

SUJOK WORLD

AN OFFICIAL NEWSLETTER OF ISA

ISSUE : 3,4 and 5 Combined | YEAR : 2022

Meaning Of Symbol

*Meeting with
Health Minister
Meeting with
Ayush Secretary
Sujok Journey
& Experience*



*Treatment with
Sujok Therapy*

Achivment

Camp & Awareness

*Concluded Webinar
& Courses*

Date : 28 August 2022



*As... Existence Spirit is perfect in itself,
Homo-Hetero world
with conflict is not HIS final destination.
- Prof. Park Jae Woo*

<<Notice>> : Readers are advised to consult their physicians prior to use of this self-help system. All pictures, artwork in this News letter is for the reference only.

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This Newsletter is intended to update Sujok fraternity about various activities, happenings, clinical Experiences & knowledge sharing around the world. Views expressed in the articles are solely of the author. Publisher do not take any responsibility with its content and for any mis-information expressed there in. **Published on :** August 28, 2022

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PREFACE



Dear Sujok family members on the Globe,

This New Year (2022) brought hectic activities for **International Sujok Association**. Beginning with Sam Won Gong and Sam Won Dong seminars by **Dr. Minchul Park**, A three months duration Human Anatomy and Physiology “Online Course” ending in June 2022 and meetings with Gov. Department officials for recognition and many more events.

Above mentioned busy schedule has compelled us to postpone our **SUJOK WORLD NEWS LETTER** publication.

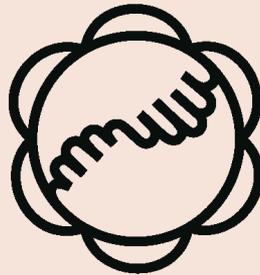
News letter publication team has come up with a combined issue of 2 remained to be published issue no. 3 of March ‘22, no. 4 of May’ 22 and the current issue no. 5 for July’ 22. We have incorporated all the activities received up to July 2022 end.

Wish you all a Happy Festival time in coming months.

With Smile Greetings.

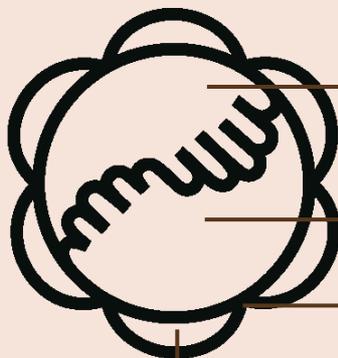
Dr. Minchul Park
Global President
International Sujok Association.
December, 31st. 2021

Meaning Of Symbol



ISA

International Sujok Association



→ Represents 'Su' = Hand

→ Represents 'Jok' = Foot

→ The border represents Integration of Hand & Foot whose energies combined together to balance everything

→ Six petals represents Six energies Namely - Wind, Heat, Hotness, Humidity, Dryness, Coldness.



News About Meeting with Health & Family Welfare Minister Of India

Hon. Shri Mansukhbhai
Mandavia



Under the leadership of the International Sujok Association's Global President, Dr. Park Minchul, a team (Dr. Sankar TSR Mohana Selvan, SJ T. Ashok Kumar Kothari, SJ T. Dhaval Pathak & Dr. Chinmay Shah) of the International Sujok Association met with India's Honourable Health and Family Welfare Minister, Shri. Mansukhbhai Mandavia sir, on February 23, 2022.

The team presented a detailed overview of the ongoing process of "Recognition of Sujok Therapy as an Independent System of Therapy/Medicine in India." "Dr. Mandaviya gave the delegation an unexpected 1 hour of attention and actively participated in the discussion, understanding all of their concerns. He then handed Dr. Balram Bhargav, Director General of the Indian Council of Medical Research and Secretary of the Department of Health Research, the necessary orders.

On the same day, the delegation met with Dr. Bhargav and Dr. Geeta Narayan, Joint Secretaries of the Department of Health

Research, where they presented a comprehensive and holistic presentation to both higher authorities and were successful in getting their message of Sujok Therapy recognition through.

Dr. Bhargav and Dr. Geeta Narayan have promised us that, they will provide the necessary support, direction, and advice from the department in order to complete this critical task.

SJ T. Dhaval Pathak organizing secretary of ISA express gratitude to Dr. Mansukhbhai Mandavia and his entire team, as well as Shri. NiravBhai Dave (Assistant Secretary to the Minister of Health and Family Welfare) for arranging this meeting and assisting us at every step.

Smile Thanks & Regards,

SJ T. Dhaval Pathak

Organizing Secretary | International Sujok Association - India.

Joint Secretary | International Sujok Association - Global

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News About Meeting with Ayush Secretary of Govt. of Uttarakhand Dr. Pankaj Pandey (IAS)



Dhawal Pathak

We had a successful Meeting with Dr. Pankaj Pandey (IAS) Secretary of Ayush, Govt of Uttarakhand. We gave him a presentation on Importance of Sujok therapy for the welfare of the citizens of Uttarakhand and requested him to consider our proposal to recognize Sujok Therapy as an independent system of therapy in Uttarakhand. He very passionately listened to us and promised to do needful action in this matter. During the meeting we also gave him a Demo of Sujok therapy for his stiffed neck. Quick result of Sujok has amazed him.

ISA UTTRAKHAND TEAM headed by Dr. Subhash Choudhary, Brigadier Subhash ji Pawar, Col. Arun Mamgen, Dr. M C Khanduri & SJ T. Gurmeet Singh had joined the meeting for a successful endeavour.

Smile Thanks & Regards,

SJ T. Dhaval Pathak

Organizing Secretary | International Sujok Association - India.

Joint Secretary | International Sujok Association - Global

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A lifetime golden opportunity to meet with the governor of Uttarakhand **H.E.Lt. Gen. Gurmit Singh**



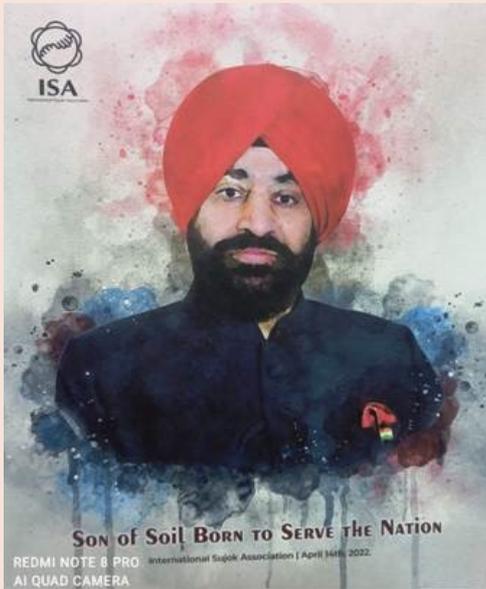
The president of the Uttarakhand chapter of the International Sujok Association Dr. Subhash Choudhary and Gurmeet Singh Chauhan were called on by his Excellency **Lt. Gen. Gurmit Singh, PVSM, UYSM, AVSM, VSM(Retd.) GOVERNOR OF UTTARAKHAND** on Friday, 20th may 2022. During the meeting, Mrs. Choudhary apprised about the social welfare service in the form of providing Sujok therapy treatment to the needy, conducting free awareness camps, free Sujok treatment camps; being carried out by the Smile Sujok Foundation, Dehradun under the aegis of the International Sujok Association in various localities including Dehradun and numerous villages and towns around Uttarakhand.

