



ACU WELLNESS

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE
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APRIL 2024

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APRIL 2024 FROM THE CHAIRMAN'S DESK

The first quarter of the year was every eventful for INDIA and the number of projects inaugurated or laid foundations were mind boggling for a developing country like India. As the Election has been declared, the Country's future depends on the voters of this biggest democratic country. It is very much visible for the layman that the intentions were excellent and the implementations of the projects were also excellent. I earnestly hope that the majority Government will be elected and the projects announced will be taken up at the earliest to make India as a developed country by 2047. I personally feel, if everyone of us takes an oath to reach this goal, we can do it by 2040 itself. Each and every individual in INDIA will live in a pucca house with water and electricity connections with reasonable income to take care of his own family. Our country should come first and then our individual welfare. We must remember the jawans in the frontiers and the kisans in our fields all the time. Those who get high salaries with AI field and IT field should think seriously about these two classes (JAWAN AND KISAN) since without their services we cannot survive in this world just with money.



Conveyed our hearty congratulations to Chairman, ISRO on 18th March 2024

Fortunately, we got an appointment with ISRO Chairman, Dr.Somanath on 18th March at 4PM for 5

minutes and our meeting was very interesting. We conveyed our hearty congratulations on behalf of our Academy for the grand achievements of grand projects like Chandrayaan-3 and Adhithya L1 for making the entire country proud of our achievement. Mr.Sundramurthy explained about our eye sight improvement project after I presented the book and he showed keen interest on knowing the acupoints to improve the eyesight. We thanked him and his dynamic staff led by Mrs Yashodha for the time and wished them all the best for their more ambitious missions like Gaganyaan in future.



Mrs.Yashodha, Dr.Bhoiraj,Dr.Somanath and Mr.Sundramauthy

Coming to our Academy, our research program for eye sight and hearing improvement has taken off very well after my presentation in Agriculture Auditorium on 10th March, which was celebrated as World Acupuncture Day. The presentation of my experiment was well appreciated by the Acupuncture graduates and Post Graduates and almost all of them showed interest to join our research program. On 13th March, "The Hindu" newspaper carried an article, how Acupuncture was used for anesthesia for a brain operation by a renowned neuro Surgeon. My question is why such a scientific system has been neglected for more than 50 years. The Acupuncture Team led by Dr.Samiullah is on the verge of achieving success in this endeavor and it is our moral responsibility to support his efforts wholeheartedly so that cure and preventive health care become possible. Acupuncture system if approved and implemented, it has the potential to save lot of health

budget not only for the individuals but also for the Government.

My earnest appeal to all Acupuncturists in Karnataka to register with FAST Board as a researcher and share your results regularly with the senior practitioners in this field. **Fast Board is planning to conduct monthly review meeting by Zoom and all Karnataka Practitioners can join and listen to the senior Doctors and their research results.** Those interested in doing PhD may kindly take up the topic and discuss with the Ethics Committee chaired by me and many eminent personalities in this field.

Though Central Government has already approved Acupuncture as a system of medicine, the All-India Medical Association has gone to the Delhi High court and obtained a stay for its implementation in 2019. Since pandemic followed in 2020/21, the Central Committee had not taken it up. **Efforts are on now to call for an All-India level Acupuncture Conference and decide the future course of action to be followed by Acupuncture Practitioners in INDIA.**

We the senior members in Acupuncture field have decided in principle bring out a Journal for Acupuncture from Karnataka with international standards. **Kindly send your research records either to me or Dr.Ravi Shankar for the review.** It will be an annual affair in future to convince the scientific community about the efficacy of Acupuncture in India particularly in Karnataka. Wishing you all healthy, happy and very productive financial year 2024-25.

