



ACU WELLNESS

The Quarterly publication of

ACADEMY for ACUPRESSURE and ACUPUNCTURE (R)

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FROM THE CHAIRMAN'S DESK



The year 2020 is starting with great hopes for Indians to declare our country as one of the most powerful countries in the world. The Space Department, Defense Department, Telecommunication Department, Information Technology Industries and Agriculture Industries have achieved remarkable milestones by their hard work and knowledge power. In Health Industries, a lot has been achieved in establishing not only conventional hospitals and colleges but also in alternate systems. Ayurveda doctors treating with antibiotics, are now shifting to pure Ayurvedic medicines to improve the immunity power of the human body. Homeopathy and Unani Systems, once neglected has been in the forefront for solving the human ailments. **Yoga once practiced by only few who wants spiritual elevation is now practiced all over the world as a preventive therapy, thanks to our beloved Prime Minister Shri. Narendra Modi.** The Central Government has given equal importance to all alternate system and has encouraged by way of giving recognition to all these systems. Nevertheless at most, priority is also given to modern medicine by having many AIIMS hospitals in all states and medical hospitals in all districts in every State.

In emergency, Modern Medical System is the only system which can save the lives. Recognizing this, we must encourage the modern system to integrate with other systems as preventive therapies or rehabilitation therapies in modern hospitals like China. We must have the option to go for other therapies in all government hospitals.

Acupuncture system once recognized by all states following the Central Government's notification, needs many specialist in this field for treatment and training in almost all government hospitals. I request the young generation to prepare themselves for this opportunity and get trained in Acupuncture.

Once we get the approval from Karnataka Government, we are planning to sponsor two or three practitioners to a reputed Acupuncture Institute in China for further training.

Our efforts to involve reputed Chang Chun University for traditional medicine is bearing fruits and **Dr. Sagar** has signed an MOU with our academy to take it forward. **Dr. Samiullah** who had gone to Beijing Acupuncture Institute, sponsored by Indo China Friendship Forum has come with (Chinese) Syllabus for Acupuncture doctors in China which will be implemented in our upcoming Integrated Acupuncture Medical Hospital cum College.

I thank the honorable **MLA Shri. Ravi Subramania and Ex-Mayor of Bangalore Shri. Katte Surya Narayana** for initiating action to have free Acupuncture treatment camps in N.R. Colony. It is a great beginning for Acupuncturists in Bangalore. The Government has come forward to give license to all those who fulfill the norms under KPME Act for Acupuncture. The rules and regulations will be formed within few months and most of the practitioners will be recommended for getting the license to practice Acupuncture in Karnataka.

I also thank **Shri. S.V. Ranganath, Ex-Chief Secretary, Government of Karnataka** for taking up the request for recognition of Acupuncture as a system in Karnataka and achieving the goal. Coming year 2020 is going to be a great year for all preventive therapies especially for Yoga and acupuncture/Acupressure Therapies. **We wish the Central and State Government will establish Wellness Centers in all Village levels and promote preventive health care with yoga and Acupressure.**

Wishing you all a very healthy and Happy New Year 2020.

DR. BHOJRAJ

CHAIRMAN, AAA

MEETING WITH SHRI. S.V. RANGANATH, EX-CHIEF SECRETARY, GOVERNMENT OF KARNATAKA - OCT 16th 2019



Dr. H. Bhojraj, Chairman AAA and **Dr. Surendra Pal**, Ex-Vice Chancellor of Defense University, Pune met **Shri. S.V. Ranganath** on 16th October 2019 in his office and discussed the plan for the proposed **integrated acupuncture medical college and hospital in Bangalore**. It was decided to meet the Health Minister with a delegation to get the State Government approval for acupuncture system.

