An institution created to propagate the practice and the use of Drugless Therapies for better health and living.

Mission Statement

● Stay Healthy ● Treat Yourself ● Avoid Drugs

Vision

To build AAA as an exclusive institution of International standards in Acupressure and Acupuncture as also of other drugless therapies

Office:

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About the Academy

The Academy for Acupressure and Acupuncture (AAA) was registered on 2nd February, 2012 under the Indian Trusts Act 1882. The formation of this Academy with Dr. H. Bhojraj as Founder Chairman and six other eminent personalities as Trustees is with the SOLE aim of getting due recognition from the Government for this Scientific Acupressure and Acupuncture Treatment. AAA is a dedicated organization to the cause of disseminating and spreading knowledge and information about Acupressure, Acupuncture and other drugless therapies among public and its effectiveness in cure for many common ailments. Further, AAA will be a common platform/forum and a recognized body for practitioners of drugless therapies to carry out research, share ideas, publication of papers in journals etc. Besides, AAA will be conducting systematic studies and archive data for research and analysis. AAA has plans to organize training programmes, seminars, workshops, panel discussions, conferences, surveys, workshops etc., for public outreach.

One of the key objectives of this ACADEMY is to build the required immunity to ailments from the very young age with the philosophy of “prevention is better than cure” and “a healthy mind needs a healthy body”.

The Academy has well established acupressure and acupuncture practitioners for training, guiding aspiring candidates and for pursuing research under Dr. Bhojraj and his disciples.

About Chairman of the Academy

Dr. H. Bhojraj M.D (Acu), an eminent Mechanical Engineer/Space Scientist by profession, formed Acupressure Club in 1992, primarily to spread the message of simple alternative healing systems for all mankind to treat many common ailments without the use of medicines.

The Acupressure Club currently has over 250 active members who practice the amazing art of healing under the guidance of Dr. Bhojraj. The techniques imparted by him have shown tremendous results and have successfully cured innumerable suffers of various ailments. Most importantly, he has taught them to heal themselves and stay healthy the natural way.
Dr. Bhojraj had conducted many free treatment camps to treat the poor and underprivileged and also conducted camps that focus on specific ailments like Diabetes, Asthma, Migraine Headache, Back and Knee pain and so on.

Dr. Bhojraj’s method of acupuncture is very popular among acupuncture practitioners. This is a real combination of classical and Su-Jok acupuncture principles. In this method of treatment, after initial pulse analysis, four needles are inserted on the skin at four different points, for a short period of a few minutes. The results obtained are excellent.

Dr. Bhojraj was successful in creating awareness of acupressure and its benefits to all, with simple and easy to practice approach, by providing online support through Internet media and frequently organizing training programs.

The Approach

AAA is planning to adopt a few schools for its Children’s Immunization Campaign to begin with. The services will be further extended to institutions/NGOs/old age homes taking care of senior citizens and lower strata of the society for a healthy living. This will be achieved by bringing awareness of drugless therapies, imparting self training and continuous monitoring etc. AAA has plans of exclusive building for the academy in Bangalore or nearby which will have full infrastructure required for all activities of the academy that includes providing residential training programmes/courses, establishing a good library and so on. Funds required for meeting the objectives of the academy shall be raised through seeking donations, endowments etc., from individuals, NRIs, government institutions, sponsored public programmes etc.

We invite likeminded individuals, institutions, philanthropic families, corporate and service organizations to join hands in our efforts of spreading these effective drugless therapies and in taking up the AAA to greater heights. We solicit donations/contributions. All your support will be duly acknowledged. All contributions should be made in favour of ACADEMY for ACUPRESSURE and ACUPUNCTURE, Bangalore.
Governing Council
The AAA is managed by a Governing Council for its effective working

1. Dr. H. Bhojraj, BE (Hons.), M.D. (Acu): Founder Chairman
2. Dr. K. Kanaka Rao, MBBS, a medical Practitioner of repute: Vice Chairman
3. Shri Palyam Suresh, a graduate in Agriculture, widely travelled in Indian states, with a wide understanding and experience of climate related food habits and life styles etc.: Managing Trustee
4. Shri K.N. Suryanarayana Rao, an engineer of eminence (ISRO); a practitioner and advisor of Acupuncture: Trustee (Accounts)
5. Shri M.V. Kannan, an engineer of long standing in communication technologies (ISRO) and a strong supporter of Acupuncture and drugless therapies: Trustee
6. Dr. Narendra Borwankar, M.D. (Acu), a software engineer of eminence and a qualified practitioner of Acupressure and Acupuncture: Trustee
7. Shri S. Ramaswamy, MS in Psychotherapy, a hypnotist: Trustee

Children's Immunity Development Campaign
Today more and more parents are realizing that the key to a healthy child is a strong immune system. All children are constantly exposed to disease causing organisms such as bacteria, viruses, fungi and other parasites. This does not mean they will get sick. A strong immune system provides the child with the natural defenses to fight diseases/ailments.

If children have a weak immune system, they are more susceptible to cold, cough, fever, flu and other ailments. Exposure to different viruses and bacteria can actually strengthen the immune system of children.

Regular activation of reflex points on the palm and foot of the child improves the immune system. This has been tried by many people who have given positive results.

Acupressure points to overcome many common ailments will be taught to those mothers who join the Campaign. Mothers will be motivated to follow this preventive therapy for one year and record their observations for our records and archives.

For more details of the Campaign, please contact:
Dr. H. Bhojraj, Chairman (Tel: 98456 49914) or
Shri Palyam Suresh, Managing Trustee (Tel: 93412 61251).
The Chairman and Members of the Governing Council of

ACADEMY for
ACUPRESSURE and ACUPUNCTURE

Cordially invite you on the auspicious occasion of

INAUGURATION

of

the ACADEMY on Sunday, March 11, 2012 at 10-30 AM

in KAVERI Hall

Hotel Chalukya
Race Course Road, Bangalore

Shri Neelam Achuta Rao I.P.S.
Director General & Inspector General of Police, Karnataka (Retd.)
has kindly consented to be the Chief Guest

Dr. S. Pal
Distinguished Scientist & Associate Director, ISRO (Retd.)
has also consented to be the Guest of Honor

Palyam Suresh
Managing Trustee

Dr. H. Bhojraj
Founder Chairman
PROGRAMME

09-30 to 10-00 Hrs. Registration
10-00 to 10-30 Hrs. Tea/Coffee
10-30 to 10-35 Hrs. Invocation
10-35 to 10-45 Hrs. Welcome
10-45 to 10-55 Hrs. Introductions of Chief Guest & Guest of Honor
10-55 to 11-05 Hrs. Address by Chairman of the ACADEMY
11-05 to 11-20 Hrs. Introductions of Trustees
11-20 to 11-30 Hrs. Lighting of Lamp & Unveiling of ACADEMY Banner
11-30 to 11-35 Hrs. Release of Brochure of the ACADEMY
11-35 to 11-45 Hrs. Launch of Children's Immunity Development Campaign
11-50 to 12-10 Hrs. Presentation of Certificates to Advance Course Students
12-15 to 12-35 Hrs. Experience sharing by Advance Course Students
12-45 to 12-55 Hrs. Address by Guest of Honor
12-55 to 13-05 Hrs. Address by Chief Guest
13-05 to 13-10 Hrs. Vote of Thanks

RSVP: Jacob - 099027 28492    Suresh - 093412 61251