



ACADEMY for ACUPRESSURE and ACUPUNCTURE

[Registered Under Indian Trusts Act 1882. No. RJN-4-00292-2011-12
C.D. No. RJND204 dated 02-02-2012]

1963, 8th Main, 2nd Stage, Rajajinagar, Bangalore - 560 010

Established in 2012

An institution created to propagate
The practice and the use of
Drugless Therapy for better health
And preventive health care.



MISSION



STAY HEALTHY, TREAT YOUR SELF, AVOID DRUGS

VISION

TO BUILD AAA AN EXCLUSIVE INSTITUTION OF
INTERNATIONAL STANDARDS
IN ACUPRESSURE & ACUPUNCTURE PLUS
OTHER DRUGLESS THERAPIES



MOTTO

Heal Thyself



ACADEMY for ACUPRESSURE and ACUPUNCTURE

[Registered Under Indian Trusts Act 1882. No. RJN-4-00292-2011-12

C.D. No. RJND204 dated 02-02-2012]

1963,8th Main, 2nd Stage, Rajajinagar, Bangalore - 560 010

Major Events/Milestones

THE YEAR 2012



The formal inauguration of the Academy for Acupressure and Acupuncture, Bangalore (AAA) was held on 11th March 2012 in the Cauvery Banquet Hall at Hotel Chalukya, Bangalore.



Acupuncture Course conducted by Prof. K.K. Mishra from 27th to 29th May 2012



Office premises of the Academy was formally inaugurated on 3rd September 2012



The first ACU WELLNESS the quarterly News Letter was released on 21st Nov 2012.



Dr. H. Bhojraj was invited to train 17 practitioners of Nambudri Allergy Elimination Technique (NAET) in Bangalore from 27th and 28th October 2012.



Mrs. Shanaz from Pretoria (South Africa) received the Course Completion Certificate from Dr. H. Bhojraj



One Day Acupressure Course conducted at the Institution of Engineers (India) Lecture Hall

THE YEAR 2013



Dr. Bhojraj's presentation on Acupressure for Members of Broadcast Engineering Society (BES) at the Coffee Board Hall on 18th January 2013 was well appreciated

1st Anniversary Celebration - 2nd February 2013



Advance Course Graduates with the Guests



Panel discussion at the Anniversary



Children's Immunity Development Campaign at Cluny Convent School, Malleswaram, Bangalore



Acu Healer, Dr. Umar Farook, the Principal of Cumbam Academy of Acupuncture treating the participants at the One Day Course on Acu Touch Therapy



Seminar on Touch Heal Therapy by the Cumbam Academy of Acupuncture in Bangalore from 6th to 8th December, 2013



Dr. H. Bhojraj addressing the gathering as Chief Guest at the 2nd Anniversary Celebrations of Arokyia Acupuncture Therapists Association, Coonoor on 29th November 2013.

THE YEAR 2014



address on acupressure and Acupuncture. at the Rotary Club at Chennai Bangalore North



Graduates at the 2nd Anniversary and Graduation Ceremony celebrated on 8th February, 2014.



Dr. Bhojraj addressing the Nair Seva Sangh Karnataka (Jalahalli West) on 9th March, 2014



Ayurvedic and Siddha doctors who participated in the course training programme on Acupressure



Pulse Metabolic Analysis Workshop - 16/11/14



Mr. P. Suresh's acupressure presentation, assisted by Mr. N.S. Ramesh at the Rural Community College, Pondicherry on 14th March 2014.



treatment camp organised by Residents Welfare Association in Banashankari 3rd Stage



Kaya Kalpa Yoga by Dr. S. Palanisami



Particioants at Kaya Kalpa



Workshop on Static and Dynamic Body Balancing



Graduates with others at the 3rd Graduation Ceremony



Visitors at the academy



Dr. R.K. Mundra



Dr. H. Devaraj, Vice Chairman, University Grants Commission,

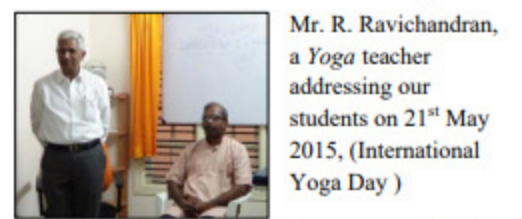


Prof Prahalada Rao, of S-VYASA, Bangalore

THE YEAR 2015



Dr. Bhojraj was invited by CHANDANA TV channel of Doordarshan for a talk on Acupressure



