



# ACU WELLNESS

## ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

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MARCH 2025

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### FROM THE CHAIRMAN'S DESK

Dear Acupuncturists and Well Wishers,



It is really heartening to know that our plan to start an exclusive research center for Acupuncture has taken off well on 15<sup>th</sup> Jan 2025 and completing two

months of our activities. **Mrs.Ambika, Director and Mrs.Sahira, Dy.Director of B-ARC** started streamlining our activities for research. Initially they have planned to conduct free treatment for Migraine and Diabetes by conducting camps in the same campus. This camp is likely to be held on **16<sup>th</sup> March 2025**. The leaflets required for advertising for local distribution has been finalized and the team is trying to concentrate on local residents for intense monitoring for our research records.

The Research Associates(RA) are likely to attend a special review on **2<sup>nd</sup> March** for technical discussions and all of them will be given the AAA certificate for completing the Acupuncture Course with four needle formula for uniformity in research process. **An ACCREDITATION CERTIFICATE also will be issued to all RAs for displaying in their clinics which is valid for one year.** The research program has taken off very well and we will be formally announcing our on-line training for eye sight improvement and hearing improvement shortly. This project will give us sufficient data for taking

*this simple exercise to all students in Karnataka through the Education department once the Health Department recognizes Acupuncture as a therapy like the Central Government. We need qualified Trainees certified by our Research Center to impart training to Teachers and ASHA workers who in turn can train the targeted people. **Those who have a degree and Acupuncture Certificate can register your name with Mrs.Ambika for initial discussions of this project.***

Myself and Dr.Giridhar Gopal had a fruitful discussion with Mr.Rajesh who owns a commercial complex in Bhasaveshwara Nagar and ready to offer his place for training . Once finalized Mrs.Jija Subramanian will take over as Director of this Center which is very close to her residence. Those Acupuncture Practitioners of our school, residing in Rajajinagar and Malleshwaram area may keep in touch with Mrs.Jija for taking it forward successfully.

The meeting of the Trustees was conducted on 15 Feb 2025, exactly one month after the inauguration of B-ARC. It was attended by all Trustees and all of them appreciated the efforts of the team to take the research to higher level. **They all agreed to the road map of B-**

**ARC, mainly to take minimum six months to establish the Center with all legal formalities**



**before we take it up with Corporates/NGOS/ Government for funding the research.** The proposals presented for research were approved in principle by the Trustees unanimously and every one was ready to support the Center for our long-time projects. I would like record my deep appreciation for their wholehearted support and also for their seed money for the B-ARC.

I appeal to all people who have done PhD in Acupuncture to register with us for our interaction and we will be approaching them for implementing the research projects once we get the funds for the specific research.

**We will be shortly writing to all Corporates/Government Organizations like INFOSYS/WIPRO/TCS/ ISRO/DRDO explaining the advantages of recognizing Acupuncture as a therapy and appointing Therapists in their Campuses for taking care of pain related problems of their employees to improve their efficiency. Proactive prevention is better than reactive cure is our motto.** I will be personally writing to Chairman, ISRO to recognize Acupuncture as a Therapy in line with Central Health Ministry's order and include it under Central Health Services Scheme(CHSS) for ISRO/DAE employees all over India. I served in ISRO for 40 years and for nearly 20 years I treated many of my colleagues with Acupuncture and have given lecture in almost all Centers of ISRO. I am convinced that a scientific system like Acupuncture should be encouraged as preventive health care not only in ISRO but also in all Corporates.

Our team is trying to give something back to the society as a preventive health care system. I am really thankful to all my ISRO colleagues for the encouragement and support for past 30 years particularly after my retirement in 2011.

Laboratory for Electro Optics Systems (LEOS), the premier unit for making Optical Sensors for all projects especially for Chandrayaan Program is celebrating Golden Jubilee of India's first satellite "ARYABHATA" launch on Prof.U.R.Rao's birth day on 10<sup>th</sup> March 2025 by calling all Aryabhata veterans for opening the bust of Prof.U.R.Rao, the father of satellite technology in INDIA. I am really proud to be a part of this great team which started from the scratch and launched a satellite on 19<sup>th</sup> April 1975.

I wish you all a very healthy, happy and productive life. Our aim is to make India as the number one Country in the world for preventive health care with AYUSH and Acupuncture Systems. **I want Karnataka to lead all the States in preventive health care and our government is very positive for this proposal.**

H.Bhojraj, Chairman, AAA

## INFORMAL MEETING WITH HONORABLE HEALTH MINISTER ON 24<sup>TH</sup> FEBRUARY 2025 BY

**Dr.Md.IFZULLA, PRESIDENT, SOUTHERN STATES ACUPUNCTURE COUNCIL** by **Dr.Venktesh Prasad, Acupuncture Specialist.**



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**Dr.Md.Hifzulla**, who has been training and treating many people in his Jayanagar Clinic, got an appointment to meet Honorable Health Minister of Karnataka, Shri. Dinesh Gundu Rao on 24<sup>th</sup> Feb 2025 for half an hour along with a small team and put across the requirement for recognition of Acupuncture as a Therapy by the State Government as already done by the Central Government. **The Minister was well informed already by the officials on this development and he suggested that the team to give a proper written memorandum** encompassing all associations in Karnataka for the Health Ministry's consideration. He also assured the team that he would take it up seriously since it can be adopted as preventive health care therapy and implemented in various departments.

