



ACU WELLNESS

ACADEMY for ACUPRESSURE and ACUPUNCTURE®

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No. 3A

Two days International Seminar at Bengaluru on use of PMA

On 26th and 27th September (Saturday, Sunday).

Encouraged by the response received and the growing popularity of the **Pulse Metabolic Analyser (PMA)**, it will be a platform for the users of PMA to share their experiences. Such sharing of experiences will lead to exchange of information, clearing of doubts regarding the use of PMA and will give the participants a better understanding of the data generated. **This data will provide a strong base to scientifically prove the efficacy of holistic methods of healing in treating various ailments.** It will also pave the way for further improvements / innovations that can be incorporated into the PMA.

Dr. Sergey Fedotov, is expected to participate in this Seminar. Participants will be provided a time slot of 15 minutes to present briefly, the summary of their treatments/findings. The complete scientific papers (even if more than 1 case) will be published in a compendium of the Academy.

The registration for presenting the papers should reach us by **10th July 2015**. The presentation paper (one hard copy and a soft copy in MS Word format) must reach us by **10th August, 2015**. The venue is Atria Hotel (tentatively), Bengaluru. The participation fee will be Rs. 6,000/- per person.

Confirm your participation by mail to acuacademybgl@gmail.com

Dr. H. Bhojraj
Chairman

Background for the Seminar – with scientific proof

Our Academy conducted the First Workshop in India on **Pulse Metabolic Analyser (PMA)** on 16th November 2014. The purpose of this workshop was to acquaint, learn and discuss in depth the potential of the PMA system for **Acupuncturists, Ayurveda and Homoeopathy practitioners.**

The PMA has the capacity to quantify the various energies, the 6 ions, acid - pH balance, *yin* and *yang* energies and *vatha*, *pitta*, *kapha*. It also suggests food supplements based on the Pulse Diagnosis. The PMA has been developed after many years of research on the **computerised pulse diagnosis system** at the Moscow Centre of Surgery of Russian (USSR) Academy of Medical Science.



Dr. Sergey Fedotov, the inventor of this measuring technique has established his own Pulse Academy. He has combined modern medical knowledge with the theories of TCM and Ayurveda and presented the software along with a pulse sensor for evaluation. The presentation by Dr. Fedotov in this workshop has been highly appreciated.

The PMA was developed based on the principles of hydrodynamics and spatial analysis of signals. This is being used all over the world to measure the energy levels (six in all) of 12 major organs of the human body. Based on the tremendous achievement in quantifying the energies as per the Traditional Chinese Medicine (TCM) and Ayurveda, the Academy for Acupressure and Acupuncture, Bangalore, organised this one day Workshop on PMA. In all, **60 practitioners** of various streams of medicines (Ayurveda, Homoeopathy and Acupuncture) participated. All the practitioners were happy with the outcome of using the PMA.

It is heartening to note that after this workshop, many practitioners, particularly of Acupuncture, have bought the PMA system and have been using it to treat people with various ailments.

Pulse Analysis and Selection of Acupuncture points to cure the root cause of the disease

By Dr. H. Bhojraj, B.E. (Hons.), M.D. (Acu)
Founder Chairman, Academy for Acupressure and Acupuncture, Bangalore

INTRODUCTION

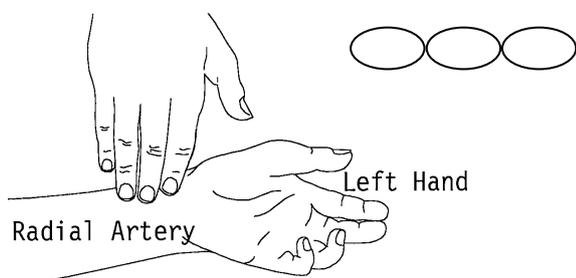
'Pulse Diagnosis' is the main pillar of Acupuncture therapy since it reveals the condition of all the *Yin* and *Yang* organs. With this observation, one will be able to find out the condition in which the system is held at that point of time which may cause symptoms in the person. By mastering this simple observation with the fingers, one must be able to cure any ailment. Based on this observation, one single point can be selected to cure any ailment. Also, 3 other points can be activated to supplement the first point.

