



Special Issue of **ACU WELLNESS**

ACADEMY for ACUPRESSURE and ACUPUNCTURE®

2596, 11th Main, "E" Block, 2nd Stage, Rajajinagar, Bengaluru - 560 010
Tel : (080) 2313 2103 e-Mail : acuacademybgl@gmail.com Website : acupressureclub.org

International Seminar on PMA September 2015

Vol. 3

[For internal circulation only]

No. 4A



Artistic view of proposed Building



Dr. Sergey Fedotov's arrival at Bengaluru on 25th September 2015

Objectives of the ACADEMY

I. To build an institution dedicated to the cause of disseminating and spreading knowledge and information about Acupressure and Acupuncture and other drugless therapies.

II. To develop new and simple methods to manage various health problems.

III. To conduct systematic studies and collect data for research and analysis.

IV. To net-work and co-operate with other organizations of similar nature to undertake joint campaigns, actions and programmes etc.

V. To net-work and co-operate with other organizations of similar nature to undertake joint campaigns, actions and programmes etc.

VI. To interact with the State, Universities, Scientific bodies and other institutions/organizations involved in spreading the knowledge of these therapies.

VII. To design and publicise different programmes and activities of the ACADEMY in the public domain through website.

VIII. To provide guidance and support to other organizations who may wish to carry out similar activities.

I. To build an institution dedicated to the cause of disseminating and spreading knowledge and information about Acupressure and Acupuncture and other drugless therapies.

The institution visualized has been created as Academy for Acupressure and Acupuncture. It was registered on 2nd February 2012 and was formally inaugurated on 11th March 2012

A building has been hired since September 2012 to conduct the activities. To spread the knowledge and understanding of the advantages of Acupressure and Acupuncture, regular training programmes are being conducted.

The Advance Acupuncture Courses are being conducted wherein prospective practitioners are given a thorough understanding of the science of Acupuncture and certain other drugless therapies. This course is primarily meant for those who wish to practice Acupuncture in a professional way. Monthly meetings are held regularly wherein the observations and experiences of

healers/doctors are shared and doubts clarified. This forum has proved to be very useful.

II. To develop new and simple methods to manage various health problems.

Dr. Bhojraj's Method of Acupuncture/Acupressure is simple, easy to practice and effective in providing relief and cure for almost all types of ailments/diseases. The best part of Dr. Bhojraj's Method is that almost all the points for treatment are below the elbows and the knees. The needles need to be pierced to a depth of **0.1mm only**. The third advantage of this technique is the duration of treatment is only 5 minutes or less at each sitting.

All those who have undergone the course agree that Dr. Bhojraj's method of teaching makes this science very simple and easy to understand. Since the subject is based on scientific explanation, all those who have completed the course are very successful in their practice.

Seminar on Touch Heal Therapy

Our Academy had invited the faculty of the Cumbam Academy of Acupuncture to conduct a Seminar on **Touch Heal Therapy** in Bangalore from 6th to 8th December, 2013. Twenty six participants attended the Seminar. Dr. Bhojraj's Method of Acupuncture has reduced the number of needles used for treatment from over a dozen to just 4. He was very keen that the therapists learn this more simple technique of touching just a **single point** to cure diseases.

Healer Momammed Meera Bose and Healer P.M. Umar Farook conducted the sessions. The participants were taught to read the pulse at a **single acu-point** and diagonalise the problem. Based on these observations, a single acu-point is chosen for treatment. The treatment involves only touching the acu-point for a few seconds. But above all this, they insisted on "Assimilation" and "Eliminations".



Participants of the Seminar with Faculty members of Cambam Academy

Dorn Therapy

The **first Dorn Therapy** in Karnataka was conducted on 10th & 11th January, 2015, in **Bengaluru**. Practitioners associated with our Academy were given an opportunity to attend this certificate course which was conducted by **Dr. Subhas Mani**, the **first Certified Dorn Tutor** in India.



On successful completion, **Dr. H. Bhojraj** being presented with the certificate as a **Dorn Therapist**

Any **misalignment** in the vertebrae causes blockages in the flow of energy to different organs of the body which result in various ailments/diseases. Fourteen practitioners attended this course. All of them appreciated the indepth knowledge of Dr. Subhas Mani and his **excellent presentation** of the course.

