



# ACU WELLNESS

The Quarterly publication of

**ACADEMY for ACUPRESSURE and ACUPUNCTURE (R)**

2013, 7th Main, "D" Block, 2<sup>nd</sup> Stage, Rajajinagar, Bangalore – 560 010

**APRIL-JUNE 2019**

Tel: 8050901238 e-Mail: [acuacademybgl@gmail.com](mailto:acuacademybgl@gmail.com)

Website: [www.acupressureclub.org](http://www.acupressureclub.org)

VOL: 8

No. 2

## From the Chairman's desk



*Dr.Sachdev, Dr.Bhojraj, Dr.C.K.Raju, Shri.Ranganath, Shri.Ravi Subramanya M L A, Dr.Kumar, Dr.Samiullah, Dr.Eashwar*  
**Thebook "The art of classical Acupuncture" written by Dr.Samiullah was released on 23<sup>rd</sup> June.**  
**Congratulations to the Author.**

Our dream of having a separate system for acupuncture has become a reality and the Committee appointed by the Central Government under the Chairmanship of Dr.V.M.Katoch, Director General of ICMR has already started working to regulate and promote Acupuncture as a system. It can become a part of AYUSH Department with one more A added to it. The research funds available with AYUSH Department can be very effectively used by many of these systems. I request all Acupuncture Practitioners to register yourself under KPME Act and get the clearance for not only practicing but also for participating in funded research projects for Migraine, Diabetes, Knee Pain, Back pain and also for Motor Neuron Disease, Multiple Sclerosis etc. since Acupuncture cures the root cause of the disease, most of the symptoms follow the Herring's Law of Cure and our emphasis that the responsibility of staying healthy is with the patients by following diet and exercise.

As we have indicated in this issue, setting up an Integrated Acupuncture Medical College cum Hospital is our goal and the government is actively considering this proposal. The required place and the clearances from the Government is being considered

by the high level committee which has been appointed by the Health Secretary, Government of Karnataka.

The syllabus for the entire course will be worked out by the committee and the Integrated Hospitals will start functioning in different parts of Karnataka. Almost all Government Hospitals will have a Department of Acupuncture initially manned by Certified M.B.B.S/B.N.Y.S/B.A.M.S doctors till Government gets qualified acupuncturists for appointment.

**We thank the Prime Minister, Shri. Narendra Modi, for recognizing the potential of Acupuncture and approving it as an independent system at the Centre. The State Government must take the cue from the Central Government and implement the rules and regulations framed by the Central Committee.**

**Dr.Surendra Pal**, Ex-Vice Chancellor of Defence University, Pune and **Shri.S.V.Ranganath**, Ex-Chief Secretary of Karnataka Government have taken up the project of implementing the plan for setting up an Acupuncture College cum Hospital in Karnataka. The preliminary project report is already in the anvil. As soon as the Central Committee report is submitted, the actual clearances will be obtained for starting a 5 ½ years course.

I would like to express my hearty thanks to all the Acupuncture Practitioners who have undergone the certificate course in our Academy and given the positive feedbacks after treating patients. Kindly register yourself with the Government Agency and practice with your licensed certificate following all the ethical rules set by the committee.

**I wish the New Government at the Centre, a productive future to make India a real super power in the world.**

*Dr. H. Bhojraj*  
**Chairman, AAA**

**Future generations will depend less on medicines and more on energy.**

**Focus will shift from sickness to wellness, matter to richness of mind, body, heart and spirit.**  
**Dr. Jiten Bhatt**

# PROPOSAL FOR AN INTEGRATED ACUPUNCTURE MEDICAL COLLEGE CUM HOSPITAL IN BANGALORE

*By Dr.H.Bhojraj*

The recognition of Acupuncture as an independent system by the Central Government has paved the way for a formal medical course in India with Acupuncture as a specialization. Since Acupuncture is very effectively practiced by many MBBS doctors in India with their Acupuncture Certification from other Institutes, a PG. course in Acupuncture can be planned for the General Practitioners by a formal Academy for Acupuncture

As we need more and more doctors in rural areas, a formal 5 ½ years MBBS course can be started with RGUHS affiliation with Acupuncture as the main subject from 1<sup>st</sup> year to 5<sup>th</sup> year. A syllabus committee can be formed for finalising the Acupuncture subject with the available text books followed by teachers from Chinese or other foreign universities