She also briefed the honorable Governor about the ongoing procedures for formal recognition of Sujok therapy as an Independent system of medicine as well as about the establishment of a State-Level Council of Sujok therapy in the state of Uttarakhand under the guidance of the Honorable Chief Minister Pushkar Singh Dhami ji and also threw light on how all of this will benefit each and every citizen of the state.

The first lady Mrs. Gurmeet Kaur was also present on the occasion and she took Sujok treatment and expressed her interest in learning more about the miraculous treatment method.

Acknowledging the simplicity of the Sujok treatment method, its scientific approach, and its utility to the common man, the honorable governor assured to make every possible effort to establish Sujok therapy as a **“PEOPLE’S HEALTHCARE SYSTEM”** and wished the entire team of the International Sujok Association his best wishes.

The ISA team further presented respected governor with Sujok literature, a self-help Sujok kit, and an oil painting of him & a memento on this occasion.



राज्यपाल की पत्नी गुरमीत कौर को सु-जोक की पुस्तक भेंट करते एसोसिएशन के पदाधिकारी।

सु-जोक एक्जुप्रेसर स्व-उपचार की सरल विधि

भास्कर समाचार सेवा

देहरादून। राज्यपाल लेफ्टिनेंट जनरल गुरमीत सिंह (से नि) से राजभवन में इंटरनेशनल सु-जोक एसोसिएशन के उत्तराखंड प्रभाग की अध्यक्ष सुभाष चौधरी एवं गुरमीत चौहान ने मुलाकात की। इस दौरान चौधरी ने स्माइल सुजोक फॉउंडेशन की ओर से सु-जोक उपचार पद्धति के माध्यम से देहरादून तथा उत्तराखंड राज्य के विभिन्न गांव एवं शहरों में किए जा रहे कार्यों के बारे में अवगत कराया। सु-जोक एक्जुप्रेसर स्व-

एसोसिएशन पदाधिकारियों ने की राज्यपाल से मुलाकात

उपचार की एक अत्यंत सहज एवं सरल चिकित्सा विधि है। इसमें हाथों एवं पैरों के निश्चित बिन्दुओं पर दबाव देकर उपचार किया जाता है। मनुष्य के तन तथा मन दोनों की साधारण एवं गंभीर बीमारियों का उपचार सफलतापूर्वक किया जा सकता है। राज्यपाल ने सुजोक उपचार पद्धति की सरलता एवं वैज्ञानिक अभिगम और आम आदमी के लिए इसकी उपयोगिता को देखते

हुए हर सम्भव सहायता करने का आश्वासन दिया तथा एसोसिएशन की पूरी टीम को शुभकामनाएं दी।

उन्होंने कहा की उपचार पद्धति काफी लाभप्रद हो सकती है। इस अवसर पर राज्यपाल को सु-जोक की पुस्तक, सेल्फ हेल्प सु-जोक किट एवं स्मृति चिन्ह प्रदान किया गया।

इस दौरान प्रथम महिला गुरमीत कौर भी उपस्थित रहीं तथा उन्होंने भी सु-जोक थैरेपी से उपचार को पद्धति को सीखने में भी रुचि दिखाई।

My SuJok journey.

The sky is the limit

My journey Su Jok began when I met my boyfriend, my husband and the father of my kids. That hetero factor which is the change you need to choose the best way.

I can not forget our first date when we spoke four hours about our profession, being both of us physiotherapists, he being passionate of Su Jok therapy and telling me how many results it has on patients.

Words follow facts: having dinner with friends, one of them had a severe toothache, but my husband treated him very fast, in correspondence system. I was really surprised!

The real challenge was when I met the person who was behind this story and now she is my mentor, my inspiration and my...mother-in-law.

Being Su Jok practitioner prepared by our dear professor Park Jae Woo, my mother-in-law shared with me her information and she gave me the chance to develop my consciousness level introducing me in this wonderful world Su Jok.

The biggest lesson I've ever had and I will never forget was when my mom has started Su Jok treatment for a knee pain.

She was complaining about severe pain on knees which was the same after standard treatments.

My mother-in-law recommended her to investigate the breasts after the first session and the diagnostic was: breast cancer, stage one.

Fortunately, due to Su Jok science my mom is alive, has successfully overcome all invasive procedures and she changed her life.

Thanks to some experiences I took an oath to my husband and to this science :
The sky is the limit!

Smile hello!

- 1. Name: Bajinschi Lucia Alexandra**
Country: Romania
City: Iassi
- 2. Membership for life: 004000000116**
- 3. Su jok qualification: 6ki, Triorigin Basic, Twist therapy, SWD, SWG (Jin level), teachers training course of Jin Level.**
- 4. Professional qualification: Physiotherapist**
- 5. Su jok activities: twist therapy, seeds, magnets, SWD SWG, 6 ki therapy.**



The Tale Continues.....

SJ T. Alka Kher

The Tale Continues

SJT. Alka Kher



After taking a resolution on Christmas to take Sujok to next 100 years, Grandma thought that Basant Panchami is the right day to take the first step in this direction. Basant Panchami is symbolic of beginning of the Spring season .



Here we embark on the journey of Sujok

Spring season is the new beginning. Seeds sprouting, flowers blooming, pleasant weather, new beginning for almost everything. So I thought why not to give a slightly different new angle to our well reasearched, 'old is gold' Sujok therapy



The basis of treatment in Sujok therapy is through balancing of different energies in the body. Spring season is symbolic of wind energy. Children represent wind energy.



Mothers give direction to children in almost everything eg. food habits, good health, academics, career choice etc. That means they are the most instrumental factor in keeping wind energy in balance. So they should be empowered with tools to work well in this field.

That is why I decided to go to an organisation which empowers women.



