



# 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

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**OCT-DEC 2018**

**Vol. 7**

[For Private Circulation only]

**No. 4**

## From the Chairman's Desk

Alternate therapies focus on the body's ability to heal itself and the need for people to live in harmony with nature, whereas modern medical science insists on chemical drugs which create more toxicity to the body. Natural healing techniques address different causes of disease and different possibilities of healing.



*Chairman with Dr. Maneesha Guruprasad, BNYS*

The 'Universal life force' which is called 'Chi' in Traditional Chinese Medicine, 'Prana' in Yoga and Ayurveda and 'Ki' in Japanese Shiatsu, can be manipulated by different methods to bring about energy equilibrium in our body, which represents the universe. The integrations of cosmic forces bring in the mineral, vegetable, animal, and human kingdoms. We need to understand the cosmic influences that are affecting all living matter, before we can look specifically at each human being. Spiritual energy is very, very important for healing.

**The first cause of disease is "the astral influences acting upon the invisible etheric or vital body of human beings".**

The planet positions are capable of creating certain influences on human health. The astrological horoscope can show our personal areas of strength and sensitivity. Thus, medical astrology can help strengthen those sensitive areas through different solutions. Understanding planetary influences can provide us with ways to go about healing the imbalance.

**The second cause of disease is the disobedience to "religious, moral and ethical laws".** The disease is sometimes related to what the individual has done before being born into this life.

**The third cause is psychological - imbalances of the mind and emotions lead not only to discomfort of the body but also to ailments that are difficult to diagnose and treat.**

Stress is the root cause of changes in the hormonal system and other biochemical processes in our body. Anger affects the liver, over joy affects the heart, worry affects the spleen,

grief affects the lungs and fear affects the kidneys as per Traditional Chinese Medicine.

**The fourth cause of disease is the introduction into of various impurities, poisons or other harmful substances-including drugs and medicines into the body for alleviation of disease.** Pesticides are sprayed on the vegetables and fruits while growing and toxic chemicals are added to food as preservatives. Any drug taken for any problem loads the liver with chemicals which has to be detoxified.

**The fifth cause is wrong physical habits which results in the "corruption of natural processes".** Overloading of stomach with excess food, excessive drinking and eating without absorbing the taste of food will lead to disease.

**Though we know all the reasons, we commit the same mistakes again and again due to improper training in the young age between 3 and 15.** We must train our children to eat properly and absorb the taste of the food. **Train your children by activating their palms and feet every day to balance all the organs. Never give them antibiotics for fever and cold in the young age except on rare occasions as the body is trying to eliminate all the toxins from the system which is absorbed in the large intestine due to constipation.**

We have seriously started **our research for improving the eye sight of children** for 6 months from Dec 2018. We have taught the parents to do the simple activation of acupressure points every day for 5 minutes. We will be reviewing their progress for the next 6 months by measuring their eye power every month. **Children can join this programme every first Sunday of the month between 10 to 11AM for practical demonstration of the exercises to improve their eye sight.**

Similarly, **the research on Diabetes for 100 patients will start from Feb 2019** and all patients will be monitored with the "NADISWARA" pulse analysis and HbA1C results for 6 months. Those diabetic patients especially, who are managing with insulin can join the research project anytime in our academy.

**The Changchun University has welcomed our Indian Acupuncturists for a short term (10 days) course in Changchun. The details are being worked out with Prof Song Bailin, President of Changchun University. I request our acupuncturists to get ready with passport and resources for taking up this journey to China in May-June 2019.**

**Wishing you all a Very Happy New Year.**

**Dr. H. Bhojraj**

## Integrated Acupuncture College in Bangalore

Our dream of having an integrated acupuncture college in Bangalore has brightened with the visit of a Chinese Acupuncture College team led by the President of Changchun University, Changchun, China to India in the first week of December 2018. A seminar on “**Diagnosis and rehabilitation methods of Traditional Medicine**” (TCM) was organised by Dr.Sagar, President, Telangana Acupuncture and Acupressure Practitioners Association (TAAPA) in Hyderabad on 5<sup>th</sup> Dec 2018. The seminar was organised by Medico Abroad Consultants, Hyderabad.



