



10th March 2022

# Special Souvenir

Released by  
**Dr. Surendra Pal**  
Former Distinguished Scientist, ISRO



#### REGISTERED TRUSTEES OF THE ACADEMY



#### NOMINATED TRUSTEES OF THE ACADEMY



#### SPECIAL INVITEES ON ALL OCCASIONS OF THE ACADEMY



**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, 8 th Main Road, E Block, II Stage, Rajaji Nagar, Bangalore-560010

# ADVANCE COURSE STUDENTS' GRADUATION



2013



2014



2015



2016



2017



2018

## SPECIAL ADVANCE COURSES



2019



Nambudiris Allergy Elimination Technique Practitioners



Ayurveda Practitioners

# ADVANCE COURSE STUDENTS' GRADUATION

## THE ONLINE BATCH

(In the order of their course completion)



**MANOJ HOMBAL**



**AARTHI R**



**VIDYA J**



**PRIYA B S**



**NANDA KUMAR**



**YOGESH KUMAR**



**Dr RAJESHWARI**



**RITU CHANDAK**



**SINDHU S**



**NIRMALA S**



**CHAMPA Y**



**ASHWINI N**



**Dr SANJANA L**



**Dr ALEX THOMAS**



**Dr V C  
SHANMUGANANDAN**

# ACKNOWLEDGEMENT



My sincere thanks to all the well-wishers, Trustees, donors, acupressure practitioners, students, trainees, project associates and support staff of the Academy for Acupressure & Acupuncture - AAA for responding immediately to my request and sharing all your experiences and memories associated with AAA through workshops / training programmes / treatments as a write up for this special 10<sup>th</sup> Anniversary e-souvenir released on **March 10, 2022**.

Dr H Bhojraj, Chairman, AAA



# SHARING OF REMINISCENCES



**Dr H Bhojraj**

**MD(Acu), Chairman, AAA**

A HARDCORE ENGINEER TO  
ACUPUNCTURE DOCTOR

*The Journey So Far...*

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*“The Only Time You Should Ever Look Back  
Is to See How Far You Have Come” –  
Anonymous*

I completed my Engineering in Mechanical field from Madurai University in the year 1971 with Honours and also got my admission in the Indian Institute of Science (IISc) for MS in the same academic year based on my mark sheets up to the fourth year. BUT I did not take it up! Here’s why:

In the final year of my engineering, I had a gastric problem and took the exam with the assurance of the then Principal Late. Shri W P Vijayaraghavan, that I would be allowed to use the toilet in between the examination. All went on smooth and I received my degree with Honours.

When I received the confirmation from IISc, I had just recovered from the

stomach problem after consulting a specialist in Coimbatore. The elixir he prescribed solved my digestive problem within a month and also improved my skin condition (I also had to apply a solution prescribed by a skin specialist for this.)

However, since the whole experience was still hovering in my mind, I did not join the straight IISc admission that came to me, based on my Engineering marksheets!

Looking back, had I been introduced to the single point cures for good digestion which I now so confidently advise to my students and patients, maybe I would have confidently taken up my MS at IISc right away.

## **YEAR 1972 THAT GOT ME HERE...**

There was a time, I was searching for a job. We never got any newspaper in our village yet somehow, I managed to get ‘The Hindu’ newspaper from Coonoor and started applying for a suitable job.

I applied for the Junior Engineer post at TNEB and got selected in 1972 after the interview in Chennai. The order was to be issued within few months. In the same year I also got married. So, while I waited for the job order to come through, I was also ‘jobless’ from others point of view.

To effectively use this waiting period, I applied for the JRF post in PSG Tech, Coimbatore and joined Prof Subramanian in Mechanical Engineering Department as Junior Research Fellow to assist him and two other professors in their study on the thermal fatigue on metals.

In July 1972, I saw the advertisement for Scientific Assistance C with BE

# SHARING OF REMINISCENCES

qualification for the Indo Soviet Satellite Project in Bangalore and casually applied for the same. During October 1972 I also received the call letter for interview. I was on double mind - whether **TO ATTEND OR NOT** as I already have a job in TNEB.

I consulted my wife on whether I should take the trip back to my village to visit her or travel to Bangalore to attend the interview. She motivated me to go to Bangalore and that one decision truly changed my entire course of life.

I attended the interview at IISc, Bangalore. Prof U R Rao was himself conducting the interviews and handpicking the best from the Universities! I got the appointment order within a week and joined the Indo Soviet Satellite Project (ISSP) in Peenya Sheds A1 to A6 which were then half completed.



I also came to know Mr Suryanarayana Rao, our AAA Trustee, who had also screened our applications and selected me for the interview. The project name was changed to the Indian Scientific Satellite Project (ISSP) and later after the Aryabhata launch in 1975 it became a Centre known as the ISRO Satellite Centre (ISAC), now also renamed as the U R Rao

Satellite Centre (URSC) to honour the Father of Satellite Technology in INDIA.

Within a few months after I joined the ISSP, the appointment order from TNEB also came in. However, I was able to decide without any hesitation. I informed the authorities my inability to join the Ennore Thermal Power Station.

Prof Rao in my first meeting asked me about my research project in PSG Tech as soon as I mentioned 'Thermal Fatigue' and he asked me to join the Thermal Group for Satellite Thermal control. I was the first one in that Group. The senior people from Trivandrum joined after a month or two.

Mr H Naryanamurthy was heading our group and I attended my Boss's wedding in Tumkur in mid-1973. He introduced me to all his relatives was the father of a child as my daughter was born on April 19, 1973. India's first Satellite Aryabhata was launched on the same day in 1975 from Russia and I was one among those 50 Engineers who took part in the launch campaign from Kapustalni near Volgograd.



In Pic: Dr H Bhojraj (9th from left) in the Aryabhata/Bhaskara Launch team, April 1975-October 1981 at Volgograd.

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Dr U R Rao encouraged me to take up higher studies in 1984 and my application was accepted for MS by research in IIT Madras. I did my course work successfully with excellent ratings in all five subjects under Prof Shastri and Prof S P Venkatesan. Due to the heavy workload in the office, I could not concentrate on the project work and submit it in time for the degree. Still, I consider my stay in Kaveri Hostel for four months in IIT as the best phase for learning in my life, being with really brilliant students, almost 15 years younger than me. My theoretical ability and thinking capability also changed a lot after this study time in IIT.

## HEALTH-RELATED CHANGE

All was well until 1977 when my wife developed slight wheezing problem. Doctors declared it as allergic bronchitis which could be treated with medicines. Her treatment went on for five years. Dr Kanaka Rao, (now AAA trustee), was our consulting Doctor in 1980. Three times till 1982, she was admitted to the hospital with an Asthma attack and would recover within three days with intravenous injection and steroids. One specialist suggested that we go out of Bangalore to avoid this weather and the pollen pollution at that time.

However, we decided to stay put in Bangalore. Fortunately, our office-approved doctor, Dr P C Wodayar suggested that my wife take up Yoga under Dr Nagarathna as the Vivekananda Kendra had been successfully treating patients with particularly Asthma using Yoga Therapy.

I admitted her to Yoga classes in Malleswaram and to our pleasant

surprise, she fully recovered within a month. After six months, she asked me to take her to Dr Nagarathna to join the Yoga Teachers Course. I used to take her in my Vespa scooter every day at 6 PM and bring her back at 8 PM. During this time, Dr Nagendra, presently the Vice-Chancellor, VKYOGAS, was giving special lectures. He asked me also to join the course instead of just sitting there waiting. After three months I stood first in the exams - both in theory and practical. This changed my life. Both me and my wife continued to serve as voluntary yoga teachers for Vivekananda Kendra for eight years until 1992.

Dr Jiten Bhatt visited Bangalore in 1992 and was giving free Acupressure class, which was attended by my wife and sister-in-law. I also attended one free class but could not believe his concepts mainly because of my scientific background. But when I experimented with his single point cure for headache activating the root of my thumbnail, **it worked like a miracle for me!** I experimented it with many of my colleagues and it worked. I took it up seriously and approached Dr Jiten Bhat to give a one-day course.

Nearly 400 people attended that course held at the Institution of Engineers on December 25, 1992 which was also recorded on TV camera. I wrote the book on Acupressure and Fitness, based on his advice and published it with the help of Dr R P Sahu, President, Space Officers Association (SOA) and distributed it almost free to all the officers at a nominal cost of Rs 10 with Rs 20 as subsidy from SOA. Thereon I attended almost all Alternate Therapy courses conducted in Bangalore. A few of them as listed below:

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- Radionics by Dr Evan Comb from France, Pranic Healing by Dr Hector from Philippines,
- Reiki healing by Shri Sundararajan from Singapore,
- Acupuncture from Dr Nagendran, Tanjore
- Acupuncture from Dr Anton Jayasurya, Sri Lanka
- SuJok acupuncture from Dr Mohan Selvan, Chennai and Dr Violetta, Russia
- Dorn Therapy from Dr Subash Mani, Chennai

My in-depth study and research in these areas helped me formulate my own successful acupuncture theory combining the Classical Acupuncture with SuJok. I also started taking classes in the nineties. The scientific community that I worked with was so much impressed and they wanted it in a book form. The book "The drugless path to good health" was released by Dr Surendra Pal in the year 2000.



In the same year, I got my degree in Acupuncture from Medicina Alternativa, Sri Lankan Open University. The degree was awarded in Bangalore by Dr Anton Jayasurya in the presence of 400 participants from all over India.

Thus, my journey as Dr H Bhojraj started in the year 2000. I thank all those who supported me to start the Academy for

research. I enjoy my post-retirement phase much more due to this noble profession which has helped many people to learn and give relief to the needy.

My main aim is to get this scientific therapy, the much-needed government recognition and start an integrated hospital within the next few years either in Bangalore or in Nilgiris.

## HOW ACUPUNCTURE CURED MY WIFE'S SEVERE SCIATICA PAIN:

Whether the Government recognizes it or not, my wife recognized Acupuncture which gives me immense satisfaction in learning and practising Acupuncture. I wrote this article in our newsletter (May-June 2021) - 11 days after that incident. But for acupuncture, I would have faced a tough time during the total lockdown.

**May 16, 2021:** Early morning my wife got up from the bed with severe pain in the left thigh and calf muscles. She managed with difficulty until noon. But around 3 PM, she was unable to even move the legs. When I examined her, the calf muscles and thigh muscles had become very tight. She was unable to stretch the leg from the knee joint to even get up from the bed.

The lockdown and pandemic had created a scare to avail any immediate relief going to a hospital or clinic. So, we consulted Mr Girish, another acupuncture practitioner, on a video call. He analysed that her condition was due to some problem in the sciatica nerve which was creating the blockage due to pressure.

He shared a music video (on YouTube) for severe back pain. I made her listen to the



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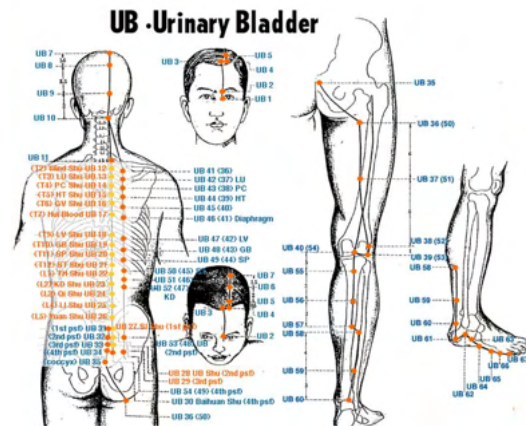
music for an hour but she had no relief. Immediately, I also consulted Dr K Kanaka Rao, ex. ISRO Chief Medical Officer. He prescribed a mild pain killer to be taken three times, for three days but due to lockdown, the medical shop also opened only the next day.

I finally decided to try our acupuncture I inserted four needles at the back on B26, B27, B28 and B29 – all along on the Urinary Bladder Meridian for just 5 minutes. Instantly, the leg from the knee became normal and the thigh muscles also relaxed. When she moved the legs freely, I could observe the brightness in her face. Then I made her lie down and inserted the needles on B-40 and B-60 bilaterally. Within 10 minutes she could get up and walk. It was a surprise for me as well!

The next day she wanted me to repeat the treatment. Within three days she gradually improved and came back to normal mode.

I take this opportunity to thank my masters (Late) Dr ANTON JAYASURYA from SRI LANKA and (Late) Dr S NAGENDRAN from Tanjore for initiating this ISRO engineer (myself) to acupuncture.

– H Bhojraj



**THE BLADDER MERIDIAN IS THE LONGEST MERIDIAN WITH EXCELLENT QUICK RELIEF POINTS.**

# SHARING OF REMINISCENCES



**Sri Palyam Suresh**

**Trustee – AAA**

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## **The genesis of ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE - AAA**

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It was in the year 1999 when Dr H Bhojraj was conducting his annual introductory course on Acupressure during the summer months at the Indian Institute of World Culture, Basavanagudi, Bengaluru (IIWC).

On the suggestion of one of our relatives, I attended this course with my wife, Sujata Palyam who was also suffering from many health issues. She was unable to get any relief from allopathy and homeopathy systems despite being under treatment for over two decades.

During this course, she volunteered for the body balancing demonstration. Immediately after the demonstration she felt much relaxed from her long sufferings of body aches.

After her initial treatments at the residence of Dr Bhojraj, my wife and I felt we should learn more about acupuncture and acupressure. Having understood the immense potential of this drugless therapy for a better health and wellbeing, we decided to undergo the training in Advance Course which was offered by Dr Bhojraj in our residence in 5th Block, Jayanagar. Some of our neighbours who had attended the basic course at IIWC also joined us. **Thus, the Advance Course in Acupuncture was started in the year 2001.**

After the first Advance Course, more people came to know about this and attended this course. The trend only grew with the passing months.

However, the basic course at the IIWC during summer months continued. Dr Bhojraj was invited to give a general lecture on acupressure at the Medical College in Davanagere during the year 2001 (on International Diabetics Day). He took me and my wife along. After the lecture, Dr Bhojraj conducted a treatment camp at the Police quarters/club in Davanagere. Courtesy, Mr AR Infant, the then IGP at Davanagere.

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[Mr. A R Infant at a Graduation Ceremony]

A treatment camp for Diabetes was organised and conducted at our residence in Jayanagar 5th Block during 2002 which brought in a large number of people for treatment. In this camp, the treatment was given once a week which continued for over three months. After five weeks of this Camp, an Open House Interaction Meet (free of cost) on Diabetes was conducted at the IIWC and we saw more than 100 people participating. Apart from the question-and-answer session, some of the participants of the Diabetes Camp spoke of their experiences about the treatments and the advantages they derived from the Camp.

After this, a Migraine headache camp was organised in Jayanagar 5th block and all the participants expressed their satisfaction as all of them got rid of their Migraine headache.

Looking at the interest shown by several people from different walks of life for various ailments, we felt that it would be useful and appropriate if a formal institution is created — though Dr Bhojraj had formed an informal group called the

Acupressure Club mainly covering his patients for exchange of experiences through a monthly newsletter — to continue to spread the knowledge and the advantages of this drugless therapy. Accordingly, we had some informal meetings of interested persons (most of them contacts of Dr Bhojraj) as to the type of institution to be created. After a few rounds of discussions, it was decided in the year 2010, an organization be registered under the Trust Act as this Act, unlike other Acts (Societies Act, Cooperative Societies Act, etc.), does not have any restriction on geographical spread for its activities.

