



ACU WELLNESS

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

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FROM THE CHAIRMAN'S DESK

August 2024 had become an eventful month not only for the Academy but also for me personally. The shocking news of my brother Dr.H.Devraj who suddenly passed away due to cardiac arrest on 9th August had given all of us a very tough lesson about the purpose of our life. On behalf of all our well-wishers I would like to convey our heartfelt condolences to his wife Prof.Niranjali of Madras University. Dr.Devraj was not only supporting all our research projects but also gave me his advice for establishing a remote sensing Institute in Nilgiris mainly to protect the hilly region with Satellite data.



(Dr.Devraj with his wife Prof. Niranjali on his right and our mother on the left with all family members in 2007 when he received DSc from Madras University)

He was giving me constant feedback on our Diabetic Research Project and encouraging me at every mile stone. He had agreed in principle to attend our Annual Function on 25th August and give his advice to the research team. He has guided more than 50 doctorates in his career. Today I really feel for this great loss which will take me lot of time to come out of this sudden loss and we will be missing his valuable guidance.

The Annual Function of AAA was organized on 25th August and nearly 80 well-wishers consisting of practitioners, mentors, donors and alternate therapy practitioners attended the function. It was a grand function and 6 people who studied Acupuncture for one year as a certificate course were awarded their certificates. I congratulate all the Therapists for their excellent showing both in theory and practical.

The Academy also honored the achievers in Alternate Therapy after undergoing training in our Academy. My personal thanks to Dr.Basavaraj, Mr.Narendra Borwankar and Mr.Girish Shankar for their wonderful work in alternate therapy field and our Academy was really proud to honor them in this forum. I wish them many more laurels in Alternate Therapy field.

I really acknowledge the support of my ISRO community for this alternate therapy field of our



Academy and we have almost achieved the recognition of Acupuncture by Central Government as a scientific system and has the potential for improving the health systems of our Country. I really appreciate and thank our mentors

Shri.S.V.Ranganath, Ex.Chief Secretary, Shri.N.Achuta Rao, Ex DGP and Shri.A.R.Infant who have not only encouraged me for spreading this drugless therapy to the common man but also supported me for the past 12 years to get approval for the system from the State Government.

The future of Acupuncture in INDIA looks bright due the Central Health Minister's reply for the question about the recognition of Acupuncture as a Therapy or System in the Parliament. It has been proved in many countries the effectiveness of Acupuncture as a system has been proved in many countries, but genuine Acupuncturists are required for taking it forward. That will happen only when we establish a good institute for training Acupuncture doctors for 3 to 4 years and establishing an exclusive hospital for Acupuncture treatment. Dr.Samiullah is working on this project and coordinating with top Acupuncture Practitioners in India for taking it forward. The Karnataka Acupuncture Association under the leadership of Dr.Ravishankar is ready to organize a meet of all practicing Acupuncturists in Karnataka once the Centre gives its clearance for further action.

I really thank all our mentors who have spoken very positively about our Academy which stood as the nodal agency for getting the necessary recognition for Acupuncture. If the State Government also approves the system, it has a great potential to take it forward to all ASHA workers across the state to train them in acupuncture for emergency till, they get proper treatment in the hospitals.

The approval of the Diabetes Research proposal by the Ethics Committee of FAST Board is a morale booster for the system and our team is geared up to take up the necessary actions once the registration has ended by the month end. Our main goal is to establish an excellent Institute for Acupuncture research and Training in Bangalore with 200 bed hospital to support our Acupuncture system. I request all our supporters to give your cooperation to spread this wonderful therapy to the common man without any side effects.

I also joined Dr.Huda's Electropathy course in August and I relay find it very interesting like Chinese Herbal Medicines which goes well with Acupuncture. The so called SPAGERIC medicines have the potential to cure the root cause of the problem based on the FIVE ELEMENTS THEORY diagnosis. According to Dr.Huda, even the emergency cases can be handled with great success without much medication. It works as ENERGY MEDICINE due its processing of Nature's medicinal plants. I strongly recommend this course for all successful Acupuncturists in INDIA.