The Team expressed their hearty thanks for the encouraging words of assurance to the Minister. Md.Hifzulla agreed in principle to form a State Level Committee for drafting the memorandum shortly and present to the Health Minister with Committee members.

## CASE HISTORIES (MARCH 2025)

Dr Krupa Parimala BDS,MDS says why she learnt Acupuncture Science and planning for research. Ph.9886006797

I was advised four years back for detox and rejuvenation treatment for two weeks. It was really a rejuvenating experience along with Acupuncture treatment given in the Shri Shri Ayurvede College and Hospital, Kanakapura. My frequent cold, sneezing and excess body heat vanished within two weeks. Most importantly my left side backpain for 4 years vanished just in one sitting of Acupuncture. It was bothering me on and off aggravated by standing for long time during my dental practice. I normally take rest or apply some pain-relieving balm. But the acupuncture by the Naturopathy Doctor relieved that long standing pain in one sitting and I was really motivated to learn the theory of Acupuncture.



I joined the diploma course conducted by ATAMA, Tamil Nadu and took the theory cum practical's from Mrs.Vijaya Seshadri and Mrs.Sujatha Shetty in Jayanagar. After getting my Diploma, our Group of 5 Acupuncturists joined Dr.Bhojraj's Acupuncture course and completed it.

I have been treating myself, my family members, relatives and my neighbors and got wonderful results with Acupuncture treatment.

### **Insect Bite on legs.**

I used just one point Liv-1 tonification and to my surprise the patient was cured within 24 hours.

### **Urinary Tract Infection.**

My daughter was suffering for 3 days with burning sensation during urination and heat in the body. Sp-6 sedation, Liv-1 tonification, Lu-7 sedation and Lu-10 sedation relieved her burning sensation within a day. But the urine culture test showed mild infection and she was given mild antibiotics

for three days. I am working on her immunity development so that she could avoid antibiotics in future.

Similarly based on our training and guidance from Dr.Bhojraj, I have treated for Pain in the left wrist, reddish eyes and sticky eyelids, dry cough, frozen shoulder, knee pain and Leucorrhoea. Even for Chronic Kidney Disease of my relative it showed very good improvement with Acupuncture and this case is being monitored keeping Nephrologist's prescription as I option.

Acupuncture is a drugless wonder. It reduces the dependence on over-the counter medicines and prevents side effects and dependency.

I would like to record my immense gratitude to Integrative medicines particularly to Dr.Bhojraj and Dr.Giridhar Gopal for guiding me in this healing science. I am motivated to start my research on Acupuncture Anesthesia for Dental patients and planning to write a research proposal in few months.

[Mrs.Champaka, Acupuncture practitioner in Hassan says simple solutions work like miracle.Ph.7406990800](#)

I have done my Acupuncture Course with ATAMA and also the advanced course with Dr.Bhojraj. Last month( Jan 2025) we completed course and started practicing four needle method. During our practice period, my father was having back muscle catch and was not able to walk freely. On phone



consultation Dr.Bhojraj asked me to try GB-41 increase formula for sudden catch since it is muscular problem. I tried GB-41 increase and Li 1 reduction. It was a great surprise for us when he got 70 percent relief in just one sitting. Next day also I repeated the treatment and he became perfectly all right.

**PRACTICE ACTIVE LISTENING-BE ABLE TO RESTATE SOMEONE'S POINT, SO THEY SAY " YES, EXACTLY".**

**IMPROVES EMOTIONAL INTELLIGENCE**

[Mrs.Poornima, Acupuncture practitioner in Mysore says left low back pain almost cured in one sitting. Phone 9449017383](#)

I am also part of the advance acupuncture class conducted by Dr.Bhojraj and while discussing Doctor told any one side pain can be treated effectively with GB-41 formula. One Mr.Suresh, 61



years was having back pain only on the left side and was not able to walk straight was treated with GB-41 increase formula and within few minutes he was able to sit in better position and walk better. I

treated for three days continuously with same formula and he was almost cured according to him.

He was also advised to avoid heavy protein rich food for few weeks.