III. To conduct systematic studies and collect data for research and analysis.

Systematic studies are being conducted on various aspects of several ailments. To this end, it has now been proved that Migraine Headache can be completely cured with acupuncture. One of our practitioners from the medical fraternity has conducted systematic study and has prepared a dissertation which is being submitted to the Medicina Alternativa, Sri Lanka, for the award of a Ph.D. degree.

At the Academy, we have the data, accumulated over the past 3 years of some 3,000+ patients, of different ailments. The accumulated data is being analysed and will be presented in the forthcoming Seminars/Workshops/Conferences.

One significant achievement of our Academy is the conduct of an International Workshop on Pulse Metabolic Analyser (PMA) developed by

Dr. Sergey Fedotov of Russia during November 2014.

To this end, The Academy has organized a Workshop (November 2014) to get a better understanding of the Pulse Metabolic Analyser developed by Dr. Sergey Fedotov (Russia) which is considered as a very good tool to measure the energy levels in different organs of the body.

The PMA devised by Dr. Fedotov has the capability of recording the levels of *Vata*, *Pitta* and *Kapha*, which is very useful for Ayurveda doctors. Similarly, the PMA has the capability of recording the Acid-Base (Alkali) balance of which is very helpful for the practitioners of Homoeopathy.

This Workshop has encouraged many healers/doctors to own the PMA and use very effectively in treating various ailments/diseases.



Dr. Fedotov explaining the features of his invention - PMA

Practitioners and Doctors of Acupuncture, Homoeopathy and Ayurveda from different states in India as also from other countries had participated in this Workshop. Based on the experience of treating patients using the PMA, which measures every type of energy in each of the major 12 organs of the body, very positive indications are observed in the health condition of the patients. Such observations/recordings will help in proving the efficacy and advantages of Acupuncture.

IV. To net-work and co-operate with other organizations of similar nature to undertake joint campaigns, actions and programmes etc.

A beginning has been made in this direction. Dr. Bhojraj was invited to train practitioners of Ayurveda in Acupressure. National Integrated Medical Association, Bengaluru, organized this programme to bring awareness of the advantages of Acupressure among practitioners of Ayurveda. During early 2014, a specially designed course in Acupressure was conducted. This course was highly appreciated by the participants. As a follow up, a group discussion was organized

during June 2014. The feed-back received has been very encouraging. Many of the Ayurveda practitioners indicated that when Acupressure was combined with Ayurveda while treating certain ailments, they observed much quicker recovery and all the patients felt more relaxed.



Ayurveda doctors who participated in the course

Dr. H. Bhojraj was invited to train 17 practitioners of Nambudri's Allergy Elimination Technique (NAET – a drugless therapy) in Bangalore in 2012. All the members of this group had a medical background and some of them were Post Graduates in Homoeopathy, Ayurveda and Nursing. The group appreciated the course and all of them have expressed their heartfelt thanks for having received guidance in these effective techniques to overcome problems of various ailments and even serious diseases using the advanced Acupuncture technique developed by Dr. Bhojraj.



Participants at the NAET training

Training of the practitioners of NAET is another step in this direction.

V. To net-work and co-operate with other organizations of similar nature to undertake joint campaigns, actions and programmes etc.

A Memorandum of Understanding has been signed with Swami Vivekananda Yoga Anusandhan Sanstan, Bengaluru (S-VYASA) - a deemed University, to take up joint programmes of training and research in the field of Drugless Therapies.

Efforts have been initiated to approach the State Government to give recognition to Acupuncture/Acupressure as a means of easy and

cost effective cure/prevention for different diseases/ailments.



Team of AAA at the S-VYASA having signed a MoU

VI. To interact with the State, Universities, Scientific bodies and other institutions/ organizations involved in spreading the knowledge of these therapies.

Our Academy has been bringing out quarterly publication titled “**Acu Wellness**” since October 2012. This publication has received very good response from the general public and practitioners. This quarterly publication is aimed at publicising the achievements through Acupuncture in treating various ailments is an easy to follow process. Each issue is primarily focused on publicising case histories. Each issue of this publication contains some general information about different ailments/problems/organs of the human body which could be easily understood by commoners. The Acupuncture treatments available for these treatments are indicated.

