

ACU WELLNESS

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

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FROM THE CHAIRMAN'S DESK

The festival season in INDIA especially during October/November/December is very special and every family would like to celebrate with new purchases, new cloths and get together with family and friends. **As a matter of fact, every one of us should understand the purpose beyond such festivals.** It is meant for the people exchange the goods and help the economy of the people in all levels. Most of the people spend the money for new purchases because they know that this money circulation will help almost 100 people in the link from cultivation, harvest, transportation, selling and utilizing. As we know when we consume anything, it had come to our hand because of another 100 hands worked on it.

So, giving is the main concept beyond all these festivals. Everybody will ask what I can give to this world? **We can give our time and efforts for any good cause. Time is the resource which can never be recovered.** One should be very cautious about the time they give for their activities. The time you spend on activities should have some relevance for your upliftment of your life process. One has to give importance for the present moment of the life and decision making. A serious article on the power of the thought is written by me in this issue. Kindly read it seriously and understand the core meaning of the



article which has the potential to change your life for better.

The Chandrayaan Celebrations in Ooty planned by Lions Club, Ooty and AAA is getting postponed due to non-availability of Mr. Veeramuthuvel who is busy due to initiation of Chandrayaan 4 activities. The main idea of calling 5 students from all Government Schools in Nilgiris (About 70 schools) is to motivate youngsters to listen to the successful Project Director of Chandrayaan-3, who also studied in a Government High School in Villupuram. **Mr. Leo Jackson**, Deputy Project Director, Gaganyaan working in ISTRAC also studied in Government High School and hailing from Ketti Kerada in Nilgiris also agreed to attend. I, myself studied in Board High School, Kiloor Kokkalada and **Mr.Sundramurthy**, Rtd ISRO Scientist also studied in Government High School, in Thirupattur. **Mr.Nagulan Joghee**, Corporate Trainer has agreed to motivate the children with his lecture to prepare for their long journey to corporate world. **Mr.Damodharan**, Director



Deloitte and Ex ISRO Scientist hailing from Meekeri Village in Nilgiris also agreed to address the 10th Std students.

Mr.Damodharan (left) with ex-ISRO

Chairman Dr.Kiran Kumar(3rd L) and other executives.

Mr.Ganesh Ramalingham, Director, Green Mount India Foundation in Nilgiris is also agreed to motivate them as Leadership Mentor. **Dr.Murugesh**, Director of MEDSIDE Health Care Centre, Ooty also agreed to sponsor the event and address the children. All of us in the team are concentrating on **10th Standard students**

from Government High Schools and mentor them for next five years on their career path. Those students who register for this seminar will be called again possibly in the same venue every year and OUR TEAM will be interacting with them directly sharing our knowledge and experience with them. I thank **Lion Krishnamurthy and Lion Rajesh** for taking this initiative and making it as a project for **LIONS CLUB, OOTY** in coming years.

Depending on the confirmation by Mr.Veeramuthuvel, Chanadrayaan 3 Celebrations in OOTY by LIONS CLUB will be organized in the second week of December as on now.

The combined project of Hearing Improvement and Eye Sight Improvement has given very good inputs for taking it up in a large scale which needs the financial support in a big way. AAA is looking for sponsors for this project which can motivate both youngsters and senior citizens to attend this program for 3 months to get the feel of the improvement. **We are also planning to organize half day Acupressure training program exclusively for the eyesight improvement from January 2024.**

The visit to U R Rao Satellite Centre by my batchmates of 1971/72 is finalized on 2nd February in our preliminary meeting and the process of collecting the names and other details required for security clearance will start in December by the Bangalore ACCETOBA members. The official letter to seek the permission will be sent only after confirming the names by 15th December 2023. I take this opportunity to thank you all for your support and encouragement for our Academy activities.