We are also planning to have our Acupuncture Practitioners appointed in various IT Industries and the discussions with Corporates will start once the Government releases its Gazette Notification.

H.BHOJRAJ, CHAIRMAN, AAA

AAA HONOUR FOR THREE EMINANT ACU PRACTITIONERS



Mr.NARENDRA BORWANKAR, Vice President of CGI, Bangalore has been working there for 28 years after serving in IT Indutry for 6 years. Attending an Acupressure class of Dr.Bhojraj motivated him to take up Advance Acupuncture course in 2005 and joined the Academy as Trustee in 2012. He is the most sought after person irrespective of positions for pain relief in his office for many years. His contribution with Auricular

Therapy is commendable and he was honored on 25th August 2024 by AAA.



Mr.GIRISH SHANKAR who worked as an Executive in Future Group, left the lucrative job and dedicated himself to Alternate Systems of therapy after experiencing miraculous cure with simple healing system. He is specialized in almost all alternate therapies but gave lot of importance to Color Therapy and made a mark in this field. AAA honored him on 25th August 2024 during Annual Function.



Dr.BASAVARAJ, did his PhD in Jain University on Pulse Analysis after completing his M Tech in Computer Science and serving as Professor for 8 years. He is the first Indian to invent a pulse analyzer system with mobile application for the benefit of Acupuncture, Ayurveda and Electropathy specialists. He dedicated himself for Alternate Therapies and established a Research Centre in Basavangudi for proving his concept with data. The Academy

honoured him on the 12th Annual Function on 25th Aug 2024.

AAA'S 12TH ANNIVERSARY FUNCTION ON 25TH AUGUST 2024 IN HOTEL MONARC LUXUR, 67, INFANTRY ROAD, BANGALORE

The 12th Anniversary function was held on 25th Aug 24 mainly to showcase our achievements for the past 12 years. It started in 2011 with an informal discussion with like-minded people and after formal registration the Academy by Dr.H.Bhojraj with 8 more well-wishers as founder Trustees.

1.It started with the sole aim of spreading the simple healing systems to the common man to stay healthy.

2. It was also decided to conduct systematic studies and collect data for research and analysis.

3.It was also decided to interact with like-minded organizations and scientific bodies in getting the required approval for this scientific system.

4. Also decided to upload the research programs and activities of the Academy through our website bhojraj.tripod.com.

5.It was also recorded in Oct-Dec 2012 Newsletter that once we get the recognition from the Central and State Governments for this scientific system, we will strive for our own campus for Acupuncture studies with Auditorium and Staff Quarters facilities to train graduates in Acupuncture system.

After 12 years of our hard work, today we have some visibility of this future campus once the approval is accorded by Central Government. All our mentors are associated with us for the past 12 years and are well aware of our activities. It is the time to celebrate for this combined work and the next generation should become much healthier than us in spite of increased air and water pollution and climate changes which are man-made disasters.



The function was attended by all mentors who started this Academy and attended earlier

Annual Functions as guests of honor. Few of the Acupuncture practitioners and many well wishers from different walks of life attended the function with enthusiasm.



PRAYER BY SISTERS DEEPA, LAVITA AND NINA

The meeting was called to order by **Mrs.Jija**, Comperor of the function after tea at 11 AM and **Mr.Nagulan**, Trustee of AAA welcomed the dignitaries and the participants from various walks of life.



Dr.Surendra Pal in his opening remarks recalled his interactions as Vice Chancellor of Defense University, Pune with Dr. H.Devraj as Vice Chairman of UGC and expressed his heartfelt condolences to his family on behalf all Academy members and one minute silence was observed as a mark of respect to the departed soul.



Dr.H.Bhojraj, in his remarks, thanked all the mentors and staunch supporters of Acu therapy for the past 12 years and mentioned that his younger brother **Dr.H.Devraj**, was supposed to attend this function and give this advice on Diabetes research but suddenly expired on 9th Aug 2024 due to cardiac arrest. He is the first Badaga from Nilgiris to become UGC vice-chairman and getting DSc from Madras University.