*Future Acupuncture Hospital as conceived by  
Mr.M.V.Kannan, Trustee, AAA*



An Acupuncture Hospital attached to a medical college can serve the purpose for practical sessions where experienced Acupuncture Doctors can treat out patients. The in-patient department for Acupuncture Medical College can be in any normal hospital where the Acupuncture Department is attached

Almost all Government Hospitals in Karnataka can start an Acupuncture Department and start treating patients with Acupuncture techniques. The qualified Acupuncturists can be certified initially by Acupuncture Board appointed by the Government. After completing the medical course in Integrated Acupuncture Medical College, qualified doctors can be appointed in all hospitals.

## ACUPUNCTURE TRAINING IN DELHI

November 4<sup>th</sup> to 9<sup>th</sup> Theory Classes

By Dr.H.Bhojraj

Contact Mrs.Namitha Ph 98107 10036 or

Mr.Ashok Popli Ph.98110 48851

Since Acupuncture treatment needs only a few needles, the patients need not spend any money for the drugs. In fact, they can reduce their intake of chemical drugs with Acupuncture treatment

**Let us come together to get the approval from the State Government for Acupuncture. Those interested in supporting our major project of Integrated Acupuncture Medical College can give your name and address to our Academy E-mail: [acuacademy@gmail.com](mailto:acuacademy@gmail.com).**

**A meeting will be called within a month or two to discuss the project in detail.**

## ACADEMY ACTIVITIES

### IRIDOLOGY Explained

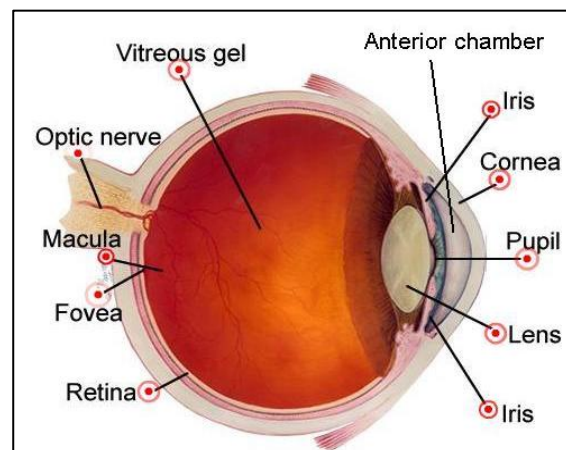
It was decided the all practitioners meet on the 4<sup>th</sup> Saturday every two months to discuss case histories. The Academy organized a review meet on 31-03-2019 of all Acupuncture practitioners. Though only a few people attended the meeting, the practitioners



shared their personal experience with Acupuncture treatment and also on other patients. A few of their case histories presented during the meeting are being published in the Case Histories column. By and large all practitioners expressed that the results they got with Acupuncture

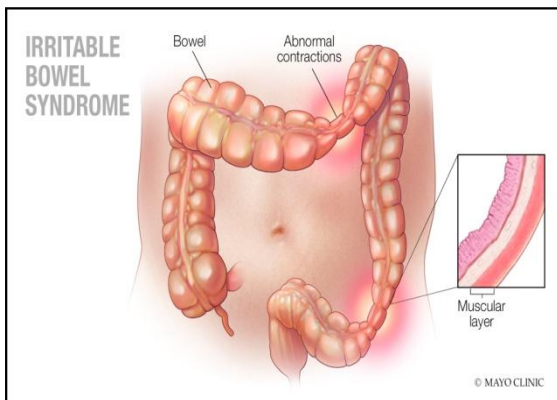
are excellent mainly for headache, back pain, and especially fever, cough/cold for children.

Dr.H.Bhojraj explained the concept of Iridology and explained the construction of the eye. He also explained how the iris is connected with the nervous system and how any problem in the organ is reflected in the iris due to the nervous connection. The practitioners who attended this meeting are now motivated to check the iris before and after the treatment.