I got an opportunity to hold a camp with a renowned NGO named Suraksha headed by Mrs Shalini Mathur and her team .They are very generous in agreeing to make Sujok therapy also a tool to empower women whether it is children , family , profession or society .



'Suraksha' is a NGO , which is the first organisation given recognition by Central government . It is headed by Mrs. Shalini Mathur who is continuously working with her team with utmost dedication to empower women for 35 years .



Suraksha was started by few social activists in 1984 as a voluntary organization to stand for equal rights for women.The Family counseling centre was established in 1985 with the support of Central government and is the first counselling centre recognised by government of India.

Basic introduction to Sujok therapy was imparted. Some treatments were also put .



Treatments for cold , cough , nonstop hiccups for 15 days or so , Glucoma etc. were given. We have entered a new era . Welcome to Sujok World . The journey has just begun .The Case histories and protocols will be published in next issue of newsletter .

Reviews

Western medicine & Eastern (Oriental) medicine Vs Sujok

1) *Western Medicine:*

Western medicine is practised globally which tends to focus on diagnosing and treating a disease or illness based on patient's symptoms with various drugs and chemical formulae prescribed for treatment. Western medicine practitioners often recommend various investigations, pharmaceuticals, physical exercises (physiotherapy), surgery, psychological counselling etc.

2) *Oriental Medicine:*

Mostly practiced in Eastern, most central and south east Asia which is also categorized as Mongoloids. Eastern medicine takes into account patients symptoms, appearance & an individualized diagnosis of a patient's Qi- (or chi) meaning energy, based on various diagnostic procedures like checking the pulse and tongue. This aims to restore the body's balance and harmony between the natural opposing forces of Yin and Yang which can block Qi (Energy) and cause diseases. Holistically assessing physical and emotional imbalances of internal organs and restoring patient's energy level, thereby encouraging health and healing. Oriental medicine practice includes acupuncture, acupressure, diet, herbal therapy, Nutrition, Mind/Body exercises (Tai Chi , Yoga), meditation, physical exercises and massage which is also called Traditional Chinese Medicines (TCM).



SJ T. Anamika Malpani, Nagpur.

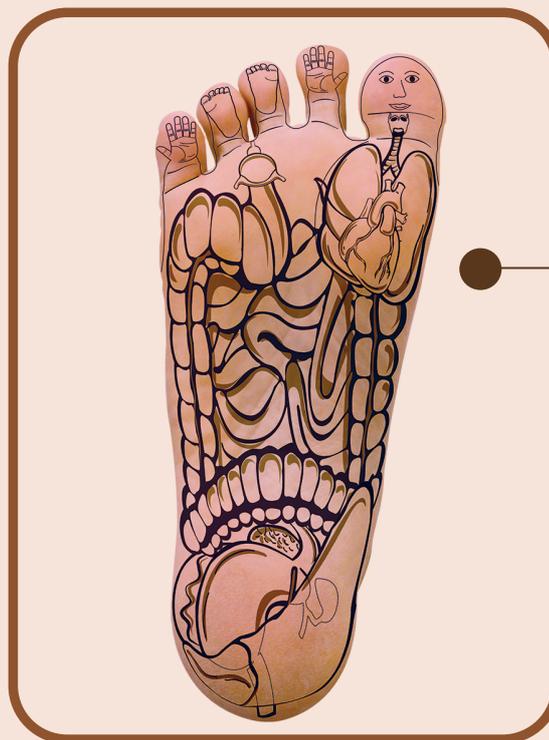
3). *Sujok therapy :*

Sujok Therapy diagnosis and treatment methods has all the branches of Eastern therapy except herbal or allopathic medications. Sujok Therapy has all the diagnosis & treatment on correspondence in Hand & Foot including Mini and Micro level procedures like (Rhythmic Physical + Energy Flow) as Sam Won Dong & Sam Won Gong, Smile Meditation on Metaphysical level, Smile Tai Chi, Pulse Diagnosis, Smile Yoga, Smile Breathing, Emotional Healing, Time Acupuncture, Twist Therapy, Moxibustion, Micro Needling, Magnets, Seeds, Colours and many more therapies.

Thus a Sujok Therapist most essentially performs the role of a Healer, a counselor and forming an emotional bond with the patient for long period of interaction concerning health problems. Additionally Smile and Breathing technics are our strong tools thus realizing HIS wish of a Smile Civilization.

A Positive Approach :

Combining various types of care-healing systems, being different yet they have a place in today's current health care scenario. Many practitioners are finding ways that their treatments can complement each other.



TREATMENT with SUJOK THERAPY,



Efficacy of Sujok Therapy In Fungal Infection of Nail

By Dr. Ajay Singh (PT)
Specialist in Sujok Therapy &
Functional Medicine
B.P.T, PGDHH, FLSM, CAYN
www.smilehealingacademy.com

Background : Onychomycosis is a common fungal infection of the nail unit. Clinical manifestations include discoloration of the nail, subungual hyperkeratosis, onycholysis, and onychiauxis

Objectives : The study aimed to provide an update on the evaluation, diagnosis, and treatment of onychomycosis in Sujok Therapy.

Methods : The patient was treated by correspondence system, six-ki (constitution Treatment, branch and sub-branch treatments) and triorigin.

Introduction :

Onychomycosis is an infection of the nail unit caused by fungi (dermatophytes, non-dermatophyte molds, and yeasts), presenting with discoloration of the nail, onycholysis, and nail plate thickening . Any component of the nail unit, including the nail plate, nail matrix, and nail bed can be affected . Onychomycosis is the most common disorder affecting the nail unit and accounts for at least 50% of all nail diseases.

Fungal Infection Cured By Sujok Therapy



Before



After

2. ETIOLOGY

Onychomycosis can be caused by dermatophytes (tinea unguium), non-dermatophyte molds and yeasts.

4. PATHOGENESIS

Onychomycosis is acquired through direct contact of the nail with dermatophytes, non-dermatophyte molds, or yeasts. Because the nail unit does not have effective cell-mediated immunity, it is susceptible to fungal infection. Fungal production of enzymes that have proteolytic, keratinolytic, and lipolytic activities help to degrade the keratin in the nail plate and facilitate fungal invasion of the nail.

CLINICAL MANIFESTATIONS

Typically, onychomycosis presents as a white or yellow-brown discoloration of the nail. Violaceous, green, and black discoloration of the nail plate have also been observed. Other clinical manifestations include subungual hyperkeratosis, detachment of the nail from the nail bed (onycholysis) and thickening of the nail plate (onychiauxis).