[Heel pain almost cured with Acupuncture says Mrs Bhavani 44 yrs Ph.9886046828](#)

I was having heel pain for nearly one year and started consulting Physician, who gave initially pain killer tablet for the pain. But the tablets were creating digestive problems. The X-Ray taken on the heel showed some small spurs in the Calcaneus bone. Doctor told it is Planters Fasciitis and advised me to take a special micro-soft chappal for use every day. It was very much painful early morning while getting up from the bed and after walking with pain for an hour it comes down. I suffered like this for nearly one year without much relief.

I think God sent Mr.Anirudh, our Lawyer friend who watched me limping enquired about it. After listening to my narrative, he immediately suggested Dr.Bhojraj and also helped me to fix an appointment the next day. The acupuncture treatment result was unbelievable. Within three sittings over a period of a month my pain vanished.

Especially while getting up from the bed the pain reduced drastically and I was asked to continue the acupressure points as a preventive therapy which I have been doing every day. Thanks to Dr.Bhojraj and also to Mr.Anirudh for guiding me to Acupuncture Therapy.

#### TREATMENT

26-10-2024 : K-3, B-60, GB-41, B-62,LIV-3

30-10-2024 : GB-41, LI-1,SI-5,TW-3, K-3, B-60

29-11-2024 : SAME AS ABOVE

[Urinary Tract Infection cured without antibiotics says Mrs Divya N, Acu-Therapist Ph.9731566909](#)



A lady aged about 40 years was getting Urinary tract infection often and she would become alright with antibiotics. She has two young children with normal delivery and she was feeling good

without any problem till she faced this burning sensation while urinating and also, she observed dribbling of urine. As she stays in Andra, I asked her to activate the single point UB-60 daily and also asked to put a seed (methi) at that point. She was completely cured within four days and she didn't take any antibiotics this time. I advised her to activate Sp-6, Liv-1, Lu-7 and P-7 points daily to improve her immune system. She will be monitored for next three months.

[Unbelievable result with 4 needle technique for Shoulder Pain says Dr.Lalitha, BAMS, MD\(ACU\)](#)

After doing my regular Acupuncture Course with ATAMA, Tamil Nadu, five of us continued our studies in the Academy for Acupressure and Acupuncture with Dr.Bhojraj in the 4-needle



method developed by him. It was unbelievable for me when I treated a patient with right side shoulder pain for few months got 80% relief from pain within a

single sitting of using 4 needle treatment for few minutes. The patient Mrs.Kala was not able to comb her hair and found very difficult to do daily chores was able to comb and do daily work easily from the next day. She was also advised few shoulders exercise and after two more sittings of GB-41 increase formula, she was not having any pain at all. She is so happy with the Acupuncture

therapy and expressed her desire to spread it across all her relatives to try Acupuncture treatment in our clinic. As BAMS doctor, initially, I also never believed this energy manipulation cure but now I am really convinced with this energy balancing system developed scientifically by Dr.H.Bhojraj, ISRO Scientist. All of us are joining as Research Associates in B-ARC to take up research on various diseases. Thank you, Sir, for your specialized training for our group.

### BACK PAIN CURED IN 8 SITTINGS OF ACUPUNCTURE-SAYS Mrs PADMASHREE, HOUSE WIFE AGED 51 YEARS

I have been suffering from back pain for quite some time and with conventional treatment I was getting on and off relief with medicines. We were guided to a Spine Clinic for the cure but in spite of having a full course of treatment for two months I could not get much relief. I was not able to turn in the bed while sleeping and I used to wake up because of the pain. Also getting up from the bed early morning was very difficult due to pain. My husband who has been practicing self-acupressure based on Dr.Bhojraj's book suggested to try Acupuncture treatment with Dr.Bhojraj in Rajajinagar. Though we stay near Bidadi, we travelled by METRO to Rajajinagar and initially took an auto to his residence. He not only gave Acupuncture treatment and taught my husband all the Acupressure points for back pain which he started pressing every day. I was able to get up easily from the bed after the third sitting and we started walking from Metro station to his residence for treatment after the fourth sitting. I was completely cured after the 8<sup>th</sup> Sitting of Acupuncture and daily acupressure.

I have reported this to Dr.Bhojraj when I visited him for my recent problem with shoulder and neck pain on 19<sup>th</sup> Feb 2025. I am really very grateful to Dr.Bhojraj for training my husband who is continuing acupressure treatment even today after 8 months. As a matter of fact, we were asked to go for spine surgery to overcome this problem.

### COURSE DIRECTOR'S COMMENTS



It is heartening to note that many patients have

been cured like this. Due to non-availability of feedback data, we could not establish the efficacy of the Scientific therapy of Acupuncture. Many people have shown wonderful results with simple Su-Jok therapy using seeds. Many people are cured with just color therapy.

Our Research Center in Sultan Palya is geared up to record all the findings and give authentic papers in scientific seminars to prove the efficacy of Energy Medicine. The whole world is looking at this simple and very effective cures. Our Karnataka especially Bangalore should become the Capital of Energy Medicine and **our Karnataka Government is likely to approve Acupuncture as a Therapy in near future.**

I request all Doctors of AYUSH and also Modern Medicines to have a therapy department and appoint an Acupuncture Therapist to give wonderful relief and cure in the long run.