PULSE ANALYSIS :

It is a technique in which by measuring the strength of the pulse in 6 positions in the radial artery near the wrist, one can analyse the system which is responsible for the disease/ailment at that point of time. Also, by comparing the strength of the pulse in the superficial and deep positions, one can obtain the clues about the organ which is to be balanced by acupuncture.

Radial Pulse Examination

The most favoured pulse for diagnosis is the radial pulse at the wrist. The first position is near the wrist crease and the index finger (10 mm width) can be used to check the pulse with its centre lying 5 mm from the wrist crease. Similarly, the second position is approximately 2 fingers and its centre lies at 15 mm from the wrist crease. The centre of the third position is about 25 mm from the wrist crease.



Pulse Position Diagnosis

Pulse examination can be done by placing all the three fingers (index, middle and ring finger) side by side. The right hand fingers are used to examine the left radial artery and left hand fingers are used to examine the right radial artery. Ideally, the arm should be folded at the elbow and the wrist should be approximately level with the heart while examining the pulse in the sitting position. While

diagnosing a patient who is lying down, the pulse can be examined without lifting the wrist from the bed. If one has a sensitive index finger, one may use only this finger to feel the pulse quality in all positions.

How can the sensitivity of index finger be improved?

Take a two or one rupee coin and deliberately touch the head and tail sides very carefully, recording the feeling of the touch in your mind. After doing this for a few minutes, just toss the coin and with your closed eyes, feel the side to identify head or tail. If you are successful 9 out of 10 times, one can start pulse diagnosis with accuracy.

Superficial and Deep pulse

Allopathic doctors check the pulse rate which has to be 72 +/- 12 beats per minute for a healthy person. When this goes beyond 84 or less than 60, the doctor may suspect anxiety or heart is unable to pump and there is only one pulse which can be examined either on the right or the left wrist. In acupuncture, the pulse strength and not the number of beats are examined. According to Chinese theory, the heart sends specific messages to all 12 *Yin* and *Yang* organs so that all of them work together for good health.

Yin and Yang Organs

Yin organs are those vital organs which are well protected by the rib cage and the skull. *Yang* organs are those which depend on the vital organs for their subtle energy for their functioning. *Yang* organs work as and when required during the day but *Yin* organs work all the time. The *Yin* organs are Liver, Brain, Heart, Spleen, Lungs and Kidneys and their paired *Yang* organs are Gall Bladder, Triple Warmer, Small Intestine, Stomach, Large Intestine and Urinary Bladder.

How the strength is assessed ?

The pulse of *Yang* organs can be felt at the superficial level i.e., when the blood pressure is 120 mm of Hg column and pulse of the *Yin* organs can be felt at the deeper level i.e., when the blood pressure is 80 mm of Hg. Light pressure felt at the position indicates the *yang* organ strength which can be quantified with one's own scale (it is also possible to measure with a microphone). Similarly, to feel the deeper pulse, stop the pulse and then release the pressure slightly. This indicates the deep pulse strength. For the pulse analysis it is essential to compare the relative strength of the organs in the same position as identified as **L1 L2, L3, R1, R2,** and **R3** as given in the figure.

| <u>Position</u> | <u>Superficial</u> | <u>Deep</u> |
|-----------------|--------------------------------|------------------------|
| L1 (Fire) | Small Intestine | Heart |
| L2 (Wood) | Gall Bladder | Liver |
| L3 (Water) | Urinary Bladder | Kidneys |
| R1 (Metal) | Large Intestine | Lungs |
| R2 (Earth) | Stomach | Spleen |
| R3 (Fire) | Spinal Cord (Triple Warmer) | Brain (Pericardium) |

What is energy constitution of the body?

