



ACU WELLNESS

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

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FEBRUARY 2025

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FROM THE CHAIRMAN'S DESK

Dear Well Wishers,



February month started with a big bang for salaried employees and the finance minister Mrs.Nirmala Sitharaman lived up to our expectations of middle class which was ignored for the past four years. With a considerable reduction in Income Tax, the money saved can be spent on real essentials needed for our daily life. **One great thing to watch is the plans and the budget**

allocation for India Medical Tourism. This is a wonderful concept recognized by the world that our medical facilities are having the state of art equipment and the medical expenses are comparatively very low even in the best hospitals compared to Europe and USA. **Dr.Mathai's International Holistic Health Center headed by Dr.Issac Mathai and Dr.Suja Issac in White Field, Bangalore attracted almost all European big shots including the King of England for preventive health care and also for rehabilitation after modern medical treatments.** Acupuncture system is one of the systems used by Dr.Mathai and the effectiveness was recorded with documents in this Center. Dr.Mathai is one of the leading Doctors in this Alternate Therapy field. The Government has recognized the potential of Alternate Therapies recently and included in the

proposal to fund for Medical Tourism especially to Bangalore.

Bangalore is the hub for not only Information Technology, Bio technology, Space Technology, Scientific Research but for Alternate Therapies also. Now, as the Central Government had approved Acupuncture as a therapy, all qualified **Acupuncturists have an opportunity to get appointment in Acupuncture therapy Department in every medium and big hospitals especially in Government Hospitals.** Our Apex Body headed by Dr.Samiullah has taken the first step to call 300 Acupuncturists in one forum and guided them to register as Acupuncture therapists in Central Web Portal <https://abdm.gov.in> the official website of Ayushman Bharat Digital Mission. The registration has taken off well and we are expecting all those who practice Acupuncture in Karnataka will register and give their details to our Bhojraj Acupuncture Research Center for monitoring their experience and recommending to the Government Hospitals for appointment if they ask for the manpower.

Dr.Ambika who has been nominated as Honorary Director of the Center agreed in principle to keep the digital record of all Acupuncturists in Karnataka and monitor the recommendation depending on the demand. Please contact Dr.Ambika on her WhatsApp number 77954 76551.

The Research Center started its work by calling for the practicing Acupuncturists for an initial discussion and it was decided in principle to work on the registration process and then call for a massive meeting to show our strength to the State Government. The Chief minister and Health Minister are very positive about acupuncture recognition in Karnataka since the rules and regulations are already available under the Central health ministry. **Recognition of acupuncture in the State will open the healing science to the poor people free of cost and save them from heavy expenditure in big hospitals.** Myself and Dr.Samullah met Dr.S.V.Ranganath, Ex Chief Secretary, Karnataka Government who has been mentoring our Academy for past 12 years on 5th Feb in Hotel Radisons Atria and briefed about Central government's order on recognizing Acupuncture as a therapy.



Dr.Samiullah, Shri.S.V.Ranganath and Dr.Bhojraj

Dr.Eashwar, the torch bearer for Acupuncture and Yoga has created history by declaring more than 2000 acupuncturists are ready from North Karnataka to take up Acupuncture healing in any Government hospitals in North Karnataka. **Dr.Eashwer has treated many VIPs in Karnataka and very enthusiastic of Alternate Systems at the age of 86 and attribute his secret of health to Yoga and Acupuncture.**

This is the time for Acupuncture and China is about to declare that doctors who oppose traditional Chinese medicine will be jailed. India has woken up to this effective cure and we need proper medical education to take it forward. As a space scientist worked in Satellite Technology for 40 years and in Acupuncture Therapy for 30 years and I am totally convinced the Acupuncture is a science which is very effective to cure many diseases in the initial stages and it can also act as preventive health care for younger generation. Our research is mainly for pre-diabetic people in the age group of 30-50 years and show that they become non-diabetic within three months. The acupuncture

points will be taught to patients to continue with self-acupressure for life long to avoid diabetes.

I really appreciate the efforts of leading Acupuncturists in India which has resulted in this recognition. The Apex committee is planning to organize a National Level Conference in May inviting all leading Acupuncturists in India and if possible, from other countries also.