Mrs.Jija, as a Trustee(Accounts) presented the one-year activities particularly the culmination of eyesight improvement research and starting of Diabetes research in collaboration with FAST Board.



Mr,M.V.Kannan, Ex ISRO Scientist and Ex. Founder Trustee of AAA made a powerful presentation by PPT, the history of AAA and its achievements in the past 12 years. He also covered the ISRO achievements of Dr.Bhojraj briefly with photo presentation.

Dr.Surendra Pal and all ISRO Scientists congratulated Dr.Bhojraj for the completion of 75 years and honored with a Pashmina Shalev.

**DONATIONS RECEIVED: Shri.S.V.RANGANATH Rs7500
Dr.BASAVARAJ Rs 5000 Mrs.JIJA Rs 5000 Mr.NAGULAN
Rs.5000**

THANK YOU ALL FOR YOUR SUPPORT



After the presentations, the dignitaries were called to the Dias and formal function started with welcome of Chief Guest Shri.S.V.Ranganath, Ex.Chief Secretary and other guests of honor with bouquets.

Mr.Bhaskarnarayana who could not come in his message appreciated the research programs initiated by AAA and expressed how he got personally benefitted by the eye sight, hearing and even diabetes just with acupressure on those 4 points. He also mentioned that his leg swelling was permanently cured a year back by activating Liv 3 point daily for a minute for almost a month. He also wrote that his regular acupressure on eye points keeping him ok for the past 10 years from cataract operation. He is our role model at 80 and we thank him for motivating us to continue our research.



Dr.Ravi Shankar, Senior Acupuncture Therapist and President, Acupuncture Science Association in his inaugural address praised the work done by AAA for the recognition of Acupuncture in Karnataka. He lauded the research projects of the Academy conceived by Dr.Bhojraj with his own experiment and expressed his whole hearted support for the upcoming Diabetes research jointly conducted by AAA and FAST Board. He told the research will start from 15th September 2024.



Dr. Kanaka Rao, Ex-Trustee explained how a casual talk after retirement resulted in a Research organization for 12 years and he was happy that he was part of the team to put the seed for the Academy. He also mentioned that the sciatica nerve problem was under control for him because of acupuncture activation as taught by Dr. Bhojraj.



Shri Achuta Rao, Ex DGP joined the meeting at 3pm told that it was mainly due to the dedication of the team, the Academy has grown like this. He told he was involved in the eye improvement research from the beginning and monitored the good progress with the team. He expressed support for the Academy and told he will be talking to the authorities in Karnataka if the Central Government gives it approval.



Dr. Surendra Pal, Ex ISRO Distinguished Scientist, told the gathering how he was involved with Bhojraj right from Aryabhata days and how he was supporting all his ventures not only after retirement but also when they were in service. He told Aryabhata's launch will be celebrated on 19th April 2025, completion of 50 years and all Aryabhata Engineers present here are planning a good celebration with all surviving Aryabhata Engineers.

Mr. Nagulan Joghee, Trustee (Nominated) in his talk expressed his appreciation for the research programs and extended his support for the success of all the research projects.



Mr. Nargunam, Chairman Excell Die Casting, Chennai who had come all the way from Chennai told how he had grown up as an Industrialist and how the Acupressure Therapy helped his employees to keep them healthy. As an engineering classmate (1966) of Bhojraj, how he encouraged him to conduct the research in his Industry. He praised the Academy for the excellent work in the preventive health care and he stressed it should be taken to all Corportares.



Dr. Samiullah, Chairman, FAST Board in his speech appreciated the Academy under the leadership of Dr. Bhojraj for constantly involved in getting the recognition for this scientific system from the State Government and how we met all Health Secretaries and Health Ministers with the help of

Shri.S.V.Ranganath. He also praised the efforts of Dr.Bhojraj for submitting a well-prepared research proposal for Diabetes control with Acupuncture and he said the Ethics committee has approved the proposal in principle and ready to implement the research at the end of the month.