The Constitution of the body can be defined as the predominant 3 organs having high energy at one point of time. Each individual has a basic energy constitution by birth and a predominant energy constitution depend on the age and life style. This energy constitution with excess or deficiency of twelve internal organs can be assessed by pulse analysis.

This dynamic energy balance is a continuous process and can change from one constitution to another depending on external and internal factors. However, an individual can have one or two predominant constitutions during one's life time, including the inborn constitution. The inborn constitution is influenced by parents' traits, family background and factors playing a role during pregnancy, the seasons and the movements of heavenly bodies at the time of birth.

Energy Constitution changes

The constitution has the tendency to change according to the creative cycle of five elements.

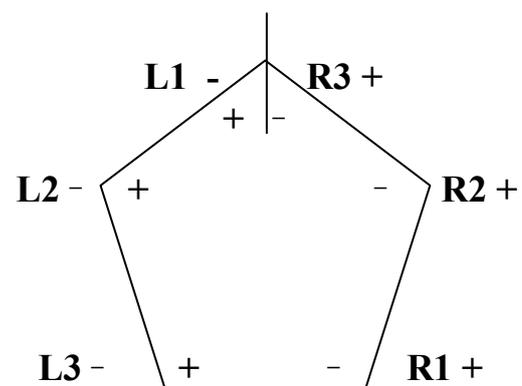
Usually, in a healthy person, constitution change occurs slowly and is not noticeable. In the case of acute diseases, the energy constitution changes very fast and in case of chronic diseases the constitution has a tendency to remain in a fixed state with either deficiency or excess of different elements. When one of the organs has excess energy, the mother and son elements usually show an excess tendency for that constitution. Once the excess energy of the organs is determined through pulse analysis, it is very easy to diagnose the constitution and take corrective measures with acupuncture.

If three consecutive *Yang* organs have excess energy, there is *Yang* constitution of the middle organ and similarly, if three consecutive *Yin* organs have excess energy, then it is termed as *Yin* constitution of the middle organ.

Examining the typical Constitution

A typical example is given here to find out the constitution. For example, the pulse observation shows the following strengths in Right and Left positions, it can be incorporated in a pentagon diagram as given below.

| | Superficial | Deep | |
|----|--------------------|-------------|--------------------------------|
| L1 | - | + | (Indicates deep pulse strength |
| L2 | - | + | is more than superficial) |
| L3 | - | + | |
| R1 | + | - | [Indicates superficial pulse |
| R2 | + | - | Strength is more than deep |
| R3 | + | - | pulse] |



For finding out the constitution, only the five elements are to be taken into account since Pericardium (brain) and Triple warmer (spinal cord) controls all the *Yin* and *Yang* organs respectively.

Here one can observe L1, L2, L3 are having excess energy and the constitution is the *Yin* wind constitution. From this analysis we can conclude the person has long time muscular related problems.

Since the energy is excess, it is easy to balance the system by reducing Liver wind i.e., Liv-1. A single point can solve almost all the problems. The symptoms will start vanishing in reverse order. As supplementary points, the controller for Liver i.e., Lung Dryness (Lu-8) can be increased and son *Yin* Heat (H8) can also be reduced. The fourth point is to inform the overall manager of all five elements i.e., Pericardium (brain) to reduce wind i.e., P-9 sedation.

The THEORY OF PULSE ANALYSIS

It is now important to know the theory behind why the 12 position displays different strengths. The origin of a disease process can understood through this diagnosis. Instead of suppressing the symptoms, it is very important to identify and

remove the root cause of the problem through pulse diagnosis.

Active expansion and contraction of the blood vessels cause PULSATION. The intensity of expansion and contraction depends on the nutritional requirements of the vital organs. Blood supplies nutrition to the tissues and the work done during contraction and expansion produces heat energy which gives necessary warmth to the organ.

As the blood passes through a constricted or expanded segment of blood vessels, a wave of friction and turbulence sets in, generating energy similar to electrical current and voltage. The tissues of vital organs require this energy to make use of the nutrition supplied to them. In other words, if that energy is not created in an organ, the nutritional supply would be wasted.