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

**Prof. Song Bailin** led the technical team for an explorative visit to India. The team had a meeting with Dr. Raman Kapoor in Delhi and visited the Taj Mahal on the same day. Also, the team visited Apollo Hospital in Chennai and discussed about Cardiac Rehabilitation and Integrated Cardiovascular Medicine.

The team arrived at Hyderabad at 11PM on 4<sup>th</sup> Dec, 2018 and the seminar was conducted on 5<sup>th</sup> Dec from 10AM to 5PM. In the inaugural lecture Dr.Sagar gave a presentation on Acupuncture Developments in India.

Dr. Zhou Xianhya talked about the Changchun University of Chinese Medicine (CCUCM) and the TCM courses offered by the University. Dr. Qiji in Dalian Medical University talked about TCM with acupuncture points for curing various diseases.

Dr. Meng Xiaping talked about tongue diagnoses and the cardiac rehabilitation programme at their hospital. She also mentioned that a Tongue Diagnosis machine has been developed and is being used in their hospital.



*Practitioners from Bangalore who participated in the seminar*

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

Dr.Sagar introduced all the ASA members to Prof. Song Bailin. Our letter from the Academy, seeking collaboration with Changchun University, along with the book “Acupuncture: The Drugless Path to Good Health” presented to him by Dr.Bhojraj.



*Dr. Bhojraj (Bangalore), Dr. Sagar (Hyderabad,) Dr. Yogesh V Kodkani (Mumbai) Dr.Reshma Suryavanshi (Gujarat)*

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



*The Chinese team with the organizers*



*Dr.Romesh Bhat with Dr.Sagar at the hotel*



## PULSE ANALYSER

“Nadiswara” was released on 5<sup>th</sup> August, 2018 by Dr.Nagarathna, Senior Vice President, SVYASA University. This analyser is now available for use by practitioners.

Pulse Analysis is the main pillar for traditional acupuncture (TCM) diagnosis. The positions near the wrists on the radial arteries are used to assess the pulse quality.



*Dr. Bhojraj clarifies monitoring with Nadiswara*

As per modern science, the pulse rate is the main indicator to find out a patient's problems. Normally, a higher pulse rate indicates anxiety or fever or any infection in the body. Any pulse in the radial artery indicates this but in TCM, there are different qualities to assess the pulse, like superficial pulse, deep pulse, slow pulse, rapid pulse, surging pulse, thread pulse, rolling pulse, hesitant pulse, string taut pulse, tense pulse, soft pulse, weak pulse, abrupt pulse or knotted pulse etc. It is very difficult for a common man to assess the root cause of the problem with pulse analysis.



*Practitioners from all walks of life*

This difficulty was solved with the Pulse metabolic analyser developed by Dr.Sergi Fedator from Pulse Academy, St. Petersburg in Russia. His analyser uses all the six positions in the wrist, superficial and deep, and the computer software will show the energy imbalance in the system which can be corrected with Acupuncture or Ayurveda medicine or Homeopathy medicine. I was the first one in South India to procure this pulse analyser and use

it successfully for the past 20 years mainly to prove their recovery with pulse reports.

Prof. Basavaraju started his career as a Professor in Jain University and developed an interest for Alternate Therapies. After undergoing many courses, he started his research in pulse analysis. After 6 years of research he developed a pulse analysis system which can give the status of the health of a person by taking the pulse in a single position. The artificial intelligence software developed by his team does the rest of the analysis. The hardware with the sensitive microphone to pick up the pulse signals and the microchip electronics were also developed by his team.



*Prof. Basavaraju introduces Dr. Bhojraj*

“Nadiswara” means the ‘swara’ of your ‘nadi’ that can be assessed. It can assess your health by taking the pulse (i.e. nadi) and gives you the solution to solve the problems. It **greatly helps Alternative Therapy Practitioners to diagnose the energy imbalances and treat the patients with a single acupuncture point.** It also suggests the Acupressure points, SuJok points and seed therapy points for patients to try themselves. Since “Nadiswara” gives the idea about the thought process in the mind, it is very useful for psychiatric doctors and counsellors who treat the patients for emotional disorders. The latest version also advises patients what food should be avoided depending on the Vata, Pitta and Kapha.

The review meeting on 16<sup>th</sup> Dec 2018 was attended by about 80 practitioners and Prof. Basavaraju clarified all doubts about the interpretation of data.

Those interested in buying the instrument “Nadiswara”, may contact Prof. Basavaraju on 9008277740 or our Academy on 8050901238 for a demonstration and other details.