H.BHOJRAJ, CHAIRMAN,AAA

AAA TRUSTEES' MEETING

HOTEL MONARCH, BRIGADE ROAD

ON 2ND DECEMBER 2023 AT 4 30 PM

AGENDA

WELCOME ADDRESS BY CHAIRMAN, AAA

REVIEW OF FINANCIAL STATUS

REVIEW OF RESEARCH PROJECTS

FUND RAISING FOR RESEARCH

ANY OTHER POINTS

THE POWER OF YOUR THOUGHT

By. Dr. H. BHOJRAJ

I have been writing on consciousness in many issues and specifically in November issue to explain the difference between **conscious and consciousness**. The consciousness is creating our life experience and modern science confirms it as **QUANTUM PHYSICS**. Quantum physics is the study of matter and energy at the most fundamental level. It aims to uncover the properties and behaviors of the very building blocks of nature. While quantum experiments examine very tiny electrons and protons, quantum phenomena are all around us, acting on every action in our life. **The nature and behavior of matter and energy at that level is referred to as QUANTUM PHYSICS OR QUANTUM MECHANICS.**

With this background, we will try to understand the thought and the thought process. **Thought is a living being in nature**. It is conceived and gestated in the heart by feeling-and-desire with the conscious light, elaborated in and issued from the brain. It will manifest or exteriorize as an act, object or event, again and again until it is balanced.

Now let us understand how the thoughts are generated. Every human being is made of three distinct functionaries. **1. The Knower, 2. The Thinker and 3. The Doer**. Every Human being has indivisible self-knowledge and immortal One within its system. **First the KNOWER is known for its identity and knowledge part. The second one as THINKER to evaluate the rightness and reason part of the thought. The third one is the DOER which responsible for the desire and feeling part of it.**

The desire is as good as electricity and feeling is considered as magnetism. So, electricity and magnetism co-exist as yin and yang. The thought process becomes active when we become conscious in the morning after the sleep in the night. **It is only by means of senses we are able to function in the physical world. We function by thinking.** Our thinking is prompted by our feeling

DECEMBER 2023 FEEDBACK FROM SIGHT IMPROVEMENT RESEARCH PROGRAMME PARTICIPANTS-**Ms.KALLOLINI**

Mrs.Meenakshi 70 yrs

I joined this sight improvement class nearly a month back and I have been practicing twice regularly. For the first time last week I could read fine print on my mobile, of course with spectacle but I never felt the strain which I used to feel earlier. Also, I could operate the lift button without my spectacles last week which I could not do without specs. There is a subtle improvement in my eye sight and I will be testing shortly for changing my glasses.

Mr.Krishnan 71 yrs

Last week, I went to the nearby ATM and I forgot to take my specs with me. Instead of going back I just tried to read ATM without specs. To my surprise I could read without specs and transacted successfully. After analyzing I understand it is the effect of eye exercises which I have been doing regularly twice daily for the past one month. Thank you SIRP team for the training. I orally conveyed to all the participants in our weekly Wednesday class.



Mrs.Uma Ravichandran, 65 yrs

After practicing eye exercise for past one month, I could see the wall clock for time without switching on the light in the night sometimes when I wake up in midnight. Earlier, I used to switch on the light to observe the time.

Mrs.Lalitha Bhandula, 55 Yrs

I was having pain in my eyes one day as I could not do my eye exercises for a week due to Diwali festival. Instead of going to the Doctor, I did the eye exercise as taught in the class for 5 minutes in the morning, afternoon and in the evening. My eye pain vanished and my eye watering also stopped. My eye power improved by 0.5 within a month when I was regularly practicing. When I discontinued practice, it increased by 0.25 after 6 months. Now I have started the exercise regularly

and our desire. It manifests in bodily activity; physical activity is merely the expression, the exteriorization of our inner activity. Allowing our feelings and desires to act without conscious control creates bodily tension. The body that is awake or asleep is not conscious of anything, ever. That which is conscious, that which thinks in you as yourself, the DOER is in your body.