H.BHOJRAJ, CHAIRMAN AAA

THANK YOU, DONORS (JANUARY/ FEBRUARY 2024),

Sr.Naina Rs 20000, Sr.Deepa Rs 20000

Ms.Lavita Rs.20000, Mr.Nargunam Rs.5000,

Mrs.Rekha Rs.5000, Ms.Youktasri Rs.3000

YOUR CONTRIBUTIONS FOR OUR EYE AND EAR RESEARCH PROJECT ARE WELCOME

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FEDERATION OF ACUPUNCTURE SYSTEM OF THERAPY (FAST) BOARD CELEBRATED WORLD ACUPUNCTURE DAY ON 10TH MARCH 2024.

By. Mrs.Rekha M Com, Acupuncture Practitioner

The FAST Board, has been conducting Graduation and Post Graduation degree courses in Bangalore for the past 10 years very successfully and encouraging the Acupuncture graduates to submit the research project reports as mandatory for awarding degrees. **The graduation day was celebrated on 10th March 2024 in the Arahari Auditorium, Institute of Agriculture Technologies (IAT), Queens Road, Bangalore which is also celebrated as ACUPUNCTURE DAY.**

The day started with free acupuncture treatment for patients from 8AM to 10AM.



The function started with a march by all Acupuncturists from various parts of India particularly from Karnataka marched with **ACUPUNCTURE DAY banner** and demanding the State Government to recognize Acupuncture as a system of medicine in Karnataka like Maharashtra which has passed the law in the Assembly 5 years back.

The regular Acupuncture college with five-year degree course is likely to start in near future.

KARNATAKA which is leading in Space, Electronics, Aerospace, Information Technology, Artificial Intelligence and many other niche fields should also lead in Alternate Therapies including Acupuncture to start preventive health care. Instead of trying to sanction funds for curing the problem at least 10% of the funds should be used for preventive health care like Yoga and Acupuncture. The State will see healthy population over a period of time.

Dr.M.Eashwar welcomed the dignitaries and **Dr.Anis Fathima** organized the entire award function and graduation ceremony very efficiently. After the invocation, **Dr. Sunka Narayanan from Telangana** spoke on the requirement to recognize Acupuncture as a system and praised **Dr.Samiullah** for his yeoman's job done for its recognition.

Dr.I.A.Khan, the renowned motivational speaker emphasized the **need to have resilience and perseverance** to achieve anything in life after graduation. Be humble in listening and be humble in learning is his mantra for the graduates according to him.

Dr.Ravishankar, in his address gave his own experience in Acupuncture from the same institute which made him to give wonderful cure for many International Customers and he emphasized the need for **determination, dedication and discipline which are the mantras for his success**. He advised all graduates to record all the cases and submit in our monthly meeting for advice from senior practitioners. **Any paper which worth publishing will be taken up in not only in National journals but also in international journals through FAST Board.**

Mrs.Poornima Bhat from Muland, Mumbai appreciated the FAST Board and Chairman for conducting such illuminating course for post graduates and making them to stand on their own legs. As a **BNYS doctor** she got wonderful knowledge in Acupuncture and decided to involve herself for Acupuncture research.

Dr.M.Eashwer elaborated the need to preserve our health by simple techniques of breathing and stretching which he demonstrated to audience with his YOGA student. He also demonstrated how to come out of heart attack by using ginger and green chili.

and report regularly in different Acupuncture Journals. He wished all the graduates a wonderful start in their healing journey and expressed his support to FAST Board.



Dr.Sunka Narayan, Seniormost Practioner in Hydrabad presents the ACUPUNCTURE RATNA AWARD to Dr.BHOJRAJ



Dr.H.Bhojraj, in his presidential address appreciated the dedication of **Dr.Eashwer**, Karnataka Rajyotsava Awardee and Acupuntcure Ratna Awardee at this young age of 86 years and praised him for inspiring all aging practitioners of acupuncture. Dr. Bhojraj praised the wonderful achievement of **Dr.Samiullah** and wished him to start a 5-year Acupuncture degree college in Bangalore after getting the due recognition for Acupuncture as a system in Karnataka. He emphasized the need to start many research projects in Acupuncture especially by PG students of high quality



The graduation ceremony was conducted for 51 graduates and many of them shown great interest in contributing for the research programmes.