We have a separate website “acupressureclub.org” wherein general information of Acupressure and acupuncture are included. All the issues of Acu Wellness are uploaded into this website. It also serves the purpose of informing the readers of all our training and other special programmes regularly.

This website is being visited by many people and is gaining popularity. A good number of patients have been contacting us after looking at our website. This website is also drawing the attention of those who are on the lookout for simple and easy methods to solve their health problems. We are being contacted regularly by many visitors to this website who are evincing keen interest in knowing about the drugless therapies. A good number of them have enrolled themselves to our Advance Acupuncture Course and have been giving treatments to others for various ailments successfully after completing successfully the course.

VII. To design and publicise different programmes and activities of the ACADEMY in the public domain through website.

A modest beginning has been made in this direction. Members of the Karnataka Acupuncture Association have evinced keen interest in Dr. Bhojraj's Method of Acupuncture.

FUTURE PLANS

Get recognition from the Central and State Governments for this Scientific treatment of Acupressure and Acupuncture.

Our Academy is in touch with organisations in this aspect. The Academy has been in contact with many institutions with similar objectives as ours. Certain organisations and some individuals are in touch with us and actions are moving in a positive direction.

Have our own campus to accommodate outpatient treatment facility, **Facilities to impart training** / Technology for 100 students.

To this end many efforts have been put in place. Certain individuals have evinced interest in our efforts, particularly in rural areas. Since owning our own facilities in cities is a very expensive proposition, we have begun to identify accredited healers trained by us in different parts of Bengaluru city. Also, the Academy has identified some individual practitioners to carry out the functions of training and treatments in some other states also.

An auditorium with a seating capacity of 200 people to hold seminars, Workshops etc.

The search for a location is on. This **ambitious project** will require funds to the tune of Rs. **355 lakhs**, a major portion of which we hope to generate through generous donations from philanthropists, NGOs, business houses etc. **The seed money required is Rs. 35 lakhs.**

Governing Council of the Academy

1. **Dr. H. Bhojraj**, BE (Hons.), M.D. (Acu). Retired Scientist, ISAC/ISRO; **Founder Chairman**
2. **Dr. K. Kanaka Rao**, MBBS, Retired. C M O, ISRO/ISAC; **Vice Chairman**
3. **Shri Palyam Suresh**, B.Sc. (Agri); **Trustee**
4. **Mrs. Jija Subramanian**, Acupuncture Practitioner; **Trustee**

5. **Shri K.N. Suryanarayana Rao**, Retired Scientist, ISAC/ISRO; **Trustee**
6. **Shri M.V. Kannan**, Retired Scientist, ISAC/ISRO; **Trustee**
7. **Dr. Narendra Borwankar**, M.D. (Acu), IT Engineer; **Trustee**
8. **Ms. Arathi B.**, Trainer, Human Resource Management; **Trustee**
9. **Mr. S. Girish**, Acupressure & Acupuncture Practitioner; **Trustee**,

With a view to spread widely the simple and easy to follow Drugless therapies, our Academy has taken up many projects. Some of these have attained wide appreciation. Our Chairmen, Dr. Bhojraj has been invited by many schools, Non-Governmental Organisations, Social Associations, Resident Welfare Organisations etc., to address their members about the advantages of Acupressure/Acupuncture. Some of these have also organized treatment camps and the achievements in these treatment camps have been widely appreciated.

Pulse Metabolic Analyser (PMA) Workshop on 16th November, 2014

Being a scientist, it has always been **Dr. Bhojraj's** endeavor to explain things scientifically.