Thoughts are very powerful. Create the thoughts that are positive, vibrant and helpful for the humanity as first thing in the morning and last thing in the night. Our thoughts are vibrations that go out into the Universal Energy Field which is quantum physics. If we send out a positive thought like love, that thought will resonate with other positive thoughts and reenter through our breathing. **All feelings created by desire are different emotions which are responsible for the chemicals change in our body.** Our life experience is created by our Consciousness. Whatever thoughts we have in our mind, brain translates into complimentary chemistry.

Every cell in our body can be considered as a programmable chip. Depending on the environment it takes the input and changes the chemistry. The chemistry is based on the thought process only and food plays an important role in deciding the chemistry. The emotion love produces dopamine and growth hormones in the body. The emotion fear produces stress hormones as a protection chemistry. Positive thinking heals and negative thinking creates disease.

The ultimate aim is to become **conscious of consciousness.** The ultimate and absolute reality. The thought process has to be watched very carefully if you want to stay healthy. The want, the need, the desire and many thought processes have a thin line as margin depending on the life situation. **Be conscious of your desire which comes with feeling but involve the thinker before motivating the doer to do the job.** It can be any action like speech or bodily action.

LIVE IN THE PRESENT AND ENJOY YOUR LIFE. AWARENESS IS THE KEY FOR HEALTHY AND HAPPY LIFE.

CASE HISTORIES

FROZEN SHOULDER CURED AND INSULIN DOSE REDUCED WITHIN 2 MONTHS WITH ACUPUNCTURE TREATMENT- Says Mr. Keshavamurthy 44yrs

It is like a miracle for me when I took my first day acupuncture treatment with Dr.Bhojraj on 25th September 2023. **I am diabetic and on insulin for one year with 32 units in the morning and 24 units in the night.** In spite of taking insulin regularly my sugar levels stay slightly high in the morning. **Since August I could not attend office due to pain in my legs and I was not able to walk few steps freely.** Added to this problem, my left shoulder pain also started and **at one stage I could not lift my left hand to do normal day today work.**

That was the time my wife who had good results for her neck pain with acupuncture few years back suggested me to go for this treatment. But we were not aware of any acupuncturists in our area. My wife googled and found out Dr.Bhojraj's phone number and got the appointment on the same day at 4PM.

Doctor after usual questioning and pulse evaluation, started the treatment on the same day by inserting few needles on my legs and hands which I was very much afraid of needles. My wife was holding my hand comforting during those five minutes. Then the miracle happened. **When Doctor asked me to lift my hands, I could easily lift it with very less pain on that day and I could walk slightly better. It was difficult for me to believe this relief.**

In the second and third sittings my shoulder pain vanished completely and Doctor advised us to monitor the sugar levels every day since the treatment would improve the metabolism. **We observed for the first time the fasting blood sugar came down to 85 and we consulted our Diabetologist.** He asked us to reduce 2 units every day and check. We continued acupuncture treatment and also activated the acupressure points sincerely everyday twice as told by the Doctor. **After starting acupuncture treatment, I could walk freely and started attending my office by driving without any discomfort.**

My taste gradually improved, pins and needles in foot gone, pulling pain on the right side vanished and **most important I could sleep well.** My energy levels

improved and I am able to walk normally. Most important the insulin units have come down to half and I am confident that I could come out of insulin within next three months.

KNEE PAIN ALMOST CURED SAYS Mr. Veerabhadraiah 70 yrs

I called Dr.Bhojraj after 4 years after the closure of the Academy near Ambha-Bhavani Temple and asked for an appointment in his residence. Fortunately, he asked me to come next day and my main problem was enlargement of prostate and gallbladder stone which was detected during my annual checkup. Apart from that I had slight knee pain and there was slight swelling also though I could go for my normal walk. Doctor treated me for gallstones and prostate problem with acupuncture with acupuncture points. Then for immediate relief for knee pain he activated just two points in my knee and I could feel the difference immediately.