In fact, energy is spent to receive the nutrition brought by the blood circulation to a particular part of the body. This energy is organ's own energy as well as energy supplied by the frictional force when blood passes through contracted blood vessel. The ability of the vessel wall to contract and expand depends on the prevailing energy in that part of the body to which the nutrition circulation is directed.

It is very important to note that if the cells of a particular organ have sufficient energy to actively draw the nutrition being circulated through the blood vessels, there is no need to contract and expand and release additional energy to facilitate further nutritional flow across the cell walls.

On the contrary, if the energy is insufficient in any of the twelve organs including the heart itself, the signals from these organs reach the heart through the brain. The heart responds with an electrical impulse according to the needs of these 12 organs and it is incorporated in every beat. These pulse waves make the arteries expand and contract in varying degrees into those energy deficient parts of the body from where the signals were originally transmitted to the heart.

The original message of the heart can be read at 12 positions in the radial artery as explained earlier. **It is a natural phenomenon for the heart to increase the blood pressure whenever there is a major requirement of energy due to local problems.** For example, when hyper acidity is felt in the stomach or constipation occurs, the BP will raise to increase the energy to stomach or large intestine. Similarly, when kidney problems are felt, first thing, the blood pressure is observed to be very high. It is a curative mechanism and high BP is

nothing but an indication that there is a major requirement in one of the 12 vital organs.

The BP will come back to normal once the energy requirement of the organ is corrected with Acupressure points to solve the root cause of the problem. Though the BP control tablets help to reduce the BP, it will not help to solve the root cause of the problem. That is why, in spite of taking tablets, sometimes the BP rises to very high levels and it is a mystery for Allopathic System.

Wherever energy deficiency is observed, the blood vessels shrink and increase resistance to the blood flow, causing more heat and energy which is a natural phenomenon.

If there is excess energy in the tissue, the blood vessels dilate and cause less resistance, generating little heat. In such situations, the blood pressure can be observed to be lower compared to the normal standards.

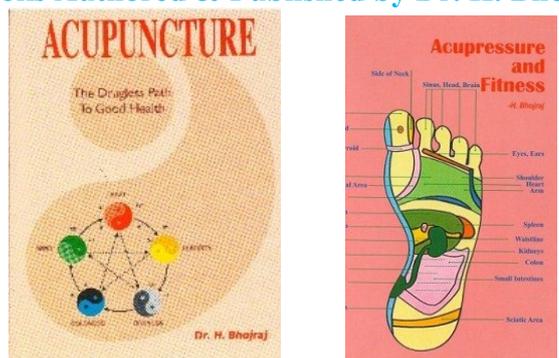
Dr. Fedotovs' pulse analyse system gives the strength of every pulse with the probe which contains a sensitive microphone. This probe eliminates the need for a sensitive finger which has been very subjective.

Dr. Fedotov's pulse metabolic analysis system indicates the excess/deficiency of energies in different organs which can be easily be manipulated to balance the system. This is a boon for Acupuncturists to present a scientific proof before and after Acupuncture treatment.

CONCLUSION

The pulse analysis has been simplified and any acupuncturist can easily learn and find out the root cause of the problems. The pulse indicates the energy requirement of all organs. Now, one can easily diagnose the root cause of the problem and with the wisdom gained through experience one can cure any problem in the body.

Books Authored & Published by Dr. H. Bhojraj



Price : Rs. 1,200/- **Price Rs. 250**

[For copies of publication please contact the Academy]

Acupuncture cure for Migraine Headache based on Pulse Analysis

By Dr. H. Bhojraj

Introduction : Migraines are extremely painful, recurring headaches that are sometimes accompanied by other symptoms such as visual disturbances - seeing an aura - or nausea.

If you have a migraine with aura, you may see things such as stars or zigzag lines or have a temporary blind spot about 30 minutes before the headache starts. Even if you don't experience an aura, you may have other warning signs in the period before the headaches starts, such as a craving for sweets, thirst, sleepiness, or depression.