·After 4 sessions we shifted to Um side

TREATMENT	MERIDIAN	CHAKRA
1. Um - I ↑	A ↑	*Um- I ↑
2. Um-IV ↓	D ↓	*Um-IV ↓
3. Um- VI ↑	L ↑	*Um- VI ↑
4. Command	I ↑ on I	I ↑ on Um Ajna

- *After 4 sessions we started the branch treatment on Um coldness chakra & Liver Meridian (Heat ↑ Dryness ↓ Hotness ↑ Coldness ↓)*
- *Triorigin : After 8 sessions we added Operation order on Liver meridian & Anti microbial Peptide (classification of Immune system)*
- *Correspondence therapy : Stimulation and needle application in painful areas of Liver, Spleen, Adrenal Gland, pituitary, spinal cord and brain was done*

Results : Fungal infection of nail was completely cured within 2 months.

Testimonials : <https://youtu.be/WuhrudRj-LI>

Patient details

A patient named Ms. S, aged 50 years visited my Su Jok clinic with a chief complaint of fungal infection in right hand middle finger.

Treatment :

Constitution treatment : In the first session, a detailed history of the patient was taken. The patient was asked questions about her emotions , reason ,symptoms, hobbies, appetite, history of fever, urine holding capacity etc. to predict her constitution. She was found to have Ah wind constitution type 2(Functional type of circulation).

Six Ki treatment was initiated first with only the meridians, and after 4 sessions the Chakra harmonization was added.

TREATMENT	MERIDIAN	CHAKRA
1. Ah- VI ↓	K ↓	*Ah- VI ↓
2. Ah-IV ↑	C ↑	*Ah-IV ↑
3. Ah- I ↓	B ↓	*Ah- I ↓
4. Command	VI ↓ on J	VI ↓ on Ah Ajna

ACHIEVEMENTS

Top 10 Doctors, Who are changing the Face of **Healthcare in India**



On National Doctors' Day 2022, SJ T. Monisha Rawat has been featured as TOP 10 Doctors in leading Magazine - India Today, Outlook, India Mirror, Jio News, Asia News and 6 more publications.

She has been acknowledged and appreciated for her unparalleled commitment towards her patient's wellbeing and her dedication & contribution to the society and community in healthcare sector, along with spreading Sujok Therapy in India and across the globe through the Workshops, Awareness Programs and Seminars

Contd.....Page 16

INDIA TODAY

Publication Coverage

Interestingly different nations celebrate Doctor's Day on other dates of the year. However, in India, the day falls on the 1st of July. The Government of India instituted this day in 1991 to mark the birth and death anniversary of Dr Bidhan Chandra Roy, who made significant contributions to the Indian medical system. The eminent physician was also the second Chief Minister of West Bengal. Today we are recognising medical professionals' selfless and incomparable hard work. India Mirror, a prominent digital portal in India for news and marketing, honours the top ten doctors of the year who have become the fundamental cornerstone of India's healthcare system by showcasing their ability to persevere and survive in the face of tremendous odds.

1. Dr Monisha Rawat MD Alternate medicines

Dr Monisha Rawat, Founder Global We Care Foundation, the NGO Committed to health & wellness without medicine, is an award-winning certified nutritionist and internationally acclaimed health professional. She has 25 years of corporate experience as a Researcher in the Pharma Industry and has trained under the able guidance of Prof. Park Jae Woo, inventor of Sujok Therapy. She is Masters in Sujok and Smile Taiji, ISA Authorised International Lecturer of Sujok & Smile Taiji and Sujok Diabetes Specialist.

The specialist has extensively studied the human body's reaction to drugs & food intake, and that helped her to understand and master Cellular and Nutritional Healing.

In 2003, she conceived the holistic wellness institution Monisha's Mantra Mulund; to cure a wide range of acute and chronic disorders without Medicines and positively transform the lives of individuals into a more youthful version. She also excels in Mind Programming, Relationship Healing, & Inspirational Lectures. She has conducted 1000+ result-oriented workshops across Corporate houses, Educational institutes and Community groups in India and abroad.



More News coverage can be seen in following Links of Publications.

<https://www.indiatoday.in/impact-feature/story/national-doctor-s-day-2022-meet-the-top-10-doctors-who-are-changing-the-face-of-healthcare-in-india-1968989-2022-07-01>

<https://timesapplaud.com/celebrates-doctors-day/>

<https://thetimesnews.co.in/national-doctors-day-2022-meet-the-top-ten-doctors-who-are-changing-the-face-of-healthcare-in-india/>

<https://mumbaimate.com/national-doctors-day-2022-meet-the-top-ten-doctors-who-are-changing-the-face-of-healthcare-in-india-the-times-news-2/>

<https://nationalnewsnetworks.com/national-doctors-day-2022-meet-the-top-ten-doctors-who-are-changing-the-face-of-healthcare-in-india-the-times-news-2/>

<https://businessnation.co.in/national-doctors-day-2022-meet-the-top-ten-doctors-who-are-changing-the-face-of-healthcare-in-india-the-times-news-2/>

<http://dhunt.in/xD01M>

<https://pressnews.co.in/national-doctors-day-2022-meet-the-top-ten-doctors-who-are-changing-the-face-of-healthcare-in-india-the-times-news-2/>

<https://diginews.co.in/national-doctors-day-2022-meet-the-top-ten-doctors-who-are-changing-the-face-of-healthcare-in-india-2/>

<https://indiamirror.co.in/national-doctors-day-2022-meet-the-top-ten-doctors-who-are-changing-the-face-of-healthcare-in-india-the-times-news-2/>

<https://newsbundle.co.in/national-doctors-day-2022-meet-the-top-ten-doctors-who-are-changing-the-face-of-healthcare-in-india-the-times-news-2/>

AROGYA RATNA AWARD



DR. RESHMA SURYAVANSHI

Prof.Dr.Reshma Suryavanshi - Sujok Expert was awarded Arogya Ratna award at Hyderabad on the occasion of the World health day celebration, on 7th April 2022.

The chief guest of this event organized by Public Health Care Council Hyderabad was Sri T.Harish Rao Garu Minister health and finance, Padma Vibhushan Sri Dr.BM Hegde, Sri V Prakash Rao Garu chairman TWRDC.

14 prominent personalities from all over India were honored with this award. 1200+ Doctors from all over India witnessed this event.

She also gave her orientation on the Role of Sujok for W.H.O theme “ Our Planet Our Health “.





Views expressed in the article are solely of the Author. Publisher & International Sujok Association does not authenticate and take responsibility for any misinformation expressed their in.