**The next meeting is planned in March 2019 at the same venue Gandhi Bhavan.** Practitioners are requested to come with case histories for presentation for sharing their experience with others. Those interested in booking the instrument after listening to their experience can also attend the seminar.

# CASE HISTORIES

## **1. Severe neck pain cured ... says Mrs.Sumaira Sheikh aged 55 years (Ph: 7848822522) from Cochin.**

I had severe neck pain 3 years ago. The doctor diagnosed it as Cervical Spondylosis and gave me an injection. Again this year the pain reoccurred. I consulted the same physician and he prescribed some medicines for relief.

My daughter who is in Bangalore suggested that I should try Acupuncture treatment from Dr. Bhojraj. I wanted to give it a try since the whole family was talking about the cure.

In the first consultation itself, the treatment protocol was finalised and he inserted needles in my leg and hand for 5 minutes. By the end of the evening itself, I got tremendous relief. **It was like a miracle for me and I felt so happy that my severe neck pain vanished without any tablets for the first time.**

Dr. Bhojraj taught me few acupuncture points to be practised daily. I had no pain for almost 9 months. When the stiffness and pain again started, I came back for one more sitting on 25<sup>th</sup> Oct 2018. I got wonderful relief this time also. I thank the Academy for popularizing drugless therapy for the common man.

## **2. Hypothyroid problem under control .... says Mrs. Aarti, 41 years Ph: 9845582955.**

I used to feel very tired by the end of the day and the doctor asked me to check the Thyroid Profile. I was diagnosed with hypothyroid problem (TSH-8.8) and I was asked to take tablets to stabilize thyroid secretions.

I came to know from my friend, that Acupuncture treatment can cure Thyroid problems and I wanted to try this treatment. **Within 2 months of the treatment, the thyroid (TSH) level came below 6.5mIU/L.** I discontinued the tablets.

I am energetic now and the fatigue is also gone. I can do my routine work without any struggle. I am continuing my daily self acupressure points for the thyroid problem and plan to confirm the improvement again after 3 months.

## **3. Headache and shoulder pain reduced by 60% when I was taking treatment for Fibroid ... says Mrs. Ganga P.S aged 41 years.**

During a routine check-up it was found out that a fibroid was growing in the uterus and after 2 years I was advised to go in for surgery. I had regular menses cycle but sometimes I had more bleeding. I have been taking Ayurvedic treatment for this.

One of my friends suggested that I try Acupuncture also. When I visited the Academy in Sept 2018, I had shoulder pain, burning sensation in the left thigh region and mainly leg pain. In November 2018, exactly after 5 sittings of Acupuncture treatment and self acupressure, I could see my overall health improving. **The burning sensation vanished; no leg pain and shoulder pain has come down by 60%.** I have planned to check for my

fibroid with ultrasound scan to confirm any reduction in size by Jan 2019. Thanks for the effective treatment.

## **4. Stye in the eye vanished within a month with Acupuncture treatment ... Says Mr.Anirudh Anand**

I have been practicing Yoga and Tai Chi to keep myself healthy. During my training I observed a small stye appearing on my eyelid. I ignored it and continued my routine work. After a month I observed the stye slightly growing and felt little heaviness in the eyelid. I consulted a doctor and he told there was no medicine for this. If required it can be removed by surgical procedure.

I got slightly disturbed and searched the website for solutions. One of the websites reported that Acupuncture has cured stye. I started my treatment in the academy. **After the second sitting, my wife observed some reduction in the size and after the 4<sup>th</sup> week, I could feel the size had considerably come down.** I am sure it will vanish in due course. I am happy that I could avoid the simple surgery in the eyelid and the mental stress. Thanks to the Acupuncture Academy.

### **2018 Advance Acupuncture Students Report :**

1. Ms.Bhanumathi B (Ph: 9741595256)

**Acupuncture works for Diabetes control and cured migraine.**

A lady aged about 60 years has been taking insulin for the past 5 years and with insulin her fasting blood sugar used to be around 230mg/dl and PPBS around 380mg/dl. As per our acupuncture theory, the spleen was activated as per the formula taught in the class. **Within a week, her sugar level came down to 90mg/dl before food and 260mg/dl after 2 hours.** Slowly and steadily her insulin intake is being reduced with the advice of the Diabetologist.

