



ACU WELLNESS

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

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FROM THE CHAIRMAN'S DESK-NOVEMBER 2024



Finally, we received the good news that the scientific ACUPUNCTURE system got its approval as a THERAPY from the Central Government. The whole credit should go to the Union Health Minister, **Shri.J.P.Nadda** for initiating this approval process in his earlier term as Health Minister and approving it in his present term

also as Health Minister. The Prime Minister's wholehearted support for Alternate Systems was very much visible with his Yoga postures and carrying Acupressure Roller during a stroll in Mahabalipuram visit. This is the system which will certainly reduce the burden on the Government for health care and gives more importance for preventive health care. India will be leading in Alternative Therapy and particularly in Acupuncture within few years of this wonderful recognition of this scientific system.

The Central team under the leadership of Dr.Anish Gupta of Acupuncture Science Association (ASA) and Dr.Raman Kapoor has done excellent work for this approval by the Central Government and the entire team has to be congratulated for getting the approval as a Therapy and Acupuncture Professionals as "Other Care Professionals" as per the Allied and Healthcare Professions Act,2021. Now, it paves the way for uniformity in Syllabus in the courses conducted all over India and the duration for Diploma or Degree or Post Graduation. The new syllabus will have the approval of the University Grants Commission and funds for

research will start flowing to the institutions for Acupuncture. All of us know very well that AYUSH courses are most sought after and many colleges are coming up, all over India especially for Ayurveda. **The rules and regulations of the Acupuncture system are being worked out and likely to be released at the earliest.**

First and foremost, Government should form a Central Committee to streamline all the procedures for existing Acupuncture practitioners in India. Many therapists practice differently but ultimate solution comes from the Five Elements Theory recorded in Chinese Acupuncture literature. **So, the future students should be geared to learn both modern systems and wisdom from old ancient literature.**

The Karnataka Government is also equally encouraging the Alternate Therapies and our interactions with higher level policy makers was very encouraging. **The health department is ready to implement once the Central Government forms the rules and regulations.** Since Acupuncture Therapy doesn't need testing laboratory or equipment, the treatment centres can be started by any Government Hospitals particularly in Primary Health Centres. The Therapists with qualification and experience can be deputed by the Karnataka Acupuncture Association and monitored by a committee for initial period.

With this approval, many research projects can be started and funded by the Government to check the efficacy of the system. **Acupressure can be taught in local language to the ASHA workers and the emergency points can be taught to save the lives in time, during transit.** Once approved as a system or therapy, the literature on the subject has to be

streamlined. Though it looks very easy to talk, it needs lot of efforts from different streams to popularise the system.

Our flagship projects, Eye Improvement and hearing improvement is continuing with new batch from Oct 2024, and the monthly review conducted for earlier batch after one month has given very positive results.

Most of the participants reported at least one line improvement without spectacles and two lines improvement with spectacles which is really encouraging. The hearing frequency monitor has shown excellent improvement in just two months of regular practice. The data collected will be analysed and most probably circulated to the monitoring committee within a month or two by Ms.Kallolini.

The approval by the Government has given us the confidence to start a proper college cum Acu-Wellness



Research Centre in Mysore under the leadership of Dr.Ravishankar who has been practicing Acupuncture in

Mysore for twenty-four years and taken the lead to interact with both Central and State Governments to streamline Acupuncture system and its practitioners in Karnataka. Our Academy has decided to give our support for this wonderful initiative in collaboration with **Dr.Inderjit Singh** of Dr.Kotnis Acupuncture Hospital, Ludhiyana. I request all those who have a valid Acupuncture certificate to immediately register with the Google Form for our initial assessment of the number of Practitioners in Karnataka. You can contact Dr.Ravishankar (Ph.9844136070) or me (Ph.9845649914) for sending the link. Looking forward for your cooperation and support for Acupuncture System.