Dr.Samiullah, in his concluding address, emphasized the need for close interaction with all likeminded institutions and had expressed his confidence to get the approval for Acupuncture as a system of medicine in

Karnataka. He also emphasized the need for research in Acupuncture Therapy and requested the PG

Students to send their synopsis of their thesis for publication through Acu-Newsletter initially and requested Dr. Bhojraj and Dr.Ravishankar to start a yearly journal exclusively for Acupuncture research.



Dr.Samiullah declared that an Ethics Committee has been launched with Dr.Bhojraj as Chairman and the eminent people from various fields will be added shortly to scrutinize the research proposals and give guidance for research.

Dr.Samiullah awarded Dr.H.Bhojraj from Bangalore, Dr.Ravishankar from Mysore and Dr.Sunka Narayan from Hyderabad the Annual Award of "ACUPUNCTURE RATNA" for the year 2024.

The meeting ended with delicious vegetarian lunch.

MEETING WITH Shri.ACHUTA RAO, EX-DGP AND MENTOR FOR ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

By. Mrs.Jija Subramanian, Acupuncture Practitioner, with inputs from Chairman

On 11th March, Dr.H.Bhojraj, Chairman, AAA met Shri Achuta Rao over Lunch in Bangalore Club and had a detailed discussions about our future plans for research.



It was suggested to concentrate on our Flagship program of Eye Sight and Hearing improvement for

next one year. It was also suggested to organize concluding function around August 2nd Week combining our 13th Anniversary Function. It was also suggested to bring out an exclusive book on Ear and release it on that day. It was decided to put all the suggestions in the Trustees meeting and take appropriate actions based on the decisions. On behalf of the Trustees and himself Dr.Bhojraj presented a LVM Rocket Model which carried CHANDRAYAAN 3 and was promised during our celebrations in September 2023.

BIO-DATA OF Dr.H.BHOJRAJ

Dr.Bhojraj, did his Engineering in 1971 and joined ISRO in the year 1972 after working as JRF in PSG College of Engineering, Coimbatore for a short period. He has also done his MS by research in IIT Madras in 1984.

He was involved in the design and fabrication of India's first Satellite ARYABHATA and visited USSR in 1975 to launch the Satellite along with 50 Engineers led by Late.Prof.U.R.Rao, the father of Satellite



Technology in India. Dr. Bhojraj served in ISRO for 40 years till Chanrayaan-1 launch which discovered water in the Moon. He got Distinguished award for Aryabhata, two NRDC Awards for the indigenous development of Optical Solar Reflectors (OSR) and Thermofoil Heaters for Thermal control applications. He retired from ISRO in 2011 and started an Academy for Acupressure and Acupuncture for research.

In 1992 after attending a free acupressure class by Dr.Jiten Bhat, he organized one day Acupressure course on 25th dec 1992 which was inaugurated by Dr, Nagarathna, Health Minister and was attended by nearly 400 people from all walks of life. He wrote the book "Acupressure and Fitness" which was sponsored by Space Officers' Association. He took up

Acupressure seriously and gave many lectures in almost all the ISRO Centers till his retirement.

He has undergone many Alternate therapy courses including Su-Jok Acupuncture and developed his four-needle acupuncture treatment method and treated many colleagues in the office. After getting positive results he wrote the International Edition "Acupuncture- The drugless path to Good Health" which is used as course material for the students learning acupuncture in the Academy. In 2000, he received his M.D(Acu) from Medicina Alternativa Institute, Colombo. Sir.Prof Anton Jayasurya awarded the degree in one of the conferences held in Bangalore. He was instrumental in starting Karnataka Acupuncture association and was part of the team to get the recognition for acupuncture in Karnataka. Presently Advisor for Acupuncture Science Association, Karnataka Chapter led by Dr.Samiullah.

He has done extensive research in Acupuncture and presented his findings in many forums. Presently involved in the research of Eye Sight Improvement for youngsters and Hearing Improvement for senior citizens.