## IRRITABLE BOWEL SYNDROME (IBS)

Irritable bowel syndrome (IBS) is the most common of all digestive disorders that usually affects the large intestine. The most frequently encountered symptom is abdominal pain with diarrhea or soft frequent stools. In other cases, IBS comes with abdominal cramps and painful constipation, usually following meals. Whatever the specific symptoms, your digestion seems normal but your bowel movements becomes abnormal and stay that way for several weeks or months if not treated.



### SYMPTOMS

- Abdominal pain, cramping or bloating that is typically or partially relieved by passing a bowel movement.
- Increased intestinal gas.
- Constipation or diarrhea shortly after meals, sometimes alternate bouts of constipation and diarrhea.

### CAUSES

- Peristalsis (synchronized wavelike contractions) becomes irregular and uncoordinated disrupting the normal digestive process.
- It can be due to food sensitivities, especially as people age.
- Stress.
- Too much fat in the diet
- Lactose intolerance, eating irregularly, eating too quickly and smoking can be the reasons for IBS.
- It can be due to some antibiotics.
- Inflammation in the intestines.

- Severe infection – IBS can develop after a severe bout of diarrhea (Gastroenteritis) caused by a bacteria or virus
- Changes in the bacteria of the gut (micro flora)
- Antidepressant may also cause constipation
- Mineral supplements, diuretics and sedatives can also cause this condition.

## TREATMENT

### Conventional Medicine

Since irritable bowel syndrome does not have specific underlying cause, treatment is directed mainly at relieving the symptoms. A balanced nutritional programme avoiding fat and “Loperamide” may be prescribed to slowdown the movement of food through the intestines, “Dicyclomine” to calm the gastrointestinal tract, “Atropine” to relieve stomach cramps. Counseling or psychotherapy may be held to relieve concerns that are aggravating the condition.

### Acupuncture cure

**In Acupuncture treatment, the root cause of the disease will be eliminated and the recovery will be very fast.** First and foremost the Spleen meridian points will be stimulated to improve the absorption of the food in the system. Then the Liver meridian points for improving the transportation of the contents in the Small Intestine and Large Intestine. **The Lung meridian points will help to control the dryness energy in the system especially in the Large Intestine which can cause loose motion or constipation due to an excess or lack of dryness.** Finally, the Brain (P) meridian points are activated as per the requirement.

With 8 to 10 sittings, spanning about a month, Acupuncture treatment can completely cure Irritable Bowel Syndrome.

### **IBS Formula**

Chronic: Lu 8 ↓, H 8 ↑, K 10 ↓, P 5 ↓, H7

Acute: LI 2 ↓, LI 11 (inc), LI 3 ↓, TW 2 ↓

Or General: Sp 3 ↓ Liv 1 (inc), Lu 8 ↓, P 7 ↓

### PREVENTION

- **Practice Yoga which will help to relax and activates abdominal organs.**
- **Regular walking for 20-30 mins.**
- **Add more fibre food in your diet (Recommended 30 gms/day)**
- **Avoid smoking.**
- **Avoid excessive amounts of caffeine.**



## DEVELOPMENTS OF ACUPUNCTURE SCIENCE IN INDIA

*by Prof (Dr) Ram Gopal, Chief Advisor,  
Acupuncture Science Association, India*



Acupuncture Science is now formally recognized by Central Government by its office order dated 21<sup>st</sup> Feb 2019 and it is the day to celebrate for the official recognition given by the Union Government. As we all know, West Bengal and Maharashtra have already approved Acupuncture as a system and appropriate

rules and regulations are already framed for Acupuncture practice in these two States. Now the Karnataka Government is keen to implement the Maharashtra model for Acupuncture with the efforts of Acupuncture Co-Ordination Council under the leadership of Dr.Samiullah, who is the Convener for Karnataka Acupuncture Science Association. **It is also heartening to note that the Academy for Acupressure and Acupuncture, started as a research organization with the sole aim of getting the recognition for scientific acupuncture system has plans to start an Integrated Acupuncture Medical College in Bangalore. I wish the Academy all the best for its ambitious mission to serve the suffering people.**

Acupuncture Science Association with its headquarters in Calcutta has representation from 21 states in India. All the State and Central members have been interacting with the concerned authorities in their states to get recognition to get integrated scientific Acupuncture as an Independent System of Medicine.