H.BHOJRAJ, CHAIRMAN AAA NOTIFICATION

SPONSORSHIP RECEIVED

Dr.BASAVARAJ Rs.10000/=

Captain.SIBU KUMAR PATNAIK Rs.5000/=

Mr.SATISH A GUNE Rs.5000/=

Mr.MOHAN KUMAR K AND Mrs.GEETHA Rs,7500/=

Mr.SANTOSH Rs.2000/= Mrs.RAMA RAMASWAMY

Rs.4000/= Mrs.SUGUNA Rs.2000/= Mr.KRISHNAN

Rs.2000/= Mrs.MONICA Rs.2000/=

Mr.R.RAVICHANDRAN Rs.2000/= Mrs.RUCKMINI

Rs.4000/= Mrs.USHA CHANDRASHEKARAN

Rs.2000/=Ms.VEENA SESHADRI (ANANYA) Rs.2000/=

LARSON AND TUBRO RETIRED EMPLOYEES' ASSOCIATION Rs.40000/=

FOR ACUPUNCTURE PRACTITIONERS' REGISTRATION IN KARNATAKA

It has been decided by the State Acupuncture Recognition Committee headed by Dr.Ravishankar, the following data should be collected and sent to Dr.Raman Kapoor as a proof of the system to the Central Government Authorities for the incorporation of bye-laws for recognizing existing practitioners all over INDIA though they have done in different schools or organizations and different durations. The Diploma, Degree and Doctorates will be evaluated as per the norms set by the committee and given one time approval from the Central Government to make it legal to practice as per the law. It needs lot of efforts from the State Representatives to project their number with proper data. Karnataka Committee member Dr.C.K.Raju had designed a GOOGLE form for the Practitioners to fill it with following details.

1. EMAIL ADDRESS
2. PHONE NUMBER
3. NAME
4. AGE
5. QUALIFICATION
6. NUMBER OF YEARS OF PRACTICE ETC

It is very easy to register with this application. Those who have missed the 25th October deadline can register till 15th November 2024.

The Committee will decide a nominal fee after consultations and will let you know the Account to be transferred for common expenditure like booking the hall for the meeting and other charges. We are planning to call for a physical meeting of Karnataka based practitioners and show our solidarity for the Scientific System and request the State Government also recognize with same terms and conditions.

Once recognized officially, Government can open Acupuncture Departments in all Government Hospitals in Karnataka and appoint experienced practitioners to handle the patients with various problems.

ACU WELLNESS QUOTE VOL 1, No.1 OCT-DEC 2012

"THE ILLITERATES OF THE 21ST CENTURY WILL NOT BE THOSE WHO CANNOT READ AND WRITE BUT THOSE WHO CANNOT LEARN, UNLEARN AND RELEARN."

EFFORTS TO GET THE RECOGNITION FOR ACUPUNCTURE IN KARNATAKA

By:Dr.H.BHOJRAJ, Dr.SAMIULLAHA,
Dr.RAVISHANKAR AND Dr.C.K.RAJU

Acupuncture as a science has been recognized in more than 112 countries in the world and has been practiced by many experts for number of decades. Though the origin may be Bodhi Dharmar from India, China took it up very seriously and did wonderful research to achieve good health for all with acupuncture and Chinese herbal medicines till early nineteenth century. But the plague effect devastated them in 1920 and the Country looked at the west and started adopting modern medicine for the welfare of the people. Today both the systems thrive in China and the big hospitals are adopting integrated therapy for the good health of the people. The modern medicine given top most priority in China but Acupuncture is also encouraged along with this system.



In INDIA, Dr.Kotnis who spent years in China treating patients during world war II started treating patients with both medicines and acupuncture after practicing in China along with western medicine. He established, Acupuncture as a system in West Bengal and trained all Allopathy Doctors and West Bengal has become the first state in INDIA to recognize acupuncture as a system and allowed the MBBS doctors to practice acupuncture in the hospitals after completing their course in Acupuncture. Even today, it has been unofficially reported that the medical expenditure in Government Hospitals is comparatively less in West Bengal mainly due to Acupuncture Therapy.