**Migraine cured**

A person 40 years old was suffering with migraine headache for the past 10 years and has been on tablets, but no proper relief. During the course, I tried the **Liv-1** increase formula for this patient every week for 4 weeks. **Within 2 months, her migraine vanished and she did not get any headache for the past 6 months.**

2. Mrs.Renuka (Ph: 8610306311)

**Knee pain cured and fever kept under control with acupuncture.**

A person aged about 50 years, having knee pain for the past 3 years, was managing the pain with pain relief ointment or pain killers. I treated the person by on the Kidney meridian by decreasing the coldness (**K-10**). The result was excellent. **He reported 90% relief within 4 sittings and he has stopped all pain killers.**

Another person had high fever for 2 days due to infection. By reducing the heat point in the Triple Warmer meridian, the temperature came down within 30

minutes. She neither took tablets nor any antibiotics for bringing down the fever.

I also treated my daughter with the same formula for fever and it has given effective reduction in temperature. I have never taken my children to a Doctor after joining this course.

3. Mrs.Latha Murli (Ph: 9980554367)

**Acupuncture cured my 3 decades headache.**

I had been suffering from sudden headaches for 3 decades and had been taking pain killers for relief. I used to get headache suddenly for various reasons like noise, very hot or windy atmosphere or whenever I don't eat on time. Pain killers had become a part of my life and normally I used to suffer for a couple of days.

After joining this advance course, I treated myself with Acupuncture. I needled **GB-41, LI-1 and SI-5** for a few minutes as taught in the class. **My headache vanished within 12 hours for the first time in my life and never came back.** Nowadays I am more confident to solve the headache problem myself.

4. Mr.Philip Mathew (Ph9845054331)

**Diabetes – Good relief from Acupuncture.**

A female patient by name Mrs. Rosily Sebastian of age 46 years was undergoing treatment for Diabetes for the past 13 years. She came to know about Acupuncture and visited my residence. I asked her to check her blood sugar levels before we started the treatment. Her fasting blood sugar was 160mg/dl in spite of taking medication. She was given the **Sp-6** formula that I had learnt in the Advance Acupuncture Course.

**After the treatment (alternate day treatment for 2 weeks) her fasting blood sugar level was 114 mg/dl when checked after 2 weeks.** She was very happy with the phenomenal change in her blood sugar level. Her tiredness reduced and fatigue also vanished. She is very active in her day to day activities also. She will be monitored for next 6 months. She was advised to take a HbA1c test now and 3 months later.

5. Mr.Devesh Sharma (Ph: 9569209313)

**Asthma cured by Acupuncture.**

A female patient aged 32 years, suffering from Asthma since 1 year, came for treatment. She was unable to sleep at night due to severe cough and breathing problem. She had taken Allopathic treatment but did not get sustained relief. I gave her treatment by using **Liv-1 Sp-6 LU-8 & H-7** formula which I learnt in the Advance Acupuncture Course. After 3 days of treatment she got slight relief.

**After 1 week, she recovered fully and was surprised that her breathing problem had completely vanished.** She was very happy. Now her cough has gone and all her relatives are wondering about the cure for Asthma through Acupuncture.

6. Dr.Danish Mujib (Ph: 9901138888)

**Frozen shoulder cured by Acupuncture.**

My father was suffering from frozen shoulder for quite some time and he was unable to raise his arm above the shoulder level. After learning Acupuncture from the

Academy, I started giving treatment with **SI heat increase formula** for 4 weeks. To my surprise, he was able to lift his arms almost straight up without any pain. He appreciated this technique and he joined the 1 day acupressure course conducted by the academy to keep himself healthy.

After attending the course, he started activating thyroid gland reflex points in the palm for 5 minutes every day. He checked his thyroid profile and found everything normal. So the doctor advised him to stop medication and he is off medication since 3 months.

My sister also joined the 1 day acupressure course and **she activated CV24 point for her constipation regularly. She got wonderful results and she has no constipation now.**

I myself had digestion problem and cold and cough for quite some time. After learning Acupuncture, I myself activated all the points and now I am feeling energetic and my problems have been solved.