NR COLONY FREE ACUPUNCTURE MEDICAL CAMP – 24th NOV 2019



Shri L.A. Ravi Subramanya, MLA from N.R. Colony and **Shri Katte Satyanarayana**, Ex. Mayor of Bangalore inaugurated a free Acupuncture Medical



Mr.Gopalakrishna,Hon MLA Ravi Subramanya, Dr.Bhojraj and Dr.C.K. Raju

Camp in N R Colony Maternity Hospital of BBMP on 24th Nov 2019.The camp was organized by **Shri.B.S. Gopalakrihna and Shri.Gangahanumegowda** on behalf of Federation of Acupuncture Systems Therapy Board (FAST).

Shri.Ravi Subramanya specifically mentioned the request of **Shri.S.V.Ranganath** to encourage the drugless therapy Acupressure and acupuncture in Karnataka and expressed his support for conducting regular free camps in the NR Colony hospital. Shri Satyanarayana also expressed his full support for the drugless therapies and assured the audience to expand the camps to other wards in Bangalore depending on the feedback from the patients.

Dr.Samiullah, Dr.C.K.Raju and Dr.H.Bhojraj Acupuncture Recognition Coordination Council Members also participated in the function. The free camp was attended by about 80 patients and regular weekly camps will be organized to get the feedback within a month. Sri. Tejesvi Surya Honorable MP, though could not attend the function, he expressed his support for alternate therapies.

FREE ACUPUNCTURE TREATMENT CAMP BY MR.PHILIP MATHEW AT ST THOMAS CHURCH NEAR CHRIST COLLEGE

On 24th Nov 2019 Dr. Mathew also organized a free acupuncture treatment camp in the church for about 150 participants. Mr. Mathew gave a lecture on acupressure and acupuncture systems and treated all of them with acupressure points and acupuncture needling.

Dr.Bhojraj also attended the camp and gave a brief talk on drugless therapies and treated about 30 patients.

Mr.Philip Mathew is planning to organize regular camps in the church and those interested can avail his services on Sundays.

Contact: Mr. Philip Mathew: +91 9845054331

SUCCESS IN LIFE

By Dr. H. Bhojraj

Everyone born in this world would like to achieve success in life and leave a legacy of their success. **Some people think having a happy family life is success, for some attaining number one position in any field is success, for some having good friends is, and for most of the people having tremendous wealth is success. Others think doing what one likes and attaining peace of mind is success.**

Having born in this world, we have to have certain main goals in life. **The most important goal is to know the purpose of life.** However, most of us live without knowing our purpose of life and nobody will teach these lessons. It is our own realization. **If it comes to your mind that what you are doing is satisfying and productive not just for you but for others too, one can conclude that the purpose has been achieved.** Recognition in life, is a side-effect of contribution to others lives. Ultimately self-satisfaction is a must. A stable life with economic security will help to reach the higher levels of success. The Power and influence one gets due to the success should never be misused. To every action, there is an opposite and equivalent reaction. One is responsible for his own action.

Time is very precious resource and will wait for none. **Do something special to your kith and kin or to your friends or the society.** When the EOL (End of Life) comes is uncertain or not known to anyone but it's certain to come. So concentrate on your job and have dedication for your work.

In Zen meditation, we advise people to live in the present because we don't have any control over the past or future. Most of the people worry about the future and leave the present or they think of their past and leave the present. Please start living in the present and dedicate yourself to the job you have been doing. The so called "Success" will follow you and the goal can be achieved within few years.

Never compare yourself with anybody else because you are absolute. Comparison brings negative emotion (jealousy) to your mind and it will affect your digestion. Similarly worrying about future also affects your digestion by secreting more HCL Acid in the stomach. Most of the people who take antacid tablets or liquids which causes kidney problems can stop just by living in the present. Believe in your own healing mechanism and create a powerful atmosphere within your system to heal any problem.

Mind and the body are connected by the prana which is circulated through your breathing. Just observe your breathing consciously to live in the present. Always feed your mind with challenging

activities and you can live happily and successfully till the end.

I wish you all a very successful life by living moment by moment and cherishing it.