Once the type of institution was decided, I was assigned the job of preparing the by-laws/terms of reference and the related documentation. As I had worked earlier for starting of institutions of different kinds, I was able to draft the model by-laws and presented the same for discussions and finalization. After this, we met a few times at Dr Bhojraj's residence and discussed threadbare each and every clause (and sub clauses) which would represent our objectives and purposes of forming the institution (including legal aspects). Accordingly, the institution was named the Academy for Acupressure and Acupuncture (AAA).

These brain-storming sessions were a good experience to most of the participants to understand the legal and accounting aspects of running an institution under the Trusts Act. Apart from these, the sessions were also helpful

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in getting to know each other (Trustees) in an elaborate way.

On February 2, 2012, the Academy was registered at the Sub-Registrar's office in Rajajinagar, Bengaluru. The First meeting of the Trustees was also held on the same day and the office bearers (among the Trustees) were selected unanimously. Thus, the ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE was born.



[70<sup>th</sup> birthday greetings]

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**Dr Kanaka Rao,**

**Former Chief Medical Officer, ISRO**

**Vice Chairman, Trustee, AAA**

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ACUPUNCTURE & ACUPRESSURE /  
COMPLEMENTARY ALTERNATIVE  
MEDICINE (CAM) - MY RANDOM  
THOUGHTS

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“One of the first duties of the physician is to educate the masses not to take medicine.” - Sir William Osler

“Medicine is a collection of uncertain prescriptions, the result of which, taken collectively, are more fatal than useful to mankind.” - Napoleon

“The art of medicine consists in amusing the patient while nature cures the disease.” - Voltaire

Efforts of human beings to find solutions to the disease and consequent sufferings are evident from the history of medieval and renaissance periods. Being a graduate of modern medicine and practising for

over 50 years, I have a fascination for complementary and alternative medicine.

According to the World Health Organisation (WHO), Complementary and Alternative Medicine (CAM) refers to a broad set of health care practices that are not part of that country’s native tradition or conventional medicine and are not fully integrated into the dominant health care system. They are used interchangeably with traditional medicine in some countries. Several such health care techniques / practices have stood the test of time and are followed even today the world-over.

Though the benefits of such medicine cannot be proven scientifically now, they are accepted by a large population and gaining importance over the last few decades. I used to discuss various aspects of CAM with the practitioners and Mr Bhojraj, a good friend and colleague, was also well-known in the field of acupressure, acupuncture and other healing techniques during my service at ISRO.

In 1989, I attended the first international conference on Holistic medicine held in Bangalore for five days which gave me a lot of insight into the various aspects of age-old health care practices across the world.

Our ancestors have known the secrets of long life for thousands of years. This knowledge deserves to be understood and explained by modern research methods.

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WHO estimates that more than 80% of the world population relies on traditional healing modalities for primary health care and wellness. There are several important reasons (economic considerations, more personalised health care, strength of traditional beliefs, shortage of health professionals, adverse effects of drugs and CAM as natural and safe etc.) for the growing use of CAM practices in both global and American societies including India. The age of information has allowed for a careful analysis of available healing methods. The internet is a great resource for inquisitive minds.

I'm happy to be on the Board of Trustees of the Vibrant Academy for Acupressure and Acupuncture (AAA) which has completed a decade of service and contributed to the cause of significant complementary alternative health care practices.

Several fruitful discussions have been held under the leadership of Mr Bhojraj to obtain official recognition for Acupuncture with the Government of Karnataka. We are confident that the academy will continue its active efforts towards

- Integrating acupuncture with the existing mainstream health care systems of Karnataka and India,
- The opening of integrated health care clinics and
- A stand-alone acupuncture medical school to train aspiring students and modern medical graduates.

Several training programmes of short and long duration have been organized by Mr Bhojraj and senior acupuncture practitioners along with invited speakers under the aegis of the academy. There are two ongoing research projects on sight and hearing improvement using acupressure techniques from AAA. So far, the results are encouraging.



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**Sri M V Kannan**  
**AAA Trustee, Former Senior Scientist**  
**ISRO**

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## **The Vision to Mission – A Reality AAA Journey through A Decade**

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It is indeed a welcome news that the Academy for Acupressure and Acupuncture (AAA) is reaching a remarkable landmark of its 10th Anniversary on March 10, 2022.

I feel privileged to be a trustee of this Academy since its inception. At the outset, our thanks due to all the trustees, well-wishers/donors, practitioners trained by Dr Bhojraj for supporting all endeavours of the Academy to reach this level with a reputation among the public globally. The outreach of the research and services of the academy is rather inspiring. As one of the trustees, I would like to share my memories and my involvement with AAA throughout this period.

As we are all aware, in 2000, Dr Bhojraj qualified himself as an acupressure and acupuncture practitioner by receiving a

degree from Medicina Alternativa Institute, Sri Lanka. This was in addition to his earlier courses that include:

- SuJok Acupuncture training conducted by Dr Park Je Woe's SuJok Academy, Moscow and the extensive one-year practical training in Classical Acupuncture under Chennai-based Dr Siddique Jamal and Dr Fazlur Rehman.

**What is also commendable is that he also began serving humanity and many societal causes through this acquired competency besides his active / successful parallel professional career as a Spacecraft Thermal Expert (Thermal Systems) since 1972 in ISAC/ISRO.**

I was his contemporary but in a different domain (Structures). We never directly interacted with each other during the initial period, except that I knew he is from Ooty. Many of my senior colleagues in Structures and other sections, used to take his guidance to visit Ooty. He used to also organise the tour on a few occasions and get lot of credit / appreciation from all.

My acquaintance with him as an ISRO colleague started only during later days when I also got to know of his skill set in holistic healing, especially acupressure and acupuncture therapies for common ailments. He organised regular acupressure training during evenings and on weekends through the Acupressure Club, also initiated by him. He also shared with me in detail how he got into this

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field. I was truly amazed with his interest and competency in these therapies despite being a Mechanical Engineer by profession.

His first book '**Acupressure & Fitness**' inspired me. He was fully supported by his student Mr Palyam Suresh, in all activities those days. Subsequently he became an independent practitioner.

Those days, I was conversant in computer programming as I was involved in structural analysis and also had the skill set in making PowerPoint presentations, web designs, multimedia etc. I mooted the idea of a website to Dr Bhojraj for the Acupressure Club during the year 2002 to popularise his research and treatments globally and created **bhojraj.tripod.com**, a simple information website (through lycos.tripod.com, a free web host service provider).

This gave him good outreach and exposure besides all referential contacts. The website was subsequently migrated to [www.acupressureclub.org](http://www.acupressureclub.org) in 2006, a paid domain with annual hosting (yearly) alongside enhanced design and architecture. I continued managing and maintaining as the web administrator with dynamic updates and information.

The web portal was subsequently deactivated by the service provider as we did not renew it and hence, we lost all details hosted on the website! Even a quick back-up of files could not be done due to the access denial. Fortunately, my

earlier creation was still in place and with that, we could revive the simple web portal as **bhojraj.tripod.com** that continues till date. The major highlight of our web portal is its transparency of information / treatment protocol with relevant details of acupressure points for most of the common ailments, to facilitate the "do it yourself" mode. Dr H Bhojraj's exclusive method of acupuncture and acupressure is something unique in comparison to classical acupuncture treatment with needles. His method is a real combination of classical and SuJok acupuncture principles. In this treatment, after initial pulse analysis, one needle is inserted on the skin at four different points, for 30 seconds in each point. The entire treatment process takes only 5 minutes and the results tend to be rather excellent and immediate.

The advantage of this method is that even acupressure or finger pressure can be used on the acupoints instead of needles which gives the same effective cure. The technique is simplified so that anyone with basic training can practice. This method is also helpful for those pressed for time, but need the practical knowledge to cure the symptoms.

His dream of converting the Acupressure Club into an Academy also fructified after his superannuation from ISRO in 2012. As the trustees of this academy, Dr Kanaka Rao, Mr K N Suryanarayana Rao, Mr Narendra Borwankar, Mr Palyam Suresh and myself, shared the minimum charges



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required to get started and complete the registration process. Extraneous efforts were put forth by Mr Palyam Suresh in getting all requisite documents, in order to get the academy registered under the Society Act on February 2, 2012.

Once registered, it started functioning from the ground floor of Dr Bhojraj's house. I had the privilege of designing the academy logo, accepted by Dr Bhojraj and other trustees. Alongside, I had also made a conceptual view of a future building for AAA.



A formal Inauguration was also held later at Hotel Chalukya on March 10, 2012.



Subsequently, we hired a premise in Subramanya Nagar to conduct student training and treatment of patients. Dr Bhojraj was able to generate funds through donations and conduct of workshops/training programme to meet the rental and other expenses, even though all of us initially had apprehensions on this move. Later during 2018, we moved to a building, situated in a commercial locality on the main road in Rajajinagar.



Seamless running of this academy for over a decade with conduct of many workshops and training programmes became possible only with the able leadership and management of Dr H Bhojraj, as the Chairman. It has survived and remained active despite various challenges including fund shortage and the COVID times that had shut down all offline activities, including treatment of patients in the premises/clinic, which was

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a major source of revenue in meeting the expenses.

At one point, on a request from the Chairman, all the trustees gave Rs 5,000 as a loan, returnable after one year. The amount was promptly paid back by generating revenue through all possible means! The Chairman, AAA truly deserves to be lauded for his sustained efforts.

The academy has now also got a facelift with the induction of nominated trustees and active student volunteers, Dr Bhojraj has always been meticulous with its financial management and accounting, ensuring that the funds are properly used with complete auditing. He is also particular in meeting all the trustees every month to share details of activities and account status.

The Academy has worked extensively in research activities on diabetes control, Immunity development, Memory improvement among Children, Eyesight improvement (SIRP) and Hearing loss improvement (HIRP) to name a few. Both SIRP and HIRP are presently active in various stages under the respective core teams, Research Associates (RA) and Research Volunteers (RVs) identified by the Chairman AAA, with the guidance of Mr T K Sundaramurthy, Vice Chairman (SIRP) and Mr R Arunachalam, Chairman (HIRP), Project Directors Mrs Latha Murli (SIRP 1), Mrs Aarthi R (SIRP 2) and Mrs Kallolini P (HIRP). In view of the pandemic situation, all productive meetings are held online.

One can speak volumes on the efforts put forth by all in showcasing and bringing the Academy to this level. Dr Bhojraj was meticulous in bringing out newsletters (monthly/quarterly) of the activities/training/workshops since 2002, when he started the Acupressure club. These newsletters are also posted in our website regularly.

Coming to the personal traits of Dr Bhojraj - he is par excellence in his knowledge whether it is technical or holistic medicines / treatments, besides being skilful administrator. His understanding on any subject and articulation is rather exemplary, with positive and highly confident approach in all endeavours. The books written by him on spacecraft systems, acupressure & acupuncture as applicable to various common ailments and the latest book on Better Vision are testimony to his credit.

I have my all admiration for his tenacity at this age and keeping very active. His dream is to ensure that the AAA is also recognised under holistic treatment by the Indian Government and to have our own building. I understand already dialogues are on towards this and a site has also been identified near Ooty (Coonoor). My best wishes for his vision being fulfilled in a short period.

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Though I am associated with Dr Bhojraj for over four decades and also among the founder Trustees of AAA, yet I am not a practitioner of this drugless therapy. But I do make use of this simple acupressure treatment method (single point solutions) for most common ailments and also advocate on close circles of friends and relatives who tend to accept and believe the end result, relief.

When my wife was suffering from tennis elbow issue few years back, with not much of relief with allopathic medicines, I simply experimented and activated the relevant acupressure points on hand and the issue vanished in quick succession.

My younger sister in Bangalore was suffering from severe back ache, unable to walk and literally crawling. She was almost bed ridden, a few years back and was advised surgery. I never knew this and when I made a casual visit to her place, I could practically see her suffering.

I suggested my brother-in-law to take her to Bhojraj for treatment. She was finding difficult even to get into car (Maruthi van)

and her friends literally lifted and put her inside. After reaching Bhojraj clinic, she was unable to get down and walk. It is really a miracle that with acupuncture treatment, she got immediate relief and was able to instantly walk to certain extent normally. More than that, she could climb and get in to the van after treatment. Her friends waiting near to her house to receive her were rejoiced when they saw her walking normal without any symptoms of pain. Truth be told, they were all worried whether she could ever recover.

This healing was truly a miracle in her life, as often shared by her. She could also travel to Canada for few months stay with her daughter and come back. Touch wood. As of now the problem has not resurfaced.

Once again, I congratulate and thank all trustees, practitioners trained by this academy, donors and well-wishers for helping this Academy reach greater heights. I wish the 10th Anniversary celebration (whether in person or through on line) a grand success.

**M V Kannan**

Trustee,AAA

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**Sri K N Suryanarayana Rao**

Trustee, AAA

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It gives me great pleasure to recollect the glorious past ten years of AAA as we roll along to the next decade. The idea of AAA sprang up with the intention of spreading acupressure and acupuncture-based therapy among the public and to get its rightful recognition from the government. The idea was mooted by Dr Bhojraj and it was successfully realised with the help of Trustees and many well-wishers.

As someone associated with AAA right from the beginning, I remember the countless informal meetings that the trustees including myself had towards finalising the bylaws, pooling initial funds, opening Bank accounts etc. When AAA was formed, Dr Bhojraj suggested that I should take up the post of Trustee (Accounts) which I accepted and functioned in the post during the initial days. For me it was a bit of learning as I had not performed such work earlier. However, things went on well with my job

being made easy by the meticulous planning and execution of the AAA tasks by Dr Bhojraj and Shri Suresh Palyam, the Academy Chairman and Managing Trustee respectively.

During the early days, AAA operated from the ground floor space of the residence of Dr Bhojraj. The venue used to be buzzing with activity and weekends invariably had some scheduled activity or other in the form of meetings, lectures, free treatment camps etc. Notes were mutually exchanged between the practitioners about their respective treatment cases. Dr Bhojraj facilitated and moderated the interaction and ensured that the information was publicised through newsletter.

Many free treatment camps materialised which were well attended and I remember two of them held at the HCL Tech campus and at SBI officer's colony that saw a good turnout and had people asking for more. Such success underscored the general demand for Acupuncture among the general public.

The regular Saturday meetings itself used to be well attended and each session had something new to learn and share. I myself looked forward for the events and rarely missed the Saturday meetings. There was no metro facility at that time and I used to drive all the way from BTM layout to Rajajinagar to attend the activities of AAA. Many times, Shri Palyam Suresh and Smt. Sujata Palyam joined me in the journey to AAA. Smt Sujata is no

# SHARING OF REMINISCENCES

more with us. The AAA fraternity will miss her. Her contribution to the activities of AAA will be fondly remembered.

The participation of other trustees like Dr Kanaka Rao, Shri Narendra, Shri Kannan, Smt Jija and many others made the AAA activities interesting and productive.

