



ACU WELLNESS



ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

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FROM THE CHAIRMAN'S DESK

Dear Friends and Well-Wishers,

The month of April holds great significance for ISRO, and as an engineer who joined ISRO in 1972, it is a privilege for me to dedicate this column to all the incredible ISRO engineers. Their hard work and dedication not only shaped my career but also inspired me to transition from satellite thermal control to human thermal control and health.



Presenting ARYABHATA 2 Rupee Note to Chairman ISRO on 10th March function in LEOS. Dr Sivan, Ex Chairman and Mr.Narayanamurthy, Ex.Dy.Director URSC.

From 1992 to 2011, I had the unique opportunity to experiment with acupuncture alongside my colleagues. This experience gave me the confidence to believe that acupuncture—a scientifically grounded system based on Nature's Five Elements—should be recognized as a legitimate therapeutic practice by both the Central and State Governments. I am proud to announce that this recognition has now been achieved. The State

Government is currently working towards aligning with the Central Government's regulations in due course.

This milestone is the result of years of effort by prominent acupuncturists like Dr. Raman Kapoor and Dr. Anish Gupta from Delhi. **On 26th September 2024, the Central Government issued a Gazette Notification that officially recognized acupuncture.** This groundbreaking step paves the way for the establishment of Acupuncture Therapy Colleges across India, as well as proper accreditation by the University Grants Commission (UGC). Once the UGC approves the syllabus, standardized courses will be available nationwide.

At this juncture, I would like to express my sincere gratitude to my ISRO colleagues and distinguished scientists who have been a pillar of support throughout this journey. **Dr. Surendra Pal, Shri N.K. Malik, Shri R.N. Tyagi, Shri S. Dasgupta, Shri A. Bhaskarnarayana, Dr. Kanaka Rao, Mr. V.R. Katti, Mr. L. Sathyamurthy, and Prof. P. Soma have not only reviewed our projects but also supported us financially when needed.** I also extend my heartfelt thanks to **Shri S.V. Ranganath**, former Chief Secretary of Karnataka, who, as a former ISRO colleague, took our research seriously and worked tirelessly to secure approval from the State Government. I must also **acknowledge Shri Achuta Rao, former DGP**, whose support for our eye improvement research and sponsorship of the book on eyesight improvement has made a lasting impact.

The Golden Jubilee of Aryabhata's launch on 19th April 1975 is a milestone that fills us with immense pride. The gathering of Aryabhatans on 10th March, inaugurated by the current ISRO Chairman, **Dr. V. Narayanan**, along with former Chairmen **Dr. Sivan** and **Dr. Somanath**, was a truly nostalgic and emotional event. Around 140 staff members who played key roles in this mission gathered for the celebration, and it was

heartening to see younger scientists from LEOS facilitating the event. Their enthusiasm and care, as they assisted us with transportation and interacted with those of us whose average age is around 75, was truly touching.



THE ARYABHATANS ASSEMBLED ON 10TH MARCH 2025

This edition is dedicated to this remarkable event, which marks a significant chapter in India's space exploration history. I vividly recall being asked by a foreigner in 1982 in Europe why India, a country with such poverty, was investing in space research. Today, many engineers who once worked for the US are now appreciating India's space program, acknowledging that despite our modest budget, India has accomplished groundbreaking feats in space exploration.

Looking ahead, we are entering an exciting era in both space research and drugless therapy. Our ultimate goal is to make India a global hub for medical tourism, with Bangalore, Karnataka, leading the way in health and wellness innovation.

We have received strong support from the State's Chief Minister, Deputy Chief Minister, and Health Minister for the promotion of Acupuncture and Acupressure therapies. We are scheduled to meet with them shortly to present our memorandum. Upon approval, the Health Department will initiate the certification process. The Karnataka Government has also formed a committee, led by Dr. Hifzulla, to implement the rules and regulations outlined by the Central Government. The committee has already drafted the memorandum in both English and Kannada, which will be submitted by the first week of April.

I encourage all acupuncturists practicing in Karnataka to begin preparing for registration with the Health Department as licensed therapists, which will open doors to providing treatment in Government Hospitals across the state.