ACUPUNCTURE PROVED 50 YEARS BACK BY Prof.P.Narendran, Professor of Neuro Surgery at the Government Stanley Hospital, Madras (Chennai) as per the news published on 13th March 2024 in THE HINDU.



Why Government is not accepting it as a

separate system is the question to be answered by all concerned at the Health Department.

EYE SIGHT IMPROVEMENT WITH ACUPRESSURE



PPT WAS SENT TO ALL CONCERNED IN HEALTH DEPARTMENT. Dr.SAMIULLAH HAS AGREED IN PRINCIPLE TO MEET HEALTH MINISTER Shri. DINESH GUNDU RAO AND DISCUSS ABOUT OUR RESEARCH AND INSIST THE MINISTER TO APPROVE ACUPUNCTURE AS A SYSTEM OF MEDICINE, LIKE IN MAHARASHTRA.

26 February 2024

VISIT TO PHOTO EXIBITION ON 200 YRS OF NILGIRIS IN BANGALORE

BY R.MURTHY



Myself, Mr.H.Bhojraj and Mr.Nagulan visited the International Service Centre in Domlur, Bangalore on 26th Feb to see the Nilagiris photo exhibition organized from 23rd to 26th in the center with many dignitaries attending the inaugural session with release of books written on Nilgiris. All ethnic tribal communities like Kothas, Kurumbas and Thodas were covered extensively. The growth of Nilgiris for the past 200 years was exhibited in photos from the day John Sallivan started with his development in Nilgiris.



Mr.Nagulan, Dr.Bhojraj and myself in the photo with Mr.Prabhakar Reddy who had published the books on Nilgiris and kept it for sale. He briefed us about the program conducted for the previous three days by the Organization called KEYSTONE from Nilgiris. He also showed keen interest in knowing more about ethnic people in Nilgiris after knowing about us, as Badagas living in Bangalore for half century. He was surprised to know that we have nearly 1000 members from Nilgiris Badaga Community are there in our Association. He wanted to visit Ooty in near future after listening to the lectures which has been described as India's Swizerland.

There was a half-page mention about the ethnic Badaga Community, which was removed from Tribal Status in 1951, in one of the displays. Overall, it motivated many Bangaloreans to get a fair idea about the growth of Nilgiris particularly Ooty which was developed by various communities from all over the world.

We utilized the opportunity to have a discussion with Mr.Vikram Bhat, Director, ISC regarding our International Badaga meet planned to be conducted in Dec 2024. He was kind enough to show us the indoor auditorium which can accommodate 200 people. We promised to utilize the facility in future depending on our requirements.

We felt that we were at Ooty for a while as the exhibition took us back to our native district. We appreciated the efforts of the Organizers and expressed our desire to join them in their next exhibition in Bangalore.

KBGA UPDATE by Mr.S.SRAVANAN, PRESIDENT,KBGA

The Executive Committee met on 17th March 2024 at 11 AM in Malleshwaram Club and finalized the upcoming KBGA Cricket and Football matches. The registered teams are geared up for the competition and the process for fixing the playground has been authorized by the EC



The Executive Committee with Captains



The EC honored Dr.Bhojraj for getting Acupuncture Ratna Award on International Acupuncture Day organized by Fedaration of Alternate Systems Therapy BOARD, Karnataka.

The EC also approved in principle the mega event in December

to conduct an International Badaga Event as proposed mainly to honor all the achievers from various fields working all over the world from this close- knit ethnic Badaga Community from Nilgiris.



Earlier in the morning the members of KBGA attended the opening ceremony of a dental clinic by Dr.M.S.Shilpa, who is first Dental Doctor to open a clinic in Bangalore hailing from Badaga Community. The EC congratulated Dr.Shilpa and her parents for this great achievement.