Wishing you all the best for a productive future with good health. **Proactive prevention is better than reactive treatment is our motto.**

Dr.H.Bhojraj, Chairman, AAA



SEED MONEY DONORS FOR B-ARC

Dr.H.BHOJRAJ	Rs 50000
Dr.GIRIDHAR GOPAL	Rs.50000
Mr.L.SATHYAMAUTHY	Rs.20000
Mrs.JIJA SUBRAMANIAN	Rs.10000
Mr.NAGALAN JOGHEE	Rs.10000
Mr.NARENDRA BORWANKER	Rs.10000
Mr.SURESH PLYAM	Rs.10000
Mr.SUNDRAMAUTHY	Rs.10000
Mr.GIRISH SHANKAR	Rs.10000
RESEARCH ASSOCIATES	
Mrs.AMBIKA, Hon DIRECTOR	Rs.10000

SEED MONEY CAN BE TRANSFERRED TO "ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE"

**ACCOUNT NO. 6012588256 IFSC : IDIB000R005
INDIAN BANK, RAJAJINAGAR, BANGALORE-560010**

KNOWLEDGE IS POWER. NO, APPLIED KNOWLEDGE IS POWER.

SMILE AS MUCH AS POSSIBLE- IT VERY SIMPLE THERAPY.

KEEP IN TOUCH WITH INNER SOUL.

RESEARCH DISCUSSIONS

WHY WE NEED A RESEARCH TEAM?

A qualified research team with experience is required to successfully conduct the Acupuncture research for any health-related problems. Researchers should have completed Basic Acupuncture or Acupressure course certificate conducted by any Institutions and practiced Acupuncture/ Acupressure for a minimum of one year.

WHAT ARE THE TOPICS TO BE TAKEN IMMEDIATELY ?

1. MIGRAINE HEADACHE
2. PRE-DIABETES
3. EYE SIGHT IMPROVEMENT
4. HEARING IMPROVEMENT

Our part time researchers have had excellent results for all the above-mentioned pilot projects at AAA. Now we need to advertise and get at least 100 patients in each category and treat them regularly for a minimum of one year to record their improvement.

HOW TO GET THE PATIENTS?

We will plan a camp in different parts of Bangalore particularly in schools on Sundays where our Research Associates reside and treat patients. Initially free camps with local advertisement can be done by the concerned Research Associate with leaflets in their area. Once it gets publicity, a nominal charge can be collected on monthly basis so that the expenses can be covered.

WHAT THE PARAMETERS TO BE MONITORED?

A format will be designed for various ailments and it will be approved by the Ethics Committee for implementation. Personal data, general health parameters as on the date and monitoring the improvements will be discussed and finalized.

HOW TO WRITE A PROPOSAL FOR RESEARCH?

Once we have a group of 5 Research Associates, B-ARC experts will take classes on this and help them to write such proposals for funding from Government/ NGOs/ Corporates.

WHAT SHOULD I DO TO JOIN B-ARC?

You can send your Acupuncture Practice details with experience by WhatsApp to Dr.Bhojraj (9845649914) and if possible, meet in our Research Center in Sultanpalya, R T Nagar office between 11 AM to 1 PM

on Mondays, Wednesdays and Fridays with prior appointment.