SJ T. Reshma Suryavanshi- International Woman's Day Awards

On the occasion of International Women's Day SJ T. Reshma Suryavanshi was honored with various achievement awards at Baroda. She was praised for her work in the society caring for health through Sujok Therapy treatments and allied therapies in which she has expertise.

Following organizations enthusiastically presented her mementos and citations.

Vishwa Samvad Parishad, Gujarat

Awarded her with " The most inspiring woman of the Earth Award, 2022 "

Chalk and Duster

Awarded her with " Woman of Excellence Award-2022 "

MTTV India

Awarded her with " Mahila Shakti Samman -2021 "



SJ T. Reshma Suryavanshi- International Woman's Day Awards



આંતરરાષ્ટ્રીય મહિલા દિવસની પૂર્વસંક્રમણે, ટીમ ગરિમાએ સંસ્કારી નગરી વડોદરા ખાતે વર્ષ ૨૦૨૨ની મહિલા સિદ્ધિઓને પુરસ્કાર/માન્યતા પ્રાપ્ત કરી. નસુજોક એક્યુપંકચર એક્યુપ્રેશર ક્ષેત્રે મારી અનુકરણીય સેવા માટે મળેલ સન્માનથી હું અભિભૂત છું. આ કાર્યક્રમના માનનીય મહેમાન રેસપી. તેજલબેન અમીન (નવરચના એજ્યુકેશન સોસાયટી, અને વડોદરા મેરિથોનના અધ્યક્ષ), રેસપી. કેચુર રોકડિયા (વડોદરા મેયર) હતા. માનનીય શ્રી. નંદાબેન જોષી (ડૉચ્યુટી મેયર વડોદરા) પ્રિયંકા સિંહ (મોડલ, અભિનેત્રી). મીરાઈરડા (મહિલા વર્ગમાં ફેમર્યુલા ૪ માં આંતરરાષ્ટ્રીય સ્તરે જીતનાર પ્રથમ ભારતીય મહિલા) નકાર્યક્રમના આયોજકો શ્રી શ્રમિક મહેતા, શ્રીમતી શીતલબેન, શ્રી કૃષ્ણકાંત બ્રહ્મભટ્ટ,



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Baroda Ratna Award – 2022

SJ T. Reshma Suryawanshi was amongst the 15 women from Baroda, working in different fields for well beings of the society, was selected for Baroda Ratna Award 2022 on 9th March,2022 in the presence of prominent personalities of the city.



It was largely attended by people from all walks of life and appreciation was received from one & all.

CAMPS & AWARENESS

Sujok World

Blood donation camp

Dhaval Pathak

Earlier today participated in Blood Donation camp organized on the occasion of world Thalassaemia day by Smile Sujok Foundation & IMA BLOOD BANK, Dehradun.

MLA of Gadi Cantt Smt. Savita Kapoor ji had inaugurated the Camp. I being a regular donor also donated the blood during this camp and Distributed certificates to the Blood donors.

In this blood donation camp, Dr. Aarushi Bansal, Sanjay Rawat, Dr. Ritu Kethola and Convener Kamal ji from IMA had rendered their services.

President of Smile Sujok Foundation Mrs. Subhash Choudhary, Gurmit Choudhary and Abhay Choudhary took special efforts to make this camp a success.



On this occasion, while expressing her gratitude to all, Mrs. Choudhary said that she would continue to take such initiative of social service regularly for the welfare of the society.

Smile Thanks & Regards,

SJ T. Dhaval Pathak

Organizing Secretary | International Sujok Association - India.

Joint Secretary | International Sujok Association - Global

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smiledhaval1@gmail.com



Sujok World

Free sujok acupressure colour therapy at Maneja, Vadodara, Gujarat

SJ T. Reshma Suryawanshi,
Vadodara

Free Sujok acupressure colour therapy training by Prof. Dr. Reshma Suryavanshi given to more than 60 yoga students today at the yoga class run by an Gujarat yoga board at Maneja corporation garden, on 16th March 2022. The participants learnt to cure Back pain, knee pain, headache and many other diseases using Sujok colour therapy.



Sujok World

FREE SUJOK ORIENTATION

SJ T. Reshma Suryawanshi,
Vadodara

Dr. Reshma Suryavanshi gave her orientation on Sujok acupressure colour therapy to almost 70 participant, at Sayajibaug, on 26 th MARCH 2022

The yoga therapists learnt to manage pain, B.P and Thyroid through Sujok acupressure and colour therapy



Sujok Awareness Camps

SJ T. Tapan Pandya, Rajkot



Sujok Awareness Seminar @ Psychology Department

Saurashtra University on 21/01/2021, Friday. History of Sujok, its importance, effects & benefits presented to the students & Professors of the Department. Head of the Deptt. also remained present in the program.

How Sujok can help for the mental & emotional level health issues also presented to them. We also informed them of the importance of Sujok as a career.

Earlier the treatment camp was also held at the same place during the Covid pandemic for the patients with the same issues that arose from the pandemic. Professors of deptt. Counseled them and we treated them through Sujok.

Sujok Awareness Seminar on International Women's Day

SJ T. Tapan Pandya, Rajkot.



Home Science Department - Saurashtra University & Institutions Innovation Council (Ministry of Education Initiative) jointly organized a program on International Women's Day. They have invited us as an Eminent speaker as a health expert.

Newly appointed Vice Chancellor (Saurashtra University) Dr. Girish Bhimani, Deptt. In charge, Prof. Joshi Saheb and Professor Dr. Rekhaben Jadeja remained present. Mr. Mori - Deputy Commissioner (Industries & Mines Department, Commissionerate office, Rajkot) was another speaker.

We presented Sujok as health science to the students and professors of the department.

Sujok Awareness Seminar

SJ T. Tapan Pandya, Rajkot.



Sujok Awareness Seminar was executed by the batch of Yog Teachers. We presented... What is health ?; What is Disease ?; What is a holistic approach to treat ?

Ultimately... We (both) are responsible at the same time, for the future of a healthy society.

Sujok Treatment Camp organized at Amarnath Temple.

SJ T. Tapan Pandya, Rajkot.



Visitors to the temple, health conscious people from the municipal garden (situated aside temple) and residents nearby, benefit in large numbers.

Organized a seminar of ASTHA

SJ T. Tapan Pandya, Rajkot.

Organized a seminar of ASTHA (Alternate Systems' Therapists' & Healers' Association) as a president. All the therapists of all the (medicine less) alternate therapists participated in that seminar. President Ramkrishna Ashram – Shri Nihilshwaranand Ji, Dr. Rajeshriben Dodiya – Chairman, Health Committee (Rajkot Municipal Corporation), Dixeshbhai Pathak – Member, Gandhi Smarak PrakrutikChikitsa (New Delhi) remained present.