Next week as two of my close friends have planned to go to Sabarimala, I also suddenly decided to go with them. My wife was cautioning about my knee condition but allowed me to go since her knee pain was cured completely by acupuncture nearly 5 years back. To my surprise I could climb the hill in one stretch along with my friends and come back on the same day after prayer to the base camp in Pamba. I felt very happy when I returned home without any knee pain and I mentioned this to the doctor and thanked him for the treatment. Doctor asked me to thank the Almighty who is residing inside every human being and curing depending on our thought process.

LEFT EYE VISION IMPROVED WITH ACUPUNCTURE IN 4 WEEKS- SAYS Mrs.N.MAJULA 62 Yrs

I have been very active till last year but sudden stroke on my left brain affected not only my right hand and right leg but my life also. After the usual treatment with Specialists, I recovered well and I was able to use both my hands and legs. Last year I took Acupuncture treatment weekly once for two months and my hand movements improved a lot. **Due to Diabetes, I developed eye related problem and the eye specialist checked thoroughly and declared that the vision on the left is completely gone and only right eye can be saved with Laser surgery.** I was able to manage with right eye and left eye was completely not visible. Since I had to recover from UTI, Surgeon asked me to do the

urine cultural test after two months and come for the surgery.

In the meantime I wanted to try acupuncture with Dr.Bhojraj for the left eye improvement. Weekly twice I took acupuncture treatment and on the fourth sitting I started seeing the objects in front of me. Though it was nor very clear, I could start seeing movement of objects in front of me with only left eye. **By the end of two months, I felt somewhat better and I went to the Specialist for consultation for right eye Laser surgery. Doctor after checking both the eyes felt that now the left eye also can be operated to restore the vision.** It was a pleasant surprise for me that the left eye also can be saved from vision loss. I really feel Acupuncture has helped me to save my left eye and my right eye Laser surgery is planned in December.

URINERY BLADDER INFECTION (U T I)

By.Mrs. Jija Subramanian
Ph.9986168181 ACUPUNCTURE
PRACTITIONER

Bladder infections- generally termed **cystitis**, which means inflammation of the bladder-are common in women and very rare in men. It may be due to short urethra, the tube that carries urine out of the bladder for women. It makes the bacteria to enter the bladder before the defense system starts responding to kill them. It occurs mostly for women with weak immune system. Also, the opening to a women's urethra lies close to both vagina and anus, giving bacteria from these two areas access to the urinary tract.

Bladder infections are not serious if treated promptly. But repeated infections can lead to kidney infections, which is more serious and may result in permanent kidney damage. So, it is very important to treat the underlying causes of the bladder infection and to take preventive steps to avoid recurrences. **In elderly people, bladder infections are often difficult to diagnose because symptoms are less specific and frequently blamed on aging.** Older people who suddenly become incontinent or who begin acting lethargic or confused should be checked for bladder infection.

SYMPTOMS

- Burning sensation while urinating; this is the most common sign of a bladder infection, but

any pain or difficulty in urinating may also indicate the condition.

- Frequent urge to urinate.
- Urine with strong, foul odor.
- In the elderly; lethargy, incontinence, mental confusion.

CAUSES

Most bladder infections are caused by various strains of E-coli (Escherichia coli), the bacteria commonly found in the intestine. If the urine is not emptied completely, bacteria can rapidly reproduce in stagnant urine left in the bladder. Pregnant women are prone to infection for the same reason.

In men, a bladder infection is a symptom of an underlying disorder and is generally regarded as cause for more concern. Often the infection has migrated from the prostrate or some other part of the body, signaling problems in those locations.

DIAGNOSTIC AND TESTS

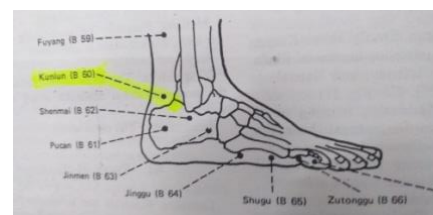
Bladder infection usually can be diagnosed readily with a urine test.

TREATMENT

Mild bladder infections often clear up quickly with simple home remedies like drinking sufficient warm water. Aspirin or ibuprofen to reduce inflammation and burning.