The AAA activities were moved to own rented space in Rajajinagar later and the activities continued. AAA faced shortage of funds and on many occasions, Dr Bhojraj was able to make up the shortfall through his own ways of fund mobilisation and kept it going. Many observers kept wondering how AAA is able to manage to do so much without seeking organised funding from any quarters.

Enough efforts were also made by AAA towards getting proper recognition for Acupuncture from the government. In fact, it has been one of the main objectives. AAA sought and obtained a lot of support from eminent persons like Shri S V Ranganath, former Chief Secretary, Karnataka Government in this endeavour.

AAA also reached out to all other prominent practitioners for the purpose of getting the recognition. AAA actively participated in the meetings with the government authorities and made sure that they have all the relevant inputs. Although the aim has not yet been achieved completely, the efforts have not gone in vain and positive decision is expected in near future.

Covid has played spoilsport in nearly all spheres of life and AAA is no exception. The activities had somewhat suffered initially due to the pandemic. To some extent age has also taken its toll on some of the active members of AAA. But the hopes and aspirations of the AAA community have not died down. I hope that activities will take its own course which will lead to a higher role for the Academy in some form or other. There is a saying that nobody can stop an idea whose time has come. The time has indeed come for Acupuncture and for providing cost effective wholesome treatment solution to masses in our country. Let us hope and pray that on the eve of the completion of ten years of AAA, a bright future awaits Acupuncture in general and AAA in particular.

Best Wishes.

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# SHARING OF REMINISCENCES



**Narendra Borwankar**

**Trustee, MD (Acu)**

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It was the Year 2011 when Dr Bhojraj mooted the concept of forming an academy for the propagation of simple and effective techniques of acupressure and acupuncture. The proposal also included active research in this field. Without even thinking for a moment, I had agreed to be a part of the cause and become a trustee of the Academy for Acupressure and Acupuncture - AAA. Today when I look back and see that we have journeyed a decade, I feel: *How did time fly so fast?*

I remember those visits to Rajajinagar on many weekends, discussing the things we want to do, what initiatives to focus on...We went for the academy registration process at the Rajajinagar Sub Register office. At the same time, Dr Bhojraj was particular about what new learnings we should bring to the table that will benefit all our students in the academy be it yoga and other techniques like Dorn's

Technique, lectures by Dr K K Mishra, Magnetotherapy by Sudhir Nadig, also inviting Dr Sergy Fedatov the inventor of pulse analyser, etc.

I was keen not only to participate and learn through all these events but also to look at applying it wherever possible. I also participated in some of the free treatment camps we conducted within the residential apartments as well as some one-day acupressure courses at the Association of Engineers and as well as those held at the ISRO office.

I also developed new friends in this journey like Mr Sudhir Nadig (Magneto therapist), who is no more but will always remain in our memories. Also, Mr Ramaswamy has been an excellent Hypnotherapist besides being an acupuncturist himself.

I particularly enjoyed our quarterly governance meetings where I would take my Scorpio and drive back to BTM Layout from Koramangala, pick up Mr KNS Rao, then we will be picking up both Mr Suresh Palyam and Mr Sudhir Nadig at Jayanagar and all of us then proceeded to Rajajinagar for the meeting. It used to be a challenge for me to find a parking space for my Scorpio in those narrow lanes of Rajajinagar, but enthusiasm to meet up was above all these tiny challenges.

After some time, Dr Kanaka Rao shifted to Koramangala and joined us on this quarterly meet journey. The metro too had started service by then, so we would

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go to Jayanagar Station to park my car and take the convenient metro ride. The meetings were additionally motivated by samosa and coffee at the end - courtesy: Dr Bhojraj's driver.

Today I feel proud that the academy has completed 10 years and Dr Bhojraj has trained more acupuncturists across not just Bangalore but even outside of Bangalore. I wish the academy great further growth and success and look forward to contributing towards the same.

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# SHARING OF REMINISCENCES



**Mrs Jija Subramanian**

**Trustee (Accounts), AAA**

My association with Dr Bhojraj began a couple of years before the Academy was established. I had this terrible pain and swelling in my right knee which had been troubling me for eight years. It took only two sittings with Dr Bhojraj using his popular "**SP 6 FORMULA**" for me to get a huge 80% relief! I got deeply interested in this healing science.

He suggested that I join his weekend classes. It was two decades since I had picked up a book to study. Moreover, I was a commerce graduate! So, I was very apprehensive, but my husband, noticing the improvement in my knee, insisted that I give it a try.

Dr Bhojraj made the concepts very simple and easy to understand. Even as we were studying, he encouraged and guided us to practise these techniques on ourselves and our family members. It was amazing to see my daughter's rash of many years get cured by treating constipation!!

At that time, all the activities were conducted on the ground floor of his house. He used to conduct weekly meetings, which were attended by the Trustees and students, past and present, wherein they shared their

experiences, cleared their doubts or discussed a particular disease. I was totally in awe of this science and eagerly looked forward to these meetings! Mrs Meera Bhojraj deserves special mention and thanks for putting up with all the noise on weekend afternoons and even being graceful enough to arrange for tea and snacks!!



**Opening Ceremony-  
Rental Premises  
forAAA**



**Receiving  
Graduation Certificate**

After I completed the course, Dr Bhojraj slowly started to involve me with the classes. Since I was a homemaker and the kids had grown up, I involved myself with the activities of the Academy. Once the Academy moved into its rented premises, there was so much for us to do, right from designing patient details forms to maintaining patient records for research, maintaining accounts, bringing out a quarterly newsletter and classes which were more frequent now.



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**Monthly Meeting of students  
& practitioners at AAA**

The Academy also invited many experts to conduct classes, like, Dr K K Mishra from Allahabad, The Cumbam Academy from Theni, Dorn Therapist, Dr Subhash Mani from Chennai, Kaya Kalpa Yoga practitioner, Dr Palanisami from Coimbatore and Mr Sergey Fedetov, inventor of the Pulse Metabolic Analyser, all the way from Russia!!



**Dr.K.K.Mishra  
From Allahabad**



**Dr.Subhash Mani  
From Chennai**

Signing of an MOU for migraine research with S-SVAYSA, gave me an opportunity to visit this esteemed University. Another memorable

visit was to JP Morgan where the Academy participated in a Health Awareness Camp. Ours was the most crowded stall and it was heartening to see so many people show interest in Acupressure!



**At S- VYASA**



**Seminar by Mr.Sergey Fedetov,  
Inventor of the  
pulse Metabolic Analyser**

Looking back, it has been a great learning experience, not limited to just acupuncture and other holistic healing methods. Suresh Sir helped me brush up on my basic computer knowledge of Excel, Word and PPTs. He is also a storehouse of general information. At the workshops/seminars and classes, I got to talk to many experts and students from various states and even countries. So much information is exchanged at these events

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ranging from philosophy to customs to food. Interacting with patients and their families has made me realise how thankful we need to be for all that we have been blessed with.

On the home front, I have been able to cure my mother in law's knee pain, my husband's psoriasis and jaundice, allergies of my children and all sorts of aches and pains. Regular hand massage and immunity reflex points have helped the children improve their immunity. The body balancing has helped the middle-aged people with pain management. Thanks to acupressure and acupuncture, the family has managed to avoid a lot of medication.

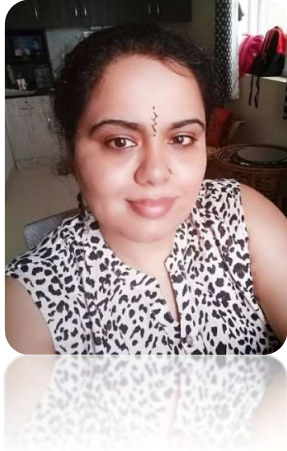
Our dear Chairman and the Trustees deserve very special mention. All of them are very eminent personalities in their own fields and very busy, most of them, even after retirement! But they have always made time for the Academy and its activities. Also, they have never failed to make me comfortable around them. It has been a very humbling experience.

I would like to express my heartfelt thanks to our Chairman, Dr Bhojraj, our trustees, Mrs Meera Bhojraj, Mr Kanaka Rao, Mr Kannan, Mr Narendra, Mr Suresh Palyam and Mr Suryanarayana Rao, our patrons, donors, fellow healers, students, patients and my family, who have helped to transform me from a very timid homemaker to a Healer! Thank you all from the bottom of my heart.

JIIA SUBRAMANIAN

+91 9986168181

# SHARING OF REMINISCENCES



**Mrs Aarthi R**  
**AAA Student, SIRP II (Project Director)**  
**Freelance Journalist**

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## HOW ACUPRESSURE & AAA RECONNECTED ME BACK TO WRITING

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The last three years have been both – the best of times and the worst of times. Looking back, both times have left me with some beautiful learnings and self-healing experience.

A quick Google search for good online courses in Acupressure and Acupuncture got me introduced to Dr H Bhojraj and AAA. That was the time Dr Bhojraj had wound up the clinic and planned to start his first online batch in Advance Acupressure and Acupuncture. This was also the time I had just recovered from few chronic health issues.

His classes were held on WhatsApp with only two of us but every session was made interesting and informative. Both my daughters (now aged 7 & 3 years) have benefitted immensely His spinal massage advice for my second daughter improved

her mobility. His punctuality, self-discipline and practical approach to healing amazed me. Into my third year, my active learning with holistic healing continues.

I never came in here with any plan but life just healed and happened online at AAA! Two years just flew by, with many good memories. Dr Bhojraj also entrusted me with some volunteer responsibilities which also got me reconnected with writing. That was also the time Dr Bhojraj & team were actively involved in the Sight Improvement Research Project – (SIRP I). I got an opportunity to interact with some wonderful healers and healing experiences as part of its editorial team. Dr Bhojraj also guided me to Dr Latha Murli for practical training and healing with acupuncture.

The best learning experience was as the Project Director of SIRP II which had me witness some sincere participation of research volunteers and research associates. Regularly practising the exercises also beautifully reconnected me to painting after years with improved patience and eye-hand co-ordination.

**Thank You AAA! This one is for you!**



# SHARING OF REMINISCENCES



Sri A Bhaskaranarayana, Former Senior Scientist, ISRO &

Mrs A Saroja Bhaskaranarayana

Both of us (Myself and Dr Bhojraj) were colleagues at the ISRO Satellite Centre (now called the U R Rao Satellite Centre) for over 30 years. Dr Bhojraj is an outstanding engineer and has great enthusiasm to execute complicated projects, with great success.

Some twenty years ago, he got interested in self-healing without drugs and using acupressure and acupuncture. He learnt the healing procedures, got a Doctor's Degree and established the Academy for Acupressure and Acupuncture (AAA).

I congratulate all the trustees of this Academy for their tireless efforts to spread the benefits of treatment that can be practised by individuals themselves. Dr Bhojraj has trained many in using this technique through his Basic and Advanced courses. Many of his students have started their consultation clinics thereby spreading this non-invasive technique for

the benefit of people. My wife and I have both benefited by adopting this technique. I also introduced some of my friends and relatives to this line of treatment and most of them were cured of problems they had. One of them is my niece who comes from Hyderabad to get treatment from Dr Bhojraj. Today as we complete the milestone of 'ten years of existence', perhaps, it is time to take stock of what we have learnt, what is the way forward.

One important fact is with the wide use of social media a lot of information is available on the internet about this line of treatment. This creates several other issues. Some of the information is not authentic but also inaccurate. People will use these techniques only if there is an assurance that the technique works. So, government recognition for such techniques is a must.

During the COVID phase, he started the Sight Improvement Research Project (SIRP) with the involvement of research associates and volunteers to conduct a systematic, scientific study of eyesight improvement using activation of connected acupoints. Encouraged by the response and results, he also launched the Hearing Improvement Research Project (HIRP).

Dr Bhojraj, with the help of Mr Ranganath, former chief secretary of the government of Karnataka, put in tremendous effort to get government recognition for acupressure & acupuncture. When the

# SHARING OF REMINISCENCES

efforts were progressing well and a ray of hope on the horizon, the COVID pandemic disrupted it. Now, he is on restart mode.

Wishing Him All the Very Best!

# SHARING OF REMINISCENCES



**Shri S V Ranganath**

**Former Chief Secretary, GoK**

**Interim Chairman, Coffee Day Enterprises Ltd.**

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It is heartening to note that the Academy for Acupressure and Acupuncture started by a few retired ISRO officers has completed a decade of service on March 10, 2022.

I have interacted with all of them in technical and budget reviews as a former colleague in the Department of Space, for five years (2005-2010). I observed their same zeal and enthusiasm, not only with ISRO engineers but also with others associated with them. It is great to see the same ISRO culture being maintained in the projects taken up by this academy, especially in maintaining research records and reporting them in the form of newsletters.

It is heartening to note the research findings are also uploaded to their website for public view.

I have tried many of these acupressure points on myself and was pleasantly surprised to see the positive results.

So, when the Karnataka Acupuncture Co-ordination Committee (KACC) approached me for help in getting recognition for this scientific system with a detailed assessment report on the potential of the Acupuncture System - I was quick to strongly recommend it to the state Principal Health Secretary, for favourable consideration.

However, further action and progress in this process got delayed due to the pandemic. But I still believe that the Acupuncture System can deliver preventive health care for the rural mass. The Government could approve this system with the AYUSH system.

I congratulate Dr Surendra Pal, a distinguished Scientist himself, for mentoring AAA for a decade and starting many research projects like migraine research, eyesight improvement (SIRP) and hearing improvement (HIRP).

I also congratulate Dr Bhojraj and his team that has done a yeoman service to humanity and brought up the academy to a high standard, particularly in research areas.

I wish the Trustees all the best for a productive future with the recognition of Acupuncture both by Central and State Governments.

# SHARING OF REMINISCENCES



*Dr. H. Bhojraj presents the book to  
Shri. S.V. Ranganath*

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# SHARING OF REMINISCENCES



**Dr A R Samiullah**

**MSc (Yoga), PhD (Ac), Adv. Acupuncture**

## **The National Acupuncture Day- 1st March**

Acupuncture and Acupressure are an ancient traditional complimentary drugless method of treatment, which was recognized by WHO in 1976, 2003, 2010 and 2019. The Government of India also recognized its' practice by registered medical practitioners in modern medicine, namely, AYUSH systems, Dental practitioners and Homeopaths - "Appropriately trained practitioners or personnel can also practice this mode of therapy as an Acupuncture therapist."

The Government of West Bengal passed an Acupuncture system of therapy Bill in 1996 and a Council of Acupuncture was formed in 2002 to govern the practice Acupuncture. In 2015, the Government of Maharashtra has also framed a bill, called The Maharashtra Acupuncture System of Therapy Act. The Maharashtra Council of Acupuncture rules were framed in 2018

and they started registrations after the Eligibility test to practice Acupuncture formally in Maharashtra and other parts of the country.

There is an office order by the Ministry of Health and Family Welfare, Government of India, Order No. U-11018/03/2018 – HR/e office:3164145 dated 21st Feb, 2019, New Delhi, stating that Acupuncture is a system which is accepted as an Indian system of Health Care. Evidence and expertise exist for teaching, training and certification under the ICMR (Indian Council for Medical Research). An inter-departmental committee has constituted an Apex committee in acupuncture for promotion and registration of Acupuncture as a system of Health Care/therapy.