Presented Sujok as best healing technique in present scenario.



SJ T. Tapan Pandya, Rajkot.

Attended... National Seminar on Naturopathy & Yoga, jointly organized by International Naturopathy Organization, Leelavati nature cure Centre, AYUSH, Supported by Gujarat Yog Board.

They asked me for the article of Sujok in the journal, which is to be published in a short while.



CONCLUDED WEBINAR & COURSES

“Human Anatomy & Physiology Course”.

ISA Nagpur has always stood on the front foot to serve its stakeholders and the society by conducting International Events, Educational seminars, free treatment camps & much more. This time ISA came up with yet another and most requested program for the Lecturers, Students and members –

“Human Anatomy & Physiology Course”.

Despite having numerous acknowledged benefits such as no pain or side effects, lower costs, and so on, alternative medicine has been unable to establish a strong presence in society, and allopathy continues to be the most dominant medication for one reason: SUPER FAST RESULTS!

The reason why alternative medicine is not able to give fast results is that ample of time is consumed in initial diagnosis of the reason or body part from where the disease has originated.

As a result, patients become impatient, lose faith, and discontinue treatment before the actual medication begins to work on them. This is why even today, in the general public view alternative medicine as a cure for common, easily treatable diseases rather than a full-fledged, trusted treatment for all kind of ailments be it acute or chronic. As a result, it is critical for practitioners to obtain a thorough understanding of the human body, its structure, and life-supporting systems, so that they quickly identify the root cause and initiate the appropriate therapy, resulting in faster and higher-quality results.



Recognizing this issue, ISA created an exclusive – **“Human Anatomy and Physiology Course”** – where one not only learns the complex Human body, its systems, and life-supporting organs in a very simple yet effective manner, but also becomes able to gain practical insights by learning Physiology, where diseases related to specific organs and their causes with the help of real-life examples are discussed by our Expert.

This course was conducted for a period of 3 months starting from 7th March 2022 to 6th June 2022 wherein 48 participants from all over India including Mumbai, Chennai, Nagpur, Ahmadabad etc participated & took benefit of this opportunity. The course was conducted online via Sujok Global Education Platform for 1.5 hours daily.

We had Dr. Manisha Agrawal as the Head Convener of the course who is a well-known Homeopath as well as Sujok Practitioner operating from Nagpur. She posses the following qualifications: *Page 36*

Sujok World

The students not only reaped benefits from her academic knowledge but also gained practical insights coming straight from 11 years of clinical practice experience!

ISA ensured that this course becomes one-of-its-kind experience for its participants and therefore along with the blend of Expert faculty, it also introduced 3-Dimensional Human Anatomy Software for demonstrating the entire Human body, its varied systems and each organ in as much detail as possible. The theoretical examples were supported by practical life examples of patients & handy notes for each chapter taught in the class. Dedicated time for doubt solving session everyday, helped the students understand the heavy concepts more efficiently.

Additionally, the participants were provided a free knowledge-packed session on “Psychology of Pain in Patients” to learn how psychology of a human being plays its role during the disease & its treatment.

The lectures were supported by weekly test so that the participants get to know how much they have actually understood in the class & accordingly make efforts to progress further. After the end of the batch, final examination was held & the participants were awarded with Completion certificate by International Sujok Association.

The successful completion of course was followed by a small acknowledgement session where the participants shared their experiences.



DR. MANISHA AGRAWAL

B.H.M.S. & P.G.N.A.H.I

Diploma in cosmetology of skin

Diploma in cosmetology of hair

Diploma in obesity

Diploma of Diet and Nutrition

Diploma in Organic Skin and Hair products.

From the participants –

Smile thanks to mam all
ISA sujok team

This amazing 3 month journey of anatomy classes. First week I felt how to understand all these terminology, but Manisha mam n all sujok team very easily n quickly to understand all these things.....all of them will be appreciated by me n all ! Well designed course for every one!

-Pooja Bhojwani

Sujok World

I, Krishna Kumar Daga, Raipur heartily thanks to ISA Team with Dhawalji for your kind efforts to upgrade us.

Humble and bowful thanks to Dr. Manisha Mam, who had given such a vast knowledge in very simple & easy way with all pictures, videos etc. from which we can well understand. Again, high gratitude to ISA Team with Dhawalji & Dr. Manisha Mam.

-Krishna Kumar Daga

I enjoyed the whole 3 months sessions. I upgrade myself because of ISA team and specially Dr. Manisha by giving in depth knowledge what we are lacking in our sujok practice. Thanks a lot.

I have learnt anatomy and physiology from expert teacher, latest 3D technology, and very easy and simplified language.

Interactive class, doubt solving session as well as recording are available so that we can see the recording in our convenient time.

Once again Thanks to ISA and Dr. Manisha for giving valuable knowledge

-Mansi Bhayani

This course gives such a great great knowledge. With your hard work you have taken us to the next level. After my left hand wrist and left side 8 rib bones fracture on 25.3.2022, I was unable to interact in the class, but I was regularly attending the class. Still my fingers movements are not improved, now in physiology.

This course gives such a great knowledge. Thanks a lot to ISA & Team and Dr. Manisha for upgrading our knowledge.

D. Duraisilngam

I, Pradeep at Trivandrum, Kerala, heartily thank the ISA team with Dhawalji especially Dr. Manisha for passing on the indepth basic knowledge and upgrading us for practising sujok. In this context I would like to bring out that it was a herculean task for myself to brush up, gather, collect together whatever I had left out in my school days (almost 40 years back) and starting my studies again. Interest in sujok arose when one of the healers started treating my mother way back in 2020. I could attend and pass two of the sujok programs, but frankly speaking I had not yet started any healing practice, except to my close relatives (mother, my inlaws and close relatives){I had just retired from Bank as Chief Manager(SBI) and when ISA announced the course I thought of joining the same) which now had showed that I can proceed on, especially since Dhawalji has announced that ISA is going to announce more classes for Sujok practitioners in various specific fields.

I am writing this to bring out the fact that it was because of this (lack of sufficient knowledge and the hitch) that I couldn't respond to the various queries which Madam had raised during her classes.

