

About Parul



Ms. Parul Agarwal
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Professor, ASPEUS, Allahabad.

Vice President (Research,Publication), ASPEUS, Alld.

ASPEUS= Acupressure Shodh, Prashikshan Evam Upchar Sansthan

- Working in the field of Acupressure since 1995
- Started in Jan, 1995 with **Reflexology** (Palm/ Foot pressure points); learnt basics from late Dr Devendra Vora (Mumbai) and his book "Health in your hands". Practised for 3-5 years.
- In around 1998, learnt **Chinese Acupressure** through books and lectures by ASPEUS-President Mr M P Khemka and Director, J P Agarwal. Practiced for further 5 years, started researching on acu points and delivering talks and conducted seminars at Alld.
- In around 2000, learnt **Sujok acupressure, acupuncture** by Dr Suman Motilal Shah, Kolkata (disciple of the sujok inventor, Late Prof. Park Jae Woo, Korea). Started practice and exhaustive research, lectures across the country.
Represented on behalf of ASPEUS in various seminars of Prof Park and awarded lectureship of sujok (and acupressure) and membership of Sujok Association, Moscow.
- In around 2002, learnt **Electro Acupuncture according to Voll (EAV)** through books and lectures, an advanced development of Chinese Acupressure, developed by an Allopathic doctor of Germany, Late Dr Reinold Voll. Further added in research and developed advanced modes of treatment methods.
- In 2003, Learnt and developed a new branch of **Ayurvedic Acupressure**, with Mr J P Agarwal; through the study of Ayurvedic text "Charak Sanhita", the visions of medicine, lifestyle; and evolved from it, new acu points and meridian systems for the treatment of infinite disorders.
- Working on the above various fields, developing new points and concepts of treatment, compilation of cases, research, treatment and conducting training camps.

Current Activities:

- **Book writing** – written more than 20 books (since 2008) on the subject alongwith compilation and editing many more. Heading as VP publication with a team of more than 20 staff.
- **Editor-** of the Acupressure magazine – Saraswati, published by ASPEUS (since 2014).
- **Research-** developing points, concepts of acupressure treatment (since 2005) to make it simplest for usage to the common masses. Compiling cases of different therapists across the country.
- **Lectures** – conducting awareness to the advance level talks (since 2008 approx) across the country and abroad (India-delhi, Kolkata, rajasthan Chennai, Bangalore, Chandigarh, etc and in USA- Cincinnati, Minneapolis, Columbus)
- **Information technology (IT)-**
 - Created an **online team**(since 2017) for ASPEUS therapists categorization as per their excellence, asked by the govt of India, for the recognition of the therapy and ASPEUS.
 - Managing the **website** of ASPEUS (since 2016), updating latest details of courses, training programs, treatment recipes, case histories, govt officials feedbacks, you tube video bytes of doctors and patients feedbacks on the therapy etc.
 - Chief coordinator of ASPEUS online **software Acuhealthline (AHL)** started in 2016, www.acuhealthline.in made by a promoter/ therapist, Mr mahantesh saboji, Belgaum. This helps masses to get online remedy for their health concerns, anywhere they are with neatly plotted figure charts of acupoints, generated by the system. Also they can consult therapists online, enroll for trainings online etc facilities.
- **Treatment-** running an independent treatment centre at Allahabad in the name of Dariyabad Acupressure centre for 3 hrs/ day with an average of 25 patients / day.