Shri. A.R.Infant, Ex DGP in his recorded message recalled his involvement with Acupressure in the year 2000 and how he introduced to all police personal in Davangere when he was SP. He said he believed in this simple acupressure system and taught nearly 1000 people informally and many people have come out of even Diabetes according to their oral evidence. He expressed his support for the system and appreciated the efforts of Academy to give a wonderful simple healing systems to the common man.



Mr.Nagulan Joghee addresses the gathering

The graduation ceremony followed with 6 students getting their certificates for the year 2023-24. Then the Achievers in Acu-Therapy field for two decades were felicitated by the Chief Guest and other dignitaries. **Dr.Bhojraj** handed over the citation to all of them and congratulated them for their real contribution to the society.



In his presidential address, **Shri.Ranganath, Ex.Chief secretary** explained how the team under the leadership of Dr.Samiullah strived for the past 10 years to get the

recognition for the wonderful Acupressure and Acupuncture system based on five elements therapy. He appreciated Dr.Bhojraj for his scientific mind for any system particularly for eyes and ears improvement. If not now, In the long run this system will be highly appreciated by not only by the Government but by the public. He wanted all associations to continue the research programs and submit the papers in appropriate forum for getting the recognition as an independent system. He praised the efforts of all ISRO scientists involved in this Academy with Dr.Bhojraj and he told same ISRO culture is maintained here also. He expressed his support to take it up with authorities at the earliest. Dr. Bhojraj presented a GSLV MODEL to Shri Ranganath and thanked him for his support. **Dr.Bhojraj** also presented a T-Shirt with AAA emblem to Shri Ranganath and other dignitaries on the Dias. Others were also given during the lunch break.



In his concluding remarks **Dr.H.Bhojraj** appreciated the valuable guidance by all dignitaries which included ISRO Colleagues, specially **Shri Ranganath, Dr.Surendra Pal and Shri.Achuta Rao** for reaching this level. He also mentioned the guidance and support of FAST Board Chairman Dr.Samiullah and other members Dr.Raju and Dr.Ravishankar helped to get the approval for Acupuncture to practice as Therapy. He also thanked his ethnic group lead by Mr.Murthy , Mr.Nagulan and Mr.Saravanan for taking it forward to the rural community through the Badaga Community members of KBGA. He expressed his confidence for the success of Diabetes Control Research. He also told that the eye exercises have shown wonderful results and the paper would be published shortly.

GIVE EQUEL IMPORTANCE FOR LOGIC AND FAITH.
EXTERNEL WORLD-OBJECTIVE-LOGIC-HEAD
INNER WORLD-SUBJECTIVE-FAITH-HEART
CREATE A BALANCE BETWEEN HEAD AND HEART TO BE SUCCESSFUL IN LIFE.



Mr.G.Raman, Mr.R.Murthy, Mr.Eashwar and Mr.Ravi

He also expressed his desire to establish a college for Acupuncture Studies and also a hospital to support the system. He also insisted next generation should be motivated to take up such therapies as preventive health care and make India as vibrant healthy country compared to Western World which follows modern medicine. With Electro Pathy we have the potential to treat any emergency case according to **Dr.Huda, Electro Pathy Specialist which is like Chinese Herbal Medicine which goes well with Acupuncture.**



In the end **Mr.Suresh Palyam**, proposed the vote of thanks for all those who contributed for grand success of not only the function but for also achieving the goal which was conceived 12 years back.



Mrs.Reshma, Sr.Nina, Mrs Rekha, Sr.Deepa, Sr.Lavita



Mr.Girish, Dr.Anil Kumar, Mr.Narendra, Dr.Basavaraj

The meeting ended with lunch prepared by the expert Chefs of Hotel Monarc which was appreciated by all participants.



Mrs.Meera receives the bouquet from Dr.Bhojraj

In post lunch session **Dr.Ravishankar** gave an extensive talk on Diabetes and demonstrated the effect of NLP to the audience after explaining the theory. He told the diabetes research program will be launched shortly by issuing the Accreditation Certificate to all the 5 research Directors headed by Mrs.Jija Subramanian. Dr.C.K.Raju and Dr.Samilla and requested all the Directors to work with the protocol and give the results for analysis after 3 months.



