAT EXPERIENCE

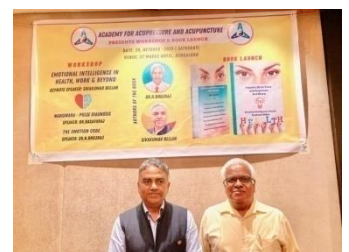
By Mr.NAGULAN JOGHEE CHAIRMAN, MAIN ORGANIZING COMMITTEE

Generally, all mentors, elders, teachers, preachers will never miss to say one and only advice to their protégés is that “Do not take any decision when you are emotional”.

Emotions rule you, day in and day out and it is obviously very difficult to understand the reason for the same. The reasons, by default, find any fishbone diagram is insufficient to hold reasons for one being emotional. The effect is evident but not the root cause. There are only a few who can talk about emotions, the ways and practices that can eventually even out the emotions and emotional moments so that impending damages could be avoided.



The search was on and, Mr.Bhojraj, with his never ending search for talents around bumped on Mr.Sivakumar, a brand strategist, story teller, speaker and Emotional intelligence practitioner. The search precisely ended there. The assessment was correct and his programme at ISRO, covering about 500 scientists as audience, was a cracker and setting the ball rolling from then on.



It was tough to mobilise people for listening something good but we manage to get about 50 participants for a session on Emotional intelligence.



To make it more interesting we planned in such a way that the releasing of a book on acupressure written by Dr.Bhojraj should also go hand in hand. That made the occasion more significant.

Mr.Sivakumar took the audience by storm by providing the real essence of managing emotions at the times of crises. He enthralled the entire crowd by providing real time examples, apt incidents and holistic view of human organs and the effect of human emotions on them. His positive theatrics, body language and the level of expressions are in a different level and surely it will ring a bell universally sooner than later.



Wonderful feedback from Mrs.Durga

The point that the emotions, like water, air and fire are good servants but bad masters was well driven. Hence the need for managing our emotions, irrespective of the age group, grows manifold. The use of Yoga, Acupressure was well driven home with fitting case studies and the audience were left

with no other option than to think twice before ignoring their emotional behaviours

There were multiple voices demanding the repeat of the program and it is needless to say that we have readily agreed to repeat the program soon.

Everyone should manage their emotions and ensure that their organs do their intended jobs without being hampered by the Emotional outbursts.

**BASED ON THE
FEEDBACK THE
REPEAT
PROGRAM,
ONLY WITH
MR.SIVAKUMAR
IS FINALISED
ON 26TH
NOVEMBER 2022
IN THE SAME
VENUE**



Trigger for this workshop:

LECTURE IN ISRO BY Mr. SIVAKAMAR. PHOTO TAKEN IN FRONT OF THE TREE I PLANTED 15 YEARS BACK. **KEEP THE CAMPUS GREEN AND CLEAN WAS MY INITIATIVE IN URSC.**



Dr.BASAVRAJ AND Mr.Manjunath not only explained the use of Nadiswara but also checked the pulse analysis of 10 participants. He also bought 100 books for distribution to his students and other people. **Thanks for the great gesture.**

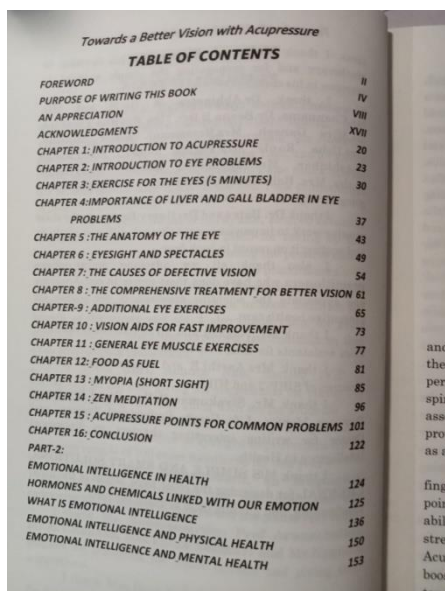
BHOJRAJ

BOOK LAUNCH FUNCTION

SIGHT IMPROVEMENT RESEARCH PROGRAMME

INTRODUCTION:

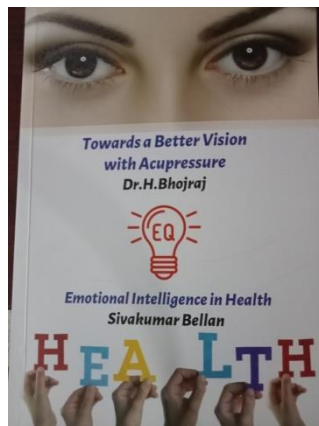
The Academy for Acupressure and Acupuncture (AAA) was started in the year 2012 with the sole objective of getting the state recognition for this scientific system of Acupuncture in Karnataka. For the approval as a scientific system, well-planned research projects are