**Medical Tourism is the buzz word and we must come together to make Karnataka especially Bangalore as the hub for Medical Tourism.**

**CURE THE DISEASE -DON'T TREAT THE SYMPTOM**

**NEVER TRY TO HELP ANYBODY WHO IS NOT READY TO CHANGE.**

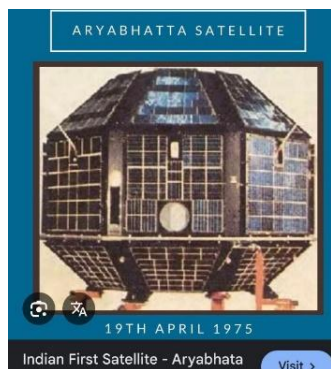
**NEVER TRY TO CHANGE ANYBODY WHO IS NOT READY TO HELP HIMSELF.**

**ANGER ITSELF IS SELF PUNISHMENT-IT CHANGES ALL THE CHEMICALS WHICH ARE IN EQUILIBRIUM.**

**ENJOY YOUR PRESENT MOMENT AND TAKE APPROPRIATE ACTION.**

## "From Vision to Reality: The Legacy of Aryabhata Cherished" 19<sup>TH</sup> APRIL 1975

By Dr.H.BHOJRAJ, Rtd.Engineer "H", ISRO



It is truly heartening to reflect on the **incredible achievements** of a dedicated group of **150 engineers**, predominantly from ordinary engineering colleges across India, alongside **150 supporting staff**, who

together made remarkable strides **under the dynamic leadership of Professor U.R. Rao**. This endeavour, initiated in 1971 and 1972, was a dream project of the then **Prime Minister Smt. Indira Gandhi**, who envisioned India at the forefront of cutting-edge technology. Her unwavering support for the initiative, along with that of the then **Chairman, Professor Sathish Dhawan**, was instrumental in making this **vision a reality**. I had the rare honour of meeting these distinguished leaders during the APPLE Thermal Balance Test conducted in Toulouse, France, in 1979. Under the guidance of Team Leader Shri H. Narayanamurthy, I captured a treasured black-and-white photograph with these great stalwarts, a moment forever etched in my memory.



*Mr.Dhanabalan and myself with great stalwarts.*

In 1971, I was a **Junior Research Fellow** working with Professor Subramanian at **PSG College of Technology** when I submitted a casual application for the position of **Technical Assistant "C."** This application led me to an interview for the initial recruitment of technical personnel for India's first satellite project. **During the interview, I had the unexpected opportunity to speak with Professor U.R. Rao himself**. At the time, I had no idea who he was, but I boldly inquired about the number of engineers being recruited. Professor Rao personally handpicked all 150 engineers for the

Aryabhata project, selecting them solely based on merit, without any regional bias. When he asked about my background, I shared my work on thermal fatigue under Professor Subramanian, and **Dr.Rao promptly asked me to join the Thermal Group**.

I became the 37th employee of the project, and many of my seniors, including **Mr. Narayanamurthy**, joined us later from VSSC in Trivandrum. It felt like an extension of our college days; **aside from a few esteemed seniors like Dr. Rao and Dr. Kosta, almost everyone was in the 23 ± 2 age group**. At that time, none of us, including myself, had any prior exposure to satellite technology or had even glanced at related literature. **I was tasked with developing the anodizing process for Aluminum—an entirely new concept for me**. This process was successfully developed under the leadership of Mr. V.K. Kaila, with invaluable assistance from a professor at IISc's Chemical Department and the Central Electrochemical Research Institute in Karaikudi.

Under Dr. U.R. Rao's guidance, a welfare association was formed to foster camaraderie among team members, encouraging us to engage in sports after work. As a college volleyball player, I invited Dr. Rao to inaugurate our volleyball court on a vacant site, and he graciously accepted, serving the first ball to kick off our games. The entire volleyball team played almost daily, even competing against a Russian team in Kapustanier and Bangalore, led by Mr. U.N. Das.

**I was among the 50 engineers selected to represent the launch team preparing for the launch of Aryabhata in April 1975**. It was a pleasant surprise to find myself on a team comprised mostly of system leaders. **This trip marked my first official journey and my inaugural flight**. The experience remains unforgettable. My colleague, **Mr. Bokil**, and I shared a room at the launch pad hostel, where military restrictions kept us confined except during work hours, transported by military vehicles. **As I reflect on these experiences, I take immense pride in being part of the**



**Aryabhata team that started from scratch and established what is now known as the U.R. Rao Satellite Center**. I extend my heartfelt

gratitude to the organizers for rekindling these cherished memories during the joyous occasion of the Golden Jubilee of Aryabhata's launch on April 19, 2025.