ONE DAY ACUPRESSURE COURSE IN DELHI

Ms. Namitha Balaji, Acupuncture practitioner in Delhi organized one day Acupressure course in Delhi which was conducted on the 2nd of Nov 2019. The course was attended by people from all walks of life (12 members) and every one of them enjoyed the course throughout the day without getting tired. The course content included Zen Meditation, Single Point Solutions, Body (Energy) Balancing practical's, Auricular Therapy, Colour Therapy, Figure of Eight Walking demonstration, SWISO demonstration and finally tips to stay healthy.

Dr. H. Bhojraj and Dr. Girish Shankar were the faculties for this course. Based on this motivation, **Ms. Saima**, one of the participants visited Bangalore and took up the theory part of the Advance Acupuncture Course.

We thank Mrs. Namitha, Mr. Balaji, Dr. Deepak Gulati and the entire team for making this trip a grand success.



Dinesh Kumar, Amita Giri, Saima Maleha Shah, Deepti Aurora, Neeraja Giri, Dr. Ratna Panikar, Nita Shetty, Ruchika Mangala, Anupama Krishnan, Anurupa Gosh, Geetha Balasubramanian.

Sitting: Deepak Gulati, Dr.Girish,Dr.Bhojraj and Mrs Namitha Balaji Organizer of the course

HYPER THYROIDISM (SUB-CLINICAL) – ACUPUNCTURE HELPED TO IMPROVE TSH LEVELS SAYS MR. SRINIVAS NORI AGED 54 YEARS. PH: 9845660402

I have been diagnosed with sub-clinical Hyper Thyroidism for the past one year and the doctor kept me under observation by checking the TSH levels in regular intervals without any medication. **I checked my TSH levels on 3rd August 2019 which was showing 0.081 mIU/L (milli-international units) whereas the normal level is 0.4 to 4.2 mIU/L.**

I consulted the doctor since I had symptoms of sleeplessness and poor digestion for many days. I also used to get nose blocks on one side and breathing difficulty early morning almost daily. The specialist cautioned that if the TSH levels are not improving, I have to go for "radio-active" therapy which will kill all the over active thyroid cells within a week and then he can start administering thyroid tablets safely.

But there was lot of rules and regulations to be followed like isolation for 7 days, no contact with any person, no reuse of items used during the period etc which was a cumbersome process not only for me but for the whole family. Apart from that, I have to take the medicine for life long.

My wife Aruna who had undergone Dr. Bhojraj's one day Acupressure Course tried few acupressure points for my nose blocks which gave me some relief. She suggested me to try Acupuncture therapy for Thyroid problem before going for "Radio-active Therapy".

I had my acupuncture treatment on 21st August 2019 my TSH reading of 0.081 mIU/L checked as on 3rd August 2019. Dr. Bhojraj after checking the pulse treated me with Acupuncture and asked me to activate all reflex points on the palm especially the thyroid reflexes on the mounts of the palm which was paining a lot.

I continued to practice myself for 15 days and again checked the TSH as on 1st Sep 2019, was 0.53 mIU/L which showed slight improvement (TSH 0.28 mIU/L).

I continued the palm activation for 2 more weeks and checked again on 18th Sep 2019 which showed 0.53 mIU/L which is in the normal range of 0.4-4.2 mIU/L.

I had reported this to Dr. Bhojraj on 19th Sep 2019 and had one more sitting of Acupuncture treatment. As on November end, my TSH is about 2.8 mIU/L and I have not gone for "Radio-active Therapy".

Mr. Srinivas Nori			
Date	TSH	T3	T4
11.11.2018	0.68 mIU/L	4.8	21.41
03.08.2019	0.08 mIU/L	-	21.81
02.09.2019	0.281 mIU/L	-	-
18.09.2019	0.53 mIU/L	-	-
Nov 2019	2.80 mIU/L	-	-

All other symptoms also improved eventually. I have also taken Bach Flower Remedies and Kottakal Arya Vaidyashala Treatment along with Acupuncture Treatment.

What is Hyperthyroidism?

