



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

DATE: 18th SEPTEMBER 2010

VENUE: 1963, 8th Main, E-Block, Rajaji Nagar, Bangalore, INDIA

TIME: 0930 – 1630 Hrs

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

A one day workshop on Acupressure from morning 0930 Hrs till afternoon 1630 Hrs was conducted by Dr.H.Bhojraj on 18th 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.

- | | | |
|---|---|---|
| 1 | B. Subashini
32 Yrs, Mobile No. 9916116550
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
Mobile No. 9886152610
No. 2, Benaka Lakshmi Nilaya, 7 th 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
54 yrs, Mobile NO. 98450 27162
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, 6th cross, 9th Main, Shamanna Garden,
Bangalore
- 5 Sr. Bridget Thonippa
60 years, Mobile No. 9901819711
2/1, 6th cross, 9th 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,, 30th Main, 14th Cross, I phase, J.P. Nagar,
Bangalore – 560 078
- 8 Mrs. Virginia Ema
48 yrs, Mobile No. 9986602996
205, Gokuk Lake View Apt. 1962, 6th 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.
-