Signs and Symptoms

The headache from a migraine, with or without aura, has some or all of the characteristics like throbbing, pounding, or pulsating pain, It often begins on one side of the head and may spread to both or stay on one side only. Most intense pain is often concentrated around the sides of the forehead. It can last from 4 - 72 hours.

These symptoms may also happen : Nausea and vomiting; dizziness, light headedness; vertigo; loss of appetite; fatigue; visual disturbances - seeing flashing lights or zigzag lines, temporary blind spots or blurred vision; parts of body may feel numb, weak, or tingly; light, noise, and movement,- especially bending over, make your head hurt ; irritability; symptoms that may linger even after the headache is gone; Feeling mentally dull; sleepiness; Neck pain etc.

Causes

It involves changes in the blood flow in the brain. At first, **blood vessels narrow or constrict, reducing blood flow** and leading to visual disturbances, difficulty in speaking, weakness, numbness, or tingling sensation in one area of the body, or other similar symptoms. Later, the blood vessels dilate or enlarge, leading to increased blood flow and a severe headache.

There also seems to be a genetic link to migraine headaches. More than half of migraine patients have an affected family member.

Migraine triggers can include Alcohol, especially beer and red wine.

Certain foods, such as aged cheeses, chocolate, nuts, peanut butter, some fruits (like avocado, banana, and citrus), foods with monosodium glutamate (MSG), dairy products, meats containing nitrates (bacon, hot dogs, salami, cured meats) fermented or pickled foods can also cause headache.

Skipping meals; Crying; Fluctuations in hormones; Certain odours; Bright lights; Loud noises; Stress, physical or emotional; Sleeping too little or too much; Smoking or exposure to tobacco Smoke; some medications; Heat, high humidity; and high altitude can also cause headache.

Risk Factors

Generally women are nearly 3 times more likely to get migraines than men. Having other family members with migraine headaches; being under the age of 40, migraines tend to get better as age advances. Taking birth control pills if migraines are affected by changes in oestrogen levels, exposure and sensitivity to any of the potential triggers etc.

It is generally believed that there is no cure for migraines but one can manage the condition by reducing the frequency of attacks and reducing pain once an attack starts. However, through Acupuncture migraine can be cured within a reasonable time frame.

Material/s and methods : The materials used are sterilised acupuncture needles. The method of treatment used is Dr. Bhojraj's Method of Acupuncture based on the PMA.

Treatment/s

Treatment for migraines is aimed at preventing it from happening and reducing pain once an attack starts. Treatment is given based on the results of PMA energies which are above the accepted norm (+80) are reduced.

Treatments for migraines with a combination of Acupuncture, regular activation of reflex points and the routine (daily) palm exercises is suggested along with relaxation techniques. These will reduce both the frequency and intensity of attacks. The Acupuncture treatment is given once in a week.

Data Collection : The data collected and monitored are the PMA readings before the start of treatment and at an interval of 4-6 weeks to monitor the fluctuations of different energies in various organs. These are coupled with observations noted by the patient.

Patients were asked to observe quality of sleep (undisturbed sleep); Relaxing and reducing stress in life; eating regular meals; drinking the required quantity of fluids to avoid dehydration, especially when vomiting occurs.

Cases under discussion :

1. Mrs. Jyoti Vasant Bhat, 33 years old [staying in Shivaram Karanth Nagar, Bengaluru - 560 077, Tel : 98804 30292], was suffering from **Migraine headache for the past 5 years**. She used to take pain killers if the headache was severe to get relief.

The headache was very frequent and she would be headache free of only 2 to 4 days in a month. During the headaches, she used to vomit and have giddiness. She was averse to smell, light, eyes would pain and also had acid reflux. One of her friends suggested her to take treatment at AAA.

She approached us in May 2014 and complained of not being able to write whenever she had severe headache. She would experience pain in her fingers. She would have knee pain and experience fatigue. She could eat well only about 6 to 7 days in a month.