Mr. R. Ravichandran, a Yoga teacher addressing our students on 21st May 2015, (International Yoga Day)



First ever Dorn Therapy class by Dr. Subhas Mani, India's first Dorn Therapy Tutor held in Bangalore in January 2015



Newsletter being released at International Seminar on PMA in September 2015



Dr. Bhojraj explaining and Mr. Suresh P demonstrating the points to be activated at Ooty on 9th Sept. 2015



ACADEMY for ACUPRESSURE and ACUPUNCTURE

[Registered Under Indian Trusts Act 1882. No. RJN-4-00292-2011-12

C.D. No. RJND204 dated 02-02-2012]

1963, 8th Main, 2nd Stage, Rajajinagar, Bangalore - 560 010

Major Events/Milestones

THE YEAR 2016



First meeting of the Acupuncture Science Association (ASA) at AAA on 29th February, 2016



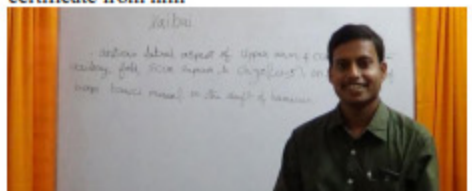
Auricular Therapy Class in progress



"Sai Bindu", Mr. Srinivasan, spoke on "Know your 4th Dimension". Mrs. Shobhana from Cochin received her Advance course and Auricular certificate from him



Dr. H. Bhojraj and the faculty members with participants from across India. Dr. Baskhi has conducted a 5 day residential, course in Aug 2016. It was attended by Hlr. Girish from the Bangalore Chapter



TCM Classes by Mr. Girish and Dr. Bhojraj



Dr. Samiullah talking about the TCM Course at AAA



Basic Pranayama class by Dr. H. Bhojraj



Dr. H. Bhojraj Addressing the Convention at the 4th International Conference on the topic "Healthy ageing in the changing world 2016, held from 23rd to 25th Nov 2016 with eminent speakers from all over the world. The conference addressed the health requirements of the ageing population



The booklet - "Acupressure -Do it Yourself Therapy" by Dr. Bhojraj was released at the 1st meeting of ASA- Karnataka Chapter held on 25/09/16

THE YEAR 2017



5th Anniversary and Graduation on 7/2/2017. Shri. Abhijit Sengupta, Rtd Secretary, Department of Culture, Govt. of India was the Chief Guest. Mrs. Ambika Sengupta, writer and Wg Cdr (Dr). Romesh Bhat, Rtd IAF officer were our guests of honor.



The Acupuncture Coordination Council met the Principal Secretary, Health, Govt. of Karnataka and submitted a memorandum for recognition of Acupuncture in Karnataka.



The Academy inaugurated its' new center- The Acu Wellness Centre, on 12/4/17. The function was attended by all the Trustees, donors, well-wishers and a number of students.



The 3rd international yoga day was celebrated at our Academy under the guidance of Dr. Romesh Bhatt, PhD, Yoga Sciences, SVYSA University



Dr. H. Bhojraj presented his book to Sri. S.V. Ranganath when a delegation of the Acupuncture Coordination Council met Mr. Ranganath, ex-Chief Secretary, Karnataka, on 6th July, 2017.



Three month Weight Reduction Programme



Participants at the free Acupressure training course for patients on 27/10/17



5 Days Basic Course on 28/7/2017 to 1/9/2017



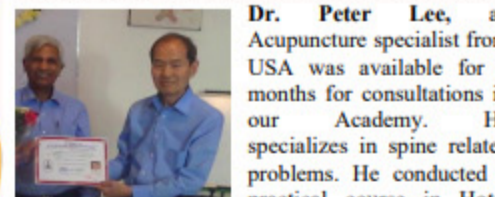
ASA Meeting On 10/07/2017

THE YEAR 2018



Dr. Samiulla and Dr. Ravishankar with EC Members Acupuncture Association (ASA) Karnataka

Health Organization and State Health Department.