## **KARNATAKA STATE**

A gazette published in 2008, stating that as per the Parliamentary Affairs and Legislation Secretary notification. No. SAMVYASHAE 60 SHASANA 2005, Bengaluru dated January 23, 2008 "Medical Treatment" means the systematic diagnosis and treatment for the prevention (or) cure of any disease or to improve the condition of the health of any person through Allopathy or any other recognized system of medicine such as Ayurveda, Unani, Homeopathy, Yoga, Naturopathy and Siddha and includes Acupressure and Acupuncture treatments. A team of practitioners, Dr C K Raju, Dr H Bhojraj, Dr Aravind, Dr Ravishankar, myself, through the institutions,



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Karnataka Acupuncture Association (KAA), Academy for Acupressure and Acupuncture(AAA), ASA and Federation of Acupuncture system of Therapy Board approached the Government of Karnataka, Ministry of Health and Family Welfare, Principal Secretary, Dr Shalini Rajneesh in 2015, Mr Jawaid Akhtar in 2018 and 2019 and Mr Ajay Sethu in 2016, to bring a Legislation to form the Acupuncture system Bill with the assistance of Ex-Chief Secretary S V Ranganath.



**Meeting with Mr S V Ranganath**



**Meeting Mr Jawaid Akhtar**

Dr Shalini passed our file to the next Principal Secretary Mr. Ajay Sethu on her transfer. After follow-up, he framed a letter and office order to the Commissioner of Health and Family Welfare. Since Acupuncture and Acupressure come under medical treatment the Commissioner stated that

Acupuncture professionals are eligible to obtain the Karnataka Private Medical Establishments Act to practice Acupuncture as a system of therapy vide order number JDMKRME/51/17-18 dated 22-6-18. We also approached the AYUSH department to provide registration for the same.

The Council of Acupuncture in Karnataka was formed consisting of members from KAA, AAA, ASA, NIAMS and Fast Board. A memorandum was submitted to Mr Ramesh Kumar, minister for of Health and Family Welfare on February 16, 2017. He directed the AYUSH department to evaluate, examine, frame the guidelines and submit the same to the Health Ministry.

On October 10, 2021, Dr Ishwar and I submitted a memorandum to the Hon'ble Governor of Karnataka, Shri Thawar Chand Gehlot to streamline Acupuncture Therapy. The Government stated that he was aware of this therapy, He also said that if a person is qualified in Acupuncture, then they can practice it ethically, since it causes no harm, is safe and effective.

Based on these credentials, a memorandum was submitted to Dr Sudhakar dated February 01, 2021, to incorporate Acupuncture therapy in the Karnataka Private Medical Establishment Act's website portal to get this therapy registered formally. The memorandum was submitted at the minister's residence

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by Mr Vijay, Mr Muthalik Desai, Mr Gopal Krishna and me.

Several times we approached the AYUSH commissioner, District AYUSH Officer and District Health Officers to recognize Acupuncture as a separate form of therapy in its' practice and to lay down the guidelines for its' teaching, training, training hours, etc. Based on the guidelines of WHO. In the year, 2020, I submitted to the Government of Karnataka, Medical Education Department, AYUSH, RGUHS and the Nodal Health Officer of Karnataka, a report of around 1,000 pages, which consisted of State, National, and Institutional Curriculum of Acupuncture and their respective recognition. Also, in Jan 2020, a land proposal was given to the Vice Chancellor, RGUHS, to start new courses for Bachelors and PG Diploma in Acupuncture.

In all the work that has been done to get recognition, I would like to express my gratitude to Dr H Bhojraj for being a source of significant motivation for me.



Dr. Samiullah talking about the TCM Course at AAA

Since 2009, he has always kept me alert and always pushed me forward. He has

also introduced an eminent personality, Shri S V Ranganath to help with our efforts to get recognition. The latter is a follower of Dr Bhojraj's technique of Acupuncture and maintains his health with tips from Br, Bhojraj.

I will always remember with great gratitude, Dr C K Raju for encouraging me to implement Acupuncture courses in Karnataka State Open University, Tamil Nadu Physical Education and Sports University and Kalinga University. Dr Ishwar and his Hubballi team have been very inspirational in our efforts to bring recognition for Acupuncture.

There are over 2,000 students of various schools who are teaching Basic Acupuncture and Yoga through Fast Board and Dr Ishwar's institute of Alternative Therapies. They contribute to the strength in numbers of Karnataka's Acupressure and Acupuncture community.

## ***"ABHI NAHI THO KABHI NAHI"***

If it is not possible now, it will never be possible. This is the right time to get recognition for Acupuncture in Karnataka. Therefore, we should all work towards getting recognition without any delay.

Last but not in the least, all the practitioners, students and well-wishers of Acupressure and Acupuncture should be highly appreciated and we will always need their assistance till the Bill, Council

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and professional health university courses  
are implemented.

Thank you  
Kind regards  
Dr A R Samiullah

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**Sri N K Malik**

**Former Senior Scientist, ISRO**

My Experiences with Acupuncture &  
Acupressure

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It was about 20 years back when I got a severe problem of calf-muscle pain. As per the advice of the Doctor, I was taking the neurobion injection, which would give me relief for a couple of hours only. This problem only aggravated over time, with the result that, if I am sitting, I wouldn't be able to get up and stand or vice-versa.

It was, when Dr Bhojraj, one day saw me climbing the staircase in the office with a lot of pain, as the lift at that time was not working that I got a way out of this chronic pain. He asked me what's the problem and asked me to come to his cabin and remove my shoes and socks. He took out a packet of needles from his shirt pocket and asked me to stretch my legs on the table. He inserted a few needles on the toe-fingers of my feet. Till today, I can't forget the moment when he inserted the first needle with his magical

fingers, the instantaneous sense of relief that I felt feeling my pain totally GONE! And to date, that problem has never bothered me again.

Later once my elder brother was visiting me in Bangalore. I saw him in pain at the back and neck region. Once again, Dr Bhojraj, with his magical fingers gave the acupuncture treatment to my brother and he felt immediate relief.

**Later I developed restless leg syndrome way back in 2010 and was under the treatment of a Neurologist in Manipal Hospital, taking the same medicine for almost nine years. I had no problem while walking but I couldn't sit for a few minutes even under medication.**

**During my visit to Dr Bhojraj's clinic for my wife's Vertigo problem, I mentioned to Dr Bhojraj about my problem of restless leg syndrome. Dr Peter, another acupuncture & acupressure expert and a friend of Dr Bhojraj happened to be there in the clinic. Dr Bhojraj requested him to see me and my wife. What an instantaneous relief I felt, the moment he inserted the needles in my toe fingers. That sense of relief and the way my toe fingers responded can't be described in words. A few more periodic sessions of acupuncture & acupressure resolved the problem faced by me and my wife.**

During my half-yearly visit to the Neurologist, I told my doctor how the acupuncture and acupressure treatment helped me. He was very supportive and

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also encouraging. He shared that many of his patients have also benefitted from acupuncture and asked me to continue with it. He even asked me to taper down my medicine slowly and see how I feel. I followed his advice and came to a minimum maintenance dosage.

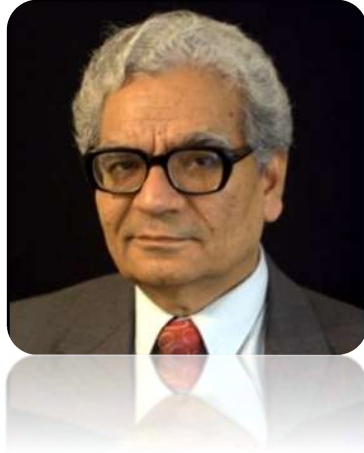
Even our ISRO Doctor, after hearing our experience of relief with Acupuncture for restless leg syndrome, was quite impressed and enquired the clinic address of Dr Bhojraj. I understand that he did visit him with a relative.

I don't feel any discomfort in my feet while sitting for a long duration anymore even without undergoing regular acupuncture sessions presently due to the Covid restrictions and situation over last two years.

My personal experience with acupuncture treatment has strengthened my belief in its effectiveness and I have even recommended it to members of my family, friends and relations.

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# SHARING OF REMINISCENCES



**Dr Surendra Pal**

**Former Distinguished Scientist, ISRO**

## SPECIAL MESSAGE:



**Seated second from right at the formal inauguration of AAA in 2012**

It is heartening to learn that in spite of the pandemic, this Academy for Acupressure and Acupuncture is doing a great service under the leadership of Dr Bhojraj. I have a decades-long association with him and been witness to the hard work put up by him to learn this drugless therapy for common ailments.

He has also trained hundreds of experts in the last decade. Some of his volunteers and trained persons are providing the much-needed treatment with a proper scientific follow-up to get feedback for further improvement and much-needed

research, including search of relevant literature and publication of the outcome for the benefit of other practitioners, their comments and feedback on the work. It is interesting that quite a few of his disciples are housewives and some of his associates are also trained doctors across various medical disciplines, including allopathy.

I compliment Dr Bhojraj and his team for the wonderful work being done with a scientific bent of mind and approach. I wish this academy a bright future.



**(Dr Surendra Pal - Needs no formal introduction. Known for his many roles and achievements and for the positivity that he radiates with his presence. AAA is proud to have the support of many accomplished personalities like Mr Pal. Few of his former roles include: Vice-Chancellor -DIAT Pune, DRDO Prof. D S Kothari Chair, Senior Advisor Satellite Navigation (ISRO), Prof Satish Dhawan Chair-ISRO, Distinguished Scientist, Founder Prog. Director SatNAV, Chairman GAGAN PMB, Associate Director-ISRO Satellite Centre-Bangalore, Distinguished Lecturer IEEE (AES), Chairman IEEE Bangalore (2004-2006), Hon. Professor AMITY University Noida, Aditya Birla Chair**

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BKBIET-Pilani, President Institution of  
Electronics Engineer -(2012-2014)



At Dr, Lee's practical course on Diabetes



Mr.R.N.Tyaghi, Dr.K.Kanka Rao,Dr.Surendra Pal,  
Dr.Samiulla, Shri Jawed Akther, Principal Health  
Secretary, Shri.S.V.Ranganath, Dr.H.Bhojraj

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# SHARING OF REMINISCENCES



**Ramanand Tyagi**  
**Former Senior Scientist (ISRO)**

Dr Bhojraj started practising acupressure as a hobby about 20 years ago. All our friends' circles in ISRO benefited during the earlier days of his treatment. After he retired as a senior scientist from ISRO, he took acupressure and acupuncture as a full-time practice which I am aware of and his practise benefitted many patients suffering from ailments including chronic diseases.

Going beyond treatment and therapy, he also established this Academy of Acupressure and Acupuncture (AAA) in order to train interested students in this area. So far, hundreds of trainees have completed his course, spread far and wide in the country giving treatment to the needy. He brings out a monthly newsletter documenting the healing experiences of patients and beneficiaries from various places. These case studies are interesting to read and give confidence in the veracity of this branch of healing science.

All of us are aware of the global pandemic caused by Covid-19. To mitigate the effect of the pandemic, all citizens are supposed to have Covid-appropriate behaviour. Thus, it is impossible to carry out treatment by methods requiring human contact. Dr Bhojraj being a technical person himself, made full use of the technology available and successfully continued his training and research activities online.

He produced many videos for lessons/lectures used in webinars to convey his message. While attending one of these webinars, I observed the procedure for treating the eyes. It may be noted that during the pandemic, the eyes and ears were among the most restrained part during these times where people have to work online constantly connected to gadgets. He identified the problem and simplified the procedure.

The procedure involved applying pressure at various parts of the eye socket which I followed during the webinar and practised after. My observation: My eyes were not feeling any fatigue. There was better clarity of vision.

## THE LIV-1 HEALING MIRACLE!

I had a crooked toenail of my left foot which could not be effectively treated by the allopathic treatment that also included me undergoing a small surgical procedure.



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I began activating LIV1 - the acupressure point shared by Dr Bhojraj during the webinar for the same. It was on the socket of my toenail. I was pleasantly surprised when it showed improvement after a few weeks. Excited, I continued to follow the treatment. Now, after activating the single point for about five months, the nail has become normal! (as shown in the photograph below).



The Acupressure and Acupuncture Society of India has been registered, also through his persistent efforts. I congratulate Dr Bhojraj for his success so far and wish that he goes on with this practice for a long time to come.

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# SHARING OF REMINISCENCES



**Sri S Nargunam**

**Founder & MD, Excel Die castings  
Chennai**

Greetings from Excel Die Castings, Chennai on the occasion of AAA completing its first 10 years of service (2012-2022). Congratulations to the Chairman Dr H Bhojraj and the entire team.

Looking back, Dr Bhojraj and myself were classmates at the Alagappa Chettiar college of Engineering & Technology in Karaikudi. He belongs to Ooty.

After graduation he worked as an Associate Lecturer in Coimbatore Engineering College, joined IRSRO in 1972 and retired as the Group Director in Bangalore. He has also received his degree of MD (Acu) in the year 2000 from the Sri Lankan university. Since then, he is running this academy for acupressure and acupuncture at Rajajinagar, Bangalore.

His principle is very simple.

- You can treat Yourself
- You need not go to doctor always
- No medicine
- No side effects

If you do practice as per his advice, definitely you will get improvement.

## Case history of friends & relatives

During 2002, Mr G Srinivasan, VP of Hyundai Motors India Ltd., a close friend of mine, suffered from severe migraine headache for more than five years.

When I got to know about it, I consulted Dr Bhojraj and immediately as per his advice gave the acupressure treatment and activated at the root of the thumbnail (Lu 11) and the same was repeated for three sittings.



\* Image source: Google

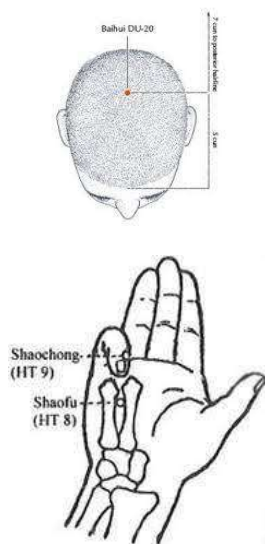
**The Result:** He was able to see a clear difference and was advised to activate those points regularly as a preventive measure. After one month I asked him if there is any improvement in the headache issue. He reported that he was completely cured as he had not taken any medication (tablets) after the first treatment for headache issue!

# SHARING OF REMINISCENCES

I had also organised one acupressure awareness program in my house itself in Chennai during 2000 where nearly 40 members among close relatives and friends attended. It was a training cum practical session program where we witnessed some ailments being cured almost immediately!

In 2004, Dr Bhojraj attended my daughter Suganya's wedding in Chennai. During that function, he also gave acupressure treatment for more than 10 close relatives including my sister Mrs Santhi Jayakumar who was having some leg pain. She too was cured of all her complaints post treatment.

Similarly, my brother Elango had high BP issue some 20 years back and was under continuous medicines. As per Bhojraj's advice, his acupressure treatment involved the activation of the GV-20 & H-9 points as shown below.



\*Image Source: Google

He also travelled from Mayiladuthurai to Bangalore (about 500 kms) to take acupressure treatment from him. He was completely cured and stopped all BP medicines after 4-5 sittings! It is a miracle.