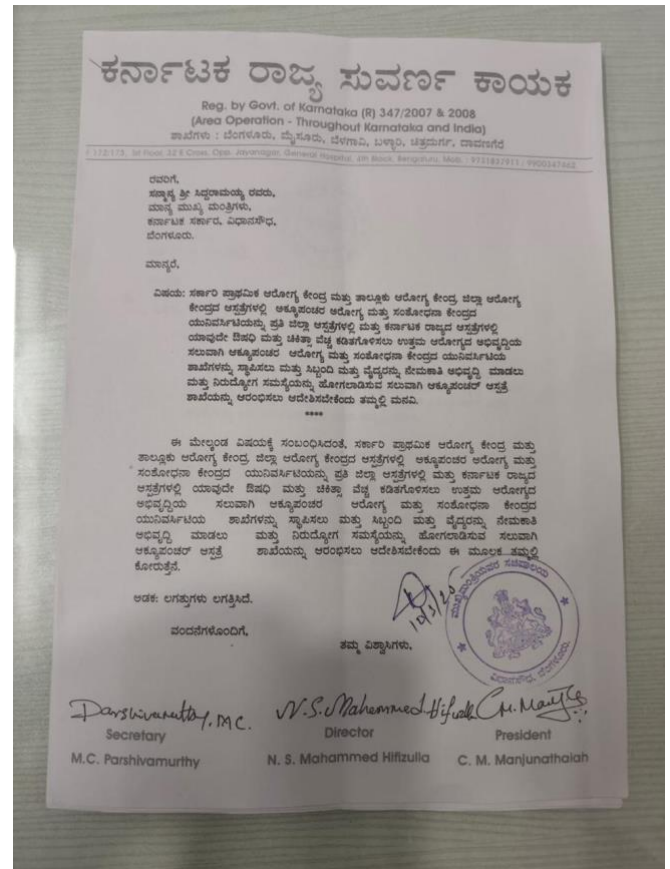
Our research activities have gained momentum, and we are now rigorously training prospective Research Associates on protocol. We anticipate a six-month training period before we submit our research proposal for ethical review and funding approval. Only after receiving clearance will B-ARC reach out to Government Health Departments or Corporate HR Departments for funding opportunities.

I urge all acupuncturists in Karnataka to maintain accurate treatment records with supporting data for further analysis. Those interested in our research initiatives are welcome to contact our offices in RT Nagar or Basaveshwaranagar for more information.

Once again, I would like to express my deepest gratitude to all of you, especially my ISRO colleagues, for your unwavering support. Together, we have helped acupuncture gain the recognition it truly deserves from the Central Government. I eagerly anticipate the D-Day, 19th March 2025, and look forward to the journey ahead.

Warm regards,

H.BHOJRAJ, CHAIRMAN, AAA AND B-ARC



Thanks to Dr.Hifzulla for writing to Chief Minister of Karnataka.

A video presentation on making Aryabhata from 1972 to 1975 was screened prior to the formal function, a really captivating and well presented by the Production Team of URSC. Almost all participants were excited and recalled their contribution to Aryabhata 50 years back with Prof. U. R. Rao.



Dr. K. V. Sriram, Director, LEOS welcomed all the dignitaries and expressed happiness over the efforts that have gone into towards making the function a grand success by the Organizing Committee led by him. He told that around 140 members could be identified and subsequently could get contact towards their consent to participate during the one-day event planned. He also mentioned that lot of efforts have gone into towards organizing pick up from residence and drop them back safely to their residence as majority of them crossed 75 years of age. It was really a kind gesture from organizing team.

Dr. M. Sankaran, Director, URSC, in his address expressed his appreciation for the invitees for accepting **URSC/LEOS** invitation and could be present on this grand occasion/meet. Though he joined ISRO in 80s, he interacted with almost all the invitees in various capacities as he knew each and every one of them personally otherwise. He mentioned that it is only a beginning of Golden jubilee celebrations of Aryabhata and few more grand functions are being planned in April and May 2025.