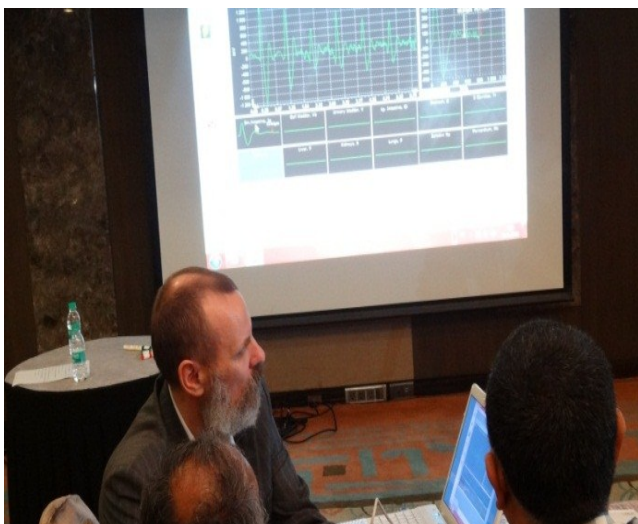
Dr. Sergey Fedotov is the originator of the PMA. He is the Principal of the Pulse Academy, Russia, which he started in the year 1998 after nearly 2 decades of research.

Our Academy invited Dr. Sergey Fedotov to conduct a Workshop on his invention. This Workshop turned out to be the **first** ever session conducted by Dr. Fedotov in the world.

The scientific quest to prove the Chinese system of pulse evaluation motivated the healers to join together in this **Workshop**. Dr. Sergey Fedotov's Pulse Metabolic Analyser (PMA) was the topic and Dr. Fedotov's PMA has been well accepted all over the world for pulse evaluation.



This Workshop was conducted on **16th November, 2014**. The presentation to maintain good health by Dr. Fedotov was very interesting which touched mainly on the **food we eat, how to eat and when to eat**. The stomach is the **first thing** to be taken care of if you want to stay healthy.



The next session was on demonstration of Pulse Metabolic Analysis which was well interpreted by Dr. Fedotov and doubts were partially cleared.

The theoretical aspects of energy and its origin were presented. This formed the basis for energy treatment for any physical or psychological problems.

Pulse analysis was carried out for some participants and interpretations were discussed. Participants were explained how to interpret the energy graphs. The corrections can be done by manipulation with acupuncture, Homeopathy, Ayurveda or food supplements.



Dr. B.S. Venkateshwara Rao explained how he interpreted the PMA for giving relief and cure for various diseases through Homeopathy. He takes the help of the *Qi* graph to determine the polarity and the *Vata, Pitta, Kapha* analyses is equated to the 3 miasims.

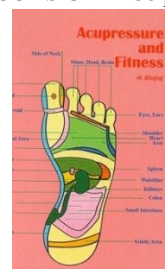
This Workshop enabled all the participants get a better understanding of all the information generated by the PMA. Interpretation of this information makes treatment easy and effective. It quantifies the energies before and after treatment. By comparing these reports, one can find out **what changes have taken place** in the patient's **energy levels**.

This gives the proof and the **scientific basis** for recognition of the effectiveness of this method of treatment.

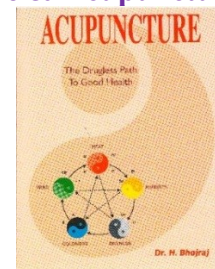
Participants included those who came from as far as Nepal and Iran. The list of participants from Gujarat, Maharashtra, M.P., A.P., T.N. and from neighboring Mysore. There were not only Acupuncturists but also practitioners of Ayurveda and Homeopathy - all of them seeking to have a better understanding of the Pulse Analyser.

More than 10 participations came forward to buy the Analyser. They had a meeting with Dr. Fedotov on the 17th for further clarifications. Dr. Fedotov left on 18th after a pleasant and productive visit to Bangalore.

Books on Acupressure & Acupuncture



Price Rs. 250/-



Price Rs. Rs. 1,200/-

For copies, contact the Academy (Tel : 080-2313 2103)

Participants at the International Seminar on PMA on 26-27 September.2015 (Hotel Chalukya)