The meeting ended with entertainment program for 15 minutes by Mr.G.Raman who sang his first Badaga Cassette song along with a Kannada song. The Badaga dance for 10 minutes lead by Mr.Shivakumar Bellan was the main highlight of the function which was widely circulated among our members.



MEETING WITH Dr.SAMIULLAH IN HIS CENTRE On 4th August 24

Dr.Samiullah, Chairman, FAST Board has planned a 100 bed Acupuncture Hospital in Sultanpalya and initiated actions for implementing the dream of a good Acupuncture Hospital for Acupuncture related treatments in Bangalore. Those interested in availing the services may contact Dr.Samiullah. Ph.9110234932

ELECTRO HOMEOPATHY OR ELECTROPATY OR SPAGERIC MEDICINE

It is nearly 160 years old system (1865) invented by Count Ceaser Mattie in ITALY, which cures the patient not the disease symptoms. The medicine restores and balances homeostasis mechanism of living beings. The so called **spageric** medicine prepared in a special process to eliminate all toxins and when taken in proper ratio brings back the chemical levels, body temperature and the ratios of water and minerals within the normal range.

The phyto-molecule based medicine regulates lymph and blood in the body which cures the root cause of the disease.

SPAGERIC

It means separation, purification and recombination. In the medicinal plants, all toxic components are removed during manufacturing process. The hidden therapeutic power that rests inside the plant is used for healing without any side effects. It is complex process of cohobation which involves filtering, distillation, separation, purification and recombining in 3 or 4 stages depending on the medicinal plant.

ELECTRO

It means Bio-Energy which known as PRANA in India, Qi(CHEE) in China, Ki in Japan, Ru in Arab Countries or OD in Italy.

EVAUATION OF PATIENTS HEALTH

It uses Five Elements Theory for evaluation by observing, questioning and palpating.

ENERGY AND HUMAN HEALTH

Human body is a energy system which utilizes THERMAL ENERGY for maintain body temperature, MECHANICAL ENERGY for working, ELECTRICAL ENERGY for brain and nervous function and CHEMICAL ENERGY for all cell functions. Ultimately ENERGY efficiency defines the health. ELECTROPATY RESTORES CELL ENERGY.

It is not a therapy, but it is a comprehensive system (Pathy) and the Central Government has in principle approved for research and practice in INDIA.

WHY IS IT REQUIRED?

Acupuncture alone has limitations due to its energy only based application but Spageric medicines can cure the entire system like Chinese Herbal Medicines.

CLASSES ARE CONDUCTED REGULARLY FOR CERTIFIED ACUPUNTURISTS.

CONTACT Dr.GIRIDHAR GOPAL PH 8088033337



Dr.Giridhar Gopal introduced to Mr.Nargunam



Dr.Ravi, Sr.Sunitha, Dr.Beena, Electrohomeopathy Practioner, Dr.Giridhar and Mr.Girish

THE BACKGROUND WORKERS FOR THE GRAND SUCCESS OF THIS FUNCTION



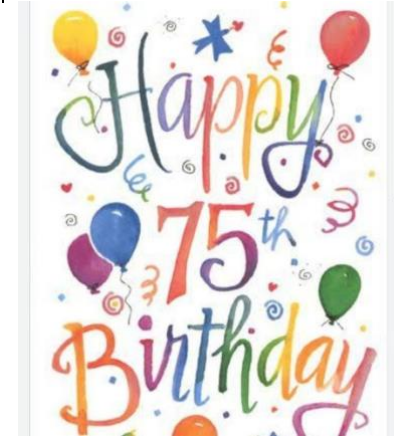
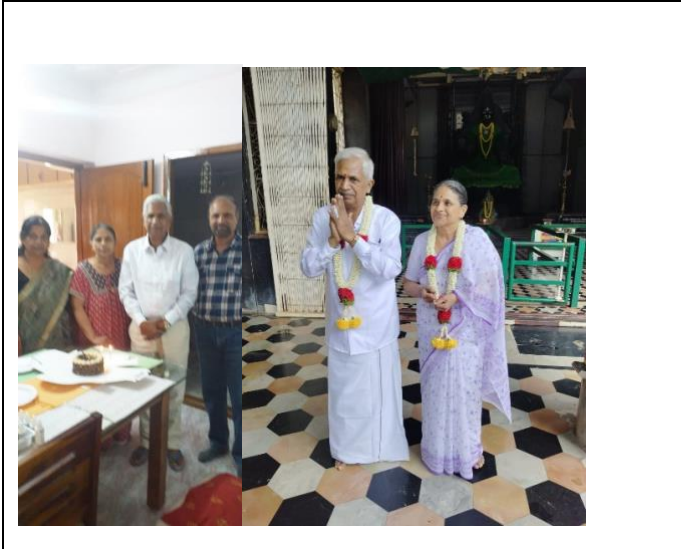
SPEND SOMETIME EVERYDAY IN MEDITATION AND PRAY FOR DIVINE GRACE

