



**TALK BY DR.H.BHOJRAJ,MD (ACU) - A REPORT**

**BHEL LADIES CLUB –WOMEN’S DAY CELEBRATIONS**

DATE: 18<sup>th</sup> March 2011

VENUE: BHEL COLONY, Bangalore, India

TIME: 1130 – 1330 Hrs

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The Ladies club of BHEL organized a talk on “Acupressure & Fitness” by Dr.H.Bhojraj on 18<sup>th</sup> March 2011 in connection with Golden Jubilee celebrations of Women’s Day. The President of the club welcomed Dr.Bhojraj and expressed their eagerness to know about Acupressure from the reputed Engineer, Scientist healer from Indian Space Research Organization. Dr.Bhojraj, in his usual style, gave an enlightening talk on the Acupressure technique, mainly focused on single point acupressure solutions for common ailments with demonstration. He expressed that this technique is very successful for most of the acute health problems and for certain chronic illness such as asthma, diabetes and emphasized all mothers should try this drugless technique among themselves and their children, especially for common cold, indigestion, memory improvement etc and avoid drugs. He also suggested certain finger Mudras for weight reduction with and without diets during query from audience. Also he explained points to be activated for Diabetes, Tennis elbow, acidity etc. The highlight of the session is Pranayam and towards the end of his talk he taught Pranayama and requested the audience to do that for five minutes. All ladies of the club expressed happiness over his talk and in fact few of them showed keen interest in joining the course.

Dr.Bhojraj thanked all for making his talk lively through interaction.