Hyperthyroidism is the production of too much thyroxine hormone which can increase the

metabolism. The Symptoms are, unexpected weight loss, rapid or irregular heartbeat, sweating and irritability. Sometimes elderly people may not experience any symptoms.

They may have excessive hunger, fatigue and heat intolerance. restlessness or palpitations, mood swings, nervousness or panic attack are some of the symptoms. Those who have hyperthyroidism, the eyes will be puffy or protrude slightly outside. They may have insomnia and ladies may have irregular menstruation.

The Thyroid gland regulates the metabolism through the release of T3 (Triiodothyronine) and T4 (Tetra iodothyronine). Hyperthyroidism occurs when thyroid makes too much of T4 or T3 or both. An auto-immune disorder called Grave's Disease is most common cause for hyperthyroidism. It causes antibodies to stimulate the thyroid to secrete too much hormone. It has a genetic link.

Other causes are excess iodine in the food or inflammation of the thyroid. It can also be due to benign tumors of the thyroid gland or pituitary gland. Sometimes dietary supplements or any other medication can also cause this condition.

Diagnosis

Normally, the patient will report sudden weight loss, rapid pulse, elevated blood pressure, with protruding eyes or enlarged thyroid gland which is visible from outside.

The cholesterol levels will be low indicating elevated metabolic rate. The TSH levels will be abnormally low, and it can be the first sign of hyperthyroidism. Thyroid scan or ultrasound scan can be taken to assess the condition. ACT Scan or MRI Scan also may be suggested to rule out the presence of tumor.

Medication

Normally for hyperthyroidism no medication is given. Sometimes anti-thyroid medications such as methimazole (Tapazole) may be given to stop the thyroid from producing the hormones.

Radioactive Iodine Therapy

This therapy effectively destroys all the thyroid cells that produce the hormones. Severe precautions may be needed for a short time after treatment to prevent radiation spreading to other family members. The side effect of this therapy are dry mouth, dry eyes, sore throat, and changes in taste. Hormone supplements to be taken lifelong.

A section or all of the thyroid gland may be surgically removed. Then Thyroid hormone supplements to be taken daily for life long. Endocrinologist will be able to pinpoint the cause

for hyperthyroidism. Sometimes excess stress or certain infections may cause sudden thyroid storm.

Acupuncture Treatment

In acupuncture, the root cause of the problem is identified with the pulse diagnosis and corrected in the energy level. Heart is responsible for thyroid gland. Sometimes the mother of heart, i.e., Liver will be activated to correct the heart appropriately.

Reflexology

In hand reflexology the thyroid gland reflex areas on both the palms are activated by pressing and releasing for two minutes every day. The pain is the indication of thyroid malfunction which will slowly reduce as the thyroid function improves.

DR. PETER LEE RETURNS TO USA



Dr. Lee who has given acupuncture treatment for many patients in our academy and trained few practitioners in his method especially for spinal problem has returned to US on 27th Oct 2019. Dr. Bhojraj accompanied him for a brief tour to Nilgiris (Ooty, Coonoor and Kotagiri) for 3 days before his departure. **We thank Dr. Lee for his contribution to acupuncture in Bangalore particularly to our academy.**

DR. SAMIULLAH RETURNS AFTER ONE MONTH VIGOROUS TRAINING IN CHINA



Dr. Samiullah, Chairman, Federation of Acupuncture Systems of Therapies Board and Dr. Sandeep Chopra who have been sponsored by Indo-Chinese Friendship Society for acupuncture training in China have returned to India after completing their training in China's top Acupuncture Institutes in Beijing and

other places. They have been imparted the latest techniques of needling which can be used like acupuncture surgery. We wish them all the best for transferring the latest knowledge from China to other practitioners in India.

2nd WORLD CONGRESS ON TRADITIONAL MEDICINE ON 4th AND 5th APRIL 2020

Holistic Medicine Research Foundation (HMRF) registered in Hyderabad had conducted its 1st Congress in 2018 in Hyderabad mainly to create a disease free society under the banner of "Lakshya Swasthya". It has conducted World Acupuncture Day MARATHON, Acupuncture Awareness Week Programme apart from other health programme on Naturopathy, Traditional Medicine etc.

