



ACU WELLNESS

7th Anniversary – Special Report

ACADEMY for ACUPRESSURE and ACUPUNCTURE (R)

2013, 7th Main, “D” Block, 2nd Stage, Rajajinagar, Bangalore – 560 010

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[For Private Circulation only]

THE YEAR 2018

One of the main objectives of setting up this Academy, was not only to popularise Acupressure and Acupuncture, but also to get recognition from the State and Central Government for this Scientific treatment. The year 2018 started on a very positive note for us Acupuncturists with the formation of the Maharashtra Acupuncture Council and Dr. .R.F. Beramji, being nominated as the First President. Encouraged by the developments in Maharashtra, the Acupuncturists in Karnataka have given a copy of the Maharashtra bill to the Ministry of Health and Family Welfare to enable them prepare a bill and pass it in Karnataka Legislative Assembly. The present Government is very receptive towards this drugless Therapy.

Acupuncture Science Association (ASA) Karnataka

The 9th Executive Committee meeting was held in Race View Hotel. Dr. Samiulla explained the efforts taken for recognition of Acupuncture in Karnataka and also explained the National Scenario.



Dr.Samiulla and Dr.Ravishankar with EC Members

Dr. Basavaraj who invented a Pulse Analyser explained its function and expressed that in near future all practicing Acupuncturists in Karnataka will be called for a live demonstration and we can initiate action for making all of them members of ASA Karnataka.

INTEGRATED ACUPUNCTURE MEDICAL COLLEGE

The first meeting of the study committee meeting for an Integrated Acupuncture Medical College in Bangalore, Karnataka State was held on 9th may

2018. Dr. Bhojraj stressed importance of having a detailed study report of a proposed “Integrated Acupuncture Medical College and Hospital” so that funding arrangements can be initiated as soon as we get the approval for the Acupuncture system. The initiative is to start a new college in Karnataka to introduce full time degree (Five and a half years) courses with Acupuncture as the main subject as per the guidelines of World Health Organization and State Health Department.



Dr. Peter Lee, an Acupuncture specialist from USA was available for 6 months for consultations in our Academy. He specializes in spine related problems. He conducted a practical course in Hotel Chalukya on 28th July 2018 About 10 participants took part in the practical course.



6TH ANNIVERSARY CUM GRADUATION CEREMONY



ONE DAY BASIC COURSE



On 25/02/18



on 22/07/18

NADISWARA

Indian Pulse Analysis System was developed by Mr. Basavaraju, Founder, Basava Academy for Healing, for the first time in India. The software and hardware was developed by him and his team members. This system, "Nadiswara" was released by Dr. H. Nagarathna, Senior Vice President, S-VYASA University on 25th May, 2018.

Nadiswara is being used at the Academy and those interested, may contact the Academy for a demo.

Our dream of setting up an integrated acupuncture college in Bangalore has brightened with the visit of a Chinese Acupuncture College team led by its' President of Changchun University, Changchun, China to India in the first week of December 2018. A seminar on "**Diagnosis and rehabilitation methods of Traditional Medicine**"(TCM) was organised by Dr. Sagar, President, Telangana Acupuncture and Acupressure Practitioners Association (TAAPA) in Hyderabad



Prof. Song Bailin handing over a memento to Dr. Bhojraj



Practitioners from Bangalore who participated in the seminar

Prof. Song Bailin, President, addressed the gathering, appreciating the efforts of India in promoting acupuncture. He is ready to collaborate with India in acupuncture cure especially for cardiac rehabilitation. He is also ready to support Indian students for a full time integrated course at the university.

Our letter from the Academy, seeking collaboration with Changchun University, along with the book "Acupuncture: The Drugless Path to Good Health" presented to him by Dr.Bhojraj.

Dr.Sagar has taken the lead to get into a Memorandum of Understanding with the University and take care of the needs of Bangalore along with Hyderabad Centre. The seminar was attended by Dr.H.Bhojraj and Dr.Romesh Bhat from our Academy.