Towards a Better Vision with Acupressure	
TABLE OF CONTENTS	
FOREWORD	ii
PURPOSE OF WRITING THIS BOOK	iv
AN APPRECIATION	viii
ACKNOWLEDGMENTS	xvii
CHAPTER 1: INTRODUCTION TO ACUPRESSURE	20
CHAPTER 2: INTRODUCTION TO EYE PROBLEMS	23
CHAPTER 3: EXERCISE FOR THE EYES (5 MINUTES)	30
CHAPTER 4: IMPORTANCE OF LIVER AND GALL BLADDER IN EYE PROBLEMS	37
CHAPTER 5: THE ANATOMY OF THE EYE	43
CHAPTER 6: EYESIGHT AND SPECTACLES	49
CHAPTER 7: THE CAUSES OF DEFECTIVE VISION	54
CHAPTER 8: THE COMPREHENSIVE TREATMENT FOR BETTER VISION	61
CHAPTER 9: ADDITIONAL EYE EXERCISES	65
CHAPTER 10: VISION AIDS FOR FAST IMPROVEMENT	73
CHAPTER 11: GENERAL EYE MUSCLE EXERCISES	77
CHAPTER 12: FOOD AS FUEL	81
CHAPTER 13: MYOPIA (SHORT SIGHT)	85
CHAPTER 14: ZEN MEDITATION	96
CHAPTER 15: ACUPRESSURE POINTS FOR COMMON PROBLEMS	101
CHAPTER 16: CONCLUSION	122
PART-2:	
EMOTIONAL INTELLIGENCE IN HEALTH	124
HORMONES AND CHEMICALS LINKED WITH OUR EMOTION	125
WHAT IS EMOTIONAL INTELLIGENCE	138
EMOTIONAL INTELLIGENCE AND PHYSICAL HEALTH	150
EMOTIONAL INTELLIGENCE AND MENTAL HEALTH	153

to be conducted and reported with evidence to prove the efficacy of Acupressure (also called needle-less Acupuncture). The advantage of Acupressure is that it is mainly non-invasive and requires minimum training. At AAA, we have been conducting research for many ailments, especially migraine and diabetes. Nearly 99 per cent of migraine patients in our study got cured and a student got his PhD from the Open International University for Complementary Medicines (Colombo) in the year 2015. The diabetes research gave us mixed results and hence could not be brought out in the form of a research report. The lack of monitory support from any recognized research organization was another reason.

The Covid 19 period was a blessing in disguise for our Acupressure research. It started with Immune System Improvement with Acupressure and gradually paved the way for eyesight improvement



research. I have been following the eye exercises for the past eight years after Prof Palanisamy from Coimbatore casually explained the acupressure points for eyesight improvement. I also observed an improvement from -2.7 to -1.1 within the first six months of practice.

One of my senior retired ISRO colleague also reversed his cataract and proved the effectiveness of these eye exercises

by testing his eyes every year for the past five years. This has given me the confidence that simple activation of acupressure points daily for five to ten minutes can do wonders, especially for senior citizens. This should be of greater help to children in avoiding wearing power glasses at a younger age by making these eye exercises a part of their routine. These exercises must be done under the supervision of trained elders.

The COVID-19 phase was also a trying period for almost all human beings. Our Academy had decided to wind up the shop. But one of our well-wishers suggested that I write a book on 'Eyesight Improvement' and also funded me to print the book. During the peak pandemic period, writing work, correction work, printing work etc. was going on through online interactions and 200 books were successfully distributed to the students!

The first Sight Improvement Research Project (SIRP-I) was headed by Mrs Latha Murli with 10 Research Associates (RAs) and about 200 Research Volunteers (RV). We started the project in September 2020 and started monitoring till February 2021. The concluding session was held on 4th July 2021. Total 57 people completed the mandated three-month research of regular practice and giving feedback for the preliminary assessment.

We observed in the feedback that alongside their 'eyesight' many other ailments had also improved with regular practise. Some people using regular eye drops for dry eyes stopped the use of eye drops within 15 days because the **Lachrymal glands** started functioning by activating the acupoints in and around the eyes. **Night vision improvement was seen for a few of them.** Many people reported qualitative improvement while watching Television.

For a few people, their sinus problems were cured, and headaches were drastically coming down both, in intensity and frequency. For some people, the facial skin became clear and most importantly the eyes were looking bright and relaxed even after attending online classes for a longer time.

SIRP-I did a wonderful job in motivating many students to practice this eye exercise to get good relief from the eye strain. **It was conducted as our commitment to society and was funded by many supporters. It was a free registration for all and no fee was charged.** However, we observed the commitment from RVs was missing and we could not get the measured eyesight values as planned. This was also due to the prevailing covid conditions, especially during the second wave.