ADDRESS

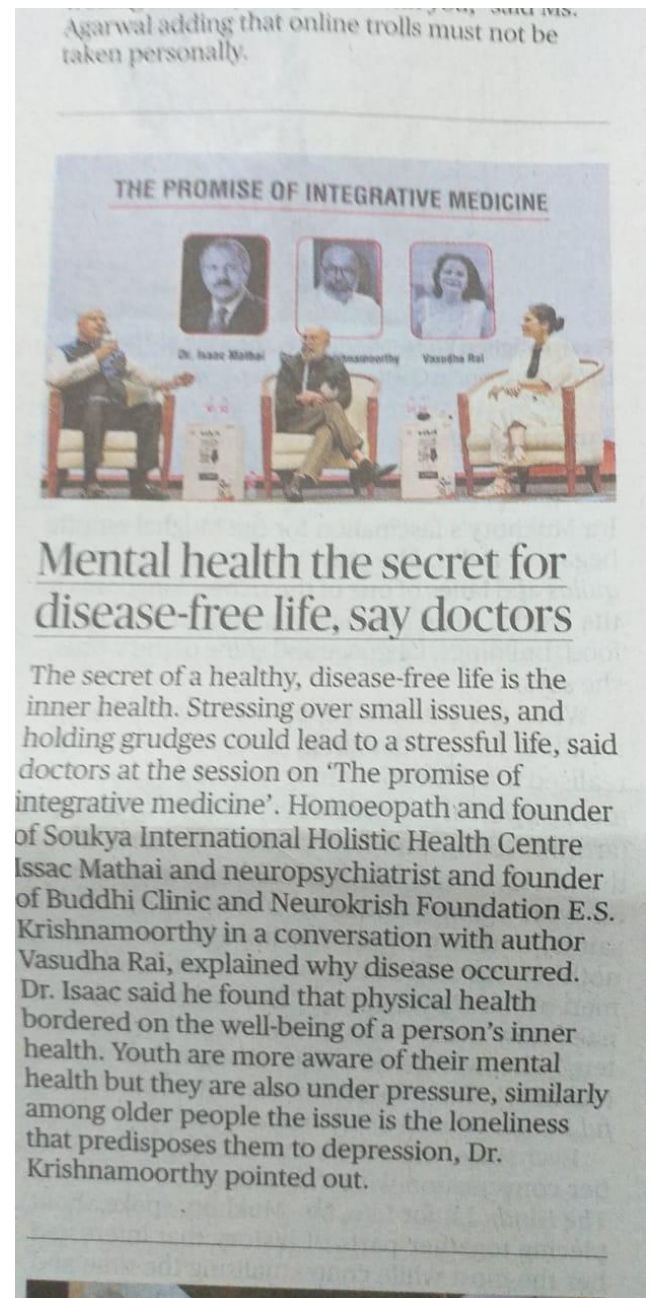
B-ARC

No.11/4, ATHMANANDA COLONY,

SULTAN PALYA, RT NAGAR, BANGALRE-560032

(Dr.Samiulla's Natures' Wellness Center)

PHONE : 9845649914



INITIAL DISCUSSIONS

23-01-2025

Discussions with Dr.Mrs. Sindhu Shanker, Acupuncture Practitioner in J P Nagar,7th Phase. (Ph.96323600000)

Mrs.Sindhu has been practicing Acupuncture for the past 10 years for her family members and relatives. She found it very useful especially for pain related problems. Based on our invitation to join our systematic research to prove the efficacy of Acupuncture, she came on 23rd morning at 11 AM to the Research Center in Sultanpalya and had detailed discussion with Dr.H.Bhojraj. She was in favor of conducting systematic research for Back Pain since most of the youngsters are suffering from it due to long hours of sitting with computers without any physical exercise. Mrs.Sindhu has already registered with national healthcare providers registry as acupuncturist.

It was decided in principle to conduct an Acupuncture camp in their Apartment in J P Nagar, only for back pain on a Sunday and continue the treatment weekly for three months to record the results without interfering in their medical system followed presently.

She agreed in principle to talk to the Authorities and get the clearance for the date and time on a Sunday during February or March. Those practitioners, who are staying nearby may contact Mrs.Sindhu initially for a discussion and also for giving treatment as per the finalized protocol by our Research Center.

Mr.R.Murthy, Patron,Karnataka Badaga Gowdas Association (KBGA) visits B-ARC On 24th Jan 2025

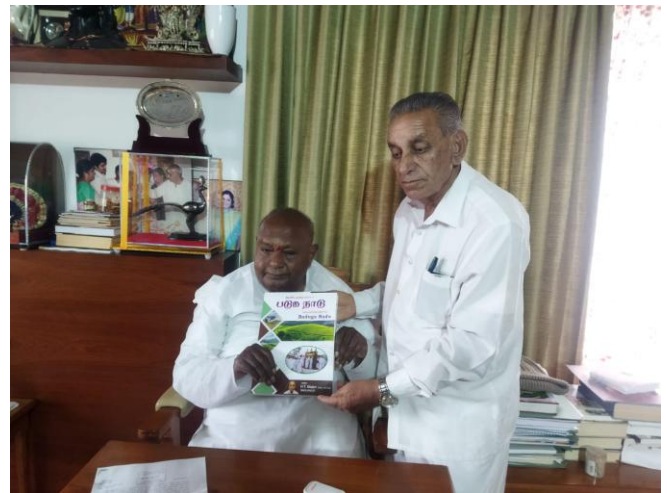


Mr.R.Murthy, one of the founder members of KBGA in 1981 and has been serving the Badaga Community for the past 44 years visited Bhojraj Acupuncture Research Center and conveyed the best wishes of KBGA for B-ARC to Dr.Bhojraj. He also extended his personal support for popularizing Acupuncture in rural areas as a

preventive health care to avoid costly treatment in the hospital. Later we had lunch together with Mr.Nagulan and had an informal discussion about the upcoming **International Badaga Meet (IBM) to be held on 6-7-2025 in Bangalore**