Dr. Peter Lee, an Acupuncture specialist from USA was available for 6 months for consultations in our Academy. He specializes in spine related problems. He conducted a practical course in Hotel Chalukya on 28th July 2018 About 10 participants took part in the practical course.



"Diagnosis and rehabilitation methods of Traditional Medicine"(TCM) was organised by Dr. Sagar, President, Telangana Acupuncture and Acupressure Practitioners Association (TAAPA) in Hyderabad

6TH ANNIVERSARY CUM GRADUATION CEREMONY



ONE DAY BASIC COURSE



On 25/02/18



Prof. Song Bailin handing over a memento to Dr. Bhojraj



Practitioners from Bangalore who participated in the seminar



NADISWARA on 22/07/18

THE YEAR 2019

MEETING WITH SHRI S.V. RANGANATH, EX-CHIEF SECRETARY, GOVERNMENT OF KARNATAKA - OCT 16th 2019



Mr. Gopalakrishna, Hon. MLA Ravi Subramanya, Dr. Bhojraj and Dr. C.K. Raju



Mrs Kallolini receives the MOU from Chairman, AAA



Mr. Devesh Sharma with Chairman at the INTERNATIONAL REFLEXOLOGY CONFERENCE on 29th Sep 2019



Dr. H. Bhojraj, Chairman, AAA and Dr. Samiullah, President of Acupuncture co-ordination Committee met Shri S.V. Ranganath, Ex Chief Secretary, Karnataka Government and thanked him personally for helping the committee to take up the cause of getting recognition for acupuncture as a health care system in Karnataka.



Prof. Song Belin President of Chang Chun University for Chinese Medicine (CCUCM) presents a memento to Dr. Bhojraj in Hyderabad Conference



ACADEMY for ACUPRESSURE and ACUPUNCTURE

[Registered Under Indian Trusts Act 1882. No. RJN-4-00292-2011-12

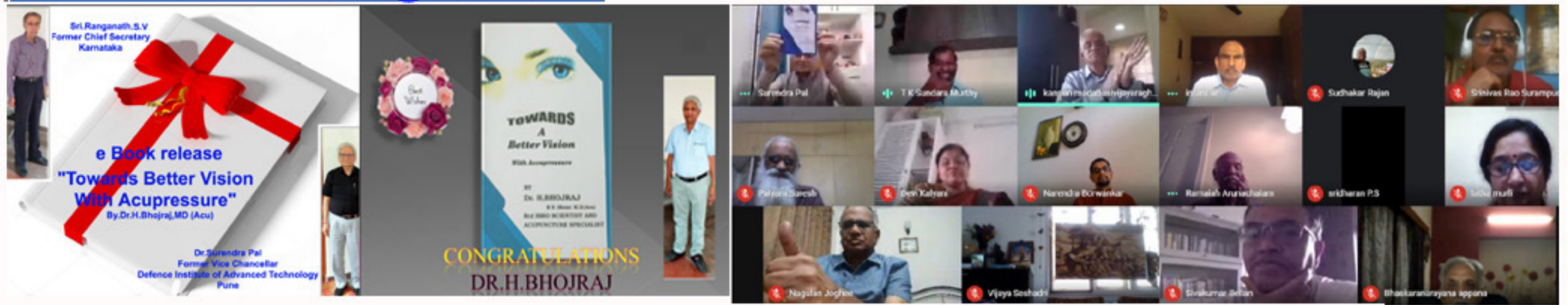
C.D. No. RJND204 dated 02-02-2012]

1963,8th Main, 2nd Stage, Rajajinagar, Bangalore - 560 010

Major Events/Milestones

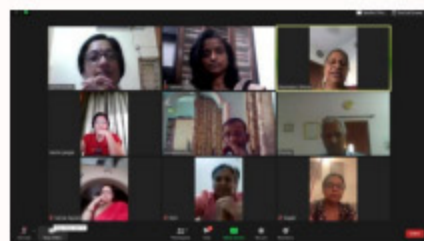
THE YEAR 2020-21

Virtual Book Release Function 22nd Aug 2020

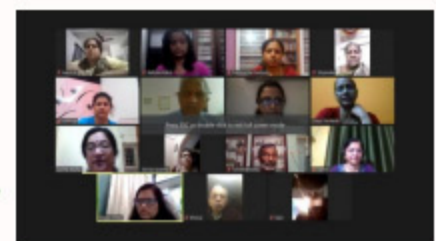


Towards a Better Vision with Acupressure: by Dr. H. Bhojraj

Official Launch of Sight Improvement Research Associates Research Programme (SIRP) 4th Oct 2020 Meeting 13th Sept 2020