**MORE RECENT SUCCESS CASE STUDIES FROM the AAA Preventive health care camp programs at Excel Die Castings, Chennai:**

**Mrs Geetha (49yrs), Receptionist:**  
*Complaints & Symptoms:* knee pain for the past one year.

“Dr Bhojraj Sir and Vidya mam treated me by activating some acu points. Now I am activating those acu points regularly and able to see and feel better for the past 30 days. Many thanks to Doctor & team.”

**E Rajkumar(30yrs), Engineer (Quality Dept.):**

*Complaints & Symptoms:* Migraine headaches and Neck pain.

“I used to get headache 3-4 times a week-sometimes it is an unbearable pain. After taking the Acu treatment with Doctor & Mrs Vidya mam- I could see a lot of difference. I was also asked me to activate some points regularly which I am doing regularly now along with Acu meditation and all of it has given me great relief. My neck pain is also completely cured. The migraine issue has also now come down to once in three weeks Thanks to the Doctor & Mrs Vidya mam.

**M Saravanan (27yrs), Sr Engineer (Quality Dept.)**

# SHARING OF REMINISCENCES

*Complaints & Symptoms:* Migraine headache for more than 10 years.

“I have attended acupressure preventive health care programme during September 2021 conducted by Doctor & Mrs Vidya mam. Further she taught me some meditation exercise and along with it, she activated some acu points for me. Now regularly I am doing this exercise by myself and seeing some good improvements in my health. I am also able to concentrate better in my work and contribute effectively to my company. Mind is so relaxed. My special thanks to our company MD for organising such a wonderful program for us and also to Dr Bhojraj & Mrs Vidya Mam.”

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*A Brief Profile of Company:* Excel Die Castings was founded by Mr S Nargunam with less than 10 employees in 1986. Today, it has grown into a team of 160 employees. Excel Die Castings supplies to various auto OEMs to automobile industries for four-wheelers and two-wheelers and power sector parts like LED fittings.

The success of this pilot project is sure to motivate other corporates to go for preventive health care for their employees.

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# SHARING OF REMINISCENCES



**Sri P L Murugappan**

**Member, International Desalination  
Associates (IDA), Coimbatore.**

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Congratulations to the Academy for Acupressure and Acupuncture (AAA). I am very glad to note that AAA has reached an important milestone - The 10th Year Celebration. I also congratulate AAA for releasing this special e-Souvenir on this occasion.

I know Dr Bhojraj since 1966. He is a nice person, friendly and has leadership qualities. As a student, I used to admire his sincerity and time management. I also used to admire and still admire his good and elegant handwriting.

I also know Bhojraj as a Yoga Teacher since the mid-80s. His eagerness to spread yogic practices to all whom he knew, attracted me to sit with him at the Ramakrishna Mission in Bangalore to learn yoga by which I could maintain my body and mind in unison.

I know Dr Bhojraj for the last 25 years. His dedicated and relentless efforts in training like-minded volunteers in Acupressure and Acupuncture is **immeasurable**. I cannot stop appreciating his curiosity and hard work in establishing an academy for acupressure and acupuncture. All through my life, I have had faith in 'Hard work', 'Sincerity' and 'Honesty'. In this aspect, I also see myself in Bhojraj.

I know Researcher Dr Bhojraj for the last few years. I am wondering about his ability in organizing the Sight Improvement Research Project (SIRP) and Hearing Improvement Research Project (HIRP) dedicating all his time for the benefit of mankind. I sincerely pray to God to give Bhojraj good health and long life for serving mankind.

I am yet to start his sight Improvement exercises, but I will start soon. His advice in treating my grand-daughter for less appetite problem gave her a good result. I thank him for that.

I wish AAA's 10th Anniversary Celebration, a huge success. I wish the life dream of Bhojraj - in getting recognition for 'The Academy' become true in a shorter time. I join with you all in wishing success in all his endeavours.

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# SHARING OF REMINISCENCES



**Sri Nagulan Jogee, KBGA**

Our Sincere Thanks to AAA

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It was no surprise to us when the 10th Anniversary Invitation of the Academy for Acupressure & Acupuncture (AAA) popped up a few weeks ago in my inbox. All of us have been with Dr Bhojraj in this journey –Mind and Soul. We have been involved in every step of this Academy and its growth.

The Never-Say-No spirit, unparalleled passion, passion-driven attitude and the perseverance of Mr Bhojraj, the Academy Chairman, carried all supporting forces together to build this Academy for the benefit of all the believers of life.

Apart from regular teachings, training and treatment sessions, the strikingly glaring milestones like Vision improvement (Sight Improvement Research Project – SIRP I & II) and Hearing Improvement research project (HIRP) are the jewels on the crown of this academy that focus on preventive treatment at home.

The academy has earned priceless acceptance from people across different demographics for its selfless service, extraordinary planning and systematic execution of projects.

It won't be out of place to mention the tact with which Sri Bhojraj runs the academy and how he effectively connects it to society as mutual beneficiaries. The way he has hooked the Badagas in Bangalore through KBGA, in particular, and the Badagas in Nilgiris, in general, to be a part of this academy is also worth mentioning.

Me, my wife Sumathi and all participating members here sincerely hope that AAA grows from strength to strength in the years to come and touch the lives of millions of people, across all age groups.

Cheers Annan

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# SHARING OF REMINISCENCES



**Padmashree Sri V R Katti,**

**Former ISRO Distinguished scientist**

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What started as a hobby became a lifetime passion for Dr Bhojraj and that led to the creation of the Academy for Acupressure and Acupuncture. The academy has not only trained scores of people in the art and science of Acu treatments but also more importantly has brought solace relieving their pains to hundreds.

Congratulations to Dr Bhojraj and his academy associates for the wonderful achievements on the eve of tenth year celebration of the academy.

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# SHARING OF REMINISCENCES



**Arunachalam R**

**Former Scientist, ISRO, Bangalore**

I joined the ISRO Satellite Centre, Bangalore in June 1977 and was assigned work in APPLE Project Core Team. As a part of project work, I had interaction with Shri Bhojraj, a Thermal expert who had the experience of working in India's first satellite - Aryabhata. He was very friendly and open to discussion. I learnt a lot about satellite thermal system from him.

During the course of time, we have become close and I also learnt many things from him related to fitness, especially yoga. He taught Vivekananda Kendra Yoga, Pranayama, Water Therapy, Oil Therapy, benefits of walking etc. to lead a healthy life. Later when he started acupuncture and acupressure practise as Dr Bhojraj, he taught many simple methods to get quick relief from common ailments like head ache, knee pain, back pain etc. which were very useful.

For the benefit of the society, he has written many books on yoga, health and

acupressure and also a book on 'Walking for Health and Fitness'. He spent his time usefully even during the lockdown phase of COVID writing and releasing a book on vision improvement – 'Towards Better Vision with Acupressure' and distributed hundreds of copies free of cost for the benefit of common man. He also followed it up with active research in two phases - The Sight Improvement Research Project SIRP I & II.

After his retirement from ISRO, he started the Academy for Acupressure & Acupuncture (AAA) and started training people to practice his unique method of Acupressure. Many of his students are successfully practicing in various part of the country. He is focusing on research on his acupressure methods to collect scientific data for establishing the effectiveness to make it an alternate therapy.

On the other side, he has many ideas to give back as service to the society particularly to the students belonging to the rural areas in his native place. As a part of this, myself, along with another two friends associated with Dr Bhojraj (also known as the G4 Group) we visited many rural schools in Nilgiris and motivated the students to fulfil his dream.



I consider myself fortunate to associate with Dr H Bhojraj in carrying his ideas to



# SHARING OF REMINISCENCES

serve rural students and also supporting him in the academy activities.

On this 10<sup>TH</sup> Anniversary of The Academy for Acupressure & Acupuncture (AAA), I wish him all the very best to continue his selfless service to the society and let all his dreams come true.

(Mr R Arunachalam currently heads the Hearing Improvement Research Project (HIRP) at AAA as the Project Chairman along with Mrs Kallolini Patro as the Project Director. **Those interested in enrolling for this project please contact Mrs Kallolini Patro on +91 9911413405.**

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# SHARING OF REMINISCENCES



**Sri T K Sundaramurthy**

**Former Senior Scientist, ISRO**

**Vice Chairman – SIRP II**

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The Scientist & Healer in Dr Bhojraj - My Nostalgic Moments Being with Both Sides of Him

---

My association with Dr Bhojraj started way back in the late 1970s after joining ISRO and as part of the APPLE (Ariane Passenger Payload Experiment) Project, while interacting to know more about the Spacecraft Thermal System.

These regular meetings led me to know more about his other interests like yoga. He also taught us a few yoga exercises for an hour in the evenings after office time. I remember learning from him, the entire basics of the yogic exercises followed in Swamy Vivekananda Kendra.

This beginning led to more interactions and many more practical classes. Though our core interactions were connected with

Spacecraft related activities, we also managed to have time to practice meditation and relaxation techniques along with yoga. On regular basis, experts from outside were called for Lecture-Cum-Practical Training on the campus. Many well-known personalities have visited our campus and shared their valuable experiences.

I would like to record one such practical session on Yoga conducted by Yoga Guru Dr GhanShyam Das for 15 days in the morning before office hours. Many executives participated enthusiastically and completed the course. Upon successful completion of the course, a Special Video CD was prepared and a function was conducted with the participation of the Director and Controller along with many of our senior executives.

The VCD was edited to one-hour covering the benefits of the Asana and the timing to be followed were explained along with the practical demonstration by Guru and participants practising.

This VCD was made available to interested executives for a paltry sum to cover only the making charges and the same was well-received among our colleagues. Due to the limitation not elaborating further activities followed until Dr Bhojraj retired from service.

# SHARING OF REMINISCENCES

My association with him continued through practising pulse diagnosis, acupressure and acupuncture. AAA was envisioned to continue its service to the Society even after retirement.

I would also like to record here, my health improvement after acupuncture treatment by Dr Peter Lee, an acupuncture specialist from the USA arranged by Dr Bhojraj.

The COVID pandemic has created a better environment for the Academy to connect with Society in many ways. During this period, he authored a Book “Towards a better Vision with Acupressure” which is now being used extensively for practising.

Proud to be a part of “Sight Improvement Research Program (SIRP) – I & II” in compiling the quantitative along with qualitative improvements seen by the registered practitioner regularly.

I am pleasantly surprised to note that the Academy for Acupressure and Acupuncture completed its 10 years of fruitful contribution to Society on Feb 2, 2022. My sincere prayers with folded hands to the Almighty that Dr Bhojraj can continue this Yeomen Service by AAA to the Society for many more years ahead.

All the very best Wishes.

98456 49914  
acu\_bg@yahoo.co.in  
https://bhojraj.tripod.com

THE PROGRESS FROM I to THE EYE  
VISION TO MISSION

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE  
BANGALORE

Raja Kishore Sri

**SIRP-2**  
THE SECOND STEP TO  
BETTER VISION

OUR SINCERE THANKS TO THE VOLUNTEER TEAM LED BY RA S THAT WORKED TOWARDS THE SUCCESSFUL COMPLETION OF THIS PROJECT IN 2021

MR S S RAO RA  
MRS ASHALATHA RA  
MR BHEJESH RA  
MS SRUTHI SURESH EXECUTIVE / RA  
MRS KALLOLNI P DIRECTOR/ RA  
MR KANNAN WEBSITE SUPPORT  
MRS VIDYA V RA  
MRS SHILPA JAIN RA  
MRS SANDHYA RA  
MR BHADRABANARAYANA MES SARGOJA R  
MRS LATHA M SIRP I SUPPORT  
DR SUJATA S SIRP I SUPPORT

**KEY FEATURES**

- Active participation of total 61 volunteer families & EIGHT RAs.
- Good improvement seen in those who practiced on daily basis. Common benefits: reduced dryness, improved digestion, reduced snoring, improved sleep, better concentration

**THANK YOU ONE & ALL!**

DR H BHOJRAJ CHAIRMAN  
MR SUNDARAMURTHY VICE CHAIRMAN  
MRS AARTH R PROJECT DIRECTOR

# SHARING OF REMINISCENCES



**Sri Neelam Achutha Rao,**

**Former IG & DGP, Karnataka**

Cheers to 25 years of Friendship!

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25 years ago... A sprain in my shoulder muscle while playing Golf, introduced me to Dr Bhojraj. The sprain was immediately cured and our friendship has continued ever since!

Even when being a senior officer in ISRO, busy with sensitive projects during whatever spare time he had, Dr Bhojraj treated the needy at home. His holidays were used to train interested persons in Acupressure and Acupuncture methods and to conduct treatment camps. Many individuals trained by him have now become successful healers in acupressure and acupuncture. Such has been his love for the subject and urge to cure all possible health issues.

He has been constantly upgrading his skills in acupressure and acupuncture methods and trying new, related systems, while also adopting successful ones. The

technique that he developed for curing migraine has proved to be very successful, through the Research project that was taken up for it.

Another innovative method that he adopted is the **Sight Improvement Research Project (SIRP)** for the improvement of eyesight, which, with the assistance of a group of dedicated volunteers, was taken up as an in-depth research project, that has apparently been yielding encouraging results. Parallely now he is also at work tackling hearing issues through another such project called the **Hearing Improvement Research Project (HIRP)**!

10 YEARS AGO... His devotion to the subject and zeal to propagate it widely, gave rise to the inception of AAA. Though the institutional support is yet to come, because of his personal commitment and zeal, the Academy has been producing a number of trained people, apart from innumerable ones, cured of their different health issues. Even pandemic and the restrictions did not much affect his passion, as he had been treating people and conducting classes online, ever since that period started!

Dr Bhojraj has been bringing out nice well-illustrated, low-cost books, which give treatment techniques in very simple and easy steps so that even a layperson can treat oneself without any medication, for a good number of problems. His book on eyesight improvement is also one such that is freely available on his website

# SHARING OF REMINISCENCES

<https://bhojraj.tripod.com>.All this purely shows his basic desire to share information with maximum number of people, for their benefit!

On this occasion of completing a decade, I wish that the dreams of ever-positive and never tiring Dr Bhojraj for the Academy materialize early, to his satisfaction!

- N Achuta Rao

# SHARING OF REMINISCENCES



**Prof. H Devaraj**  
**D.Sc UGC-BSR Faculty Fellow**  
**Former Vice-Chairman,**  
**Department of Zoology**  
**University Grants Commission, New**  
**Delhi, University of Madras**

My elder brother, H Bhojraj, was the first engineering graduate from our village. He earned his engineering degree from the A C College in Karaikkudi, Tamil Nadu. As the Vice-Chairman of the UGC in New Delhi, I had gone to A C College to confer degrees, where I learned about his achievements from his teachers. I look to him as a role model and Guru. He was like a friend to my father and would share the best foreign liquors and cigarettes when he went on his many overseas trips as an ISRO scientist. In honour of the centenary year of my father, he constructed a building, which was opened by my 96-year-old mother and dedicated it to the residents of Kokkalada village.

While in service, my brother was meticulous, duty-conscious, and hardworking. He was a workaholic and spent all his time in the ISRO Office. His contributions to space science were recognized with awards and rewards. He was involved in the launch of ISRO's first

satellite, Aryabhata. I vividly remember the day I visited his office; he called Dr Mylswamy Annadurai, who later became the Director of the U R Rao Satellite Centre, to his room and introduced me to him.