“BADUGA NADU”-A HISTORY BOOK RELEASED BY Mr.H.T.BHOJAN FORM NANJANAD VILLAGE, NILGIRIS

Mr.H.T.Bhojan, who has been the Vice President of Janata Dal(S) of Tamil Nadu Unit written a book on Badaga History with a specific emphasis on origin of Badagas in Nilgiris and the tribal culture of Badagas which are followed even today by all people from the Community living anywhere in the world. It is a reference book meant for younger generation to know the values of Badaga culture which has given **importance for five elements of the nature to live healthy and happy**. He met Dr.Bhojraj Hala Gowder and personally handed over a copy of the book on 26th January in Mr.Shivakumar’s residence. About 200 books are handed over to KBGA through Mr.Shivakumar for distribution among interested members at a nominal amount which will be decided by the President, KBGA after consulting the Office Bearers.



Mr.H.T.Bhojan had a lunch meeting with Ex PM, Shri Deve Gowda and handed over the book to him personally. He had agreed to help Karnataka Badaga Gowdas to get a place for Community Activities in Bangalore.



Dr.Venkatesh Prasad, Mr.Surya Narayana Rao, Dr.Hifzulla, Dr.H.Bhojraj and Mr.Reddappa

Dr.Hifzulla’s dedication and passion for Acupuncture brought him so many accolades from various organizations and when myself and Mr. K.N.Suryanarayana Rao, my ex-ISRO colleague and Acupuncturist visited his center, we were welcomed with his achievements all around the walls. Dr.Venkatesh Prasad and Mr.Reddappa experienced acupuncturists who had been trained by Dr.Hifzulla were also participated in our discussions.

29th JANUARY 2025

DISCUSSION WITH Dr.HIFZULLA, ACUPUNCTURE SPECIALIST, ACU-5EM HEALTH AND RESEARCH CENTER, JAYANAGAR 4TH T BLOCK

Dr.Hifzulla has founded his research center in 2000 after undergoing practical and theoretical training from Dr.Anton Jayasurya in Colombo, Sri Lanka. He had done his Su-Jok Acupuncture course under Dr.Park Je Vou along with practical training from Dr.Siddique Jamal and Dr.Fazlur Rehaman the famous Doctor Brothers from Chennai. He started modestly in Jayanagar and after 20 years he has very well established the research center which treats nearly 100 patients every day without a holiday even on Sunday. Dr.Hifzulla attended the Acupuncturists meeting on 29th December 2024 and invited Dr.Bhojraj to visit his center in Jayanagar, Bangalore.

STATUS OF ACUPUNCTURE IN KARNATAKA

Dr.Hifzulla explained the efforts taken by his Center to get the system recognized by the State Government and he was partially successful in getting registration for practicing under KPME Act for few people. Since the rules changed few years back and the registration was not granted to anyone in Karnataka, But the Government allowed all those who have undergone Acupuncture Courses in various schools to practice on their own without any interference from the Health Authorities. It was decided in principle to represent the Karnataka Government for formal recognition of acupuncture as a therapy based on Central Government Gazette notification on 26th Sep 2024.

DETAILS OF CENTRAL GOVERNMENT ORDER ON ACUPUNCTURE AS A THERAPY

As on date the details of the order are not available and we decided to wait for the fine prints in black and white before we take it up with State Government.

STEPS TO PROMOTE ACUPUNCTURE IN KARNATAKA

It was agreed in principle to conduct free acupuncture camps in various organizations under Lions Club or Rotary Club every Sunday for four Sundays to get the

data from the patients for various diseases from patients for our research.

TRAINED PEOPLE IN ONE FORUM

It was decided to motivate all Acupuncture practitioners to register in one Forum with their qualification and experience so that the therapists can be involved in promoting Acupuncture throughout Karnataka.

RESEARCH ON DIABETES AND MIGRAINE

The proposed research on pre-diabetes for middle generation to reverse the HbA1c value to non-diabetic was discussed and agreed in principle to try for a larger number of people once the research project gets the funding from the Government or NGOs or Corporates.'

REGISTRATION FOR RESEARCH

As we have to prove the efficacy of Acupuncture as a system of medicine, it was decided to invite all the Doctorate Degree Holders and Master Degree Holders of Acupuncture from any University to register with our Acupuncture Research Center which was inaugurated on 15th Jan 25 exclusively for Acupuncture research.

SUB CENTERS OF B-ARC

It was agreed in principle to the Practitioners with proper qualification to apply for the grant of B-ARC emblem for use in their clinic for research on acupuncture.