Based on the PMA, **B-66, SI 5, Lu 11 and TW 2** were reduced with P 8 increase. She was advised to come for treatment once in two weeks and was advised to activate the reflex points regularly. During her 2nd visit (14/5/2014) she indicated she was able to eat better, intensity of headache and pain in the palm were reduced. In the 3rd sitting (12 days later), she indicated she had sinusitis problem. The very next day after the 2nd treatment she had intense running nose. It stopped after the 3rd day of 2nd treatment. All these stopped on the 3rd day of 2nd treatment. Her 4th treatment was 8 days later when she indicated that she had headache only twice in 2 months she has been taking treatment. After the 4th sitting, she was asked to take treatment only once in a fortnight. After her forth sitting based on PMA, she was treated with the **Liv ↑-----P 9↑** formula.

Results and discussion : The results obtained are very encouraging. The patient, though occasionally gets some headache it is for a short period.

Conclusion : It is evident from this case, treating people with acupuncture based on the Pulse Analysis report, will give a great amount of relief from headache and other related (minor/temporary) problems. Overcoming the migraine headache will enthuse the person's performance.

Mrs. Jyoti came in after eight months (on 1st March 2015) complaining of headache only during menses time but not with the intensity of migraine. She is able to manage her headache with the simple acupressure techniques that she has been taught.

2. Mrs. Santoshi S., 35 years old [staying in Basaveshwara Layout, III Stage, Vijayanagar, Bengaluru - 560 040, Tel : 98868 52535], contacted AAA on 13-02-2015 to get relief from her Migraine headache which had become severe since 3-4 years. She used to get headache if exposed to sunlight for long hours. **She would also get headache if she ate oily foods or stay empty stomach** for long hours. Sometimes she would wake up from sleep when headache triggers. She would take a pain killer immediately and get some

temporary relief. She would get pain on only one side of the head, ears and in eyes; either left or right side. The pain used to stay for the whole day. The frequency of headache was 2-3 times a week. She also had neck pain

Based on the PMA findings, she was treated with **GB 38↓; Sp 5↓; H3↓; Lu 7↓** and **TW 10↓**. She was advised to activate the reflex points on the palm twice daily and visit for treatment once in a week. On 20-02-2015, she indicated **70%** of the migraine pain has reduced and the neck pain has gone off totally. During her 3rd treatment on 27-02-2015, she said she was feeling better and in that one week's time she got headache only once and that too very mild. After 2 days of this treatment she had a headache at night and as a precaution she took one pain relief pill. On 20-03-2015, she indicated, she had headache only 2 times in the whole fortnight and that too very mild and for a short period.

Earlier, oily foods would trigger headache but now she was able to consume them comfortably. The intensity of the throbbing was also low. She seems to have overcome all the difficulties with acupuncture treatment based on PMA.

3. Mr. Manjunath R. 33 years old [staying in Coffee Board Layout, Hebbal, Bengaluru - 560 024, Tel : 99455 99292] got in touch with our Academy on 06-10-2014 to get treated for the headache he was suffering from past 7 years.

He used to take pain killers which gave him some relief but the headache and shoulder pains would re-appear after a few days.

Based on the PMA results, he was given the following treatment; **GB 43 ↓; K 7 ↓; H 4 and Lu 7 ↓**. He was advised to activate the points (reflex points) on his palms regularly twice daily and take treatment once a week.

On his 2nd visit on 11-10-2014, he indicated he did not get any headache for the whole week but the shoulder pain persisted. However he was feeling more fresh than before since he was activating daily the reflex points on his palm regularly.

During his 3rd sitting on 20-10-2014, he indicated the continuance of the shoulder pain and got severe headache only once in the past week.

The fourth treatment was on 25-10-2014 when he indicated that during the past week, he had headache once and the intensity of pain was very low. However, his shoulder pain continued.

He was advised to activate the palm reflexes regularly twice daily.

