



## ACU WELLNESS CENTRE

(Preventive Health Care)

2013, 7<sup>th</sup> Main, D Block 2<sup>nd</sup> Stage Rajajinagar,  
Bangalore – 560 010

Mobile : 8050901238 Website: acupressureclub.org

### 5 DAYS ACUPRESSURE COURSE

Morning Batch  
11 am to 12:30 pm

Afternoon batch  
2:30pm to 4pm

Starting date: (Monday)

(DD/MM/YY)

Full Name:

Address:

Phone: Res/Office

Mobile:

E-Mail ID:

Date of Birth:

Age: \_\_\_\_\_ Years

Qualification & Profession:

Eye Sight : Normal/ wearing glasses

General Health: Excellent/ Very Good/ Good/ OK

If OK, give details:

Recommended by:

Date:

Place:

Signature



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### Origin of the Academy for Acupressure and Acupuncture (AAA) and Acu Wellness Centre

The Academy for Acupressure and Acupuncture was conceived by **Dr. H. Bhojraj. Rtd ISRO Scientist** mainly to spread the simple healing systems to the common people.

AAA was registered as a Trust on **2<sup>nd</sup> Feb, 2012** with **six other eminent personalities as Trustees**. It has been organizing training programs, seminars, workshops, and conferences for public outreach.

One of the **key objectives of this Academy** is to build among children, the required **immunity to ailments** from a very young age with the philosophy of “**prevention is better than cure**”.

The Academy conceived ACU WELLNESS Centre in Rajajinagar, mainly to motivate young parents to adopt preventive therapy for their children. This will help avoid heavy doses of medication in their growing years. **We have been successful in using simple acupressure and eye exercises for young children wearing glasses to restore their eye sight.** This Wellness Centre has been planned for young parents to try these simple techniques at home after proper training.

**The Wellness Centre will provide 5 days Acupressure Course** to all interested in preventive therapy by experienced faculties in 2



batches between 11 to 12.30 pm & 2:30 to 4.00 pm starting from Monday, every week.

Only about 10 to 15 people will be registered in a batch so that they can be given individual attention. The course will cover practical's on like Body (energy) Balancing techniques, Single Acupressure points for common ailments, Reflexology (Health in your hands) and other simple techniques including Zen Meditation.

#### ACU WELLNESS Centre – Aim

- Preventive health care (One week class from 11 to 12.30 & 2.30-4.00 pm in 2 batches - 15 students per batch)
- Meditation, Single point Solutions for common problems, Body energy balancing practical's, Reflexology etc.

Fees : Rs. 2000/- per participant

Venue: 2013, 7<sup>th</sup> Main, D Block, 2<sup>nd</sup> Stage  
Rajajinagar, Bangalore-10

A Physiotherapist will be available between 10:30 am & 5 pm

#### Preventive Therapy

We must concentrate not only on cure, but also on prevention of the disease. Daily exercise, deep breathing (clean air), proper food (naturally grown), relaxation and positive thoughts play an important role in preventive technology. Acupuncture treatment helps to prevent disease by enhancing our immune system and detoxifying the digestive system. It aims not only at absence of disease, but also to bring a feeling of wellbeing with an abundance of physical and mental energy.

#### Health of our Nation

Children below 10 years especially should be treated by their parents to develop a very good immune system to stay healthy for a long time. Parents should avoid heavy dose of antibiotics to overcome common cold and cough which is a natural process to cleanse the lungs and large intestine.

**Join our National Mission of Preventive Health Care. Practice Yoga & join this class to know the techniques to prevent the problem in future.**

The formal inauguration of the Academy was held on 11<sup>th</sup> March 2012 in the Cauvery Banquet Hall at Hotel Chalukya, Bangalore. Shri Neelam Achuta Rao, Director General and IGP, Karnataka (Retd.) graced the occasion as the chief guest. Dr. S. Pal, Distinguished Scientist and Associate Director, ISRO (Retd.) was the Guest of Honor.



Mr. M.V. Kannan, Mr. Dasgupta, Dr. H. Bhojraj, Prof. K.K. Mishra, Mr. K.N.S. Rao, Mr. P. Suresh



The 5<sup>th</sup> Anniversary and Graduation was organized on 7<sup>th</sup> Feb 2017. Shri. Abhijit Sengupta, Rtd Secretary, Dept of Culture, Govt. of India was the Chief Guest. Mrs. Ambika Sengupta, writer and Wg Cdr (Dr). Romesh Bhat, Rtd. IAF officer were the guests of honor.