ASA has organized many conferences and Acupuncture Training Programmes in many states and our combined efforts have culminated in the Central Government's recognition with an order NO.11018/03/2018-HR/e-office:3164145 dated 21-2-2019. **As Chief Advisor, Acupuncture Science Association I strongly feel that more representation of Acupuncture Experts, should have been given in Apex Committee on Acupuncture which contains only 4 members.** I request the Chairman of the committee to co-opt at least a few Acupuncture Experts who have worked with Acupuncture for many decades.

Acupuncture that was practiced in the Vedic period has been called Suchibhedan in Ayurveda Science. The efficient and effective practice of Acupuncture has to

be integrated with Modern Therapy to prove the evidence based results for many diseases. Ultimately the R&D efforts of all science and spiritual training are aimed to improve the quality and longevity of life. The tasks given to the Apex Committee on Acupuncture will be effectively and successfully accomplished by implementing synergy of science and spirituality as expressed in Indian Ayurveda and Chinese Medicine texts. **Yoga and Acupuncture have been adopted all over the world and are gaining popularity day by day.**

As an approved system, we need to concentrate on research areas and particularly on the ethical issues involved in clinical research on acupuncture as per W.H.O guidelines. **In order to be ethical, research must be conducted or supervised by persons or teams with experience, qualification and competence appropriate to the research.** While reporting the study, the qualification, length of the training and clinical experience of the researcher should be stated. Value based management of research projects on acupuncture should be addressed by the Apex committee.

I have been associated with ASA institutions for a long time. The ethical codes have been followed with excellent results in treating acute diseases with Acupuncture in various institutions in India.

**With my own experience in integrated therapy as an R&D scientist, I can state that one can lead a healthy and happy life by practicing any one of these simple therapies.**

In India, IRIIM, Howrah, West Bengal and Ludhiana Acupuncture Medical College, Ludhiana, Punjab are pioneers in research on Acupuncture cure and have produced many research papers. All over India, acupuncturists from various institutions are rendering yeoman service to the society through their small clinics.

**With this approval by the Central Government, many State Governments will start recognizing Acupuncture, depending on the availability of experts in these States. This recognition paves the way for International Co-operation in Acupuncture especially with China, Singapore, Malaysia, South Korea and Japan.** ASA centers all over India should become active and conduct regular seminars in Acupuncture and popularize the system by conducting free camps under ASA Banner.

I appeal to all the healers in Acupuncture to commit yourselves ethically and enhance your skills by attending Acupuncture seminars and continuous education programs conducted by local ASA centers.

**I wish the dream of the Academy to start a full-fledged Integrated Acupuncture Medical College will become a reality in the near future.**

Wishing you all the best.

Prof (Dr) Ram Gopal, born on 11<sup>th</sup> Aug 1942, is a well known retired DRDO research scientist. He has published over 700 research papers in his 50 years of service. He has worked with the Late Dr.A.P.J Abdul Kalam during his service in DRDO. He is the Chief Advisor of Acupuncture Science Association. He organizes and gives lectures regularly on Alternate Medicine in Yoga-Naturopathy Meditation Camps.

### Acupuncture Science Association(ASA)

The Association was started in the year 2013 with the main goal of getting not only recognition from the Central Government but also to promote Acupuncture as a system of therapy in all Indian States.

In West Bengal, under the leadership of Dr. Debasis Bakshi, the State Government recognized Acupuncture and appointed a few doctors for Acupuncture Training and practice to serve humanity. Statistics indicate that Acupuncture Departments have done very well and the State Expenditure on public health has reduced compared to other states in spite of population increase.

Maharashtra is the latest in the list to recognize Acupuncture and has allowed not only professional doctors, but also those who have undergone a certified course from appropriately qualified and trained practitioners to practice.

ASA State chapters have been set up by practicing Acupuncturists in 21 states across the country and now with the approval by the Central Government, almost all States will take up Acupuncture System and give legal sanctions in due course of time.

Acupuncture Science Association provides an identity card to all practitioners in India and provides latest developments of Acupuncture in India.