Bladder infections are treated with a wide variety of antibiotics to clear up the infection for 3 days to 14 days depending on their condition

ACUPUNCTURE/ACUPRESSURE POINTS



B-60 REDUCTION WILL REDUCE THE HEAT AND GIVE RELIEF

PREVENTION IS THE KEY

- 1.Improve your immune system with diet and exercise.
- 2.Practice good bathroom hygiene.
3. Don't hold your urine for longer time and empty your bladder completely.
4. Wear cotton underwear
5. Drink plenty of liquids.

FOR HIGH SCHOOL STUDENTS

WHAT IS METEOROLOGY AND WHAT IS MET PAYLOAD?

BY Dr.H.BHOJRAJ,

Mr.SUNDRAMURTHY AND Prof.SOMA

Meteorology is the study of the atmosphere, atmospheric phenomena, and atmospheric effects on our weather. The atmosphere is the gaseous layer of the physical environment that surrounds a planet. Earth's atmosphere is roughly 100 to 125 KM thick.

What is Atmospheric Science?

It is the study of weather analysis and predictability, climate and global change, the circulation of the atmosphere relating to weather systems and their impact on the Earth, air quality, and other atmospheric processes that affect us.

The atmospheric sciences are traditionally divided into three topic areas- **Meteorology** (the study and forecasting weather), **Climatology** (the study of long-term atmospheric patterns and their influences), and **Aeronomy** (the study of physics and chemistry of the upper atmosphere).

The Earth's atmosphere has five major layers called **1. Troposphere, 2. Stratosphere, 3. Mesosphere, 4. Thermosphere and 5. Exosphere.**

The atmospheric science employs sounding rockets, weather balloons, radiosondes for local weather prediction and satellites for larger areas.

The atmosphere not only contains the oxygen we need to live, but also protects us from harmful ultraviolet solar radiation with its ozone shield. It creates pressure without which liquid water couldn't exist in our planet's surface. And it warms our planet and keeps temperature habitable for our living in the Earth.

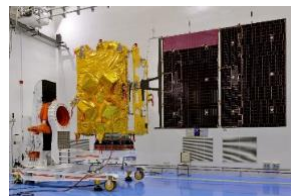
Atmospheric science students will learn theoretical and observational methods of atmospheric research, data processing and numerical modeling.

INSAT 3D SATELLITE

INSAT or Indian National Satellite System is a series of multipurpose GEO-stationary satellites launched by ISRO to satisfy the telecommunications, broadcasting, meteorology, and search and rescue needs of INDIA.

INSAT-3D has 3 payloads: Metrological (MET) which consists of an IMAGER and SOUNDER. Also it has Data Relay Transponder (DRT) and Satellite Aided Search and Rescue (SAS&R) payloads.

The satellite was launched On 26th July 2013 with a planned life of 7.7 years and a repeat satellite INSAT 3DR was launched 3years later. **The replacement satellite is likely to be launched from Srihari Kota Launchpad in December 2023 by LVM4.**



INSAT 3 D Deployment Test in clean room.

What is an Imager? Imager is an instrument which records the reflected data in different wavelengths.

What is a sounder? The sounder is an instrument which receives the reflected sound waves from the cloud and gives information about the depth of the cloud along with water content level in the form of vapor particles and ice formation details of the cloud. It is used for rain fall prediction, storm and cyclone prediction.

Three main type of satellite imagery are **visible imagery, infrared imagery and water vapor imagery**- each of which captures a different spectrum of information. INSAT-3D is designed for enhanced metrological observations, monitoring of land and ocean surfaces, generating vertical profile of the atmosphere in terms of temperature and humidity for weather forecasting and disaster warning.

INDIAN WEATHER SATELLITES

Kalpana-1 was launched on 12th September, 2002 carrying VHRR payload and multipurpose INSAT-3A satellite was launched on 10th April, 2003 carrying VHRR



and CCD payloads along with communication transponders.

INSAT 3D was launched in 2013 and INSAT 3DR launched on 8th Sep 2016 as a follow up of 3D.