GETTING GRANTS FROM CENTRAL GOVERNMENT AND CORPORATES

In principle it was agreed to motivate the researchers to write the preliminary project report for cure of any disease incorporating the acupuncture points as protocol and the funds needed with proper justification. It was also agreed to guide them with higher level committee with experience to prepare such reports.

OTHER SUGGESTIONS

It was suggested to consolidate the lists of Registered Practitioners of Acupuncture Therapy in Karnataka and publish the list in our Academy Website (<http://bhojraj.tripod.com>) for better interactions among researchers and also with the Health Department.

Dr.Hifzulla honored Dr.Bhojraj and Mr.Suryanarayana Rao with a shawl and garland to appreciate the contribution not only to Space Technology but also to Acupuncture Science.



Dr.Hifzullz honoring Mr.K.N.Suryanarayana Rao and Dr.Bhojraj

31-01-2025 -RESEARCH ASSOCIATES MEETING IN B-ARC SULATNPALYA

A meeting to discuss the research activities of the Center was called by Dr.Bhojraj and Dr.Giridhar Gopal on 31st Jan 2025 at 1130 AM. It was attended by following practitioners.

Dr.AMBIKA from K.R.Puram Ph 7795476551

Mrs.AAFREEN JAHAN, R.T.Nagar,Ph 9036093733

Mr.ASJAD MONIR, Shivajinagar, Ph.7204948373

Ms.SAHIRA BEGAM, Sultanpalya, Ph.9036614945

Ms.SOOFIA FATHIMA,Kalyanagar,Ph.8939394242

Mrs.SRIDEVI, Arekere, Ph.9900622442

Mrs.FARANA, Arekere Ph.9538977014

Mrs.DIVYA, Kathrikuppa, Ph.9731566909



Dr.Bhojraj, in his opening remarks welcomed all the Acupuncture Practitioners for the Research Center and explained that the main purpose of this meeting is to identify research areas to take up in a big way with Government funding since Central Government approved ACUPUNCTURE as a therapy on 26th Sep 2024. He also mentioned the areas like Diabetes, Migraine, Eye Sight and Hearing can be taken forward if the funds are available.

Dr.Giridhar Gopal in his address explained the concept of opening an exclusive research center in Dr.Samiullah's Nature's Wellness Center which provides talented, well trained man power for the research. He also emphasized that all Teachers of Acupuncture are available to the researchers for selecting the best protocol for a particular disease. He also mentioned if more people join our center, it will be expanded in the same campus or outside depending on our progress.

FOLLOWING DECISIONS WERE TAKEN

1. Dr.Ambika will lead the Research Center from today and formulate all the procedures required for the research activities including proper data recording.
2. The Center will be kept open from 10 AM to 5PM everyday except Sundays to have discussions among researchers and also for treating patients.
3. The Center decided to conduct free Acupuncture camps for Sultanpalya residents every week for 4 weeks to popularize Acupuncture in the area. The data collected will give us the general ailments and the diseases to be taken up for further research.
4. Those with Acupuncture degrees registering with Center as Research Associates will be promoted for acupuncture treatment and will be given B-ARC emblem for display in their clinic for research,
5. All acupuncturists are asked to register in the NHA Official website Ayushman Bharath Digital Mission (<https://abdm.gov.in>) at the earliest and provide the 12-digit number to the Center.
6. We will be meeting once a month regularly to interact with the experts and review the results.

7. Dr.Giridhar Gopal will be available in RT Nagar for any help or clarifications and Dr.Bhojraj will be available alternate days.

Dr.Basavaraj has agreed in principle to have half day treatment sessions in the Center every week. **Dr.C.K.Raju** has agreed to visit weekly once for the review. Dr.Samiullah has extended his support 24/7 for researchers.

Dr.Ambika nominated as Honorary Director of the center proposed the vote of thanks by thanking every Acupuncturist who took time to attend this meeting and declared to make this project very successful within a year.

PREVENTION IS BETTER THAN CURE-OUR MOTTO

The main objective of the Acupuncture is to prevent the health problem rather than trying to cure it with medication for years together. As on today, our country is leading in Diabetes and also other non-communicable diseases like heart disease, stroke and cancer. The multi-specialty hospitals built only in big cities are finding it difficult to cater to the patients who could afford. But the villagers and poor patients are having tremendous pressure for the resources in spite of Government Ayushman Schemes.