Chairman: Dr. H. Bhojraj
SIRP Co-Chairman
Sri. T. K. Sundaramurthy



RESEARCH ASSOCIATES OF SIRP



Mrs. Latha Murli



Ms. Devi Kalyani



Ms. Kallolini Patro



Ms. Vijaya Seshadri



Mrs. Sujatha Shetty



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.

Hearing Improvement Research Programme (HIRP) Started Oct-Nov 2021

Chairman: Sri. R. Arunachalam



ACADEMY for ACUPRESSURE and ACUPUNCTURE

[Registered Under Indian Trusts Act 1882. No. RJN-4-00292-2011-12
C.D. No. RJND204 dated 02-02-2012]

1963, 8th Main, 2nd Stage, Rajajinagar, Bangalore - 560 010

FLAG SHIP PROJECT



Improve Your Child's Immunity With Acupressure

It is the best Preventive Method.

Regular activation of reflex points on the palm and foot of the child improves the immune system.

This has been tried by many people.

Mothers are encouraged to follow activation of acupressure points regularly every day for about 5 minutes.

This exercise will avoid intake of antibiotics by the children.

Ear and teeth problems : K3 .



This point should be given a light rotating massage in clock-wise direction, **7 times**.

Improving appetite : Liv. 3 .



This point should be given a light rotating massage in clock-wise direction, **7 times**.

Cold and Cough : Lu 7 .



This point should be activated in anti-clockwise direction **7 times**.

For Fever : TW5.



This point should be activated in anti-clockwise direction **7 times**.



ACADEMY for ACUPRESSURE and ACUPUNCTURE

[Registered Under Indian Trusts Act 1882. No. RJN-4-00292-2011-12

C.D. No. RJND204 dated 02-02-2012]

1963, 8th Main, 2nd Stage, Rajajinagar, Bangalore - 560 010

FLAG SHIP PROJECT

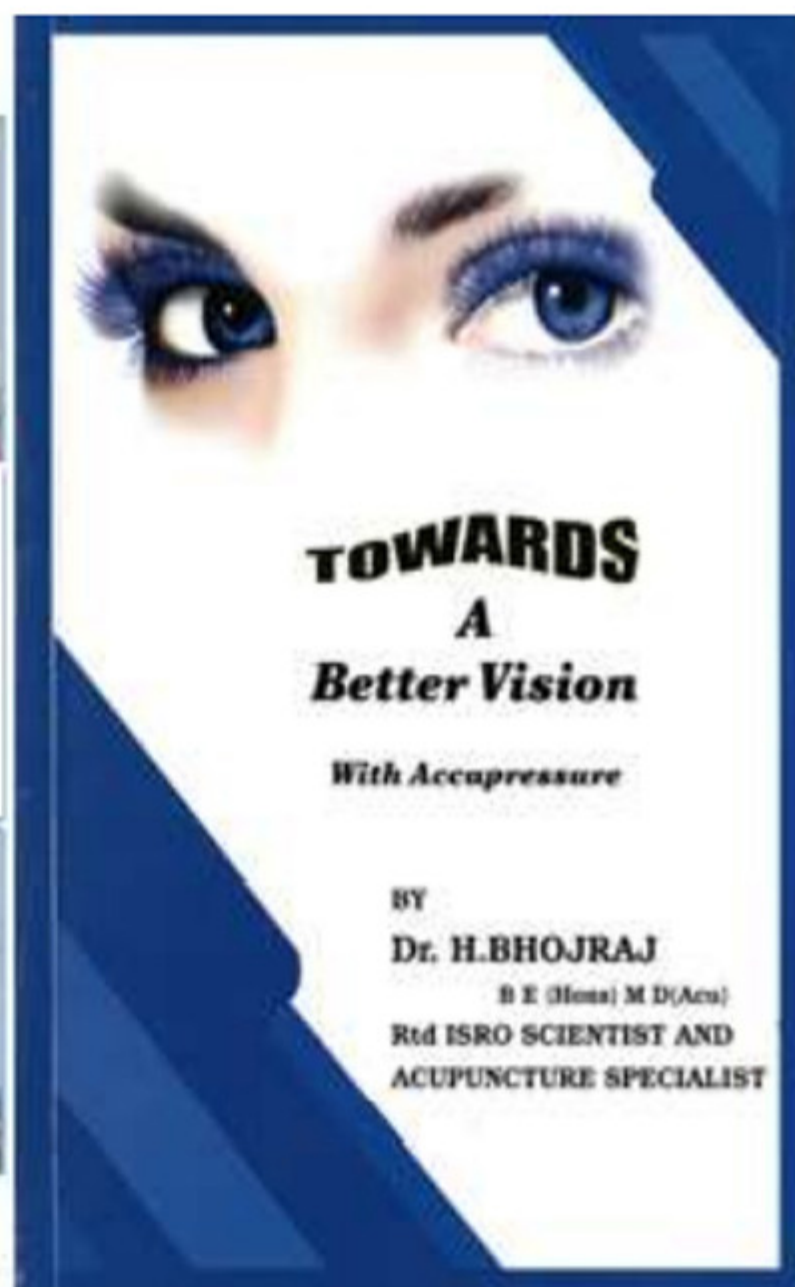
Sight Improvement Research Project (SIRP)