Conclusion : Regular activation of reflex points will go a long way in completely avoiding intake of any medicines.

**Registration form for PARTICIPATING and PRESENTING a paper at the
International Seminar on PMA. September 26th and 27th, 2015, Bengaluru**

**Guidelines for Paper Preparation/Presentation at the International Seminar on use of PMA
September 26th and 27th, 2015, Bangalore**

Topics : Any of the ailments / diseases being treated

Introduction : Explain the disease/ailment.

Reasons for its occurrence.

Conventional (or other) treatments available .

Methods and Material/s: Methods could be Acupuncture/Auricular therapy, Ayurveda, Homeopathy or any holistic healing method.

Treatment/s (Experiment) given (carried out) : Detailed explanation should be indicated as to how acupuncture looks at the disease/ailment ? How the formula was arrived at? How long the treatment was given at each sitting?

Data Collection : Pulse readings (energies) recorded before the start of treatment and Pulse records after the Treatment/s (i.e. after recovery).It would be required to make a presentation of data with the time frame.

Results and discussion : A detailed write-up should be given to clearly specify (a) What are the improvements noticed? (b) What is the conclusion? (c) What are the advantages after using PMA? (d) The Acupressure / Acupuncture methods used?

Conclusion :

Acknowledgement/s :

References :

Contact Dr. H. Bhojraj for any further clarifications.

The Abstracts / Synopsis should be presented to the Academy by **July 10, 2015 positively.**

The detailed paper could be put for review to the Academy and the soft copy of the paper should be handed over to Academy not later than **August 10, 2015.**

Acceptance will be informed **before 2nd August 2015**

Full Name :

Age : _____ years

Complete mailing address :

Tel : Mobile

Land line :

e-mail ID

Title of the paper to be presented :

Resistration fee of Rs. **6,000/-** (Rupees six thousand only) is paid by (√)

Cash :

Cheque : Drawn in favour of : Academy for Acupressure and Acupuncture

Bank Transfer to : Indian Bank, Rajajinagar, Bangalore - 560 010

Account No. 6012588256 IFS Code : IDIB000R005 SWIFT Code : IDBINBBBLR

Date :

Signature

International Seminar on PMA

Atria Hotel (tentative), Bengaluru September 26 - 27, 2015

TENTATIVE SCHEDULE OF ACTIVITIES

26th SEPTEMBER 2015

| | | |
|----------|-------------|------------------------------|
| 09-30 AM | | : Registration |
| 10-00 AM | to 10-30 AM | : Inaugural session |
| 10-30 AM | to 11-00 AM | : Tea Break |
| 11-00 AM | to 01-00 PM | : Session I -- Acupuncture |
| 01-00 PM | to 02-00 PM | : Lunch break |
| 02-00 PM | to 03-30 PM | : Session II -- Acupuncture |
| 03-30 PM | to 03-45 PM | : Tea Break |
| 03-45 PM | to 05-00 PM | : Session III -- Acupuncture |

27th SEPTEMBER 2015

| | | |
|----------|-------------|--|
| 9-30 AM | to 10-00 AM | : Briefing of previous day's presentations |
| 10-00 AM | to 11-30 AM | : Session IV -- Homoeopathy |
| 11-30 AM | to 11-45 AM | : Tea Break |
| 11-45 AM | to 01-00 PM | : Session V -- Ayurveda |
| 01-00 PM | to 02-00 PM | : Lunch break |
| 02-00 PM | to 03-30 PM | : Session VI -- Any other system |
| 03-30 PM | to 03-45 PM | : Tea Break |
| 03-45 PM | to 05-00 PM | : Closing Session |

Schedule subjected to change depending on number of presentations

**Registration form for PARTICIPATION ONLY in the
International Seminar on PMA. September 26th and 27th, 2015, Bengaluru**

Full Name : _____ Age : _____ years

Complete mailing address :

Tel : Mobile _____

Land line : _____

e-mail ID _____

Title of the paper to be presented :

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Date :

Signature