After his retirement, my brother wanted to serve the community in a useful way. Since then, he has been practicing acupressure and has treated a wide range of ailments. Many people have been trained in this practice by him. He has authored three books on acupressure. I am also following his advice on using acupressure for the treatment of hyperacidity and whenever time permits, I do acupressure on the LI 4 point (the eliminator) in addition to proton pump inhibitors - this is an effective treatment. It is his desire to add acupressure as a subject at the university level.

I congratulate him on completing 10 years of acupressure practice. Wishing him the best in his future endeavours.



**LI 4: THE GREAT ELIMINATOR**

**\* Image sourced from the net**

# SHARING OF REMINISCENCES



**Mrs Meher Vani**

**Acupressure Practitioner**

Healing Dementia with Acupressure

---

I am a practitioner of this ancient healing science for the last 16 years. In the last couple of years, I have been healing specifically, people with dementia, a choice influenced by my experiences.

It is said in conventional Allopathic medicine, as also stated by the World Health Organization (WHO) - that there is no treatment for dementia.

For the people suffering from dementia, there is a gradual loss of memory which affects their daily life activities and also their communication skills. I have seen that Acupressure helps reverse the mental decline and slowly one can see an improvement in the awareness and cognition abilities of people with dementia. It is a huge sense of relief and joy to the family to see their loved one recognize them once again.

**Dementia can be prevented by making a few lifestyle changes and adding a few Acupressure points as a part of daily routine.**

My sincere thanks and heartfelt gratitude to Dr H Bhojraj for his kind words of encouragement, guidance and support to my work.

Wishing the Academy for Acupressure and Acupuncture (AAA) all the Success in their efforts to reach out to people with specific ailments and educate them and heal them by continuous monitoring. This is a novel method of outreach to heal people of their chronic ailments.

Best wishes.

- MEHER VANI

**(Mrs Meher Vani also conducts regular training and group workshops on healing Dementia using Acupressure. Interested individuals may contact her for healing or workshop on +91 8277125936)**

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# SHARING OF REMINISCENCES



**Sri D Nanda Kumar**  
**AAA Student, Thanjavur**

## The Blessing in Disguise

---

Dear Dr H Bhojraj,

Sharing my experiences with yourself and the team exposure as among the second online batch acupuncture session learner.

‘Blessing in disguise’, that’s the exact caption to mention this alliance with yourself. Last 10 years I have come across your expertise in acupuncture while reading books by Dr Vohra, Dr Jayalakshmi. I remember having made a note to make sure to get this knowledge and it so beautifully unfolded through your college friends who also happened to be our family members!

- Starting from basics to methodologically explaining subjects: Your way of teaching is a life lesson.

- Your treatment of bringing the whole group together, slowing the pace for the beginners as well as giving space for

others to talk is itself unique (in classes of this nature certain organizations do not encourage interaction as much as is happening here)

- We find ourselves at ease and home away from home during the one hour of weekly sessions (anxious and happy to learn new perceptions and information)

- Comfort zones are plenty, which makes us learn very quickly on the logical steps of conclusion on any health issues (foundation blocks are really solid now, I can explain things very easily to any individual in their wavelength)

- Association with AAA has been the moment of the year 2021 and continues to be a good association on health/life for the upcoming years.

- Your graciousness in allowing team members to participate in endless sessions - is itself a blessing for the learner inside us.

- More than acupuncture, the meditation topics are worth millions as these are untold by any teachers (you have made many drastic changes inside me to look at the world with another set of lenses which are making life easier to live in the present conditions.

May the services of AAA continue to grow big as your ambitions to obtain legal status for the acupuncture courses and make the life of millions easier.

Happy to be associated with your esteemed organization and happy to serve



# SHARING OF REMINISCENCES

through any of the research assignments to come by.

**Some of his successful case studies post completing the AAA course listed below:**

## Case History#1:

Female, Age 44 years old. She had a severe block (cyst) in the urinary track and had been recommended for surgical removal of the cyst, unable to walk and severe strain to even move the legs. UB 66 coldness reduction formula with related four points, I learnt in the AAA course was recommended to her through phone at 11am. The patient was my sister. After three hours, she got miraculous cure as the cyst had broken up (she was just in sleeping position after self- applying the points) and to my surprise she attended a marriage function in the evening without any issues.

## THE BLADDER REDUCTION FORMULA:

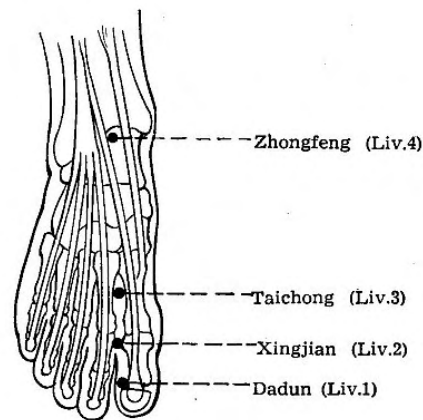
↓ **BL-66** ↑ **BL-40** ↓ **BL-65** ↓ **TW-2**



## Case Study #2:

Boy, aged 8 years, has a birth issue of glaucoma (pressure in the eyes) has been

operated upon, has regular eye check-up at Madurai. In one of the classes, Dr Bhojraj informed about the Liv-3 reduction and Liv-1 increase point based on his experience that was effective on Glaucoma. As this boy then had medical check-up due in a week, after the class that day, I had taught the mother to apply these points daily twice...



Upon the subsequent eye check-up, pressure reading on left eye had reduced from 28 to 14 and on the right, it had reduced from 17 to 8. Also, shown the report but the doctor there didn't allow the report to be photographed. (Also, we didn't inform to the Ophthalmologist about this healing process.)

All is well, the treatment is giving miraculous results. Hopefully, I would soon get another opportunity to come with data proof.

**(Mr Nandakumar (+91 9585540439) is an active holistic practitioner based in Thanjavur. A voracious reader who is also fond of gifting books. He is also into Reiki, Varma and Mudra therapies.)**

# SHARING OF REMINISCENCES



**Mrs Priya,  
Student of Dr Bhojraj**

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## HOW I LEARNT TO OVERCOME ANXIETY AND DEPRESSION USING ACCUPRESSURE.

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Dear All,

I am Priya, a recent student of the Academy for Acupressure and Acupuncture (AAA). Dr H Bhojraj is my guru.

May 2021: My husband was severely infected with COVID. His oxygen levels had dropped, his lung capacity was also affected despite his first shot vaccine earlier. Doctors were supportive and kept us constantly updated about his health condition and medication.

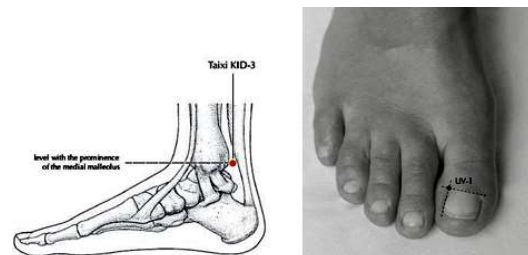
At one point we were informed that he had to be rushed to the ICU as his condition got critical with his oxygen level dropping. Doctors assured us that they will try their best to save his life. After hearing this, I started crying and prayed to God that he be saved. I was totally devastated and lost. I also lost my sleep

and appetite. My heart palpitation started going high, too much of FEAR, WORRIES, ANXIETY, STRESS AND DEPRESSION CREPT INTO MY SYSTEM.

Having completed my course in Acupressure and Acupuncture, I realised my condition and immediately started treating myself for the fear by activating the (K-3) Kidney-3 point; SP-6 point for my worries and Liv1 for a quiet sleep. I have pressed it for 15 to 20 sec in a day for a month. I have also taken garlic milk thrice in a week at the bed time to calm down the heart palpitations. I started doing yoga, walking, meditation, breathing exercises and also started talking to people, who are supportive to overcome depression. I continued doing this for the next 15 days and found good results. Now my heartbeat is normal so is my husband back to routine.

**When things change inside you, things also change around you. Be Positive always.**

Thanks to my guru, Dr H Bhojraj who taught me Acupressure and Acupuncture, today I am healthy and happier.



In pic: Points activated by Priya

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# SHARING OF REMINISCENCES



**Sri Narayan Rao Sai Mohan**

## **Thank You Dr Bhoj!**

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I refer here to my visit to your place on November 18, 2021 - With my complaint of Glaucoma in my left eye. (I had already lost my right eye vision in 1995 due to a road accident in the Philippines.)

When I checked in at the Arvind Hospital in Coimbatore during early November, 2021- the left eye pressure was 23 and the consulting doctor prescribed the Betaxolol Eye Drops (IOBET) - one drop in the morning and once at night.

On that day of my visit, you had given me a 15-minute acupuncture treatment needling few acupoints along my left foot and on the back of my hand... You had also taught me a few acupressure procedures.

On the next day, as per your advice, I checked the eye pressure and it had come down from 23 to 21, which was a good sign. As per your advice, I continued activating the acupressure points and also

administered allopathy drops for two months. Last week, I went to my eye doctor at the Arvind Hospital in Coimbatore. The doctor was happy to find that the eye pressure had reduced to 16 and advised to continue the drops.

I am a bit relieved now due to the pressure coming down. Also, now I am a little positive about maintaining a lower eye pressure which has been a result of either

a) Acupuncture or b) Acupressure or c) IOBET drops or d) A combination thereof.

I am a diabetic since 1988 and now I am 73-years old. With one eye gone, I was concerned about keeping a good left eye. This has been a challenge to me which I wish to overcome with possible resources and exercises.

By-the-by, I was also taught the eye exercises at the Sri Sri Ravishankar Ashram in Bangalore some five years ago (like tossing the ball from one hand to another, and hitting the ball to create a V shape and catch the ball by each hand, distant viewing and blinking, tight closing and releasing of eyes, viewing through grill, etc.)

I thank you Dr Bhojraj for your treatment and teaching the acupressure techniques and constant follow up to update my status evincing keen interest in doing so.

I assure you that I will continue the acupressure treatment and keep you posted on developments.

# SHARING OF REMINISCENCES

God bless you and your endeavours.  
Thanking you and regards.

Narayana Rao Sai Mohan

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# SHARING OF REMINISCENCES



**Mrs Sen Gupta**

## My Healing Experience at AAA

---

I first met Dr Bhojraj in the autumn of the year 2011. His name and contact details were given to me by a cousin of mine. I was suffering from terrible physical and mental exhaustion after a high fever episode in December 2010.

During the first session, Dr Bhojraj told me two things which I shall never forget:

**First, the body always tends towards healing and does not encourage disease.**

**Second, all the remedies for healing are within us and can be accessed if we have the know-how.**

This introduction to the science of acupuncture and acupressure was marvellous. It gave me enormous optimism.

Dr Bhojraj was able to help me out of the exhaustion through a few sessions of acupuncture. From him, I also learnt the

acupressure points that I could do on my own. I still follow them to keep myself healthy. I do not take kindly to allopathic medicines so the acupressure form of treatment has been a blessing for me. From eye care to stomach disorders, leg cramps and depression, I have relied on Dr Bhojraj to help pull me through. And he has.

I am 73-years old and more than anything I want to lead a quiet, healthy life without having to take in all kinds of chemicals. Of course, allopathy has several diagnostic tools and life-saving surgeries but we cannot disregard a healing system that helps the body to heal itself. That is the gift of the ACU system.

I do not have enough words to thank Dr Bhojraj for all that he has done for both my husband and me. I must also thank his student and assistant Mrs Jija who worked in tandem with him. My prayer for 2022 is that Dr Bhojraj can open his clinic and we can visit him for the healing we need.

Thank you, Dr Bhojraj.

**In profile pic: Mrs Sen Gupta at AAA (Second from right)**

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# SHARING OF REMINISCENCES



**Mrs Champa Yogendra**

**AAA Graduate 2022**

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Respected Doctor Sir kindly accept my humble regards to you...

Thank you and I am indebted to you Dr Sir for accepting me as your student and also for giving me this opportunity to express my gratitude and thanks to Aarthi ji, Mr Nandakumar, Vidya ji, Nirmala ji and all my seniors for all their invaluable support, encouragement, guidance, help and advice I received till today.

I am fortunate to have been here as a student in the Academy for Acupressure and Acupuncture. The main reason to have enrolled is that I wanted to avoid allopathy for each and every discomfort we experience in our physical body. Even though I was exposed to a totally new subject, I was made comfortable and I am very thankful to you DrSir for taking lots of pain for clearing even the smallest of my doubts.

I learnt from you Dr how the human body works based on the five elements, energy and functions of the vital organs, Yin and

Yang Meridians, different types of diagnosis based on our muscular, nervous, circulatory, urinary, elimination systems along with age group diagnosis, facial diagnosis, emotional diagnosis, dental diagnosis intellectual level diagnosis and more importantly, pulse diagnosis.

Also, I learnt the self-healing techniques, how each and every discomfort can be treated with a single point acu-touch. Acu meditation for our day-to-day mental steadiness, proper breathing, precautions to be taken in food habits and change one's lifestyles through nutritious food, how to lead our life with joy and happiness etc.

Now I am getting confidence of treating myself and my family members for any ill health. I have also decided to offer my service as an acupressure practitioner to the community people of my Village at Kumsi, Shimoga District in due course.

I Thank You, Respected Doctor, once again and I feel very proud of myself to be your student.

Champaka S  
+919844872845

(Despite coming from a commerce background and presently working at the Commercial Taxes department, Mrs Champa has shown keen interest by grasping the concepts quick and also promptly attends almost all online sessions at AAA to continue learning and also healing self and family.)

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# SHARING OF REMINISCENCES



**Mr L R Ramaswamy**

**AAA Student & Healer**

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## Entry to Acupressure

During the year 1999 my wife, Mrs L R Sudha Devi tried to get her back pain treated with medicines prescribed by orthopaedic doctors but in vain. That was when my co-brother H B Nagabhushan asked me to consult Dr Bhojraj, an acupressure healer based in Bangalore.

The very next day, we met him and explained her problem. He treated her on some acupressure points and within two sittings, she got 50 per cent improvement and at the fourth sitting my Mrs had her backpain 'vanished'! She was so happy to feel normal once again.

Soon after, my mind thought of getting acupressure training from Dr Bhojraj and I approached him to give me training in acupressure. He was pleased to train me and I attended a five-day training course that included theory and practical demonstration. I was impressed by the training conducted by Dr Bhojraj. He told

me to practice initially with myself and family members and then extend the practise on others. He also advised me to read acupressure books and follow it.

As per his guidance I purchased two books, also authored by him:

\* Acupressure and Fitness

\* Acupressure, the drugless path to good Health

Later, I also purchased Health in your hands Part I and II written by the Devendra Vora and 'SuJok for Everybody' by Prof. Park Joe Woo.

A thorough reading of the above books gave me further confidence to start practice.