Towards a Better Vision With Acupressure

<https://www.youtube.com/watch?v=XLEzGbgQ36Q>

Practice the simple
exercise as
shown in video
(You Tube)



Visit: bhojraj.tripod.com



ACADEMY for ACUPRESSURE and ACUPUNCTURE

[Registered Under Indian Trusts Act 1882. No. RJN-4-00292-2011-12
C.D. No. RJND204 dated 02-02-2012]

1963, 8th Main, 2nd Stage, Rajajinagar, Bangalore - 560 010

FLAG SHIP PROJECT



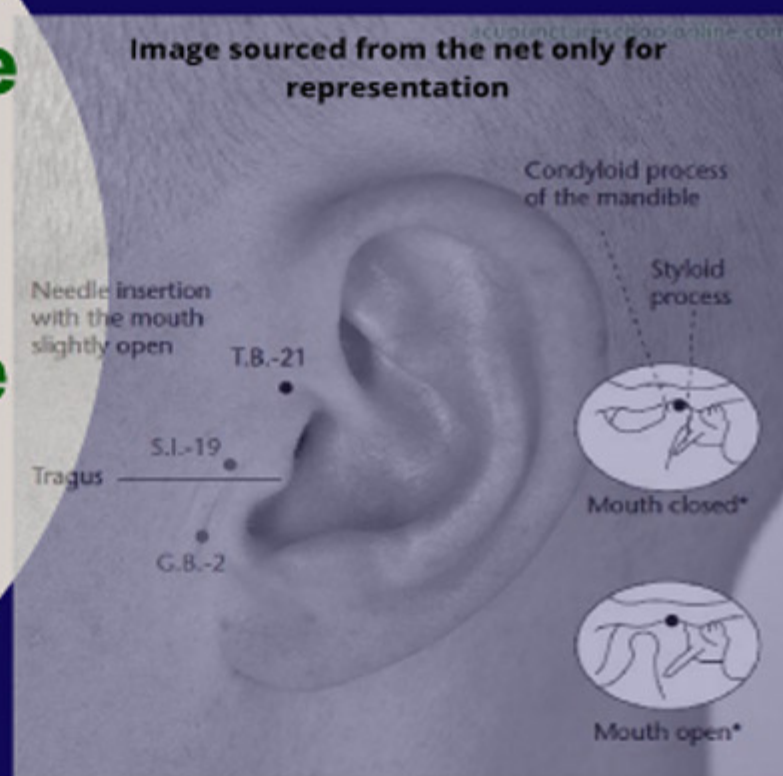
FOR A HEALTHY HEARING
FOREVER

Simple
Safe
Self based



Hearing Improvement Research Project HIRP

**Holistic Healing
Best suited for those
looking for quick
and
guaranteed seecure
for
Hearing Loss**



**Simple Acupressure
Excercise**

Visit: bhojraj.tripod.com

For demo