THE PARTICIPANTS



Mr.Nargunam,Dr.Bhojraj,
Mr,Shankarnarayan,
Mr.Karunanidhi and
Mr.Raghavenran (1971/72
Batchmates on 24th Aug
2024 in Radissons Blue for
dinner meet.

THANK YOU ALL FOR 75 YEARS BIRTHDAY WISHES 21-08-2025



I would like to express my hearty thanks for all my well-wishers who blessed me on my 75th Birth Day on 21-08-2024. My special thanks to Mr.Prabhu and Mrs.Vennila Prabhu for coming all

the way from Nilgiris to wish me on that day.

KBGA UPDATE

INTERNATIONAL BADAGA MEET(IBM) DATE FINALIZED-06-07-2025

BY Mr.GANESAN, VICE PRESIDENT, KBGA

The IBM committee headed by Dr. H.Bhojraj met on 17th August in Hotel MTR in HSR Layout over lunch which was attended by Mr.Rajendran, Director of the Conference, Mr.R.Murthy, Vice Chairman, Mr.Nagulan, Vice Chairman and myself as acting Secretary of the conference. Mr.Saravanan, Secretary and Mr.Rajkamal,



Jt.Secretary could not attend due to other engagements.

Dr.H.Bhojraj, Mr.Rajendran, Mr.Nagulan, Mr.Ganesan and Mr Murthy

In the earlier meeting a two-member committee was formed to give us the possible dates for the meet based on their interactions with Badaga people living abroad informally and based on their convenience, the date can be finalized depending on their planned visit to India particularly to their native place. Mr.Rajendran and Mr.Nagulan after interacting with many people from USA, Australia, Dubai and New Zealand, they recommended it should be held in July 2025. After discussions it was decided to have the meet on **6th July 2025 in Bangalore**. The Secretary and other committee members will start sending the official announcement for registration in KBGA letterhead to all probable participants all over the world.

KBGA TRUST MEETING ON 18-08-2025-- BY Mr.SARAVANAN, PRSIDENT, KBGA

KBGA TRUST meeting was held in Egleton Golf Club, Bididi on 18th Aug to discuss the actions to be taken to have a permanent building for KBGA in the half acre site near Bylalu. Mr.R.Bojan, Chairman, in his opening remarks mentioned the efforts gone into this procurement of land, regularization as per the Government rules and requested the Trustees to formulate an action plan to demarcate the boundary with proper fencing and making the approach road as per the agreement with the neighbor. He also mentioned that he would be going abroad for an year. After



discussions, it was proposed to nominate a new Managing Trustee since Mr.Bhojan is not available for nearly 8 months in Bangalore. All the Trustees suggested Mr.Nagulan Joghee be nominated as the Managing Trustee and takes over the activities of the trust from now on. The Mr.R.Bojan expressed his congratulations to Mr.Nagulan and thanked all the Trustees for their solid support for the Trust during his tenure. All members thanked Mr.Bojan for his excellent leadership and all requested him to join the International Badaga Meet Committee as a member and contribute from abroad since the meet is in July 2025 for which he agreed to join and do his best for the success of the meet. All of them thanked Mr.Bojan for the excellent arrangement in the club with nice lunch.