**7. My Daughter & Husband cured using Acupressure:**

**.... Says B.Renuka Devi**

My daughter S. Dhiksha, about 6 years old, often suffering from cold was given pressure on **LU8 and SP10** points. **TW 5** point was given if she had fever. Fever comes down immediately and she gets relief from common cold within 3 days without any medication.

My husband, V.M.Shankar, had swelling in his leg for more than 3 years. The Doctor said it is due to peripheral oedema. After undergoing acupressure class I discussed the problem with Dr.H.Bhojraj. **He asked me to give pressure on LIV-3 point regularly. Now he is permanently free from his swelling.**

8. Dr.Maneesha G, BNYS (Ph: 9740491929)

**Heel pain cured by Acupuncture.**

I have undergone Advance Acupuncture course after my degree.

I was suffering from heel pain for quite some time and there was pricking type of pain in the heel when I used to get up in the morning. I started with the treatment by pricking **K3 UB60 and GB41. Within a week, my heel pain vanished and there is no pain in the morning also when I keep my feet on the floor.**

## **ADVANCE ACUPUNCTURE** **COURSE**

Duration : 1 year

Theory starts from 21<sup>st</sup> January 2019.

Interested people can contact

Dr.H.Bhojraj

Ph. 9845649914



## KNOW YOUR EYE

### **Eye Sight Improvement with Acupressure for children below 15 years.**

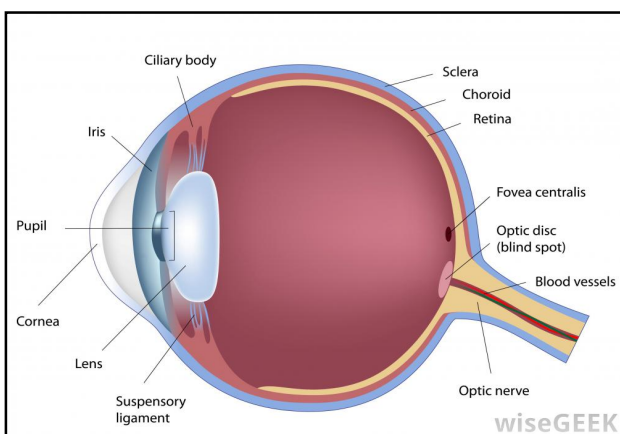
Our consciousness consists of the 5 sense organs which receives input from outside, interprets the input in the brain and produces responses from our system. The eye is nothing but a video camera which stores all the inputs in our brain storage. So whenever needed, we can retrieve the video and run it in our inner screen.

This wonderful system gets into a problem because of strain to the eye, due to our reading habits from a young age. The eyes are originally meant for seeing long distance, but reading involves short distance in which, the eye muscles have to pull the lens in circumferential direction to focus on the scene. If the strain is more, the eye itself gets slightly shrunk or bulged. Due to this, the eye gets into problem and people are given spectacles for correction.

In acupuncture system, the Liver controls the muscles in general and takes care of the eyes by producing the tears needed for the eyes. The eye is always kept moist with tears and when this capacity is reduced it becomes dry eye.

**Acupressure on the Liver Meridian improves the general muscles in the system and produces the required tears for the maintenance of eyes.**

Activating the acupressure points in and around the eyes increases the energy in the eyes for relaxation and rejuvenation. Specific eye exercises are taught in the camp, making the muscles surrounding the eyes strong for its continuous operation like reading a book or working on the computer etc.



#### Parts of your eye

1. Iris- the colored part.
2. Cornea- the clear dome over the iris.
3. Pupil- the black circular opening in the iris that lets the light in.
4. Sclera- the white of your eye.
5. Conjunctiva- a thin layer tissue that entirely covers front of the eye, except cornea.

- Carrots contain Vitamin A, a nutrient essential for good vision. It is also available in milk, cheese, egg yolk, and liver.
- Sitting close to the television or computer will not damage your vision but produces headache due to strain of the eye muscles.
- Check immediately when you have blurred vision, eye pain, flashes of light or onset of floaters in your vision.
- Eye exercises taught in the class will help you overcome most of the problems related to the eye.

### Myopia and Hypermetropia

**Myopia** occurs when the eyeball is too long, relative to the focusing power of cornea and lens of the eye. Lights rays are focussed at a point in front of the retina, rather than directly on the surface.

**Hypermetropia:** the image is formed behind the retina. This means that the light is focused too far back in the eye, causing things which are close to appear blurred.