Dr. K. Sivan, Former ISRO Chairman spoke on the occasion that how Prof. U. R. Rao contacted him directly to get the required inputs, despite his level (junior grade in the hierarchy) at that time. He told the unique way of getting the work done within the time was the lesson everybody learnt from Dr. U. R. Rao.



Dr. S. Somanath, Former ISRO Chairman, expressed his appreciation for all the veterans who made this Aryabhata project very successful starting from the scratch in the PEENYA Sheds without asking for any ultra-modern facilities for making the satellite and setting the benchmark for other engineers who joined later. He told the work culture set by Prof U. R. Rao was rather unique and as Chairman, ISRO he had observed the dedication of all engineers from URSC. He congratulated all the veterans for their great work done 50 years back **being present to celebrate the occasion**. He wished the function a grand success.

Dr. K. Kasturirangan, Former Chairman sent his personal message for the grand success of the mission and **Dr. G. Madhavan Nair**, Former Chairman delivered his address to the audience through off line video message. **Dr. T.K. Alex**, founder Director of LEOS vividly recalled his association with Prof. U. R. Rao and how the Project had grown into a Center and subsequently the formation of a separate Laboratory for Electro Optics. He recalled his contribution of Magnetometer to ARYABHATA project which worked very well and **paved the way for path breaking Sensors for Chandrayaan Satellite Mission**.

Dr. P. S. Goel, Retired Secretary, Ministry of Earth Sciences recalled his association with Prof U. R. Rao since 1971 and how the budget of Rs.3 crore for the project was finalized by Prof Rao and got it approved by then Prime Minister, Smt. Indira Gandhi.

Though we all started together in 1972, few of our colleagues were called back by the Almighty and the assembly showed their respects to those great souls by observing two minutes silence before starting the function



Dr.Surendra Pal,
Dr.Arvind CMO and
Dr.Bhojraj

Dr. Surendra Pal,
(Distinguished
Scientist-Retired)
explained about
Aryabhata

Satellite's onboard and ground antennas which were designed and qualified using simple and basic tests. He also told Dr.U.R.Rao's encouragement, by giving him a basic paper on Antenna by Dr.B.S.Rao in 1971 and how Dr. S. P. Kosta motivated him to start with Antenna Design. According to him the best designed but simple antenna was the YAGI antenna for Aryabhata.

Subsequent to that, the Groups were called in batches and an Aryabhata souvenir made out of granite with Prof. U. R. Rao's photo was given to all Aryabhata Contributors by Present Chairman Dr. V. Narayanan. Former Chairmen Dr. K. Sivan and Dr. S. Somanath also distributed the mementos to the Aryabhata teams.

By and large, the morning formal function went on very well which showed the professionalism of ISRO Team. A sumptuous lunch was organized for all participants and all of us really liked the varieties and the quality of preparation of food equivalent to five-star standards. Kudos to the Canteen Team and Committee members.



Mr.Rajendran, Dr.Sriram, Mr.Bhandari ,Dr.Sivan,
Dr.Naryanan, Mr.Narayanamurthy, Dr.Somanath,
Dr.Bhojraj, Mr.H.P.Rao, Mr.Abraham, Mr.P.P.Gupta
(Thermal Team) and Mr.Sankaran

The evening session started with an interaction with few Aryabhata Team members from various groups. **Mr. Padmanabhan (Orbital Mechanics), Mrs. Lalitha Ravi (Power), first women employee of the Project, Mr. S. R. Nagaraj, (Telemetry), Mr. V. Mahadevan (Antenna), Mr. H. Bhojraj(Thermal), Mr. U. N .Das**

(Telecommand), Mr. Arun Bhatra (Experimental Payload), Mr. T .L. Danabalan (Integration) and Mr. M. V. Kannan (Structures) interacted to the questions put across by Mr. R.V.L.N. Sridhar and Mr. Raja which was moderated by Dr. Kamalakar Rao, Former Director, LEOS. The interactions were very interesting and very useful for the younger generation working in ISRO who were watching the program in live Telecast all over ISRO Centre.



Panelists were introduced to the audience.