The promising results observed in SIRP-I led us to our next step as SIRP-II. **Mr Sundaramurthy, Rtd ISRO scientist took the responsibility to conduct systematic research for another batch of practitioners under the Project Directorship of Mrs Aarthi R. An Advisory Committee consisting of Mrs Saroja Appanna, Mrs Vijaya Seshadri, Mrs Latha Murli and Mrs Kallolini P was formed to avoid the problems faced in the pilot project. Miss Sruthi S was also appointed as executive project assistant.**

As the colleges and schools were still closed, the knowledge transfer was possible only through online classes, though the effect was less compared to physical classes. Today, both students and working people have to spend hours in front of the computer or mobile, which continuously strains the eyes.

On 4th July 2021, a Zoom Meeting was organized for the RAs and RVs of SIRP-II. This was followed by five consecutive days of lecture and discussion on the eye anatomy and acupressure for eye problems. Regular eye check-ups from registered ophthalmologists for quantitative data was still a challenge due to the COVID situation. This problem was resolved using the line reading of a standardised **eye chart**. Monthly review meetings were held and proper guidance was given to the practitioners. In SIRP-II, the **Acu Meditation** was also introduced which helped many volunteers to reduce the stress and calm down before the eye

exercises. SIRP – II was successfully completed in January 2022.

SIRP made us believe yet again that ‘Nothing is impossible’ with a healthy vision, regular commitment and continuous improvement. The results of the project will be presented at any one of the forthcoming International Acupuncture Conferences.

The much awaited book is ready for distribution to schools. The cost price is Rs.399. Contact Mr.Sivakumar Ph.9380221972 or Dr.Bhojraj 9845649914 for your bulk requirements.



UTILIZE 50% DISCOUNT TILL 26TH NOVEMBER .

ONLY 30% DISCOUNT TILL 31ST DECEMBER 2022.

CONTACT Dr.H.BHOJRAJ, 9845649914

26-11-2022
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Dr.Bhojraj
9845649914

INTERACTIVE SCIENCE LEARNING TAMIL NADU STATE LEVEL FUNCTION IN COIMBATORE ON 5TH NOVEMBER 2022

The OOTY PUBLIC SCHOOL and VIBGYOR EDUCATION MANAGEMENT invited Dr.H.Bhojraj, Mr.Sundaramurthy and Mr.Nagulan Joghee to interact with the children studying from 5th Std to 11th Std in different schools in the State. Many schools from Nilgiris participated and Killoor Kokkalada School where I studied was also representing with 30 students. Totally 250 students took part in the essay writing, elocution, public speaking, model making etc.



Mr.Raghuvaran, Chief of Vibgyor Education Management took the main initiative and conducted the competition in collaboration with Ooty Public School Management.

The guests were received by the Principal Mrs.Bhanurekha with school band and Mr.Sundaramurthy lit the lamp of the function. The team visited the model display section and interacted with all the teams.

**LET US BE ENTHUSIASTIC ABOUT WHAT WE DO.
LET US GET INVOLVED AND INTERESTED IN WHATEVER WE UNDERTAKE TO DO.
THE IDEA SHOULD BE EITHER DO IT WELL OR DON'T DO IT AT ALL**



As per the concept “Basic sciences for sustainable development” many models were displayed with solar energy concepts, energy conversion, electric scooter and many other models. It was heartening to note all of them had a good understanding of their model concept and many of them could explain the principles in English nicely.



Then Mr.Sundaramurthy in his inaugural address explained the achievements of India in space sciences and he wanted the youngsters to think what they can contribute for India instead of just getting a degree.



Dr.Bhojraj explained the necessity to improve their concentration to achieve anything in life and demonstrated ACU meditation to the students. He also asked them ask the questions - What? Where? When? Why? And How? On any topic try to understand the basic concept instead for mugging up and getting high scores.

Mr.Nagulan Joghee kept the audience spell bound with his story telling ability and wanted the students to think differently to be successful in life.



Mr.Ganesh Ramalingham as Guest of Honor addressed the students and motivated them to understand the basic principles of the science and use it for the sustainability of our Earth which is a worry for the United Nations. Many questions were asked by students on space activities and United Nation's efforts to save the world.

The prize distribution function was held by the Organizing team and concluded with vote of thanks by Vice Principal. **Overall it was a great experience for the whole team.**

FORGIVENESS OF OTHERS IS ESSENTIAL FOR MENTAL PEACE AND RADIANT HEALTH.

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

The Academy was conceived with the vision of staying healthy by treating with simple healing systems and avoiding chemical drugs as far as possible. We also planned to build an Institution of International Standards for Acupuncture Education. An integrated Acupuncture Hospital with modern medical system was planned in collaboration with a University in China and we could not pursue further due to Diplomatic relations and pandemic which followed.