HMRF has come forward to organize its second World Congress on Traditional and complementary medicine to health in Bangalore, the capital of Information Technology.

World renowned speakers are likely to attend and many experts in Alternate System from different parts of the world are likely to attend. It is a golden opportunity for practitioners of Alternate Systems in Bangalore to get the knowledge directly from the experts in the field.

The World Conference will be held in Ambedkar Bhavan in Bangalore which can accommodate about 1200 participants. **Dr. Samiullah has been nominated as the general secretary of the organizing committee from Bangalore and Dr. Bhojraj as Joint Secretary to support him.**

Those interested in participating the World Congress can give their names to anyone of them and the registration charges are fixed at Rs 3500/- per person for two days conference if paid before 15th Jan 2019. The programme brochure is getting ready and will be uploaded in whatsapp groups for information.

Dr. C.K. Raju, Dr. V.S. Giridhargopal, Dr. Akshathaa Shetty, Dr. Basavaraju are the members of the main committee from Bangalore.

ACUPRESSURE ROLLER AND PRIME MINISTER NARENDRA MODI

Our Honorable Prime Minister Shri. Narendra Modi visited Mamallapuram for an informal summit with Chinese President Xi Jinping, during his walk along the beach he also took personal initiative to clean the beach early morning, where he was also seen carrying a roller in his hand. This became viral in the internet and many netizens were interested in knowing what the PM was carrying in his hand. **PM, through Twitter revealed that he was carrying Acupressure Roller and he finds the equipment very useful.**

What is acupressure roller and its health benefits?

Acupressure rollers is an equipment which is based on reflexology and nerve stimulation and circulation. It works by stimulating the thousands of nerves in our hands and feet, thereby increasing blood flow in our body. It also helps in relieving stress, tension and relaxes the mind and body.

How does it work?

Acupressure roller uses the technique of reflexology, which is a system of massage used to relieve tension and treat illness. It based on the theory that there are reflex points on the feet, hands and head linked to every part of the body. It relates body parts and organs to treat various issues and illness.

CASE HISTORIES

1. **Severe Knee pain almost cured within 2 months of acupuncture treatment- says Smt. P.G. Saraswathi 65 yrs Administrator, Jain School Ph 98442 26862**

I have been having knee pain for few months and pain became severe on both the knees. I was not able to go for my usual walk. I went to the orthopedic specialist in Apollo hospital and after taking X ray the Doctor advised me to undergo replacement of both knees. I was really shocked and wanted to take second opinion with another specialist in Vikram Hospital. That Doctor also confirmed the degradation of knee and suggested knees replacement for both knees. Both Doctors advised for surgery as early as possible.

After seeing my condition one of my friends suggested me to try acupuncture since she got good relief for knee pain with acupuncture treatment. I started my treatment in Oct 2019 in the Academy without much hope. But weekly acupuncture treatment gave me some relief and my pain gradually came down and I was able to walk better. **After two months of weekly treatment I walked in Tirupathi and to my surprise I never had any pain.** I would like to thank Dr. Bhojraj and his team for my total recovery from my knee pain and I am pressing all the acupressure points around the knee daily as advised by the Doctor. I also recommended acupuncture for few of my colleagues suffering from knee pain.

2. **My mother Mrs. Hemalatha recovered from body pain and walked without support within few hours- Says Mrs. Balakumari, now a Acupuncture Trainee**

Three years back, my mother aged about 60 years was admitted to the hospital for severe body pain and breathing problem. **After 10 days of treatment she**

was discharged without much improvement in a wheel chair.

One of my friends asked me to try acupuncture treatment. **We went to the academy with my mother and the acupuncture treatment worked like miracle for her. After few hours she was able to walk without any support.** It was astonishing for all our family members and she has been practicing acupressure daily since then and totally recovered within a month.

I decided that I should learn this technique of acupuncture and joined the advance course this year.