Virtually I have no practical knowledge, and I have taken a new field in which I am a beginner and I am really sorry for not responding actively in class. The classes were very useful and I thank the whole team profusely for passing on the vast knowledge in simple and effective manner. Also hope that I can contact Dhawalji and Manisha Mam for help, in future. With High gratitude to Manisha Mam & Dhawalji

Pradeep G Nair

Smile Morning Madam And ISA Team

The Anatomy Class, which began in the month of March, has come to an end today. Lot smiles and thanks for ISA team, Dhavalji and Dr Minchul sir. We know it was a great effort from ISA for preparing such a study class for us , I think this class is definitely an inspiration for the Sujok students who are still studying sujok and practicing sujok, because from the time sujok class started It was necessary for all students to learn anatomy, it has been a challenge for us to find out the cause of disease in human body and even the structural, functional, emotional, mental and physical problems the patients are facing. I think this class should have started earlier. If ISA makes anatomy class mandatory for all sujokians which can mould to become good practitioners.

Now my words about Dr. Manisha who took the wonderful anatomy class for us and made us aware of the subjects in a limited period of time. We all know human anatomy is a huge subject. But the way she cared about the students in studies by giving exercises and home work was excellent. Hats of mam for that great quality of a lecturer! God bless you and have a wonderful smile life and expecting future co operation with us.

My request to ISA, in future should conduct such classes to upgrade the knowledge of students when we compare with medical science students.

With Lot Smiles

-Rajeswari C R

Manisha ma'am, Gratitude and Smile thanks for your dedication to teach like me Non medical background terminology is too hard to understand but hearing your explanations deeply for all small points really appreciated after retirement of government job @ 66 age this opportunity from ISA to learn Anotomy & Physiology. I availed this I couldn't not study in science due to circumstances but now I am happy and still learning. Smile thanks to all staff R&D Nagpur for hard support behind for managing online classes for long duration-

-Rajula Desai

Thank you is such a small word ma'am for the knowledge you shared with us, for the patience you taught us with, for the time you spent on us and for all your positive energy.

These three months were amazing. Wish you all the happiness with the hope to see you soon.

Thank you to rest of the team members and all other participants for making these three months possible and this amazing. -

-Vandana Golchha

Mam, you have taught me ABCD of anatomy which is the base/foundation. My perspective of treatment has changed entirely.... Especially my aversion to study about skeleton (anatomy) has completely changed.... During school days when we were taken to biology lab....I was afraid to see the skeleton but during our sessions whenever I saw skeleton with lipstick.... Saw its own beauty and miracle of Gods' creation. Thanks for guiding me in this wonderful journey.... Highly appreciate your patience to teach lay students like me with little or no exposure to the subject.

FRIENDS Thank you so much for your notes and sharing.

Awaiting the upcoming classes.
GRATITUDE TO THE WHOLE TEAM AND
ISA GROUP -

-Sumathi Pillai

Smile Greetings Ma'am, Dhawal Sir and ISA team...I am truly blessed by Prof. Park Jae Woo...He always inspire me to do the course and I join the course.. wonderful Journey ...I learnt so many new ways to see the person, their perspective, their reports now I can understand ...and the good part is searching site where I can get good material for home work .. my confidence level increases too..now I am able to see the report and give treatment perfectly...one can trust easily when he cure fast..My aim is to give drugless life to everyone .. because drugs are life support medicine but it's side-effects damage other organs too ..so, this is a great channel going on after treating one disease Dr refers to other Dr. So, patient till alive just go round and round... Thank you Prof . For your blessings that's why .I joined this course..Manisha Ma'am Your smile is so beautiful .. keep this smile forever with you...You are a beautiful and Devine Soul... your teaching ability is perfect .. God bless you and all...
Gratitude -

-Nandini Kewalramani

N SYED KALEEM, CHENNAI

Lecture: - BASIC

Sujok Qualification : BASIC(L-1)/MSK
(L-2), SIX KI(1), SIX KI(2)Ph.No.: 9884310006, Date of Birth: **April 1.****DIXITA VORA DEDHIA, MUMBAI**

Lecture :- BASIC, MSK, SIX KI(1)

Sujok Qualification: BASIC(L-1)/MSK(L-2),
SIX KI(1), SIX KI(2)Ph.No.: 9821432525, Date of Birth: **April 2.****UDIT HITENDRA CHORAWALA, SURAT**

Lecture:- BASIC

Sujok Qualification: BASIC(L-1)/MSK(L-2),
SIX KI(1), SIX KI(2)Ph.No.: 9825299140, Date of Birth: **April 4.****LISSY JOSEPH, MUVATTUPUZHA**

Lecture:- BASIC

Sujok Qualification: BASIC(L-1)/MSK(L-2),
SIX KI(1), SIX KI(2)Ph.No.: 9446461290, Date of Birth: **April 5.****Dr. E R RAGESH, THRISSUR**

Lecture:- BASIC, MSK, SIX KI(1)

Sujok Qualification:-BASIC(L-1)/MSK
(L-2), SIX KI(1), SIX KI(2)Ph.No.: 9995354107, Date of Birth: **April 7.****RAMASWAMY S, BANGALORE**

Lecture:- BASIC, MSK.

Sujok Qualification:- BASIC(L-1)/MSK
(L-2), SIX KI(1), SIX KI(2)Ph.No.: 9845012283, Date of Birth: **April 7.****AMARJIT SINGH NARULA, MUMBAI**

Lecture:-BASIC

Sujok Qualification:- BASIC(L-1)/MSK
(L-2), SIX KI(1), SIX KI(2)Ph.No.: 9869036813, Date of birth: **April 7.****NILIMA NITIN BHATKAR, AMRAVATI**

Lecture:- BASIC, MSK

Sujok Qualification: BASIC(L-1)/MSK(L-2),
SIX KI(1), SIX KI(2)Ph.No.: 9422858558, Date of Birth: **April 9.****MURALI KRISHNA B, HYDERABAD.**

Lecture:- BASIC

Sujok Qualification: BASIC(L-1)/MSK(L-2),
SIX KI(1), SIX KI(2)Ph.No.: 9885311181, Date of Birth: **April 10.****VIJAY C TAMBADKAR, MUMBAI**

Lecture:- BASIC

Sujok Qualification:-BASIC(L-1)/MSK
(L-2), SIX KI(1), SIX KI(2)Ph.No.: 7208400201, Date of Birth: **April 11****AJAY KUMAR SINGH, KOLKATA.**

Lecture:-BASIC,MSK,SIX KI(1), SIX KI(2)

Sujok Qualification:- BASIC(L-1)/MSK
(L-2), SIX KI(1), SIX KI(2).Ph.No.: 9433149771, Date of Birth: **April 12.****AZAD JAIN, CHANDIGARH**