The Academy has started its research on eye sight improvement for children below 15 years and started with eye exercises and acupressure points activation (Liv-1 and eye reflex points in the palm) daily by the mother or father for 6 months. Every month their eye sight will be checked and few additional exercises will be prescribed. The programme started on 9<sup>th</sup> Dec., 2018 and 7 children have joined this programme. The follow up will be done every 1<sup>st</sup> Sunday of the month and more children are expected to join in the follow up classes. **All parents whose children are wearing glasses should register for this research and get the benefits of acupressure for improving the eye sight.**

### **IMPROVE YOUR EYESIGHT**

**EXERCISE FOR CHILDREN BELOW 15 YEARS**

**FIRST SUNDAY OF EVERY MONTH FROM 10AM TO 11 AM WITH MONTHLY EYE CHECKUP**

**PROGRAM STARTED WITH 4 PARTICIPANTS ON 9<sup>TH</sup> DECEMBER 2018**

**INTERESTED PARENTS MAY CONTACT OUR ACADEMY FOR DETAILS.**

**PHONE: 8050901238**

## DONATIONS RECEIVED IN 2018

1. Mr.Adithya Ghalot Rs.15,000/-  
From Mumbai
2. Mr.Shankara Subbu Rs.10,000/-  
From Coimbatore
3. Mr.Soma Rs.3,000/-  
(Ex ISRO Scientist)  
From Bangalore
4. Mr.Das Gupta Rs.5,000/-  
(Ex ISRO Scientist)  
From Bangalore

We thank all the donors for your encouragement.  
We will keep you informed about our research  
progress through our newsletter.

AAA TRUST

*Dear Dr.Bhojraj,*

*The continuous and dedicated efforts put forth by you and your team to get recognition for Acupuncture System is highly commendable. Simultaneously the awareness creation among public on simple systems like Acupressure and Acupuncture is also appreciated. I pray and bless you all for the success of your mission of getting recognition for this curative as well as preventive therapy. An amount of Rs.10,000/- has been transferred to your Academy as my donation for your research activities.*

*Yours faithfully,*

*Sankarasubbu*

*Mob: 9677791720*

## ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

### WELCOMES DONATIONS FOR PROMOTING ACUPUNCTURE RESEARCH

AAA is striving to get recognition for Acupuncture in Karnataka. Your contributions are welcome to start Research projects on Acupuncture for various ailments.

Kindly transfer the donation to our AAA account in **Indian Bank A/C no. 6012588256 IFSC Code IDIB000R005** and send us your name and address and phone numbers for acknowledging in our Newsletter.



Shri.H.Raja Simha, Ex ISRO scientist, Technical Advisor to CEO, Machine Tool Park, Tumkur, visits the Academy.

Dr.H.Bhojraj briefed him about Academy's research activities and requested him to help us get recognition from the Government of Karnataka for this scientific Acupuncture System.

Dr.Raj Simha who has taken over as advisor to Health Ministry has promised to look into this shortly after his appointment.

### INTRODUCTION TO IRIDIOLOGY

*Iridology is the science that analyzes the iris of the eye in order to determine physical constitution, tissue weakness, and psychological traits. The iris is the portion of the eye that carries the colour. (Iris was the Goddess of the rainbow in Greek Mythology.) The fibres of the iris comprise a huge communication network, since the iris is connected to every organ and tissue by way of the brain and nervous system. The nerve fibres receive their impulses through connections to the optic nerve, the optic thalami, and the spinal cord. The eye, therefore, not only enables us to bring images of the outside world within, it also shows images of what is within our bodies and psyches to the outside world. Iridology dates back to the early 1800s when a Hungarian, Ignatz von Peczely, caught an owl in his garden. While struggling with the owl, he accidentally broke its leg. When he looked into owl's eyes, he saw a black stripe appear. As he nursed it back to health, the black stripe was replaced by white lines. Years later, von Peczely became a Doctor and observed changes in his patients' eyes after accidents, surgeries, and illnesses. He created the first chart of the iris based on these findings. To check the iris, there is a instrument called Iriscope available online which will be covered in our next newsletter. Those interested in knowing more may contact the academy for further research.*

## 7<sup>th</sup> ANNIVERSARY CELEBRATIONS & GRADUATION CEREMONY

**Date:** 3<sup>rd</sup> February 2019

**Venue:** Hotel Chalukya **Time:** 10:30 AM

10:30- 11:00 AM Registration

11:00 AM Welcome Address

Annual Report

Sharing of Experience

Graduation Ceremony

Address by Guests of Honour

Address by the Chief Guest

Mementos presentation

Vote of thanks.