1971/1972 ACCETOBA BATCH 75

YEAR CLUB

As we are nearing the final phase of our present life cycle, those who have studied Engineering in Alagappa Chettiar College of Engineering and Technology (ACCET), after celebrating our Silver Jubilee and Golden Jubilee celebrations in 1992 and 2021, decided to come together often in groups in a common place in Chennai or Bangalore or Coimbatore or Madurai whenever our friends visit India. It was planned mainly to improve our interactions in the fag end of the life and share some of our experiences for the betterment of the society. Mr.P.G.Santhanam, 76 yrs won the Gold Medal for the 100M sprint conducted in the national meet for veterans above 75 and he was qualified to participate in the upcoming world meet. In fact, we honored him during one our Chennai meeting. This time Mr.Radhakrishnan and Mr Rajaraman from USA and Mr.Muthusamy from Australia visited Chennai and Mr.Sridhar took the initiative to call for a get together on 12th August which was attended by about 15 people.



Mr.P.G.santhanam, Mr.R.Chidambaram, Mr.Ananthkrishnan, Mr.Suresh, Mr.Sridhar, Mr.Vishwanathan, Mr.Radhakrishnan, Mr.Murthy, Mr.Muthusamy, Mr.Rajaraman, Mr.Nargunam, Mr.Venugopal, Mr.Mohan and Mr.Angamuthu

MEETING IN BANGALORE ON 9TH AUG 2024



Mr.Murugappan, Mr.Jayshankar, Mr.Somasundaram and Mr.Thangasamy

Mr.Murugappan, Golden Jubilee Celebrations President visited Bangalore and our Bangalore ACCETOBA team met in Koshis Restaurant, M G Road. Due to sudden developments in Chennai I had to rush to Chennai on that day though I took initiative to organize the meet. Mr.Jayshankar, Ex HAL, Mr.Thangasamy, Ex BARC, Mr.Somasundaram, Ex.Railways attended the lunch with Murugappan. This team along with Late Mr.Ramesh responsible for instituting scholarships for deserving candidates and monitoring the selection process every year in ACCET, Karaikudi.

EYE SIGHT IMPROVEMENT JUNE 2024 BATCH-VERY ENCOURAGING RESULTS-SAYS Mrs.KALLOLINI, RESEARCH DIRECTOR

The eye sight improvement June 2024 batch completed their three months practice and the review was held by **Dr.H.Bhojraj**, Chairman of AAA on 28th August at 7 PM by ZOOM Meeting. This was attended by about 20 members though the training was conducted for 35 members including the earlier batch. **Mr.Sundramuthy**, Trustee attended the review from US.

After the formal welcome by **Mrs.Kallolini**, Dr.Bhojraj explained the logic behind this movement self-help with acupressure for improving the eyesight. He explained his own experience and with this same procedure, he could get rid of the specs within a year of starting the exercise in 2014. He also told his ex-colleague **Mr.Bhaskarnarayana** could avoid cataract surgery for the past 10 years with this exercise.

Mrs.Monica Bakshi, 55 yrs joined the review from London and expressed how her eyesight improved with this exercise. She could come out third nerve palsy and she could read the monitor without glasses. **Mrs Arundhathi Kothwal**, 69 yrs said she was able to read better by one line without glasses and could watch TV without getting tired eyes. **Ananya**, 11 years told she was able to read one line better after the practice. **Mrs Bhanumathi**, 65 Yrs was able to hear better than earlier and eye sight remained same.



Mr.Krishnan, 72 yrs said his eye sight has become almost normal and even his ear problems also solved. He was able to hear much better. **Mrs Saraswathi Balan**, 75 yrs told her macular degeneration is reversed and she was able to see T V clearly without glasses and able to read even small letters. **Mrs.Suguna Krishnamurthy**, 65 yrs said that she could read the 11th line also clearly. **Ms.Yukthashree**, 14 yrs could see changes in her hearing and also in the eye. **Mrs.Manjula**, 70 yrs told she could she subtle improvement in the eye with clear eyes and very good sleep.