FEEDBACK ON NEWSLETTER

Dear Bhojraj, I have been reading your column in Chairman's Desk in Acu-Newsletter and it is really fantastic. The way you have connected the scientific



advancements in India and the need to be taken up in the same pace, is wonderful. As you rightly mentioned, our ancient wisdom should be brought back to our modern life. **This is possible only by the present Government under the able leadership of Prime Minister, Shri.**

Narendra Modiji. I wish you all the success in your endeavors. God bless you and your research team.

Mr.MURUGAPPAN, COIMBATORE

It is really encouraging for the Editorial Team to receive this message from my 1971 Engineering batchmate, which we think is worth publishing. The ancient knowledge has to be researched and scientific papers should be published with data to take it forward. All complimentary systems should be given research grants to prove their concepts.

Dr.H.Bhojraj

Mr.GANESH RAMALINGHAM FROM NILGIRIS

Mr.Ganesh Ramalingham from Indigenous Badaga community, has done his MSc, M B A and has registered for his dual PhD programs. He started an NGO called Green Mount India Foundation basically to preserve the eco system in Nilgiris. He has taken initiative for enrolling Nilgiri ecosystem with the UN. This foundation works for the upliftment of people in Nilgiris particularly the ethnic Badaga Community.



Mr.Ganesh with Ms.Juliet from USA and Ms.Vanya from England in Badaga traditional dress during their visit to Ooty as a cultural exchange with Badaga Community seniors.

Mr.Ganesh is not only the Director of Foundation but also Neuro Linguistic Program Trainer, Banker, Financial Advisor, Leadership Mentor, Social Activist and Research Scholer. He

served as Vice President of Citygroup (City Bank), Country Head, Human Resources of Tollgroup and Hinduja Group(MNC).The ethnic Badaga Community is very proud of him and wishes him all the best to bring out the 1000 years history of Badagas as indigenous community in Nilgiirs and get the tag of Scheduled Tribes in order to protect the heritage of our culture.

BY Dr.H.BHOJRAJ

SIRP FEEDBACK-Ms.Kallolini

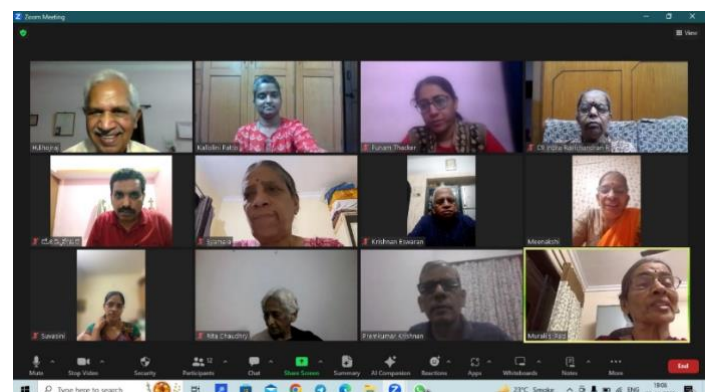
I am **R.Shyamala**, 60 years, joined the combined weekly class of both hearing and eye sight improvement by Academy. Though my left ear frequency has improved very marginally, **my ear pain bothering me for quite some time had completely vanished.**

I have also seen good improvement in my eyesight also. **Nowadays, I could insert the thread in the needle without my spectacles.** Earlier I used a threader to insert in spite of wearing spectacles. I also could read the big prints in the newspaper without spectacles in good sunlight. I am seriously practicing the exercise taught in the class twice a day and hoping to get the vision corrected to read the fine prints also.