The year 2018 has been very encouraging in terms of our objectives and aims. **With all your support and cooperation, we hope to establish an Integrated Medical College in Bangalore, a first of its' kind in India.**

Editorial team; Mrs.Jija Subramanian , Maneesha. G
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THE YEAR 2012



The formal inauguration of the **Academy for Acupressure and Acupuncture, Bangalore (AAA)** was held on **11th March 2012** in the Cauvery Banquet Hall at Hotel Chalukya, Bangalore.



Acupuncture Course conducted by Prof. K.K. Mishra from 27th to 29th May 2012



Office premises of the Academy was formally inaugurated on 3rd September 2012



The first **ACU WELLNESS** the quarterly **News Letter** was released on **21st Nov 2012**.



Dr. H. Bhojraj was invited to train 17 practitioners of **Nambudri Allergy Elimination Technique (NAET)** in Bangalore from **27th and 28th October 2012**.



Mrs. Shanaz from Pretoria (South Africa) received the **Course Completion Certificate** from **Dr. H. Bhojraj**



One Day Acupressure Course conducted at the **Institution of Engineers (India) Lecture Hall**

THE YEAR 2013



Dr. Bhojraj's **presentation on Acupressure** for Members of Broadcast Engineering Society (BES) at the Coffee Board Hall on 18th January 2013 was well appreciated

1st Anniversary Celebration - 2nd February 2013



Advance Course Graduates with the Guests



Panel discussion at the Anniversary



Children's Immunity Development Campaign at Cluny Convent School, Malleswaram, Bangalore



Acu Healer, Dr. Umar Farook, the Principal of Cumbum Academy of Acupuncture treating the participants at the **One Day Course on Acu Touch Therapy**



Seminar on Touch Heal Therapy by the Cumbam Academy of Acupuncture in Bangalore from 6th to 8th December, 2013



Dr. H. Bhojraj addressing the gathering as Chief Guest at the **2nd Anniversary Celebrations of Arokyia Acupuncture Therapists Association, Coonoor** on 29th November 2013.

2014



address on acupressure and Acupuncture. at the Rotary Club at Chennai Bangalore North



Mr. P. Suresh's acupressure presentation, assisted by Mr. N.S. Ramesh at the **Rural Community College, Pondicherry** on 14th March 2014.



Graduates at the 2nd Anniversary and Graduation Ceremony celebrated on 8th February, 2014.



treatment camp organised by **Residents Welfare Association** in Banashankari 3rd Stage



Dr. Bhojraj addressing the Nair Seva Sangh Karnataka (Jalahalli West) on 9th March, 2014



Kaya Kalpa Yoga by Dr. S. Palanisami



Ayurvedic and Siddha doctors who participated in the course training programme on Acupressure

Particioants at Kaya Kalpa



Pulse Metabolic Analysis Workshop – 16/11/14



Workshop on Static and Dynamic Body Balancing

2015



Graduates with others at the 3rd Graduation Ceremony

Visitors at the academy



Dr. R.K. Mundra



Dr. H. Devaraj, Vice Chairman, University Grants Commission,



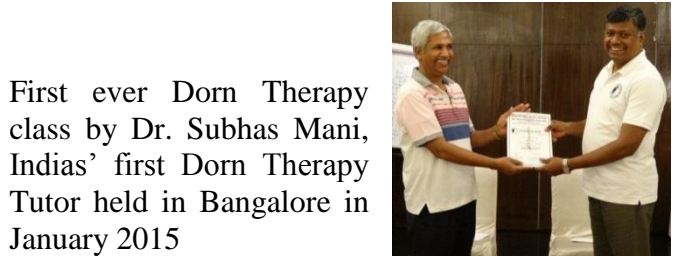
Prof Prahalada Rao, of S-VYASA, Bangalore



Dr. Bhojraj was invited by *CHANDANA TV* channel of Doordarshan for a talk on Acupressure