## AAA TRUST MEETING ON 15<sup>TH</sup> FEB 2025

By.Mrs.Jija Suramanian, Trustee  
Accounts



*Mrs.Ambika,Mrs.Sahira Begum,Mrs.Jija Subramani, Mr.Narendra Borwankar, Mr.Girish Shankar, Dr.Giridhar Gopal, Dr.H.Bhojraj, Mr.Sundramurthy, Mr.Nagulan Joghee, Mr.Suresh Palyam,Mr.Kishore and Mr.Prakash(Photo by Mr.Nagesh)*

**The trust meeting** was held on 15<sup>th</sup> Feb at 3PM in our Research Center in Nature's Wellness Enclave, Athmananda Colony, Sultanpalya at 3 PM. The meeting was attended by all Trustees including newly nominated Trustee Dr.Giridhar Gopal. **Dr.Giridhar Gopal** thanked Dr,Bhojraj and other Trustees for inducting him into the Trust at this crucial stage of starting serious research efforts by the team. He also told it was the Divine guidance that motivated us to visit Nature's Wellness Center and fix the place for our research center with Dr.Samiullah. **He also conveyed that the Endowment Trusts are ready to fund any amount if the project reports are well prepared in a proper form indicating the possible output which is useful for the society.**

**Dr.Bhojraj** in his opening remarks extended his warm welcome to all the Trustee particularly to the newly induced Trustee Dr.Giridhar Gopal who excelled not only in Acupuncture Therapy but also in Electro Homeopathy. He recalled the objectives printed in our first Acu Wellness newsletter published in 2012 and **as per that the Academy has achieved almost all its objectives in the past 14 years. Even the future plan for having a campus for Acupuncture center in that issue has become a reality though in a smaller scale.** He asked all the Acupuncture PhD students to join our research center as Research Associates and submit the

**proposals for systematic research for different diseases.** The Trustees will evaluate all the proposals and submit to Government Agencies, NGOs and Corporates for funding the research. He also told though we got the approval for Acupuncture from the Central Government as Allied Therapy we have to work hard to get the approval from the State Government which will open the way for Acupuncture practice in all BBMP and Karnataka Government Hospitals.

**Mr.Sundramurthy** appreciated the initiative to have our own Centre for research and told the data available for eye sight improvement for more than 2000 people are sufficient to prove the efficacy of self-acupressure. He told proper project report is a must to get the funding and told that he will guide **Mrs.Ambika, Director B-ARC** to prepare project reports properly within next three months.

**Mr.Suresh Palyam** expressed his satisfaction in treating various diseases with Auricular therapy and explained how hereditary factor affects the whole family members who had constant swelling in the legs in spite of giving treatment regularly. **He agreed in principle to renew the trust deed with the present team legally by registering the amendments.**



**Mr.Nagulan Joghee** expressed his best wishes for the Center and asked the Trustees to consult a Lawyer with company laws background so that when we grow the growth can be smooth.

**Mr.Narendran** appreciated the initiative and expressed his whole hearted support for the Center.

**Mr.Girish Shanker** told that the registration process of Central Government should be smooth and no hurdles should be created by the State health authorities.

**PRACTICE SELF-AWARENESS- UNDERSTAND HOW YOUR ACTIONS ARE PERCEIVED BY OTHERS.**

**IT IMPROVES YOUR EMOTIONAL INTELLIGENCE**

20<sup>th</sup> FEB 2025

## DISCUSSIONS WITH Mr.RAJESH FOR OPENING ACUPUNCTURE RESEARCH CENTER IN BASAVESHWARA NAGAR

Dr.Giridhar Gopal had organized a meeting with Mr.Rajesh, owner of the II Floor Office Space for exploring the possibility for opening our Acupuncture Research Center in Basaveshwara Nagar which is very convenient for operation as a second center in Bangalore. Mr.Mahesh and Ms.Sunitha Quantum healers had shown interest to combine the effective therapies along with Acupuncture Therapy. Mr.Hiremath Guruji, the famous Astrologer from Mysore practicing in the same office complex also joined the discussions.



*Dr.Giridhar Gopal, Dr.H.Bhojraj, Shri Herimath Guruji, Mr.Mahesh, Mr.Rajesh and Ms.Sunitha*

After the formal introduction, Dr.Bhojraj explained the concept of Acupuncture research and emphasized the need to train more people for research. He declared that already the research with Acupressure and Acupuncture had been proved with a smaller sample size for eye sight, hearing, migraine and diabetes. He wanted systematic research with larger number of samples especially for pre-diabetics in the 30 to 50 age group with acupuncture treatment and show the results with HbA1c measurements before and after 3 months of treatment. He also told that we can monitor them for one year with self-acupressure on same points.