## CASE HISTORIES

1. Abdomen pain relieved within 10 minutes with Acupressure says Karthik M R aged 20 years from Banashankari 3rd Stage.

In the year 2001 my son Karthik M R, after dinner at a party complained of abdominal pain. The intensity was so much that we thought of calling a doctor immediately. However, as I had undergone the introductory acupressure course training two years back with Dr H Bhojraj, I thought of treating his case using acupressure since I got very good results for most common ailments. So, I used the zone therapy principle and applied on-and-off pressure on the index and middle finger for two minutes at each point. To

# SHARING OF REMINISCENCES

my son's surprise, within 10 minutes he was relieved from the abdominal pain. It was a great relief for all of us and the Doctor was not called.

2. Spondylitis and acidity cured in 10 Days says Mrs Sharada, 39 years old (Bangalore, during 2004).

She had spondylitis problem for nine years and acidity for 10 years. A friend advised her to consult me for treatment. I told her to stop the medicines and treated her for 10 days, weekly twice. Her problem improved by 80% to 90%. I also taught her a few important acupoints and reflex points for getting good relief alongside also suggested some neck exercises. She was happy and thanked me lot for having cured the chronic problem.

3. Mrs Shyla, 59 years old successfully treated for her frozen shoulders that she suffered for four months.

She was referred to me by a friend during 2008 and had a frozen shoulder due to which she was unable to lift her hands and suffered severe pain. First, I did reflex point on lungs and gave this formula:

↓LU-5    ↑ LU-9   ↓LU-11   ↓ P-3  
weekly twice for 10 days and her frozen shoulder problem solved and cured about 90%. I asked her to activate some acupoints and reflex points of lungs on both hands. She was happy and thanked me lot.

(More case studies will be shared in upcoming issues of AAA newsletter. Visit <https://bhoiraj.tripod.com> ).

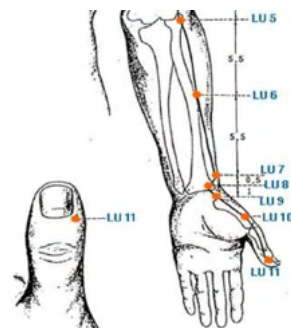
Lastly my sincere thanks to Dr Bhoiraj, an eminent healer in acupressure and acupuncture for having trained me. It was his guidance and encouragement that I have treated 1000's patients till today and given training to interested persons on basics. Further, I have been actively committed to propagate the practice and use of drugless therapies for better health and living.

L R Ramaswamy

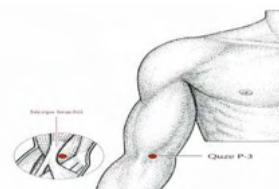
Retired Senior Assistant Director of Fisheries cum Acupressure healer

392, 5th Main, 2nd Block, 3rd Phase 3rd Stage, Kathriguppe, Banashankari, Bangalore-560 085.

(Mobile: +91 9480109461)



\* Image source: Google





# SHARING OF REMINISCENCES



**Miss Manasi Narendra Borwankar**

**The Badagas in Bengaluru**

**(Dr H Bhojraj featured in this article)**

The Badagas are an aboriginal tribe who are indigenous to the Nilgiris in Tamil Nadu and are one of the oldest and most important tribes of the region belonging to the Palaeolithic period. We think of tribes as primitive people who live in forests or villages. We don't normally think of them being well educated or living in cities. Dr H Bhojraj is a proud Badaga and has managed to beat all these stereotypes and become extremely successful in the fields of science and medicine.

Born in 1949, Dr Bhojraj comes from Kokkalada, a small village 25 kilometres from Ooty. He lived there for 14 years after which he moved to Tiruppur. He studied at Bishop Ubagaraswamy Higher Secondary School. He did his Pre-University at Ooty College in PCM. He completed his engineering at the Alagappa Chettiar Government College of Engineering & Technology in Karaikudi in

1971. He was the first engineering student in his whole village. He joined the ISRO Satellite Centre (ISAC) in 1972.



*Dr H Bhojraj at a meeting by the Academy of Acupressure and Acupuncture (AAA)*

Dr Bhojraj has been honoured with the Distinguished Award for the fabrication of India's first satellite Aryabhata in 1975, the prestigious NRDC Republic Day Award in 1990 for the development of Optical Solar Reflector and also in 1999 for the development of flexible heaters for Satellite Thermal Control. He is one of the first members of the Karnataka Badaga Gowdas' Association (KBGA) and became the Vice President of the Association at that time. He is currently a practitioner of acupuncture and acupressure. He founded the Academy for Acupressure and Acupuncture (AAA) and is the Chairman of the Academy.

**He has published books on acupressure and acupuncture that include *Acupressure and Fitness, Acupuncture – The Drugless Path to Good Health* and**

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## ***Towards A Better Vision with Acupressure.***

Through his Academy, he was able to adopt a government school in the Kokkalada, his own village, where he studied as a child. He uses drugless methods to cure a wide range of health ailments such as diabetes, anxiety attacks, cardiovascular diseases, varicose veins, motor neuron disease, kidney stones, blood pressure, migraines, polycystic ovarian syndrome (PCOS), spondylitis, slip disc, thyroid and pain felt in the muscles and body parts. He organises free campaigns at schools and conducts courses in Bangalore for training people in acupressure and acupuncture.

Dr Bhojraj has also developed his own unique acupuncture protocol that is very easy and safe for the treatment of patients. The patients are treated on special acupuncture points only below the elbows and below the knees only. This makes it easier for the treatment of men to treat women or vice versa without the feeling of being uncomfortable.

The Academy as a whole encourages everyone including youngsters, housewives to learn the art of acupuncture and acupressure to cure their family and friends. The aim is to increase the awareness about this drugless therapy to each and every person and at the same time, it can be utilised as a method to cure oneself. Dr Bhojraj has a larger vision of building not only just an academy but building a big acupuncture university in Bangalore with hospitals that have complete recognition from the Karnataka Government. He and his team are constantly working towards the same. In recognition of his services in this field,

he has been awarded a Gold Medal at an International Conference held in Bangalore.

Dr Bhojraj got married in 1972 before moving to Bangalore. The couple moved to Bangalore in November 1972, and their daughter was born in 1973. They settled in a small rented house in the city. He has now had his own house for almost 40 years. He says that they have lived and settled in Bangalore for so many years and can now be considered Bangaloreans. He was connected to the Nilgiris till his mother was alive; she lived up to the age of 97. They do not visit their native often now although they do have some relatives still living there.

One of the festivals of the Badaga community is the 'Hettai Habba' (Hettai means Grandmother and Habba means festival) celebrated from December to January every year. They do not worship any deities, but rather worship nature itself. Almost all Badaga families from every village travel to the temple in Beraganni village and give one rupee as their contribution to the total welfare of the community. It gives them the pleasure of sharing their wealth with the kith and kin of their community. The temple feeds all the devotees with food which is sponsored by well-wishers.

Doddabba is another big festival when the married ladies are invited to their native place with their family and rewarded with gifts after dancing and eating special food. This is mainly to assure the ladies that support is always available to them. Dr Bhojraj says that people do not usually celebrate their festivals in Bangalore. They travel to their native to celebrate festivals with their families. After moving to

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Bangalore, he says that most people end up celebrating other festivals like Diwali where they wear new clothes to celebrate.

While conducting functions for the community, men wear the traditional attire of white shirts and white dhoti. The ladies also wrap a white dhoti over their shoulder over whatever clothes they are wearing.

This symbolizes the equality of all members of the community. No matter what dress they wear inside they always wear a white dhoti over it. The colour stands for purity of the mind. This brings people together and leaves no room for discrimination.



*Traditional Badaga attire of men*



*Participants and Guests of Honour at the Singing Competition conducted by Nakku Betta TV (Badaga's Local TV) at the Providence Women's College Auditorium in Coonoor*

The main food of the Badagas is ragi balls eaten with chicken curry. It is mainly eaten by older people due to the softness of the ragi balls making them easy to chew and swallow. There is a special dish called 'sandagai' which is a kind of tomato chutney. Dr Bhojraj says that when it is prepared by his mother, "the taste takes you to higher planes". He says that nobody has been able to replicate the taste of his mother's chutney, not even his wife, as the recipe is quite complicated. Most people generally eat rice with rasam and sambar, along with a side of leafy green vegetables. Almost all the Badaga people living in the village grow their own crops, and greens are their main crops.

Dr Bhojraj joined ISRO in the year 1972 when there were only 10 people from the Nilgiris. Mr R Murthy, presently a patron of the Karnataka Badaga Gowdas' Association (KBGA), initiated the move to bring together people belonging to the Badaga community. When they met for the first time, they decided to form an association called Karnataka Badaga

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Gowdas Association which currently has around 500 members.

Dr Bhojraj served as President for four years and is currently a trustee. He brought out the first Badaga cassette sung by the singers Mr G Raman and Mrs Shanthi Desingh. Now hundreds of Badaga songs cassettes have come to the market with new talents. He emphasizes how these cassettes include old Badaga songs that are soothing to the listener's ear.

**Badaga language is spoken by all members of this community. It does not have a script and it dates back to at least 4,000 years ago. The Association encourages them to speak in Badaga and stands for promoting their language.**

The Karnataka Badaga Gowdas' Association (KBGA) mainly takes care of the emergency needs of its members. In case of any difficulty, moral and monetary support is provided at the time of need. If there is a death of any member of the community, they immediately rush to help the family members and provide them monetary support. They have formed an Education Committee to encourage the youngsters of their village for competitive exams and a Business Committee to encourage self-employment among them. They also honour all achievers in different fields during our annual get-together.

**Every function conducted by them ends with a special Badaga dance where even people who do not belong to the community can join and enjoy themselves. The dance is quite popular among the youth who eagerly wait for it at the end of every programme.**



*The special dance of the Badaga Community*

The Karnataka Badaga Gowdas' Association (KBGA) successfully brings together the members of the Badaga community not only from Bangalore but from all over Karnataka. Conducting picnics and annual functions helps them meet people of their community and stay connected to their culture even though they are away from the Nilgiris.

**All members belonging to the Badaga community have currently appealed to the State and Central Government to declare Badaga Community as Scheduled Tribes.**

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# SHARING OF REMINISCENCES



**Mr Manoj Hombal**

## **AAA ALUMNI: BATCH 2019 (Basic) & 2021 (Advance Course)**

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I first came to know about AAA, Bangalore during March-April 19, when the pandemic had just started and I was working from home. I got in touch with Dr Bhojraj in May 2019 and was impressed by his simplicity and affectionate words. Subsequently myself and my wife joined for the one-week introductory session on acupressure which was conducted by Dr Bhojraj via WhatsApp video call.

The sessions were very interactive and within the first few days we were introduced to the main acupressure points which give remedy to most of common ailments we face. He also introduced us to the spinal massage technique which helped my wife in solving her back pain.

Encouraged by the outcome of introductory session and impressed by the expertise of Dr Bhojraj in drugless therapy / techniques and also, the various

research activities being taken up by AAA, I decided to undergo the advanced course in acupressure here and enrolled myself for the course in the month of Sept 2021. Next three months, we underwent the course, of course online, which was the best decision I ever took!

The course and the learning proved to be of great help to me, my family and few of my friends in solving some of the ailments like GERD, acidity, frozen shoulder, stiffness in neck, frequent urination and to some extent, women menstrual problems.

Dr Bhojraj, apart from being an authority in acupressure science and techniques is also a great philosopher, master, friend, mentor and guide. He took us systematically through the course introducing all concepts, techniques with great ease, but also taught us many life lessons. I am personally benefitted by his teachings and have been able to come out of my stomach acidity and GERD issues successfully.

**I have not used any allopathic medicines in the last two years for this problem. I continued to attend even the 2<sup>nd</sup> advanced course in acupressure as a guest participant and every session of Dr Bhojraj gave me deeper insight into the subject. The course book authored by him is the best book in the field of acupressure and can remain as a reference forever.**

On March 10, 2022, AAA is completing 10 years of existence in research / training

# SHARING OF REMINISCENCES

field of acupressure / acupuncture science which is highly commendable and am sure there could be many beneficiaries from this academy like me. I congratulate Dr Bhojraj and his team for this achievement and wish great success for the research and training programmes of the academy in the coming years.

I consider myself to be fortunate to be part of this celebration and look forward to participate in the academy activities and learn more from Dr Bhojraj in future.

**Presently based in Chennai, Mr Manoj Hombal is from an Engineering background. However, his deep interest in Acupressure made him a quick learner and immediate healer for self, family and friends. (+91 9841567345)**

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# SHARING OF REMINISCENCES



**Ms Namitha**

**AAA Student & Healer**

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It's a rare opportunity to be mentored by someone who is in equal parts - 'scientific' and 'spiritual'. Dr Bhojraj handles both of it, effortlessly.

I have had the privilege of being his student. So thorough and systematic was his approach that I required to open the textbook, only well after each lesson was done. Anyone can teach you how to put a needle and where to put it, very few can inspire you with the belief that it's life force that you are inserting and pain that you are removing, only the medium is the needle.

He is an Acupuncturist, they say, but in all honesty, he is a healer. His involvement with students, is not limited to the subject but also extends to the well-being, nature and to all qualities that one requires to become a seasoned therapist. From him, I learnt that you must be curious and open to all approaches and possibilities in order to effect change.

Many years later, I had the opportunity to host Sir in Delhi for a Basics in Acupressure course. We had young and old students alike,

each of them, still continuing to utilize the nuggets of knowledge shared by him. During the pandemic too, he took out time to offer lessons to an eager and interested student, in spite of not having conducted online classes before. He is undaunted and ever smiling, a quality that endears him to the many patients I saw him treat each day.

If it weren't for him, so many people who have found the solution to their problems, would have been struggling still. My only regret is that I don't live in Bangalore and cannot benefit from his continued presence in my life.

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# SHARING OF REMINISCENCES



**Sr. Sunitha PHJC**

**NAET Practitioner&Acu**

**Katharina Kasper Allergy Clinic**

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The Academy for Acupressure and Acupuncture (AAA) is a great opening to tap the hidden potential in the complexity of human body to understand that it has the wisdom to heal by itself. Only one needs to know where to tap to reawaken the inner power.

Human body works as a whole-body healing, yields better results without adverse effects and inexpensive. Our body has the most powerful medicine that, which helps us to heal, means the energy buttons are located in the body making the Qi flow into the entire system. Inside and outside of our body consists of energy in each cell by using this energy we can heal any disease.

**There is a power within each one of us,** which help us to regain health in its full potential. In this in mind for this noble cause, the AAA has done a marvellous work to explore it and to impart this knowledge for the wholesome healing of

the humanity by the able, talented and compassionate person none other than our Dr Bhojraj Sir, the Founder Chairman and an eminent teacher of AAA.

I am happy and fortunate to say that I am his student, trained under him - where I learned to become a 'holistic' healer than a 'symptom' healer. I am already into the alternative medical Practice of NAET (Namputhripad Allergy Elimination Treatment) for the past 18 years. We do work through the 12 Meridian channels in the body thus it became mandatory from our research Foundation in USA to also do Acupuncture training to continue the NAET practice in order to enhance the treatment for more effectiveness and better benefit for the patients.

In that aspect, I had taken up the AAA Advanced Acupuncture Course in 2013. Dr Bhojraj is a real Guru, who takes all efforts to teach his students in his best ability to impart his knowledge to his students on various topics alongside relevant practical sessions.