3. **Back Pain cured in one sitting of Acupuncture in the year 2013- Says L. A. Abdul Razak from Chinthamani Ph 9448664012 Reported on 5th Nov 2019**

I had back pain since 2005 and I was able to manage with medicines. In 2013 my back pain increased and I was not able to do my routine work even with medicines. One of my friends who had taken acupuncture treatment in Bangalore suggested me to try this treatment.

I decided to try and visited the Academy in Rajajinagar on 12th Feb 2013 and after enquiring about my back pain acupuncture treatment was given by Dr.Bhojraj and to my surprise the pain reduced within 10 minutes. He taught me to press all the palm and back pain reflex points everyday and come after a fortnight. When I started doing pressure pointing on my palm gradually my pain vanished within 10 days and I continued to press the points for 6 months.

Then after 3 years I started getting pain at the back and I remembered the points and after pressing the points my back pain vanished.

When my sister Mrs. Bibijaan, 46 years, was suffering from back pain for 2 years after a fall from auto, I decided to take her to Bangalore for acupuncture treatment on 5th Nov 2019. After the treatment she felt better and was able to do her routine work. She told me the pain has come down by 60 percent. I told my own experience to the Doctor when I visited the Academy with my sister.

Comment; *It is really surprising to see such results. Sometimes we feel the treatment has not worked for them if they do not report for second sitting. Divine has cured them.*

4. **Diabetes under control with Acupuncture Treatment says Mr. Ganesh Swaminathan, aged 54 years**

Mr Ganesh was diagnosed with diabetes in the year 2009, since then he was under allopathic medicines for the past 10 years. In the month of December

2018, the blood sugars levels increased substantially resulting in other health ailments. When he visited Dr Bhojraj for acupuncture method of treatment, he could see a steady reduction and control in the sugar

Date	HB1AC reading	Average
Jan-19	8.9	239
Feb-19	7.2	162
March-19	7.3	163
May-19	6	124
July-19	7.3	165
Oct-19	7	155
Dec-19	6.6	143

levels which were monitored from the beginning to present.

Acupuncture method along with balanced diet and regular exercise has helped in controlling diabetes. After a recent blood test, the doctor also reduced the dosage of medicines

5. Ms. Mira Ganesh, D/o: Mr. Ganesh Swaminathan, a Trainee in advance Acupuncture Course shares her experience of treating her mother and friend

Saradha Ganesh, aged 50 yrs, was having sudden pain in the rectum region early in the morning and was unable to pass motion. This caused severe pain and she had to lie down for a while for some relief. Acupuncture needling in Bladder-60 point to balance the energy was given for few minutes as a result Mrs. Saradha was able to see immediate relief in the pain and was able to pass motion freely.

Nithya Kannan, aged 35 yrs, was suffering from severe migrane attacks for several years, she did not get any permanent relief from medicines or other methods of treatment, yet she used to have pain-killers on a daily basis. While meeting her on an occasion, she was suggested to try acupuncture treatment and was treated as per Dr Bhojraj's formula [\downarrow Liv-1, \uparrow Lu-8, \downarrow H-8 and \downarrow P-9] along with knowledge to activate the acupressure points on her palms on a daily basis. This treatment has helped her greatly and she has not taken medicines ever since.

MOU SIGNED WITH MRS.KALLOLINI PATRO FROM DELHI FOR CONDUCTING ONE DAY ACUPRESSURE COURSE IN DELHI AND OTHER STATES ON 27th NOV 2019

Mrs. Kallolini Patro from Delhi practicing and training Alternate Therapies had come all the way from Delhi to sign an MOU for taking the franchise for one day acupressure course designed by our academy. This course is conducted in the Academy once a month at Bangalore.

Based on this MOU, Mrs Kallolini can conduct our one day acupressure course anywhere in INDIA and the technical knowledge has been transferred to her

during her stay for 4 days in Bangalore. She will start the training shortly in Delhi. Academy is the knowledge partner and will provide all content needed for conducting the course.