Millions of people could have managed better, had they been diagnosed earlier and adopted preventive health care like Acupuncture or Acupressure. **Our Center's main aim is to proactive prevention rather than reactive treatment.** Acupressure has the potential not only to cure but also prevent the disease also according to the texts. **Acupuncture system which is approved by the Central Government has the potential to prevent the disease and also cure the initial symptoms.**

Yes. It is mandatory for every individual to go for annual health check up and make sure all parameters are normal for people above 40 years. As a matter of fact, Pre- Diabetes is more prevalent in 30 to 40 yrs group and we want to treat and train them to become non-diabetic with acupuncture and self-acupressure. We also advise them to go through ultrasound for fatty liver, echocardiogram for heart related problems and required blood tests before joining our

research group. As a matter of fact, we want all in the age group of 30 to 40 should join in numbers for our preventive health care research for one year.

As on now, Central Government made efforts to encourage preventive health care by offering Rs.5000 tax deduction under Section 80D of the Income Tax Act for health checks apart from Rs.25000 for individuals. **It is firmly believed encouraging people to go for regular check up with tax incentive will save the nation several thousands of crores in future health care costs.** Ayushman Health and Wellness Centers can have the Acupuncture and acupressure specialists in their team to treat them and guide them properly. They have the AI-enabled imaging modalities to offer lower cost screenings and also verify the recovery within a reasonable time after undergoing Acupuncture treatment regularly.

We need highly qualified people in this venture and the doors are open for Preventive Health Care by the approval of Acupuncture as a therapy. ***Our Research Center is dedicated for Preventive Health Care with Acupuncture targeting Pre-Diabetes and Diabetes for few years in the age group of 30 to 50 yrs.***

Please contact Dr.Bhojraj (945649914) or Dr.Samiullah (9110234932) or Dr.C.K.Raju(9444279903) or Dr.Ravishankar (9844136070) or Dr.Hifzullah (9606009077) for joining as Research Associate.

Dr. Hifzulla meets Dr.Ravishakar on 2nd February in Mysore



Dr. Md Hifzulla, President of Acupuncture Council honored Dr.Ravishankar during his visit to Mysore to felicitate Dr.Ravishankar who has been celebrating his Silver Jubilee year

of East West Medication Centre opened in Mysore in the year 2000. They discussed the actions to be taken combinedly by Karnataka Acupuncturists to get the recognition from the Karnataka State Government. Dr.Ravishankar also discussed the free acupuncture camps planned in all parts of Karnataka particularly in Mysore in this Silver Jubilee year 2025. Dr.Thufel Ahamed, Experienced Acupuncturist also joined the felicitation meeting.

On behalf of the Academy, we congratulate Dr.Ravishankar, President, ASA (Karnataka) and convey our best wishes for his relentless efforts to get the official recognition for Acupuncture in Karnataka based on Central Government official Gazette order.

Meeting with Shri.S.V.Ranganath in Hotel Radissons Atria on 5th Feb 2025



An informal meeting to apprise the development of Acupuncture recognition by Central government and the actions needed for the recognition by State Government was held on 5th Feb 2025 in Hotel Radissons Atria over a cup of coffee. Dr.Samiullah briefly explained the efforts taken by Central Committee for Acupuncture recognition in the National Level and the Central Government approval as a Therapy like Physiotherapy. He also explained the Maharashtra model which has its own Acupuncture Council but not very effective for the for past 8 years. He wanted to know which model to be followed in Karnataka to make it viable with Legislation approval. Shri.Ranganath suggested to go with the Central Government model which will be little easy to convince since all rules and regulations are already framed and it is easy to implement if the Health Minister is convinced.

Dr.Samiulla handed over all the papers pertaining to the Central Order and Shri. Ranganath agreed to meet the official delegation after two or three weeks.



As a token of appreciation for Shri.S,V,Ranganath's support for our Academy, a special Shawl made by Toda's tribe in Nilgiris was presented by Dr.Bhojraj on behalf of all trustees.



THANKS TO
**Dr.REHANUL
HUDA** FOR
INAGURATING
ACUPUNCTURE
RESEARCH
CENTER ON 15TH
JAN 2025.
**PLANS ARE
THERE TO START**

**THE RESEARCH ON ELECTROHOMEOPATHY, SINCE IT
HAS THE POTENTIAL TO CURE THE ROOT CAUSE OF
THE DISEASE.**

Editorial Team:

**Dr.H.Bhojraj, Mrs Jija Subramanian, Mr.Nagulan
Joghee, Mr.Sundramauthy, Prof.Soma, Mrs.Kallolini
Patro and Mrs.Ambika**