Still our research could be intensified due to online connections with anyone in the world and many people participated from other countries for sight improvement classes. Immunity development points demonstrated during the classes helped the people to some extent. But systematic research is possible only when we get the approval for Acupuncture as a system. Our sole aim was to get the recognition from the Karnataka State Government. **Though the Chief Minister is very positive the procedures are taking its time and I am sure the day will come sooner than later. It can act as a preventive health care.**

A letter has been written to our Honourable Prime Minister to approve the Acupressure for school children along with Yoga for improving as well as maintaining their eyesight. Depending on his decision acupressure for children has the potential to go to National Level with proper funding and monitoring by Education Department.

The book "Towards a better vision with Acupressure" has been sent to many schools and also our members are buying and donating to nearby schools. I request all our Trainees to gear up for providing live training and monitoring their eye sight for at least 6 months. Mrs.Jyothika has been identified as the main focal point for this National level research.

The Academy is striving to establish the system with research records. Kindly follow the rules and regulations we have set in the pilot study. Dr.Bhaskarnarayana, Mr Sundaramurthy and

Dr.Bhojraj will be available any review during the practice sessions to answer any question.

Shortly we will be calling for a meeting of all volunteers and train them once the clarity exists on this mega proposal. We are planning to hire few people for at least one year from January 2023 depending on the funds availability.

**TO,
THE PRIME MINISTER,
SOUTH BLOCK,
SECRETREAT BUILDING,
NEW DELHI-1100001**

Respected Sir,

Sub: Introducing preventive health care in primary school level in India especially for eye sight with Acupressure.

I had retired from ISRO Satellite Centre in the year 2011 after serving 39 years and started an Academy for Acupressure and Acupuncture in the year 2012 to keep myself engaged in some productive activity useful for the common man especially for students. We have done serious research on the effect of Acupressure on eyesight improvement especially during pandemic via online classes. We, in the research team found it was very beneficial not only to maintain the eyesight but also improve the eyesight for all age groups especially for students.

Based on our research we have written a book **“Towards a better vision with Acupressure”** for the students and we will be distributing to the nearby schools for their practice. We heartily congratulate you for getting the worldwide recognition for Yoga in UN Council and imparting the knowledge of Yoga to the young children in all schools. I humbly request you to recognize Acupressure also one of the self activating, preventive exercise for eyesight maintenance and improvement. The Yoga teacher can be trained to impart this self help technique to the students above 11 years in schools.

I have enclosed 5 copies of the book as complimentary to you so that a few officials in the PMO may try this technique and approve this simple healing system to our future generation.

Under your leadership we need only 10 years to become a developed nation not 25. Every Indian is motivated to attain this goal and we must lead the world with our deeds and not by words. **Once again I congratulate you and the entire efficient team in the Cabinet for the wonderful achievements.**

With regards,

Yours sincerely,

SD/

H.BHOJRAJ (Age 73)

1963, 8th Main Road, E Block, II Stage,

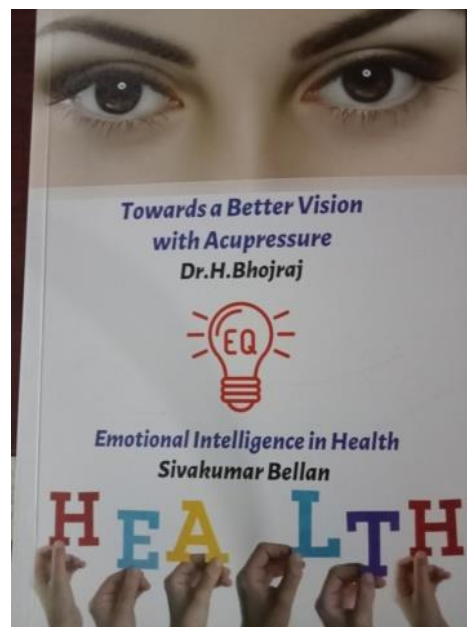
Rajajinagar,Bangalore-560010

We are looking for a positive response from the Central Government for this project mainly due to the

book
“Towards a better vision with Acupressure”

Rs 399/

**Ten books
Rs
2400**



including courier charges.

CONTACT Dr.H.BHOJRAJ

9845649914

26-11-2022

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By Sivakumar Bellan

Donation Rs 2000/

REGISTER BEFORE 20-11-2022

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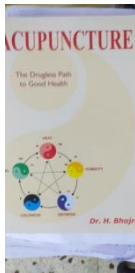
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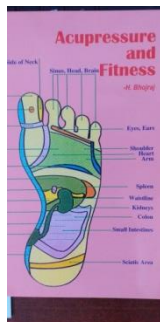
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Dr.H.Bhojraj, Mr.Nagulan Joghee

Mr.Sundaramurthy and Mr.Sivakumar Bellan