It was agreed in principle to provide the space for Acupuncture Research Center, Mr.Rajesh emphasized the need to involve all Acupuncturists from their healing lot and train them uniformly for



**Mrs.Ambika**, Director of the Center told that the Centre activities will improve in coming months. The efforts are on to involve local residents for their treatment for various problems and also by conducting free camps in the weekends to take care of their convenience. **Mrs.Sahira Begum**. Deputy Director also supported Mrs.Ambika and told the Acupuncture treatment also started regularly in the Center.

**Mrs.Jija Suramanian**, concluded that the initiative taken by Dr.Giridhar and Dr.Bhojraj resulted in a place to assemble and discuss among the therapists and told she would organize regular weekly review meetings with Acupuncture practitioners. **She also thanked all the trustees for attending the inaugural Trust meeting in our hired campus and supporting our goal-oriented research for the benefit of the humanity.**

She told an amount of Rs.28500 is available balance as on today and told an amount of Rs.100000 declared by Dr.Bhojraj includes the seed money of Rs.10000 by five trustees also. Mr.Nagulan Joghee and Mr. Narendran have deposited Rs.10000 to Dr.Bhojraj's account. The rent amount of Rs.11000 will be shared by AAA and Pearls Sac for next three months and will be reviewed depending on the approval of the funds by external agencies for our projects. **It was also decided to appeal for seed money by those people interested in our research programs.**

The meeting ended with vote of thanks by Mrs. Jija followed by tea.

**DEVELOP THE HABIT OF GIVING FEEDBACK- YOUR DIRECT, HONEST FEEDBACK WILL HELP THE PERSON TO IMPROVE**

**THIS WILL IMPROVE YOUR EMOTIONAL INTELLIGENCE.**

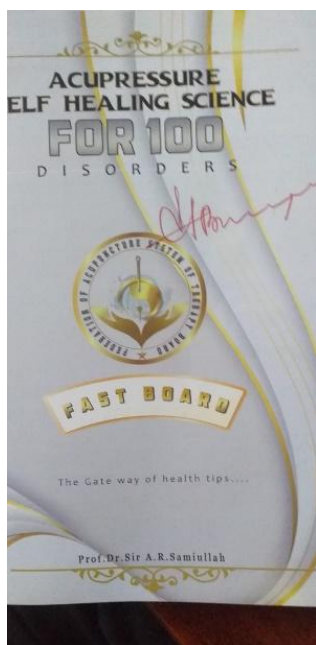


getting good results. It was agreed in principle to have an intensive training program either on line in the Complex or offline and whatever charges for the course by AAA can be shared between the two entities. Those who come for giving Acupuncture treatment also will follow this 50-50 sharing to take care of the rent and maintenance charges.



It was agreed in principle to enter into an MOU shortly and start the Training program in the Complex. Dr. Giridhar Gopal agreed in principle to complete the action before March end.

**3<sup>rd</sup> March 2025 UPDATE** The Memorandum of Understanding was prepared and cleared by both sides. The B-ARC will start functioning from 5<sup>th</sup> March 2025.



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SELF HEALING  
SCIENCE FOR 100  
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Mrs.Ambika or  
Mrs.Shaira. Call

**Ph.9036614945 in B-ARC .**

## **ACUPRESSURE POINTS FOR FEW DISEASES GIVEN IN THE BOOK**

1. HEAD ACHE -LI-4, GV 20
2. MIGRANE - LIV-1, LU-11
3. EAR DISORDERS TW-21, SI-19, GB-2, TW-17
4. MENIERE'S DISEASE- K-1
5. HEARING IMPROVEMENT- TW-17
6. VERTIGO-TW-17
7. VISION PROBLEM-ST-1, ST-2, B-1, B-2, GB-1
8. SINUSITIS- LI-20, LU-7, YIN-TANG
9. COMMON COLD-LU-7, LU-5
10. NOSE BLOCKAGE- LI-20
11. NOSE BLEEDING – YIN-TANG
12. PHLEGM AND SPUTUM-ST-40
13. ALLERGIC RHINITIES ST-36
14. TOOTH ACHE ST-44, LI-4
15. BLEEDING GUMS -ST-44
16. NECK PAIN- GV-16, SI-3, GB-20
17. CERVICAL SPONDYLITIS -NECK POINTS
18. SHOULDER PAIN GB-21
19. CHEST PAIN-H-7, P-6
20. ASTHMA LU-3, LU-6

This book gives solutions for 100 diseases with description of the disease, causes for the disease, one or two very effective therapeutic acupressure points with color picture location, prevention and precautions, diet and nutrition to be taken and food to be avoided for all 100 diseases.

It is really worth having this book in the family and follow the acupressure points for any problem of your family members.