Mr. R. Ravichandran, a *Yoga* teacher addressing our students on 21st May 2015, (International Yoga Day)



First ever Dorn Therapy class by Dr. Subhas Mani, India's first Dorn Therapy Tutor held in Bangalore in January 2015



Newsletter being released at International Seminar on PMA in September 2015



Dr. Bhojraj explaining and Mr. Suresh P demonstrating the points to be activated at Ooty on 9th Sept. 2015

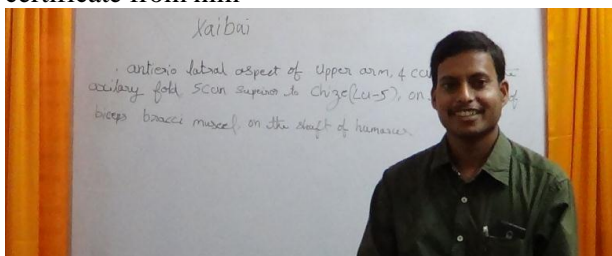
2016



First meeting of the Acupuncture Science Association (ASA) at AAA on 29th February, 2016



“Sai Bindu”, Mr. Srinivasan, spoke on “Know your 4th Dimension”. Mrs. Shobhana from Cochin received her Advance course and Auricular certificate from him



TCM Classes by Mr. Girish and Dr. Bhojraj



Basic Pranayama class by Dr. H. Bhojraj



The booklet – “Acupressure –Do it Yourself Therapy” by Dr. Bhojraj was released at the 1st meeting of ASA- Karnataka Chapter held on 25/09/16



Auricular Therapy Class in progress



Dr. H. Bhojraj and the faculty members with participants from across India. Dr. Baskhi has conducted a 5 day residential, course in Aug 2016. It was attended by Hr. Girish from the Bangalore Chapter



Dr. Samiullah talking about the TCM Course at AAA



Dr. H. Bhojraj Addressing the Convention at the 4th International Conference on the topic “Healthy ageing in the changing world 2016, held from 23rd to 25th Nov 2016 with eminent speakers from all over the world. The conference addressed the health requirements of the aging population

2017



5th Anniversary and Graduation on 7/2/2017. Shri. Abhijit Sengupta, Rtd Secretary, Department of Culture, Govt. of India was the Chief Guest. Mrs. Ambika Sengupta, writer and Wg Cdr (Dr). Romesh Bhat, Rtd IAF officer were our guests of honor.



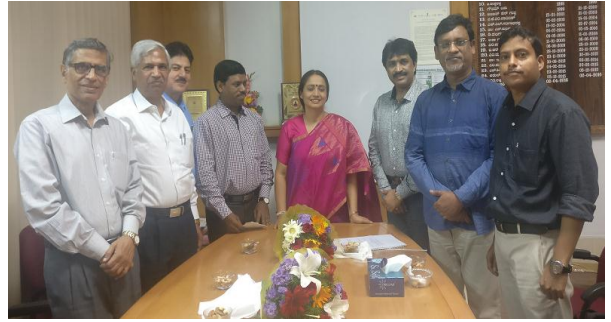
The Academy inaugurated its' new center- **The Acu Wellness Centre**, on 12/4/17. The function was attended by all the Trustees, donors, well-wishers and a number of students.



Dr. H. Bhojraj presented his book to Sri. S.V. Ranganath when a delegation of the Acupuncture Coordination Council met Mr. Ranganath, ex-Chief Secretary, Karnataka, on 6th July, 2017.



Participants at the free Acupressure training course for patients on 27/10/17



The Acupuncture Coordination Council met the Principal Secretary, Health, Govt. of Karnataka and submitted a memorandum for recognition of Acupuncture in Karnataka.



The 3rd international yoga day was celebrated at our Academy under the guidance of Dr. Romesh Bhatt, PhD, Yoga Sciences, SVYSA University



Three month Weight Reduction Programme



5 Days Basic Course on 28/7/2017 to 1/9/2017



ASA Meeting On 10/07/2017