CASE HISTORIES

KNEE PAIN REDUCED AND EYE SIGHT IS IMPROVING WITH DAILY EXERCISES -SAYS Mr. PRABHAKARAN, ISRO SCIENTIST

I am working in U.R.Rao Satellite Centre, in Old Airport Road and I was casually talking about my eye power increase with my Group Director, Mr.Kannan and the necessity to change my spectacle. Mr Kannan, Group Director met Mr. Bhojraj after 10 years in the Medical Unit few months ago and was not able to recognize Mr.Bhojraj without his usual spectacles. He told me about the eye sight improvement research and advised me to meet him before changing the spectacles. I took it seriously and met him with an appointment. He not only taught me all the acupressure points but also given me treatment for my one side knee pain. I started practicing all the acupressure points both for the eye and knee. I also attended the half day workshop conducted by AAA in Institute of World Culture, Basavangdi. Today I can say that my eye experiment has been successful and there is some improvement when I checked the eye chart without spectacles. As my power is -4 and came down to -3.8 within a month of practice. Bhojraj told it would take minimum one year to reverse the eye power. I have not changed my spectacles. I will practice for one year I will give the results. The acupuncture treatment for my knee pain worked very well and I could avoid pain killers. Thank you, Dr. Bhojraj, for the free treatment given for ISRO employees.

FROZEN SHOULDER CURED WITH ACUPUNCTURE- SAYS Mr.K. VENKATESHWARLU

I had shoulder pain for quite some time and was managing with Ayurvedic medicines. Few months back I had terrible pain on my shoulder I was unable move my arm freely and lifting the left hand above the head was terrible job. I decided to consult an Orthopaedic Specialist, he suggested a minor surgery or a steroid injection. I was against it and came to know through my relative that Acupuncture had given wonderful relief not only for her but all also for all three people she had recommended for treatment to Dr.Bhojraj.

My first meeting was on 9th dec 2023 and after he inserted 4 needles superficially on points in the left leg and left hand, I could feel the change in my pain and my

movement of hand became easy. I had two more sittings after that and regularly practiced all the acupressure points, he taught me. I can declare today that my pain has drastically reduced and my movement of hand has become easy. Though pain is there sometimes, I am able to get relief with acupressure points. Thank you, Dr. Bhojraj for this wonderful technique.

WONDERFUL IMPROVEMENT WITH ACUPUNCTURE FOR DIABETES-SAYS Mr.KESHAVAMURTHY-9663907329

I have been taking treatment for my frozen shoulder since past three months and I could do all my work without any pain. But once in while the shoulder pain increases and with acupuncture, I was able to get the cure. As I was taking Insulin for my long-time diabetics, Doctor treated me also for sugar control for the past three months. To our surprise the sugar level came down below 100 mg/dl in fasting and the Diabetologist reduced insulin dose by 4 units. Before coming to acupuncture treatment my HbA1C was 13.5 in spite of taking 32units in the morning and 22 units in the night.

Last week to our surprise, the HbA1C value came down to 8.5 and I mentioned this with happiness to doctor, he told it should be below 7 with or without insulin. Now I am gaining not only confidence in the system and gained few kgs of weight which shows my absorption had improved.

With regular walking and proper diet, I am confident of coming out of insulin with acupuncture treatment.

IT IS REALLY HEARTENING TO NOTE THAT ACUPUNCTURE HAD WORKED FOR NOT ONLY CURING FROZEN SHOULDER BUT ALSO REDUCED THE SUGAR LEVELS. THE POINTS USED ARE SP-6, LIV-1, LU-7 AND P-7. THE PATIENTS ARE ENCOURAGED TO ACTIVATE THESE POINTS WITH ACUPRESSURE DAILY TO CONTROL THE SUGAR ALSO. Dr.BHOJRAJ

Mr.SUNDRAMURTHY'S EXPERIMENT

I have been diabetic for years and my sugar level used to be under control all along with oral medicines. But for the past one month it went up and was sometimes above 200 even fasting blood sugar. Dr.Bhojraj activated the above 4 points with acupuncture and asked me to check next day. To my surprise it was 140. After breakfast my doctor checked in the hospital, it showed 130. The Doctor was surprised to see the results and I am continuing acupuncture daily with another Acupuncturist in my area for my own research.