Those who have a degree or diploma or certificate from any school of Acupuncture can contact Dr.Debasis Bakshi, General Secretary directly for getting the application form via email ([drdebasis56@gmail.com](mailto:drdebasis56@gmail.com))

### **ACUPUNCTURISTS MEETING IN BANGALORE**

Acupuncture Science Association (ASA) and Karnataka Acupuncture Association(KAA) together planned to conduct a meeting on 28<sup>th</sup> July 2019 in Gandhi Bhavan at 10 30 AM to discuss the latest developments on the

Practitioners in the state of Karnataka can contact Dr.Samiullah.

Phone : 901984849

Email:[saminiams@gmail.com](mailto:saminiams@gmail.com)



Mr.Suresh Palyam's 70<sup>th</sup> BirthDay 2-6-19

Mr.Suresh is the founder Trustee of our Academy



Mr.Arunachalam's 70<sup>th</sup> Birth Day 11-6-19

Mr.Sundramurthy,Mr.Arunachalm.Mr.Kannan and Dr.Bhojraj



PadmaShri V.R. Katti, Mr& Mrs.Bhojraj, Mr&Mrs Malik Mr & Mrs Bhaskar Narayana, Mr&Mrs Sathyamurthy, Mr &Mrs.Kanaka Rao, Mr &Mrs.Das Gupta, Dr.Pal and Mr.Ramanand Tyagi

Rtd ISRO Scientists- Supporters of our Academy

recognition of acupuncture in Karnataka and the modalities for recognizing the existing practitioners.All those who have undergone courses in any Institute can attend.**Contact Dr.Girish Secretay ASA Ph7899326578 or Dr.Basavaraj Jt.Sec Ph.9008277740 for details of the programme.**

## **CASE HISTORIES**

Mr.Devesh Sharma (Ph: 9569209313)

### **1.1 Neck and shoulder pain cured by Acupuncture.**

Mrs.Kusum Sharma of age 45 years was suffering from neck and shoulder pain since one year. **She had taken medicines and physiotherapy treatment but didn't get any sustained relief.** I treated her with Acupuncture on Liv-1, GB -20, GB-21, and SI-1. After 3 sittings of treatment she felt lightness in her neck and shoulder. **I continued the treatment for 3 more sittings over a span of 3 weeks and her pain completely vanished.** She was very happy with Acupuncture treatment and recommended this simple and effective treatment to her family members.

### **1.2 Dryness of lips cured**

Master. Lohith Rao, aged 12, was suffering from dryness of lips for the last 5 years. Due to the dryness of lips, there was black colour around his lips. He was prescribed with skin ointments and medicine for this but it wasn't of much help. Then he came to me for this treatment. I treated him with SP-5, SP-6 along with LU-7 points. After 5 sittings, the dryness of his lips was cured and the black spots around his lips became lighter. The patient and his mother are very happy to see the miraculous effect of Acupuncture.

### **1.3 Migraine cured**

Mrs. Gayathri Patil of age 28 years, suffering from migraine, skin rashes and gastric problem came to me for treatment. She was unable to sleep in the night due to headache and acidity. I treated her with Liv-1, Liv-3, Sp-6, LI-1 and P-6 points along with shenmen point in the ear. **She was relieved of her headache in 4 sittings and after 4 more sittings her headache completely vanished.** The skin rashes that she had on her hand since 4 years also vanished. Her gastric problem was also cured. She used to take many allopathic medicines every day, but now, after acupuncture treatment she is not taking any medicine and is very happy. She is very surprised and very happy to see the miraculous effect of Acupuncture treatment.

**Mr.Devesh Sharma has undergone our Advance Course in the year 2018 and is practicing in Horamavu, Banaasvadi. Those staying nearby may contact him for healing.**

**2. Migraine cured with Acupuncture Treatment.... says Mrs.N.Nalini, Paediatrician in Ooty.**

I have been suffering from frequent attacks of migraine for the past 1 year. Though I have had migraine attacks for past 6 years, the previous year was a tough period as I had to have multiple pain killers. I came to know of Mrs.Vennila's Acupuncture Therapy through a family friend. **I have attended 2 sessions for migraine and now the migraine attacks have nearly stopped for the past 2 months.** I have also followed the dietary advice given by Mrs.Vennila. Now I am completely stress free regarding headache and able to concentrate on my family and career. My sincere thanks to Mrs.Vennila for the treatment.