1:00PM NADISWARA DEMO by Prof.Basavaraju.

1:30 PM Lunch

2:30 PM Indian Manned Mission – Selection of Gagannauts by Prof.Arunachalam.

3:30 PM Cultural Programme

We the Trustees invite all the Donors, Well-wishers and Advance Acupuncture Practitioners to take active part in this function.

All are requested to send SMS to 8050901238 confirming their participation with number of persons.

Kindly confirm details on or before 20-01-2019 to enable us to organize effectively.

Those who confirm after 20<sup>th</sup> Jan may not be included in the list for lunch coupons.

Invited VIPS

**Shri.S.V.Ranganath, Ex.Chief Secretary, Government of Karnataka**

**Shri.Neelam Achudha Rao, Ex Director General of Police**

**Shri.A.R.Infant, Ex Director General of Police**

**Dr.H.Devaraj, Ex UGC Vice Chairman**

**Dr.Surendra Pal, Ex Vice Chancellor of Defence University, Pune**

**Shri. Sridharan, CEO of Megatech Control Private Limited, Chennai**

**Shri.Ashok Popli,Ex.Air India Employee**

## ACUPUNCTURE COURSE PARTICIPANTS (2018-19)

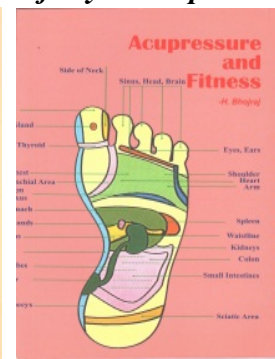
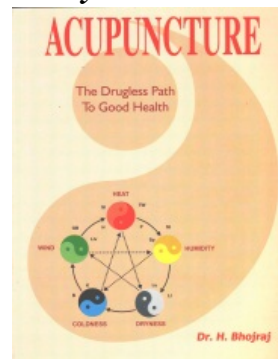
- |                              |                    |
|------------------------------|--------------------|
| 1. Mr. P. Pradeep            | M.Tech             |
| 2. Mr.Nagaraj H Rao          | M.A.               |
| 3. Mr. Mohammed Danish Mujib | M.B.B.S            |
| 4. Ms.Preetham B Patil       | BBA                |
| 5. Ms.Akshaya Sairam         | B.N.Y.S            |
| 6. Ms.Deepa Ram Bhat         | PGFT               |
| 7. Dr.Seema S Murthy         | M.B.B.S; MPH       |
| 8. Ms.Banumathi              | DE&T               |
| 9. Mr.D.M.Hedge              | LLB                |
| 10. Mr.Arjunsinh H Vadher    | B.Sc               |
| 11. Mrs.RenukaDevi           | M.Sc(Biochemistry) |
| 12. Dr.Allen Abraham         | BDS                |
| 13. Mrs.N.Komala             | M.Sc               |
| 14. Mr.John Mathai           | B.A.               |
| 15. Mrs.Latha Murli          | M.Sc               |
| 16. Mr.Philip Mathew         | M.Com              |
| 17. Mr.Devesh Sharma         | M.Pharma           |
| 18. Dr.Maneesha.G.           | B.N.Y.S.           |
| 19. Mr.Shreyas Prasad        | B.A.               |
| 20. Mr.C.Selvam              | B.Com              |
| 21. Dr.Pallavi Uppin         | B.H.M.S,MD(Homeo)  |
| 22. Dr.Varsha Bandi          | B.H.M.S,MD(Homeo)  |

### **Dr.H.Bhojraj's Books – Now Available** **Acupuncture – The Drugless Path to Good Health**

*Book printed again for advance class. Limited copies available for sale. **Rs 1500 per copy***

**Acupressure and Fitness- the basic Acupressure book now available. **Rs 300 per copy.****

**Kindly call **9845649914** for your requirement**



**Editorial team; Mrs. Jija Subramanian , Dr.Maneesha.G and Dr.Romesh Bhat**  
**Working hours: Mon-Sat 10AM to 5PM**  
**Phone: 8050901238**