Lecture:- BASIC,MSK

Sujok Qualification:- BASIC(L-1)/MSK
(L-2), SIX KI(1), SIX KI(2).Ph.No.: 9356452299, Date of Birth:**April 13****NILIMA DIGHE, HYDERABAD**

Lecture:- BASIC, MSK

Sujok Qualification:-BASIC(L-1)/MSK
(L-2), SIX KI(1), SIX KI(2)Ph.No.: 9951499858, Date of Birth:**April 13****GEETHA SUNDAR, CHENNAI**

Lecture:- BASIC, MSK

Sujok Qualification: BASIC(L-1)/MSK(L-2),
SIX KI(1), SIX KI(2)Ph.No.: 9884209289, Date of Birth:**April 14**

SMILE BIRTHDAYS

SATWANT KAUR GHATORORA, MUMBAI

Lecture:- BASIC

Sujok Qualification:- BASIC(L-1)/MSK
(L-2), SIX KI(1), SIX KI(2)

Ph.No.: 9819195291, Date of Birth: **April 14.**

SJ T. NEEL KETAN VIRA, MUMBAI

Lecture:-BASIC,MSK,SIX KI(1)

Sujok Qualification:-BASIC(L-1)/MSK(L-2),
SIX KI(1), SIX KI(2)

Ph.No.: 8369857553, Date of Birth:**April 16**

HETAL KUMAR B DOSHI, MUMBAI

Lecture:- BASIC

Sujok Qualification:- BASIC(L-1)/MSK(L-
2), SIX KI(1), SIX KI(2)

Ph.No.: 9322443850, Date of Birth: **April 16**

ADESH KUMARI, NEW DELHI

Lecture:- BASIC

Sujok Qualification:-BASIC(L-1)/MSK(L-2),
SIX KI(1), SIX KI(2)

Ph.No.: 9999935755, Date of Birth:**April 20**

STANLY RICHARD, KOLLAM

Lecture :- BASIC

Sujok Qualification:- BASIC(L-1)/MSK
(L-2), SIX KI(1), SIX KI(2)

Ph.No.: 9495167066, Date of Birth: **April 20**

SURESH TANNA, BHUJ

Lecture:- BASIC, MSK, SIX KI(1)

Sujok Qualification:- BASIC(L-1)/MSK
(L-2), SIX KI(1), SIX KI(2)

Ph.No.: 9427785854, Date of Birth: April 22

NEETU SANJAY AGRAWAL, NAGPUR

Lecture:- BASIC, MSK.

Sujok Qualification:- BASIC(L-1)/MSK
(L-2), SIX KI(1), SIX KI(2)

Ph.No.: 8149636387, Date of Birth: **April 24**

MOHANRAJ S. COIMBATORE

Lecture:- BASIC

Sujok Qualification:- BASIC(L-1)/MSK
(L-2), SIX KI(1), SIX KI(2)

Ph.No.: 9791905905, Date of Birth:**April 28**

SRINIVASA RAO, VIZAG

Lecture:-BASIC

Sujok Quslification:- BASIC(L-1)/MSK
(L-2), SIX KI(1), SIX KI(2)

Ph.No.: 9494374949, Date of Birth: **April 27**

JOSEPHINE MC MARCELINE, CHENNAI

Lecture:- BASIC

Sujok Quslification:- BASIC(L-1)/MSK
(L-2), SIX KI(1), SIX KI(2)

Ph.No.: 9486065633, Date of Birth: **May 1.**

MITA GANATRA, KOLKATA

Lecture:- BASIC, MSK, Six Ki(1), Six Ki(2)

Sujok Qualification:- BASIC(L-1)/MSK
(L-2), SIX KI(1), SIX KI(2).

Ph.No.: 9831126205, Date of Birth : **May 5.**

SATHIYAMOORTHY K. RAJAPALAYAM

Lecture:- BASIC

Sujok Qualification:- BASIC(L-1)/MSK
(L-2), SIX KI(1), SIX KI(2)

Ph.No.: 9442625633, Date of Birth: **May 5.**

NITIN NARWANI, SURAT

Lecture:- BASIC, MSK

Sujok Qualification:- BASIC(L-1)/MSK
(L-2), SIX KI(1), SIX KI(2)

Ph.No.: 9426222427, Date of Birth: **May 4.**

SIVASHANKAR.M, CHENNAI

Lecture:- BASIC, MSK

Sujok Qualification:- BASIC(L-1)/MSK
(L-2), SIX KI(1), SIX KI(2)

Ph.No.: 9003184747, Date of Birth: **May 7**

Sujok World

VIJAYA LAKSHMI.T, HYDERABAD

Lecture:-BASIC, MSK

Sujok Qualification:-BASIC(L-1)/MSK
(L-2), SIX KI(1), SIX KI(2)

Ph.No.: 9292952629, Date of Birth : **May 8**

ANTARA CHAUDHARI, SHILONG

Lecture:- BASIC

Sujok Qualification:- BASIC(L-1)/MSK
(L-2), SIX KI(1), SIX KI(2)

Ph.No.:-9958024214, Date of Birth: **May 10**

JUGAL KISHORE CHAHAL, PINJORE

Lecture:-BASIC,MSK, SIX KI(1), SIX KI(2)

Sujok Qualification:- BASIC(L-1)/MSK
(L-2), SIX KI(1), SIX KI(2)

Ph.No.: 8881001148, Date of Birth: **May 10**

SUNNY KJ, KOOTTHATUKULAM

Lecture:- BASIC

Sujok Qualification:-BASIC(L-1)/MSK(L-2),
SIX KI(1), SIX KI(2)

Ph.No.: 9947997164, Date of Birth: **May 11.**

SILVY SEBASTIAN, KOTTAYAM

Lecture:- BASIC

Sujok Qualification:- BASIC(L-1)/MSK(L-
2), SIX KI(1), SIX KI(2)

Ph.No.: 9446268663, Date of Birth: **May 12**

SUNIL MAHAJAN, NEW DELHI

Lecture:-BASIC

Sujok Qualification:- BASIC(L-1)/MSK
(L-2), SIX KI(1), SIX KI(2)

Ph.No.: 9711106001, Date of Birth: **May 12**

ALKA SODHANI, SECUNDERABAD

Lecture:- BASIC, MSK, SIX KI(1)

Sujok Qualification:- BASIC(L-1)/MSK
(L-2), SIX KI(1), SIX KI(2)

Ph.No.: 9849453531, Date of Birth: **May 13**

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NOTE :
Next issue of the Sujok Global Newsletter will be published in the last week of **November 2022** for which articles received upto **20 October 2022** will be taken up for consideration.

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