The only other state in India which recognized acupuncture as system is Maharashtra, in 2017 by passing a bill in the State Assembly when Shri. Devendra Fadnavis was the Chief Minister. The International Acupuncture expert, Dr.Byramji took personal interest to get it recognized as a system and today 10000 acupuncturists have registered after due evaluation of their competence. The syllabus for the formal five-year course is ready and the faculties are being recruited for starting a formal acupuncture college in Maharashtra. We are looking forward to Maharashtra Acupuncture Council for their guidance and support for implementing it in Karnataka.

STATUS IN KARNATAKA

The Acupuncture Science Association (ASA) Karnataka Chapter was formed in **Jan 2016** in the presence of Dr.Bakshi, Secretary, ASA from Kolkatta and Dr.Ramgopal from Delhi and about 250 members have joined the association by producing their qualification certificates. On 25th Aug 2016, Dr.Bhojraj and Dr.Grish Shankar visited Dr.Bakshi's acupuncture hospital Morigauv in Howrah and got the ID Cards for all Karnataka members of ASA.

The inaugural session was held on **25th September 2016** in Hotel Chalukya, Bangalore and Executive committee was elected. On the same occasion presentations were made on, Spleenomegaly by Dr.Bhojraj, Liver Cirrhosis by Dr.Ravishankar and Arthrities by Dr.Samiullah



On 5th Feb 2017, the II Executive Committee meeting was conducted in Gandhi bhavan and a seminar was also conducted. The seniors shared their acupuncture experience with all members.

On 9th April 2017, the III EC meeting was held and decided to form an Acupuncture Coordination Council under the leadership of Dr.Samiullah. It was decided to appeal to the Karnataka Government to recognize acupuncture as a system like Maharashtra enclosing the Bill passed by the Maharashtra Legislative Assembly.

On 7th June 2017, Dr.Samiullah and Dr. Bhojraj met Ex.Chief Secretary Shri. S.V.Ranganath and requested him to help us to get the recognition for acupuncture in



Karnataka. He was very positive about it and asked us to prepare a Power Point Presentation on the status of acupuncture in India and the advantages for the health care for the common man. Subsequently the PPT was presented by Dr.Ravishankar on 6th July 2017 which was well appreciated by Shri Ranganath and assured the team for fixing an appointment with Principal

Health Secretary of Karnataka Government. Based on this input the Committee met on 9th July in Gandhi bhavan and decided to concentrate on recognition by the Government so that all practitioners can register with the Health Department.

On 28th Sep 2017, the committee met the Principal health secretary, **Mrs Shalini Rajneesh** at her Chamber and Dr.Samiullah presented the requirement of proper recognition for Acupuncture system in Karnataka which would help the common man in Government Hospitals. **She promised to take it up with Health Minister and also Central government for forming a separate council for Acupuncture. She was very keen to train the health care workers and the relevant literature should be made available to them in Kannada for implementing.**

On 11th Oct 2017, the team met Shri S.V.ranganath and briefed about our meeting with Health Secretary but on the same day we came to know through him Mrs. Shalini Rajneesh was transferred and Additional Chief Secretary had taken over Health Ministry. Since we have to start the work again, he asked us to prepare a document with Central Government approval. He also emphasized that ASHA workers could be trained so that they can use emergency acupressure points during transit. Dr.Samiullah told that he was informed by Mrs Shalini Rajneesh that Health Minister in principle approved the proposal given in the memorandum.

Dr.Samiullah and Dr.Bhojraj attended the ASA meeting in Delhi on 15th Dec 2017 and presented the status of Acupuncture in Karnataka. The National Committee lauded the efforts of Karnataka Acupuncture Association and showed their support for getting it recognized in Karnataka in line with Maharashtra Model with some corrections if needed. But the Committee felt the recognition from the Central

Government was the first priority so that all States can follow uniformly.



