

Reflex action

PEOPLE Reflexologist Ansar CA is a lesson for those who take life for granted



THERAPEUTIC SUCCOUR Ansar with a client PHOTO: VIPIN CHANDRAN

Fading vision and the looming darkness never dent C. A. Ansar's spirits and sense of humour. A trained reflexologist Ansar stopped practice when following a surgery his world plunged into complete darkness. What kept this brave 28-year-old going was his sense of humour.

"Ansar CA, not Chartered Accountant," he says flashing a charming smile and looking every inch dapper in his white jacket and dark glasses. Before Ansar lost his vision he had completed a course in physiotherapy and foot reflexology from Mumbai. He learnt reflexology from a Chinese master visiting the centre teaching different kind of therapeutic massages.

At Saraswathy Ayurvedic College in Chennai, Ansar mastered the art of ayurvedic massage. Back in Kochi with still what he calls, shadow sight he began practising this natural therapy at a fitness centre in the city.

With deteriorating vision (due to Glaucoma) and the failed surgery Ansar's world plunged into total darkness. He slipped into depression and gave up. It was then that a couple whose six-year-old paralysed child he had treated visited him. A couple whose son had

shown remarkable improvement after Ansar had used reflexology on the child. They urged him to do so once again. But Ansar had lost confidence and felt he was not able anymore. "I was disabled and how could I help somebody, is what kept tormenting me," he recalls. It was friends and family who cajoled him out of his depression and saw him back on work.

Ansar went back to work and is presently working at Taj's Gateway Hotel.

Natural therapy

"Foot reflexology is a natural therapy that requires the application of pressure on particular areas of the feet to help balance the body," says Ansar explaining the science behind his work. What gives him immense joy is when his clients show signs of improvement and get relief. "I cannot believe that a person with disability can give hope and relief to others. I really feel on top of the world," he says visibly happy.

Ansar makes home visits and is available for consultancy at the hotel from 10 to 4 pm. Some of his celebrity clients have been Shashi Tharoor and Prabhu Deva. "They

all have very encouraging words for me," he says and narrates how two city businessman, Jomon and MC Roy gave him work and encouragement regularly to become what he is today.

Walking barefoot is what reflexology advocates as an energiser for all organs of the body and Ansar too stresses on it. His work and his clientele have given Ansar the confidence to move on to bigger dreams, a far-sight into what can be achieved by the likes of him.

Ansar is from Aluva and lives with his parents. With him tying the knot with Shereena recently his cup of joy is full. He's happy that things have worked out well and harbours a desire to help other visually-impaired people.

He dreams of starting a training and consultancy centre where he can train others like him in reflexology and massage, for he thinks "this job of treating and giving relief to others is just right for us." And it sure is because when the differently able touch us with their strengths they open our eyes to a whole new, brave world.

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