WHAT IS REUSABLE LAUNCH VEHICLE (R L V)?

FOR SCHOOL STUDENTS

BY Mr.SUNDRAMURTHY AND Prof.SOMA Ex ISRO SCIENTISTS



A reusable launch vehicle (RLV) is the one which is designed to cross the atmosphere and return to Earth. It can land like an aircraft in the preplanned landing site or land vertically with retrofiring rockets. NASA USED SPACE SHUTTLE AS RLV.

India has designed a RLV and named

it as PUSHPAK which was displayed during Prime Minister's visit to VSSC, Trivandrum. Pushpak (RLV-TD), the winged vehicle, landed autonomously with precision on the runway after being released from 4.5KM above the ground with the help of a Helicopter. In a bigger scale it will revolutionize space access and its successful landing marks another milestone in ISRO's ambitious plans.

This is the second test done successfully from Chitradurga site with the help of IAF Helicopter and the Darg chute built indigenously. After the third test, ISRO will take up re-entry into atmospheric with thermal protective tiles like regular aircraft landing. If successful, it has the potential to reduce the launch cost by 1/10th of present cost.

Hearty congratulations to the RLV team which has been working on this project for decades. Now being successful, funding will increase for scaling up the vehicle in next few years. Students, please gear up for joining ISRO for this grand project.

My husband's back pain and neck pain cured with 2 sittings of Acupuncture says Mrs.Reshma Khaleel, Advance Course Student

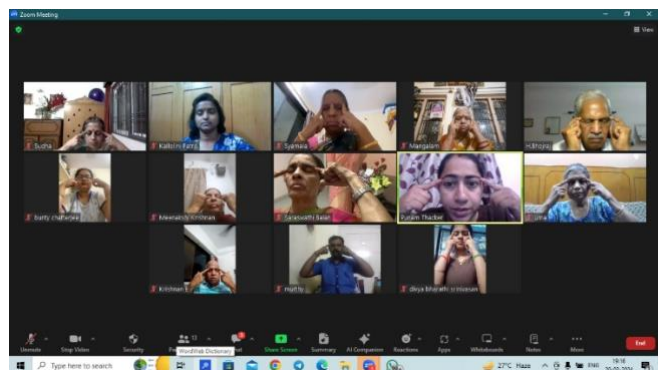
My husband Mr.Md Khaleel was suffering from neck pain and back pain due to his continuous work on the

computer and I used to relieve his pain with acupressure points. One day he was having terrific pain and wanted to consult Dr.Bhojraj for treatment. In the first sitting itself he felt almost 80 % relief and I also activated the same points after a week. Doctor explained the root cause of back pain and neck pain and he gave few tips like proper exercise and avoiding gas causing food etc along with acupressure points to relieve the back and neck pain. Now almost for 3 months, he has not complained and also following the advice to prevent the problem. Thank you, Doctor, for this effective treatment.

EYE SIGHT AND HEARING IMPROVEMENT PROJECT STATUS BY Ms.KALLOLINI PATRO, PROJECT INCHARGE

It is really encouraging to see the volunteers are regularly attending our Wednesday 7PM Zoom Meeting and sharing their own experience on this technique. Few people who have been doing this exercise for more than 6 months have shown very excellent improvement both for the eyes and ears. They conveyed that almost all other eye and ear related problems also vanished and general improvement in their health parameters. It is really heartening to see the real-time feedbacks in the class.

I request all volunteers who joined this class since 2020 are requested to join our weekly practical class and revive their practice with us without any payment. We need 100 volunteers practicing regularly to record our minimum one-year data for our analysis.



ZOOM MEETING ID 824-8333-8727, PASS CODE: AAA EVERY WEDNESDAY 7PM

EDITORIAL TEAM

Dr.H.Bhojraj,	Mr.	Nagulan	Joghee,
Mr.Sundramurthy,		Prof.Soma,	Mrs.Jija
Subramanian			