The New Year 2018 started with an appointment with new health secretary Mr.Seth on 25th Jan 2018 but it was cancelled in the last minute due his preoccupation. The whole ministry changed after Karnataka Elections and with new health minister Mr.Shivananda Patel, Dr.Samiullah tried to fix an appointment but could not succeed. Mr.Javed Ahmed was appointed as Principal Health secretary and we started interacting with him with the support of Shri S.V.Ranganath.



On 5th Dec 2018, Dr.Bhojraj and his team attended the Hyderabad Conference on Chinese Acupuncture attended by Chinese experts from Medical University. Though Chinese team was ready to establish Acupuncture Colleges in Hyderabad first and then in Bangalore, the whole project collapsed in 2019 due to Galvan clash in the Western Border.

In FEB 2019, Dr.Samiullah told the Federation of Acupuncture Systems of Therapies Board is ready to recognize the Acupuncture practitioners in Karnataka and issue a temporary registration certificate. Subsequently they will be guided to get registration with Health department of Karnataka and practice acupuncture in their clinics.

We met in November 2019 and discussed about the status of Acupuncture in India and particularly in Karnataka. Since then, the pandemic took over for three years and the changes are beyond our imagination. On 10th Dec 2023, a Zoom meeting was called to discuss the status of acupuncture in India which was attended by Dr.Bakshi from Kolkatta, Dr.Inderjeet Singh from Ludhiana and Dr.Pradeep from Trivandrum. About 40 practicing Acupuncturists from Karnataka attended the discussions and expressed

their solidarity with the Apex Body for getting the recognition from both the Central Government and State Government.



On 28th April 2024, FAST Board organized a seminar to discuss the research projects after forming the Ethics Committee under the chairmanship of Dr.C.K.Raju. The diabetes research project was initiated and the possible Research Directors are identified.

ZOOM MEETING ON 11TH OCT 2024 OF KARNATAKA ACUPUNCTURE DIABETIC RESEARCH ASSOCIATION(KADRA)

BY Mrs.JIJA SUBRAMANIAN AND
Dr.RAVISHANKAR

The meeting for reviewing the status of Diabetic Research with four-point therapy proposed by Dr.Bhojraj was called and all Ethics Committee members attended. Dr.Samiullah informed that 25 Research Associates with Acupuncture background already started working with the formula on patients and more people are likely to join in near future. He also suggested that he would be calling all Associates within a month or two to present the results for a formal meeting in his institute with Ethics Committee shortly. In the meantime, the approval of Acupuncture as a Therapy was appreciated by all participants and decided to support the Central Committee with data from Karnataka to support the process. The details of the approval are being worked out in the Health Ministry and the details are likely to be available within few weeks as per reliable sources. Dr.C.K.Raju, member in the Central Committee has taken the initiative to design a google form for initial registration of all Karnataka Acupuncture Practitioners and it was released this week. According to Mr.Raju, already 160 people have registered in the Google Format.

Dr.Inderjit Dhingra of Dr.Kotnis Acupuncture Hospital, Ludhiana organized a talk on "Five Elements Theory" by Dr.C.K.Raju on 13th Oct which was attended by many

practicing Acupuncturists all over India and all of them appreciated the usefulness of this wonderful lecture. The meeting was conducted by Dr.Sandeep Chopra of Delhi very efficiently and appreciated the excellent presentation by Dr.C.K.Raju.

ACUPUNCTURE RECOGNITION GAZETTE HIGHLIGHTS

INCLUSION OF ACUPUNCTURE PROFESSIONALS AS "OTHER CARE PROFESSIONALS"

The Central government has amended the schedule to the National Commission of Allied and Healthcare Professions Act,2021 to include Acupuncture Professionals as a recognized category of other care providers. This inclusion was notified on September 26, 2024.