### **FOR BULK ORDERS CONTACT**

**Dr.H.BHOJRAJ, 9845649914**

### **CHAIRMAN, ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE**

**ALSO JOIN OUR ONE DAY ACUPRESSURE COURSE CONDUCTED EVERY THIRD SUNDAY OF THE MONTH IN OUR RESEARCH CENTER IN SULTANPALYA.**

**MARCH 16<sup>TH</sup> AT 11 AM TO 5PM. COURSE FEE Rs.3000 WHICH INCLUDES THIS BOOK.**

## SEVERE SHOULDER PAIN CURED WITH SELF ACUPUNCTURE SAYS

**Dr.KALPANA MURALI Ph.9845128235**

After learning Acupuncture from AAA, I could not practice the system for other patients due to my official work load but I used this wonderful knowledge to cure many of our health-related problems with self-acupressure and if needed self-acupuncture also. Very recently I had severe pain starting from left side just above the shoulder blade and radiating down to my wrist through the upper arm. I also felt numbness and tingling sensation in my palms on and off.

Since I had undergone the course, I know it is mainly due to the tensed neck muscles and activating GB-41 on the same side would relieve my pain. As per that theory, I applied needles on GB-41, Li-1, SI-5 and TW-3. In the evening, I applied only acupressure on these points. I could immediately feel the muscles were relaxing in the morning and the pain was completely relieved by evening. The tingling of the nerves also completely stopped. I activated P3 for this tingling sensation and it looks like the master point for nerve related problems. I continued the treatment for 3 days and now I am totally free from pain.

I thank Dr.Bhojraj and Mrs.Jija Subramanian for their immediate and ever ready guidance for any health-related problem. But for Acupuncture I would have taken painkiller tablets which was causing acidity also.

## TAIL-BONE PAIN AND SHOULDER PAIN RELIEVED WITHIN 4 DAYS OF ACUPUNCTURE TREATMENT SAYS

**Mr.KISHORE, IT CONSUTANT Ph.**

I am residing in the same complex where Bhojraj Acupuncture Research Center is located in the ground Floor. Two weeks back I was curious to know what acupuncture is as I had no idea about it. I casually talked to the Doctor and asked whether tail bone can be treated with Acupuncture. He asked me to just lie down and inserted just four needles in my leg and hands for 15 minutes. In the first sitting itself I felt some difference. Doctor asked Mrs.Ambika and Mrs.Sahira to continue the same points every day. To my utter surprise my shoulder pain was completely cured and my tail bone pain also drastically reduced. On Sunday I

could participate in a friendly Foot Ball match and get a Trophy also. I have decided to support B-ARC and get all the inmates in the complex to utilize the services offered by B-ARC for any disease. Initially, a free camp is being planned for Migraine, Diabetes, Eye Sight Improvement and Hearing Improvement and I am planning to take part in their program as a volunteer.

**Mr.Kishore has 20 years of experience in leading IT companies and looking for a suitable opening. Contact Ph 7676370423**

**Dr.Surendra Pal, Ex Distinguished Scientist IRSO given a talk on Aerospace and INDIA in HUSTON, U S on 25<sup>th</sup> Feb 2025 which was attended by many NASA scientists.** Dr.Pal is the Executive member of IEEE Governing Body and visits US to attend the yearly meetings.



*Dr.Surendra Pal with NASA Scientists*

We congratulate Dr. Surendra Pal for his impressive talk on Indian Space Program and the limited audience was very much impressed by Indias achievements in space frontier. The NISSAR satellite made in collaboration with NASA is almost ready for launch within next few months.

**28-02-2025**

## FORMATION ON NEW STATE LEVEL ACUPUNCTURE COMMITTEE

A meeting was called to form a high-level Committee to interact with the Government especially with Karnataka State Health Ministry for taking forward the Central Recognition of Acupuncture as a Therapy to be adopted by the State Government. The meeting was attended by all leading Acupuncture Practitioners and Therapists like **Dr.Samiullah, Dr.Hifzulla** ,

**Dr.Ravishankar, Dr.Bhojraj, Dr.Nazeer, Dr.Venkatesh Prasad, Mr.Goplakrishan , Mrs.Nirmala ,Mr.Ravindra Gouda from Gangavathi and Mr.Vijayakumar from Hubli.**

After discussions it was decided to form a Karnataka State Committee for Acupuncture with Dr.Md.Hifzulla as PRESIDENT, Dr.Samiullah as VICE PRESIDENT and Dr.Ravishankar as GENERAL SECRETARY and all others as STATE committee members.

It was decided that this CORE COMMITTEE will prepare a MEMORANDUM highlighting the need for declaring Acupuncture as a Therapy in Karnataka and submit within a fortnight to the Health Minister with a strong delegation.

It was also decided to request all Acupuncturists in Karnataka to register in the web portal <http://ahpr.abdm.gov.in> and upload scanned copy of SSLC/PUC Certificates, Acupuncture Course Certificate and Adhar Card number. You will be getting a 12 digit number as registered in acupuncture as a allied health care person.