I thank the Academy for initiating this research and monitoring our group every Wednesday at 7 pm by Zoom call

HIRP RESULTS- FREQUENCY RESPONSE BERORE AND AFTER TRAINING

SR No	NAME	AGE YEARS	STARTING K Hz	NOW K Hz	MONTHS
1.	H.B	74(M)	7.7	9.2	24
2.	P.S	75(M)	7.6	8.6	8
3.	R.R	71(M)	8.2	10.4	3
4.	S.S	62(M)	7.4	8.4	24
5.	E.S	63(M)	6.9	7.5	3
6.	B.S	44(M)	12.0	14.0	2
7.	P.K	72(M)	5.6	5.7	1
8.	B	60(F)	6.0	6.2	1



KILOOR KOKKALADA GOVERNMENT HIGH SCHOOL UPDATE

I visited this village school where I studied from 1st Std to 9th Std and interacted with the staff and students on 2nd November 2023. The Teachers were very enthusiastic and briefed about their programs.



A science laboratory has been established with the initiative of Science Teacher and waiting for a formal inauguration in December. **The students participated in District Science fair and won the first prize for their display especially space craft models given to the school.** About 4 students are writing the 10th examination after the school's revival in 2019 and they are confident of their success. I addressed the children and asked all of them to practice yoga for 30 minutes as part of their routine and study regularly for one hour at home. **A smart board and broad band internet connections are the two requirements of this school as on now.**
H.BHOJRAJ

VISIT TO U.R.RAO SATELLITE CENTRE ON 2nd Feb 2024 BY 1971 AND 1972 BATCHMATES OF Mr. T. L. DANABALAN, Rtd.Dy DIRECTOR, URSC and Dr.H.BHOJRAJ, Rtd GROUP DIRECTOR,URSC ORGANIZED BY ACADEMY SINCE MANY BATCHMATES HAVE SUPPORTED OUR WELLNESS INITIATIVE AND SHOWN TREMENDOUS INTEREST IN THE WHATSAPP GROUP FOR THE GRAND SUCCESSFUL LANDING OF CHANDRAYAAN-3 NEAR THE SOUTH POLE OF THE MOON

FEW OF THEM WANTED TO VISIT THE CENTRE WHICH MADE THE CHANDRAYAN 1,2 AND 3. AS BOTH OF US JOINED THE CENTRE IN THE BEGINNING OF ARYABHATA PROJECT, WE TOOK THE INITIATIVE TO ORGANIZE THIS VISIT IN FEBRUARY 2ND SUBJECT TO THE APPROVAL BY THE DIRECTOR, URSC. The following committee has been formed to collect the names and their ADHAR copy on or before 15th Dec to consolidate the number before formally writing to Director for permission.

H.BHOJRAJ	9845649914,	T.L.DANABALAN
9663365970,	JAI SHANKAR	9900595325,
THANGASAMY	9487019594	SURIYANARAYAN
9488530350		

KBGA UPDATE

The Executive Committee identified a team to locate a suitable office space for KBGA in any part of Bangalore within the available resources for getting a permanent address for the Association. The process is on and team had identified few office spaces available within the budget projected and the Trustees will meet shortly once the committee recommends the property after all scrutiny including legal documents.

President and few more members Mr.Karunanidhi, Mr.Dinesh, Mr.Sivaprakash and Mrs Gayathri Shivaprakash participated in the Annual Day function of Chennai Badaga Association conducted on 5th November 2023.

KBGA sub-committee for land survey of the Bylalu Site has made good progress and likely to complete the Government survey within a month which will clear the Committee to plan the access road and fencing.

A mega event planned with Badagas from all over the world was approved by EC in principle and detailed discussions are planned for next meeting.



Mr.Thiyagu, YBA President felicitates Mr.Saravanan in FBA meeting with Mr.Bobli, Chief Patron, Chennai Badaga Association and President, Federation of Badaga Associations in the background.

KBGA President congratulated the Young Badagas Association newly elected President Mr.Thiyagu from Horasholai village and expressed his support for all developmental activities for the community.

INPUTS BY Mr.SARAVANAN, PRESIDENT, KBGA

EDITORIAL	TEAM:	Dr.H.Bhojraj,
Mr.Nagulan	Joghee,	Mrs.Jija
Subramanian,	Mr.Sundramurthy	
Prof.Soma and Ms.Kallolini	Patro	