Mrs Kallolini receives the MOU from Chairman, AAA



Mrs Kallolini conducted Mudhra class for advance class trainees during her visit in November 2019



Ms. Saima from Delhi attended the advance course in Bangalore post her experience of attending one day course in Delhi



Advance acupuncture Trainees for the Academic year 2019-2020:

1. Mr.C.Selvam, 2. Dr.Vibha Bhat, 3.Mrs.Kavitha Varshini, 4.Mr.Anand kumar, 5.Mr.B.N.Sridhara Murthy, 6.Mrs.Jagadamba Kumar,7.Mrs.Gaganjoth Mann, 8.Mr.Lakshman Shukla, 9. My.Jyotsananshu Jena, 10.Mrs.B.Pushpa Latha,11.Mrs.Devi Kalyani J, 12.Ms.B.Chennama,13. Mrs.Seema Modi, 14.Ms.Mira Ganesh, 15.Ms Saima Maleha Shah, 16.Mrs.Geetha,17. Dr.Abhinethra M.S, 18.Mrs. Rama Mani, 19.Dr.Allen, 20.Mrs.Balakumari

The final examination was conducted on 7th December, 2019. About 12 of them had taken up the exam and passed out with flying colours.

Those who have completed the exam will get their certificates on 18th January 2020 from Dr.Surendra Pal, Ex Vice Chancellor of Pune University.

Those who will take up the exams in the third week of January 2020 will get their certificates on 1st Feb, 2020 in a simple function in our Academy from Mr.Bhaskar Narayana, Ex. Space Scientist, ISRO.

One Day Acupressure Course 23-10-2019



Mr.K.R.Srinivas, Mrs.Ramamani, Mrs. Seema Modi, Mrs.Devi Kalyani, Baby. Prakrithi, Mr. Jayasimha. Mr. Ivon D'zouza, Dr.Bhojraj and Mrs.Chethna.

**ONE DAY ACUPRESSURE COURSE
EVERY THIRD FRIDAY OF THE MONTH
FOR REGISTRATION**

Contact : 8050901238 Mr. Nagesh
Course donation: Rs 2500/=
Confirm by Phone one day earlier
17th Jan 2020

One day Acupressure Course on 15-11-2019



Mrs. Swetha Bagaria, Mr. Prasanna, Mrs. Balakumari, Mrs. Geetha Venkatesh, Ms. Mira Ganesh, Mrs. Devi, Dr. Girish, Dr. Bhojraj, Mrs. Vanamala Sathish, Mrs. Devaki and Mr. Kashinath

One day Acupressure course on 20-12-2019



Mrs.Nanda S Nayak, Mr.Sriram M.Nayak, Mr.Ashwin Kalburgi, Bhausasheb V.Patil,Mr.Manojkumar,Dr.Bhojraj, Mr.Yogesh Kumar, Ms.Preetam,Dr.Girish and Baghyashree V.Patil

AAA,ASA and KAA Meet on 19th Jan 2020

In **Gandhi Bhavan** at 10 30 AM to 1 PM
**ALL ACUPUNCTURE PRACTITIONERS IN
KARNATAKA CAN PARTICIPATE**

AGENDA FOR DISCUSSION

- 1.STATE GOVERNMENT RECOGNITION
 - 2.CENTRAL GOVERNMENT APEX COMMITTEE RECOMMENDATIONS
 3. Health Department LICENCE FOR PRACTITIONERS
 - 4.Future Action Required
- SPOT REGISTRATION Rs.500
Dr.Samiulha,Dr.Bhojraj,Dr.C.K.Raju,Dr.Ravishankar
and Dr.Arvind will conduct the meeting
whatsapp number: 9845649914 and confirm

EDITORIAL TEAM

Mrs.Jija Subramanian, Mrs. Devi Kalyani, Dr.Romesh Bhat, Ms.Mira Ganesh and Dr.Seema
Photo Credits: Mr.Nagesh
Working Hours : Mon-Sat 10AM to 5PM
Phone: 8050901238