Dr Bhojraj's Acupuncture Formula is very simple and easy method to follow with good results. The AAA also introduced to us, the various modalities of treatment in Alternative system of medicine by various experts and resource persons. The Auricular therapy, TCM Personnel's, Bone Alignment Course, PMA Etc. or wherever he could incorporate and collaborate with other Alternative healers, all for the students education was also a better contribution to one's own healing and to



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help the suffering humanity to alleviate their pain, either physical, pathological or emotional.

The education and with all the knowledge that I received from the AAA and with the grace of God the ultimate Healer, I have treated patients from age 6 months to 95 years old and find enormous pleasure in watching how their lives change from such simple Acupuncture techniques that so quickly transform so many lives.

Their improvement in health, mood and behaviour are in some cases incredibly profound and the credit goes to AAA. I am happy to say that I was able to treat and reach out to more than 13,500 patients for the past nine years for their various ailments like all type of Allergy related illnesses, acute and chronic pain, digestive issues, respiratory disorders, nerve disorders, hormonal imbalances, immune boosting therapy, emotional blockages most importantly depression, panic attacks, anxiety disorders etc. It was a rewarding experience to hear from patients that they have been cured from their age-old ailments and pain.

I thank God, the supreme healer and for the gift of Dr Bhojraj for his vision and mission with all the hard work and effort to bring wholesome healing to the people through AAA in and around as well to train people to reach out to the humanity wherever and whenever possible with a healing mind. Thus, it has helped for the welfare of the human beings for pain free life for a happy living with drugless

therapy with an amazing experience. A special mention is to say that the Acupuncture or Acupressure has helped many people to boost their immune system during the Covid 19 pandemic period as a preventive method as well as their own post Covid healing.

I believe that he is a chosen instrument in this field with passion and commitment as a Healer, being an ISRO Scientist with research mind it has given added intelligence to explore and experiment in this alternative system of healing, giving to the society a message that even leading a retired life, you can be highly resourceful to the society. My experience with him, he is calm and composed person of positive attitude and with optimistic disposition with a warm, gentle, inspiring pleasant personality that we could approach any time for clearing doubts that has invited many patients and his patients turned to be his students.

I express my heartfelt gratitude and thanks to Dr Bhojraj and all the faculties of the AAA; one or the other that I am associated in this regard and to become part of it as a wholesome healer.

I wish God's blessing on him as Founder and Chairman and all who are in the forefront for this AAA and I wish that the faculty may continue for further research and up-gradation of acupuncture treatment with the government for its recognition of such system of alternative and conventional treatment for the welfare of the humanity. Thus, all our

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efforts and goal may be directed towards a harmonious happy living in this cosmic universe and a disease-free world.

## **Sr. Sunitha PHJC**

NAET Practitioner & Acu Healer

Katharina Kasper Allergy Clinic

No16. Hutchins Road, Cooke Town,

Bangalore: 560005.

Mobile No. +91 944-944-5823

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**Mrs J Vidya**  
**Special Project Associate**

(In Pic Above: Mrs Vidya with Mr Nargunam and his staff at Excel Die Castings, Chennai)

My journey with alternative therapy had started a year back, when I wanted to shift to healthier options in life. It was my uncle Mr Nargunam, who introduced me to Dr Bhojraj and his drugless therapy of Acupressure and Acupuncture. After talking to him, I immediately enrolled myself into a year-long program of the Advanced Acupressure and Acupuncture at AAA.

The theory part was really an eye opener. That was followed by practical sessions. Though it was unfortunate for us, to have the classes online due to pandemic, it also had its own advantages. We were able to connect with our batchmates (and also our previous batch members) more often through various social media platforms, which otherwise I think would be difficult during a direct class. Doctor had also made us so comfortable throughout the course. *What impressed me about this*

*course is it's "holistic approach". Yes, it deals with both body and mind.*

After successfully completing the course, I got an opportunity to do "preventive health care program" along with Dr Bhojraj in Excel Die Casting, Chennai (owned by Mr Nargunam), where they manufacture spare parts for automobile industries.

The experience was very rich. We were able to see people of different walks with different discomforts. We did both acupressure and acupuncture for them. Almost 70% of them found relief with this drugless therapy.

The whole program was initiated by an awareness talk on September 25, 2021 followed by weekly sessions of acupressure and acupuncture. Though we had started treating them immediately, it took at least a month for them to open up with their real issues. This had made me to realise the importance of "rapport time" (for them to gain trust on us). Now that most of them have stopped taking drugs for many ailments like headache, leg pain, body pain etc., I am extremely happy that we were able to bring awareness about "holistic health" through acupressure and acupuncture among the workers of Excel Die Casting.

I hope that this joyous journey of serving the society continues.

(Mrs Vidya is a teacher by profession and has now also started her acupressure-

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acupuncture practise in Chennai. Contact:  
+91 9789051423)

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# SHARING OF REMINISCENCES



**Mrs SHOBANA RAVI**

**(Younger Sister of M V Kannan)**

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## **I am Fit at 60... THANKS TO YOU!**

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I should say it is over a decade since I got cured completely from the intense pain and suffering on my back due to which I was laid up in bed for some time. I shun to think of it even today as using the restroom to answer nature's call was way too difficult for me then. I would refuse to eat food or drink water not wanting to experience the shooting pain.

The MRI scan revealed a prolapse of the L4 and L5 and I was being treated for that by the specialist. The medication advised by my orthopaedic doctor did not give me any relief even after many visits.

That was when my older brother suggested acupuncture to my husband who had turned desperate by then to find other remedies seeing my plight and suffering...

The short drive in the car to Dr Bhojraj's house (where he had set up his practice) was like a seat of thorns for me as I was screaming in pain unable to even sit...

When at clinic finally, Dr Bhojraj comforted me and assured that I would be okay soon asking me to bear the pain for a few minutes... He started his treatment right then and I still wonder if his healing hands were magical as I felt completely relieved of the pain in just ONE SITTING.... TRULY Unbelievable! It was like a miracle in my case and I pinched myself to realize it wasn't a dream... Can such a thing happen??- was the thought running in my mind at that point... He had advised a few more sittings for a complete cure and to also stop all medications. That night, I slept peacefully without popping any sleeping pills and with absolutely no trace of pain...

I cannot thank Dr Bhojraj enough for weaving the wonderful healing magic on me and also my loving brother Mr Kannan without whom I wouldn't have been back on my feet.

Thank you!

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### **THE GOLDEN HEALING SP6 FORMULA**

**'It's real healing science that has always worked on most of my patients" - Dr BHOJRAJ**

**↓SP-6 ↑ LIV-1 ↓ LU-7 ↓ P-7**

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# SHARING OF REMINISCENCES



**Mrs ASHWINI N**  
**AAA Student**

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## A HOMEMAKER to ACTIVE HEALER

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Ashwini joined AAA's online course with prior as a beneficiary of acupressure healing elsewhere. She comes from the commerce background but was quick in grasping concepts and was also regular in attending classes. She was also introduced to different meditation techniques using acupressure. She completed her formal training in advance acupressure and acupuncture under Dr H Bhojraj in first batch of 2022 and has now also started practically healing friends and relatives with Dr Bhojraj's guidance. Her feedback as below:

Hi I am Ashwini from Bangalore. I have been taking Acupuncture treatment for 1 1/2 years now and I am very much satisfied with the results. When I was casually talking about this drugless therapy to one of my cousins, Mrs Champa. She got inspired and enrolled herself in Dr Bhojraj sir's online course at AAA. She liked the class very much and

suggested me to join. Now, I am also a proud student and volunteer here in AAA. That is in short, how I got into learning acupressure and acupuncture at AAA. The classes are very interesting. Every day I get to learn something new and that is what excites me about this course. I am thankful to sir for teaching me this amazing acupuncture technique. Now that I am confidently treating my family member's ailments. Doing so, also keeps me happy and energetic.

Thank you very much,

Ashwini N (+91 99450 13000)

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# SHARING OF REMINISCENCES



**Dr Latha Murli**

**SIRP 1 Project Director**

**Here is a beautiful experience shared by Dr Latha Murli, project director SIRP-1 on how she healed and evolved into a successful healer with Acupuncture. She met her healer, Dr Peter Lee at AAA who guided her with further training and active practice.**

Dr Peter Lee is a trained practitioner of Oriental and herbal medicine. He hails from a family of healers. Holding a master's degree from Emperor College Los Angeles, he has been trained by Korean and Chinese masters alike, in South Korea and the United States of America. He has also trained extensively under Dr Hong K Kim and specializes in treating spinal ailments and diabetes.

In 2017, Dr Lee visited the city of Bengaluru to spread the practice of acupuncture across India. He started his consultations and treatment at the Academy of Acupressure and Acupuncture (AAA) with Dr H Bhojraj and was associated with both for four years. While here, he was successful in treating several people with diabetes and spinal afflictions, me being one of them.

I had been a long sufferer of arthritis and diabetes and recovered completely under Dr Lee's treatment plan. He undertook the responsibility of training five of us in his acupuncture techniques and procedures. Under his rigorous training and guidance, I have been treating patients with multiple disorders.

**FLASHBACK: Dr PETER LEE AT AAA**



With participants of the AAA practical course in Diabetes



With Dr Bhojraj at JINDAL

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(Dr Latha Murli also has her own clinic –  
Professional Curative in Bangalore.  
Contact: +91 9980554367 / +91 6360469685)



# SHARING OF REMINISCENCES



**Mrs Nirmala Srinivasan**  
**AAA Student, Dubai**

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## A HOLISTIC LEARNING EXPERIENCE!

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Nirmala Srinivasan was the first foreign student to register for the online course during COVID 19. She completed her formal training in advance acupressure and acupuncture under Dr H Bhojraj in the November 2021 batch. Despite difference in time zone and having no access to needles, she made sincere attempts to continue her learning without any excuse. Her feedback as below:

Feeling very Happy and satisfied completing the Acu wellness course. Thanks to Dr Bhojraj for creating a module with interesting and interactive sessions and also providing his book which can be used for reference at any point of time. This course has emphasized on understanding the interconnection of body and mind which is very essential for all of us in today's busy world. From this course I have also understood that acupressure is a simple and effective way to heal ourselves. Myself along with my

family members have tried this methodology and have also benefited. Thank you Sir.... Feeling proud to say that we are both from the community of Badagas!!

I have always believed in

**“You are the best doctor of your body”**

**“Health is in your hands “**

**“You are what you eat” and many such simple but critical things which work like wonders when practiced sincerely.**

Most of the time I try to avoid Doctors visit unnecessarily and manage with home remedies. These beliefs are the main reason for me to choose this course.

Adding to this, my sister was recently diagnosed with a neck issue which made her hands numb and Doctors advised spinal cord operation. Since my sister knew Dr Bhojraj, she consulted him and he advised some acupoints to be done every day. With this she is feeling better and there in significant improvement in her condition. After all these instances I became more inquisitive and wanted to know more. Thus began my journey into holistic healing. (+971566342109)

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# SHARING OF REMINISCENCES



**Mrs Ritu Chandak**  
**AAA Student**

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## ACUPRESSURE FOR A PURER SELF

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I am Ritu Chandak. I am a qualified Company Secretary. Presently I am into my family business of Tours and travels. During my teenage years, I assisted my father in treating himself using this drugless therapy for various ailments like frozen shoulder, ligament tear, sciatica etc. He experienced good results through that. This inspired me to take up this course. He always referred to an ACU book by Dr Attar Singh. After marriage, I bought one more copy of this book for my own use in Bangalore.

Though the book was of great help, I wanted to understand the principle behind the work. That's when coincidentally, I came in touch with Suryanarayana Rao Sir (a colleague of Dr Bhojraj Sir), through a friend in the year 2016 and through him I got introduced to Dr Bhojraj Sir.

This course totally shifted my perspective towards this benevolent treatment method. The course's structure, book and the imparting style of Bhojraj Sir have helped a lot in understanding the concept. Sir takes the course beyond the boundaries and highlights the importance of a healthy mind with a healthy body, with underlying importance to emotional and spiritual wellbeing too.

I will always be thankful to the almighty for introducing this Academy led by Dr Bhojraj sir and his students who have maintained the same spirit.

**"Yesterday should never become today, heal the past, meditation before medication is my lifetime takeaway."**

This course has made me believe that this method of non-invasive healing is a lot more powerful than I knew until now and will make me a better human. With my current job, I always have at the back of my mind to follow the simple meditation and basic healthy acupressure point formulas to keep myself healthy and happy and spread the same around freely.

My gratitude to Bhojraj sir, AAA academy and Mrs Aarthi.

**Ritu (+91 8197679170) is an aspiring healer based in Bangalore. With the completion of the course at AAA, she has now started treating self, family members and friends for various conditions.**

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# SHARING OF REMINISCENCES



**Mrs SINDHU SHANKAR**  
**AAA Student, Special Educator, Healer**

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## A HOLISTIC LEARNING EXPERIENCE!

Sindhu joined AAA's online course with some prior learning and healing experience in Acupressure and Acupuncture. She is also a special educator and is also into yoga therapy. She completed her formal training in advance acupressure and acupuncture under Dr H Bhojraj in the November 2021 batch. Her feedback as below:

The acupressure course conducted by Dr. Bhojraj was a very good experience with an introduction to the healing science of acupressure/acupuncture. The systematic introduction into this vast science was done in a simple manner facilitating a complete understanding for us students.

All concepts were explained very well, and care was taken that each participant grasped the fundamentals. The mind-body connection and implications of our thoughts and emotions on the physical body and the primary cause of most of the

ailments was given primary importance. This course is very appropriate in empowering a person to be his own healer, with simple tools and techniques which can be implemented with ease in daily life. I am also looking forward to more learning and contributing the power of this wonderful science in healing others. This course is a must for all of us to live a healthy and fulfilling life.

(+91 9632360000)

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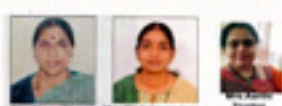


**REGISTERED TRUSTEES OF THE ACADEMY**



Dr. N. Bhargava (Chairman), Dr. K. Kanaka Rao (Vice Chairman), Mr. Parag Suresh (Trustee), Mr. A.K. Narayanaswami Rao (Trustee), Mr. M.C. Kulkarni (Trustee), Mr. Surendra Bhatnagar (Trustee)

**NOMINATED TRUSTEES OF THE ACADEMY**



Mrs. Haris Shetty (Trustee), Mrs. Riji Subramanian (Trustee), Mrs. S. Srinivas (Trustee)

**SPECIAL INVITEES ON ALL OCCASIONS OF THE ACADEMY**



Dr. Surendra Pal (Chairman, Government of Karnataka), Mr. Anandappa (Secretary, Government of Karnataka), Mr. Anandappa (Secretary, Government of Karnataka), Mr. Anandappa (Secretary, Government of Karnataka)



Get together of Trustees and Special invitees (26th Meeting of AAA Governing Council)

With Sri.S.V Ranganath, Former Chief Secretary (Fourth from left) and Dr.Surendra Pal, Former Distinguished Scientist (ISRO) (Third from left)



Our Future Building as conceived

**Our Goal is to build a Centre for preventive health care in the next five years**

**ACADEMY for ACUPRESSURE and ACUPUNCTURE**

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