The Committee decided to meet again after one week to review the memorandum and the attachments to the Health Minister.

**Mr.S.NARGUNAM, Founder and Managing Director, Excel Die Casting, Chennai, my Engineering College Classmate sends his best wishes for B-ARC- By Dr.H.Bhojraj**

It is really heartening to acknowledge the greetings and well wishes for our RESEARCH CENTER from my close college friend and Entrepreneur **Mr.S.Nargunam** who started his Die Casting Industry in a very modest way in 1986 after working in Tansi Die Casting for few years. We have been meeting regularly since 1971 and his progress in this Die Casting Industry is phenomenal. This company is TS/IATF 16949 certified company committed to quality and innovation. His company has conducted motivational programs for students from 25 Engineering colleges in Tamil Nadu including ACCET, Karaikudi where we studied. The company has got many awards for its high-quality products from Mico Bosh, Hyundai Motors and also from Japan and France based companies.

His management capabilities defy any Management Books and he built his empire with 200 people employed in his Die Casting Factory which is ISO certified and supplies components to all Auto Industries including TYOTO.

**Mr.Nargunam is the first person who asked me to introduce Preventive Health Care in his factory and Mrs.Vidya from Chennai, Mr.Girish and Mr.Suresh Palyam and myself have visited his factory few times in the past four years to impart the knowledge.** It is really heartening to know that the employees took it up seriously for their self-practice and also transferred the simple healing systems to their family members.

**Mr.Nargunam in one of our meetings mentioned that not only the emergency medicine expenditure has come down, the medical leave by employees also had come down in past four years and the productivity improved.**

Mr.Nargunam, as most successful Entrepreneur had been invited from the same Alagappa Chettiar College of engineering and Technology where we studied, as Chief Guest for their Annual Day and Convocation function in 2024.As a close friend, I am really proud of Mr.Nargunam who has not only established a production factory but helped many individuals and institutions without anyone knowing about it. When he wished me with a token seed money for establishing a Research Center exclusively for Acupuncture Research, I am really grateful for his generous attitude and wonderful support. I thought that I should write about this **silent achiever in life who is my classmate and friend since 1966.**



*Mr.NARGUNAM, Dr.Bhojraj and Mr.Shivakumar*

## FIRST GRADUATION CEREMONY ON 3<sup>RD</sup> MARCH 2025 IN BHOJRAJ ACUPUNCTURE RESEARCH CENTER (B-ARC)



After inaugurating our research Center on 15<sup>th</sup> January, it was a great opportunity to conduct a simple graduation ceremony on 3<sup>rd</sup> March 2025 for the students who took up the classes of our four-needle method. All five of them already got their certificate from other institutions and were very keen to complete our Advance Acupuncture course which is based on pulse diagnosis and inserting needles superficially below the knee and below the elbow only. In classical Acupuncture needles are inserted all over the body which requires privacy and takes time. In our technique, the needles are kept for just 10 minutes and sometimes the energy balance takes place within two minutes. All five of them showed interest in research and decided to join as Research Associates to take research in Acupuncture.



Initially they will be given the protocols for Diabetes research and Migraine research. They will be trained for taking initial data as well as treatment frequency with acupuncture with regular monitoring for a minimum of three months.

The Certificate presentation function was conducted on 3<sup>rd</sup> March 2025 at 11 30 AM which was attended by all five of them. Mrs.Ambika welcomed the Research Associates, Trustees and Chief Guest Dr.Jose who is one of the mentors of our Academy. All the participants expressed their own experiences of treating themselves and other patients with 4 needle method and appreciated the results obtained. They also expressed their happiness for the direct support available from Dr.Bhojraj for any clarifications.



Dr.Jose in his Chief guest address explained how he

had given relief for pain with simple remedies for many patients including cancer cases. He also stressed the need for documenting all the results and publishing as a proof in future with the help of the Research Center.



Dr.Giridhar Gopal lauded the efforts of starting an

exclusive Research Center for Acupuncture and he told probably this might be the first one in Karnataka and may be in INDIA as far as he knew. He congratulated all Research Associates for joining our Research Center and going by their qualification he expects many research papers in future.

Dr.H.Bhojraj, in his concluding address thanked all the Research Associates for joining our Center and lauded them for grasping the technology very fast. He wished them all the best for their healing career keeping themselves fit. He expressed that his support is always available to them incase of any doubt and asked them to write the proposals for research for different diseases and send it for Ethics Committee's approval.

The meeting ended with Mrs.Saira proposing the vote of thanks.

**EDITORIAL TEAM : Dr.H.Bhojraj, Mr.Nagulan Joghee, Mrs.Jija Subramanian, Mr.Sundramaurthy, Prof.Soma, Mrs.Kallolini Patro, Mrs.Ambika and Mrs.Saira Begum**