The cultural show specially organized by a professional troupe was the main highlight of the day. The elders who stayed till the end got rejuvenated by the dance program which is of very high standard. All the elders blessed this young team starting from 10 yrs old to 30 yrs for their mind-boggling dance drama performance depicting the message of Lord Krishna. Similarly, the Organizing Committee led by Dr. K.V. Sriram, Director, LEOS deserves kudos for the meticulous planning and executing with clockwise precision. **Mr. M. Sankaran, Director, URSC is to be appreciated for this overall direction and meticulous execution of this wonderful and lively program which is just the beginning of Aryabhata Golden Jubilee celebrations.**

CONTRIBUTORS; Dr.H.Bhojraj, Mr. S.Govinda Raghavan, Mr. M.V.Kannan Dr.Surendra Pal, Mr. D.Jhon and Mr. K.S.Balan

MOTIVATION COMES FROM OUTSIDE BUT INSPIRATTIN COMES FROM INSIDE.
TAKE INITIATIVE, FINDING STRENGTH WITHIN YOURSELF



Mr. Govinda Raghavan, Mr. L. Sathyamurthy, Mr. Nanjundaswamy and Mr. Sriharan De-The strong QA team of Aryabhata



Mr. Dave, Mr. Raghavan, Dr. Bhojraj and Mr. Balan



Dignitaries in the Bust unveiling ceremony

THIS REMARKABLE EVENT WAS A NOSTALGIC STROLL DOWN THE MEMORY LANE FOR ARYABHATANS, OPENING A TREASURE-CHEST OF MEMORIES AND WILL UNDOUBTEDLY REMAIN A MEMORABLE MENTAL SCREEN-SAVER IN PERPETUITY! RAGHAVAN



MECHANICAL WORKSHOP GROUP WITH CHAIRMAN



Aryabhata Structural Engineers



WONDERFUL DANCE PROGRAM

TWO RUPEE NOTE PRINTED BY RBI TO HONOUR THE 1 SATELLITE LAUNCH ON 19TH MARCH 1975 AND THIS 50 YEAR NOTE WAS GIVEN TO PRESENT CHAIRMAN, PAST CHAIRMEN AND DIRECTOR, URSC BY H.BHOJRAJ WHO PRESERVED IT FOR 50 YEARS. (ONLY 3 NOTES ARE AVAILABLE WHICH WILL BE AUCTIONED ON 19TH APRIL 2025 IN OUR ARYABHATA MEET ORGANIZED BY Mr.SATHYAMAUTHY and Mr. RAJANGAM)

EXCELLENCE IN ACTION AND SUCCESS IN LIFE

By Dr.H.BHOJRAJ

MAINLY FOR STUDENTS

Knowledge is the gateway to prosperity. India was once considered as one of the most knowledgeable countries and prosperity was at the peak compared to other areas in the world. Though the wealth generated by our ancestors was looted and taken by foreigners, our ancient knowledge was kept alive in many forms like the Bhagvad Gita. What is mind? What is knowledge? The fundamental questions are to be answered to the youngsters if we want India's flag to fly high in the comity of Nations. Mind is nothing but the composition of thoughts, but it consists of four components according to ancient wisdom - Manas, Buddhi, Ego and Chitta. **Manas** the so-called mind contains all thoughts with memory ie anything on past events till this moment. **Buddhi** is our Intellect which acquires the knowledge from outside sources through our sense organs. The **ego** contains the identity of the person in all circumstances and without this identity one is lost in this world. The last component is very important that is **CHITTA**. It has no memory. It is acting now only. That is why Yoga is also defined as Chitta Vruthi Nirodhaha meaning no modification of Chitta is YOGA.

Though the Chitta part is very effective, we start looking inwards to be more effective and successful. Since 85% of the success comes from ATTITUDE and from the use of INTELLECT, one must know where to identify and concentrate.

1. First and foremost, one must identify their **core interest** ie. their own unique gift. Hard work will become enjoyable in the field aligned with your passion. Invest your time and energy in your core area of interest, you will achieve unimaginable success.

2. Then **commit** yourself to the goal. Fix a higher ideal. Ideals focus on the process. Enjoyment of the process produces better results than anticipation of success.

