



ONE DAY WORKSHOP ON ACUPRESSURE – A REPORT BY Mr. JACOB MATHEW  
Mobile No. 9902728492

DATE: 18<sup>th</sup> SEPTEMBER 2010

VENUE: 1963, 8<sup>th</sup> Main, E-Block, Rajaji Nagar, Bangalore, INDIA

TIME: 0930 – 1630 Hrs

ORGANISER: DR.H.BHOJRAJ, MD (ACU)

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A one day workshop on Acupressure from morning 0930 Hrs till afternoon 1630 Hrs was conducted by Dr.H.Bhojraj on 18<sup>th</sup> September 2010 .It was a small gathering with the active participation of 8 people including 3 students of advance acupuncture course.

Dr.H.Bhojraj covered the introductory topic on acupressure technique as remedial measures for various ailments detailing on the Vital organs and corresponding meridians, Single point solutions, Hand reflexology, Auricular Therapy, Oil pulling therapy, SWAISO , Rotational exercise and body balance. The session was structured more on practical rather on theory. The participants were provided with the basic book on acupressure for subsequent reading and self practice. A good lunch was also organized.

The following are the feedback from participants on this workshop.

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| 1 | B. Subashini<br>32 Yrs, Mobile No. 9916116550<br>No. 321, Satko Palm Trees Apartments, I Main Road, Munnekolal, Marthahalli, Bangalore – 560 037                      | The course was enjoyable, more learning with practical, created positiveness. I felt very energetic throughout the day.   |
| 2 | B.V. Gayathri Devi, 49 yrs<br>Mobile No. 9886152610<br>No. 2, Benaka Lakshmi Nilaya, 7 <sup>th</sup> Cross, Nagadevana Halli, Gana Bharathi Post, Bangalore – 560 056 | It is very interesting and we learnt a lot about our health. A very easy method to stay healthy. The Course met our expectations.                                       |
| 3 | Yogini Mehta<br>54 yrs, Mobile NO. 98450 27162<br>Apartment No. 2020, Prestige Casablanca,  | I enjoyed the course thoroughly. Though I learnt acupuncture advance course, the body balance practical in this basic course has its own cure. Thanks for the wonderful |

- Old Airport Road  
Bangalore – 560 016
- 4 Sr. Valasumma George  
45 yrs, Mobile No. 9901819711  
Auxilium Navajevana, 2/1, 6<sup>th</sup> cross, 9<sup>th</sup> Main, Shamanna Garden,  
Bangalore
- 5 Sr. Bridget Thonippa  
60 years, Mobile No. 9901819711  
2/1, 6<sup>th</sup> cross, 9<sup>th</sup> main, Shamanna Garden, Bangalore – 560 026
- 6 Mrs. Sobhan Arn Shah  
58 yrs, Mobile No. 09895108390  
'Sheetal', P.J. Jacob Road, Thopumpaddy,  
Cochin – 5
- 7 Ms. Koshali C. Dharamshi  
30 yrs, Mobile No. 0-8050951658  
No. 658, I floor,, 30<sup>th</sup> Main, 14<sup>th</sup> Cross, I phase, J.P. Nagar,  
Bangalore – 560 078
- 8 Mrs. Virginia Ema  
48 yrs, Mobile No. 9986602996  
205, Gokuk Lake View Apt. 1962, 6<sup>th</sup> block, Jayanagar, Bangalore  
– 560 082
- coverage with more practical.
- It is very lively and useful course. Class has given me the techniques to keep myself healthy so that I can also help others. These simple therapies can be practiced by any one and I am going to teach others also.
- It was very nice, interesting and very useful course. I have learnt many new techniques to help myself and others too. All our doubts were cleared by the Course Director
- I have come all the way from Cochin to learn this technique from Dr. Bhojraj. I certainly feel it is worth and I feel very good about the course. It has given me more practical knowledge.
- My experience in this whole class was fantastic. I am very positive about the new knowledge gained in this course. I am looking forward to attend advance course
- I am very happy to have attended this beautiful, beneficial health course. It will certainly help me to be healthy and wise. Thank you very much.
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