Name	Place	Phone No.	e-mail ID
1. Dr. H. Bhojraj	Bengaluru	98456 49914	acu_bal@yahoo.co.in
2. Hlr. Jija Subramanian	Bengaluru	99861 68181	jija_smani@yahoo.com
3. Dr. K.C Jose	Bengaluru	98451 64750	drjosekc@yogatriggs.com
4. Hlr. S. Balakrishnan	Bengaluru	93421 6165	healerbalakrishnan@gmail.com
5. Hlr. Palyam Suresh	Bengaluru	93412 61251	palyamsuresh@gmail.com
6. Dr. Vijaya Seshadri	Bengaluru	99455 05990	vijaya_acu@yahoo.com
7. Sr. Sunitha	Bengaluru	94494 45823	srsunithaphjc@gmail.com
8. Hlr. Selvaraaj AVS	Bengaluru	98860 78925	seldetim@yahoo.co.in
9. Hlr. Umashankar C.	Bengaluru	08710 852385	umashankar.clickstrea@gmail.com
10. Dr. Kuldeep Monga	New Delhi	9582560199	monga.sgr@gmail.com
11. Dr. Rakesh Dube	Chembur Mumbai	97733 54764 / 88983 58910	rakeshdube1071@gmail.com
12. Ms. Bhavya Sekhar	Bengaluru	4272 334990	bhavya.sekhar@gmail.com
13. Dr. Shripad Chodankar	Mumbai	9619059340	shripad.chodankar@gmail.com
14. Dr. Manisha Bhopatrao	Mumbai	9028700108	mdrnitinbk@gmail.co
15. Dr. Shubhangi Deshmukh	Mumbai	9892374081	mayiedesh@gmail.com
16. Hlr. Narendra Borwanker	Bengaluru	9844005520	narendraborwankar@yahoo.com
17. Hlr. Veena Chakravarthy	Bengaluru	81234 6527	vnacg1@gmail.com
18. Hlr. Ramesh N.S.	Bengaluru	99452 05187	ramesh.na@kotak.com
19. Dr. B.S.Venkataes- waraRao	Vishakha- patnam	098491 82052 Land Line : 0891275	vandanahomoeo@ gmail.com
20. Dr. P. Hariprasad Rao	Hyderabad	94404 46374	raopemmasani@rediffmail.com
21. Dr. P. Venkatesh- Waralu	Vijayavada	99596 72934 99596 85005	drpamarthi@yahoo.com
22. Dr. Bhaskar L. Deshpande	Mumbai	097020 45331	bl desh pande@gmail.com
23. Dr. Shubhangi Deshmukh	Mumbai	9892374081	mayiedesh@gmail.com
24. Dr. Kuldeep Monga	Delhi	09582560199	monga.sgr@gmail.com
25. Dr. Rakesh Dube	Mumbai	97733 54764 88983 58910	rakeshdube1071@gmail.com
26. Prof. D. Narayan Dutt	Bengaluru	96322 43086	dndutt@gmail.com
27. Dr. R.K. Mundra	Faridabad	98685 10114	medicareplus@gmail.com
28. Dr. Sergey Fedotov	Saint Petersburg Russia		pulse.academy@gmail.com
29. Mr. Sudarshan Mundra	Faridabad		sudarshanrmundra@gmail.com
30. Dr. Jiban Dixit	Bhubaneswar		

TENTATIVE SCHEDULE OF ACTIVITIES

26th SEPTEMBER 2015

- 09-30 AM : Registration
- 10-15 AM to 11-15 AM : Inaugural session
Welcome Address by Mr. P. Suresh, Managing Trustee, AAA
Address by Dr. H. Bhojraj, Chairman, AAA
Address by Dr. Sergey Fedotov
Address by Mr. A. R. Infant, Ex. D G P
Chief Guest
Vote of thanks by Dr. Narendra Borwankar
- 11-15 AM to 11-45 AM : Tea Break
- 11-45 AM to 01-30 PM : Session I -- Presentations by Dr. Sergey Fedotov
- 01-30 PM to 02-30 PM : Lunch break
- 02-30 PM to 03-30 PM : Session II -- Acupuncture
- 03-30 PM to 03-45 PM : Tea Break
- 03-45 PM to 05-00 PM : Session III -- Acupuncture

27th SEPTEMBER 2015

- 10-00 AM to 10-45 AM : Briefing of previous day's presentations
- 10-45 AM to 11-45 AM : Session IV -- Homoeopathy
- 11-45 AM to 12-15 AM : Tea Break
- 12-15 AM to 01-30 PM : Session V -- Ayurveda
- 01-30 PM to 02-30 PM : Lunch break
- 02-30 PM to 03-30 PM : Session VI -- Any other system
- 03-00 PM to 03-45 PM : Tea Break
- 03-45 PM to 05-00 PM : Closing Session