**NOTE: Mrs. Vennila is practicing Acupuncture in Kotagiri after undergoing Training at our Academy. Those interested can contact Mrs. Vennila. (Ph no: 09486712847)**

### **3. Knee pain cured ...says Asha Latha, 56 years (Ph no: 9242291035)**

I have been suffering from knee pain since Dec 2018, I started my acupuncture treatment in the Academy in Jan 2019. **By the end of Feb 2019 after 4 sittings, my knee pain has reduced drastically. Right knee pain is cured and left knee pain is slightly there but it is tolerable.** My sincere thanks to Dr.Bhojraj for treating me with all patience.

### **4. Frozen Shoulder cured... says Mr.K. Jayachandra Pai, 65 years (Ph no: 9845042023)**

I have been suffering from Frozen Shoulder (right side) since 2 years and it was severe in Jan 2019. I was referred to the Academy by Ms.Sujatha Rajendranath. The pain reduced by 40% in 4 sittings and further reduced by 70% in 7 sittings. Now(May 2019), frozen shoulder is cured completely. **I was also undergoing treatment for prostate enlargement. There is a fantastic reduction in prostate from 85cc to 52cc (Volume) after 10 sittings.**

I thank Dr. Bhojraj for this wonderful science of healing.

### **5. Varicose Veins cured .... says Mr.Ranganatha P.D, Age: 37 years (Ph no: 9480326803)**

Since 2000, I have been working standing for a long time. I used to get swelling in the legs and I was advised to wear stockings. It was declared as varicose veins and I was advised to keep the legs elevated while sleeping. **Almost for 18 years I was managing with Stockings.**



I started Acupuncture treatment in Feb 2019 and the swelling in the veins is completely cured within 2 months. I stopped wearing stockings. The blackness has come down and my skin colour has become normal. I want to thank the Academy for curing my varicose veins problem.



## Federation of Acupuncture Systems Therapy Board Convocation function held on 23<sup>rd</sup> June 2019

Dr.Samiullah, president of FAST Board invited Dr.Ravi Subramanya, Honouable MLA from Basavangudi and Shri.S.V.Ranganath Ex.Chief Secretary of Kanataka Government for the third year Convocation Ceremony.

Shri.S.V.Ranganath in his address appreciated the efforts of Dr.Samiulla for getting the recognition of Acupuncture as a system in Karnataka.He also appealed to the MLA to support the efforts to start an Acupuncture College in Bangalore with technical support from China.

Shri.Ravi Subramanya also appreciated the efforts of Dr.Samiulla to popularize Acupuncture in Karnataka and expressed his support for conducting Acupuncture camps in Basavangudi area.

Dr.H.Bhojraj, Dr.C.Krishna Raju,Dr.Sachdev and M.Kumar from Lucknow also addressed the graduates.



## MACROBIOTIC DIET

Macrobiotic diet was developed by the Japanese philosopher George Oshawa who felt that with good diet one could experience a deep fulfilling life. It is being taken as preventive diet to maintain life.

In Macrobiotics, food is considered not just for its physical effect but also for its mental and spiritual effect. Each piece of food is treated as a spiritual manifestation and should not be wasted in the process of preparing and cooking. Before eating, prayers should be offered to Nature and the Universe, which has given us the food. While eating, it is important to chew each particle of food thoroughly in order to spiritualize it and to reflect on the harmony of the Universe.

## VATA, PITTA AND KAPHA

### Metabolic constitutions as seen through Ayurveda

*By Dr.H.Bhojraj*

The latest Pulse Analyser “Nadiswara”, not only gives the imbalance in five elements but also “Tridoshas” . Those people who use this instrument must explain the “Tridoshas” (Vata, Pitta, Kapha) properly and ask the patients to follow the food habits according to the analysis.

In engineering language. we know what is **Kinetic Energy**, **Potential Energy** and the work done. In Ayurveda, **Vata** is the principle of **Kinetic Energy** in the body which controls body movements and **Nervous System**. **Kapha** is the Principle of **Potential Energy** which controls body stability and lubrication. **Pitta** controls the body’s balance of **Kinetic and Potential energies** through enzymes and endocrine systems.