3. Develop the **competence** . It is a blend of intelligence, continuous learning and hard work. Sharpen your skills, gain experience and most important, **be open to fresh knowledge.**

4. **Be a team player** and extend your **cooperation** to other people in your team. The synergy of the team will exceed the sum of the individual contributions.

5. **Concentration** is the watch word for success. The action is perfect when the intellect is strong and it focuses the mind to the present.

6. **Consistance** is the final word. The intellect directs all actions to the chosen goal. If the intellect is not vigilant, the mind wanders. Thoughts have power. They become a force to reckon with when they are directed towards one goal.

Core Interest, Commitment, Competence, Cooperation, Concentration and Consistence(6Cs) are the **main keys to extraordinary success, happiness and your personal growth.**

Our success, accomplishments and achievements are the result of our extra efforts, interest, enthusiasm, involvement, dedication and determination. Great success is certainly possible by doing the usual with unusual enthusiasm.

IDEALS OF B-ARC

HELP OTHERS.

CREATE A JOYFUL WORLD.

**USE THE RESOURCES FOR THE GOOD OF
THE SOCIETY.**

TOUCH ECSTASY.

B-ARC STARTED FUNCTIONING IN R.T.NAGAR

After shifting from Sultanpalya to R.T.Nagar, our Research Associates started functioning from this address which is very easy to access. Since it is located just opposite to **R T Nagar Post Office**, people find it easy to locate. Since Dr.Giridhar Gopal is practicing Electro Homeopathy for the past one year, many patients have visited this place and familiar with this location.

Initially it is planned to train all the Acupuncturists in Dr.Bhojraj's four needle method for uniformity of points selection as per the protocol for research. Then we will be inducting the Research Associates for

specific research starting from Diabetes, Migraine, Eye sight and Hearing. Mrs.Divyaa Jayakeerthi had joined as Research Associate and showed interest to support Mrs.Jija for treatment as well as for research activities.



As a beginning, the Research Center is planning for a summer camp for students in the 10 to 18 years age group for **eye sight improvement**. Below 10 years, one of the parents also should be asked to attend to learn the techniques to avoid spectacles in future. Depending on the response the training can be extended to interested students by Zoom sessions during April 2025. Those students interested in attending Zoom classes may contact **Mrs.Divyaa Jayakeerthi Ph.9731566909** or **Mrs.Jija Subramanian Ph 9986168181**. Timings will be told to those interested in attending for 5 days for one hour per day by Zoom Sessions and the link will be sent to the registered people.

ACUPRESSURE TECHNIQUE FOR

EYE SIGHT IMPROVEMENT -SUMMER CAMP

FOR STUDENTS 10 YEARS TO 18 YEARS

BY B-ARC TEAM UNDER THE GUIDANCE OF
Dr.H.BHOJRAJ Rtd.ISRO SCIENTIST

REGISTER IN B-ARC CENTER or by WhatsAapp

9731566909 / 9986168181



You can contribute as an Acupuncture Therapists by joining our Research Team in RT Nagar. We are looking for our own premises. Efforts are on to

train at least, 40 committed Research Associates for six months and then deploy them to different organizations for health care, specifically for preventive health care. We will be concentrating on Migraine patients with assured cure with Acupuncture and self-acupressure, similarly prediabetics in the 30 to 50 age group to make them non diabetic with self-acupressure after 3 months of acupuncture treatment.

Those people interesting in supporting our research can kindly contribute **your seed money** for our research to our Academy Bank Account which will be duly acknowledged with receipt by Mrs.Jija Subramanian. Contact Mrs Jija for any help or information connected with B-ARC. Ph.9986168181

SEED MONEY CONTRIUTORS will be trained for eye sight improvement and hearing improvement in a special one-hour session by Dr.H.Bhojraj and Ms.Kallolini. Also, they are eligible for free online consultation for three months. **Kindly call Mr.Kishore, Ph.76763 70423 for Zoom Link details and time.**

We request all well-wishers to join together and support our movement to show the results of our 40 years of research with acupressure and acupuncture to the public.

**YOUR SEED MONEY CAN BE SENT TO
ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE
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