In a typical example, in a cell, **Vata** moves nutrients into the cell and wastes out of the cell. **Kapha** provides the overall structure and **Pitta** digests nutrients for cellular function.

In the digestive tract, **Vata** assimilates nutrients and expels waste, **Kapha** controls secretions and **Pitta** is responsible for transformation.

**Vata** is not gas, but increased **Vata** causes increased gas. **Kapha** is not mucus, but it is the force that is projected in the body and causes mucus to arise. **Pitta** is not bile, but it is the force that causes bile to be produced.

### **Typical Symptoms:**

**Vata:** Lots of nervous energy, Insomnia and restlessness, wakes up easily, likes exercise, logical in approach, and irregular appetite.

**Pitta:** Good physical energy, sleeps well, wakes up easily, over exercising, logical and intuitive, loves to eat and occasionally craves for sweets.

**Kapha Type:** Often lethargic, sleeps well, difficulty in waking up, dislikes exercise, intuitive, food emotionally fulfilling, craves for sweets.

**This will help practitioners compare the “Nadiswara” results with this theoretical analysis and advise them on what food to take and particularly what to avoid.**

**DR.P.S.SAGAR, INVITED BY CHANG CHUN UNIVERSITY, VISITS CHINA**



Dr.Sagar, President of Telengana Acupuncture & Acupressure Practitioners' Association(TAAPA) and core committee member of Acupuncture Science Association(ASA) was invited by Chang Chun University (CCUCM), Chang Chun for an official visit for a discussion on future tie up for

promoting in INDIA particularly in Telengana and Karnataka.

Dr Sagar visited leading Government hospitals,



affiliated to CCUCM where thousands of patients treated every day. He was taken to an Acupuncture research centre and also to an ancient medicine museum. Dr.Sagar spent three days at the University Campus visiting every Department and delivered a lecture on Acupuncture status in INDIA to foreign students studying in CCUCM including few Indian students.

Dr.Sagar also had a meeting with the Directors and met Prof.Song Belin, President of CCUCM. The President honoured Dr.Sagar by appointing him as Regional Coordinator for CCUCM for INDIA. At the end of the visit he had a meeting with leading Acupuncturists of Jillian Province and they appointed him as Vice President for Jillian Province Association for Acupuncture.

With this personal contact and good relationship with CCUCM,



**Dr.Sagar is planning to take a bigger delegation of Acupuncturists from INDIA, particularly from TELENGANA and KARNATAKA in the near future.**

I wish him all the best and congratulate him for this great initiative.

**Dr.H.Bhojraj, Chairman AAA**

**Achievement does not require extraordinary ability, it comes from ordinary ability with extraordinary persistence.**

**Acupuncture is likely to be recognized as a main system of health care by Karnataka Government**

The Acupuncture Co-ordination Committee lead by **Dr. Samiulla** met **Mrs. Meenakshi**, Commissioner of AYUSH Department and **Dr. Hareesh Babu**, District Ayush Officer, along with **H. Bhojraj, C.K. Raju, Ravishanker, Girish, Dr. Manjula, Dr. Seema, Dr Arvind, Venkatesan and Sunil** on 10<sup>TH</sup> June 2019 and discussed the modalities for recognition of Acupuncture by the Karnataka State Government



*Dr. Samiulla handing over the bouquet to the Commissioner*

The Commissioner was very positive about the efficacy of Acupuncture and in principle agreed to consider it as a separate system under the Central Council of Indian Medicine (CCIM). She wanted the committee members to collect the documents related to Acupuncture regulation in other States in India and particularly in Foreign countries where it has been practised as a health care system for many years.



*Dr.H.Bhojraj handing over the bouquet*

She also wanted the members to submit the syllabus for Acupuncture Course for 5 1/2 years and suggest the curriculum with other existing Universities in India and abroad, especially in China.

The Commissioner also wanted suggestions from members for regularizing existing training schools in Karnataka and how these institutes should be treated once the Government starts a 5 ½ years course which will be equivalent to professional medical degrees.

**Editorial team; Mrs. Jija Subramanian , Dr.Maneesha BNYS, Dr.Romesh Bhat PhD(Yoga),Dr.Seema M B B S, M D**

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Working hours: Mon-Sat 10AM to 5PM

Phone. 8050901238