The amendment was made after consultation with National commission for Allied and healthcare Profession. Through this notification, Acupuncture Professionals have been added to the list of recognized healthcare professionals under the sub-heading "Other Care Professionals".

The corresponding code numbers for Acupuncture professionals are 2230 and 3230.

The recognition acknowledges the role of Acupuncture professionals in providing healthcare services and aligns with the Government efforts to regulate and promote allied healthcare professionals in India.

The inclusion of Acupuncture Professionals in the Schedule will provide them with greater recognition and potential benefits ,such as eligibility in Government schemes and professional development activities.

WHO ARE HEALTH CARE PROFESSIONALS?

"HEALTHCARE PROFESSIONAL" INCLUDES A SCIENTIST,THERAPIST OR OTHER PROFESSIONAL WHO STUDIES, ADVISES, RESEARCHES, SUPERVISES OR PROVIVES PREVENTIVE,CURATIVE, REHABILITATIVE, THERAPEUTIC OR PROMOTIONAL HEALTH SERVICES AND WHO HAS OBTAINED ANY QUALIFICATION OF DEGREE UNDER THIS ACT, THE DURATION OF WHICH SHALL NOT BE LESS THAN 3600 HOURS SPREAD OVER A PERIOD OF 3 TO 6 YEARS DIVDED INTO SPECIFIC SEMESTERS

ELECRO HOMEOPATHY (ELECTROPATHY) AND MY OWN EXPERIMENT

BY H.BHOJRAJ

It started in the year 2016, when Dr.Giridhar Gopal started learning Electro-Homeopathy from Dr.Huda and treated few of our patients in our Academy and got good results from them. The drops of the medicines have such a wonderful effect on the organs of the body was not properly conceived by our Acupuncture Team and after few weeks it was conveniently forgotten. In 2019 our Academy office was officially closed due to pandemic and stopped our acupuncture treatment and training sessions. **But the Zoom meetings during Pandemic helped us to establish eye sight improvement for nearly 200 people including many students who have been toiling with computer or cell phone for hours in the virtual classes.** The flagship project is even continuing today and gradually the hearing improvement also was added for the senior citizens with fantastic results.

But in the year 2022, after completing the Electro-Homeopathy Course with Dr.Huda, **Dr.Beena, Dental Doctor and Acupuncture Practitioner organized a seminar on Electro Homeopathy and discussed the efficacy of Electro Homeopathy with scientific records.** Many of the Doctors who had undergone this course presented the papers with Power Point Presentations in Gandhi Bhavan, Bangalore. I was also invited as Guest of Honor by Mr.Giridhar Gopal.



One retired MBBS Doctor from Army was talking very highly about the effectiveness of Electro Homeopathy and how her pain in the jaw vanished by applying **Red Electricity** a product of Electro-Homeopathy. Initially though I was confused with

electricity concept, I bought the Red and Green Electricity Ointments from Mr.Gopal and kept it in my house for 2 years without using it.

But the occasion came when I developed some pain in my right hip joint and I treated myself with acupuncture, GB-41 increase formula with some relief. **But I was not able to sit down and get up easily without pain. I casually mentioned about it to Dr.Huda through Mr.Gopal, who asked me to soak a kerchief with Red Electricity drops and apply it on the painful area for 5 minutes. The results were unbelievable for me. Within 5 minutes the pain vanished and pain never returned.** When I asked for the reason, Dr.Huda suggested that it could be due to postural problem. Yes. Really true. The swiveling chair was the culprit and I changed my chair from that day and I never experienced that pain again.

This personal experience motivated me to join the formal classes in September 2024 and even half way we are reaping the benefit of this excellent course taught with scientific explanation from Dr.Huda based on FIVE ELEMENTS THEORY and I am very confident that Electro-Homeopathy will also get the approval from the Government shortly and this combination of Acupuncture and Electro-Homeopathy will change the scenario of Health Sciences in INDIA.

Let us encourage drugless therapy Acupuncture along with Electro-Homeopathy medicines like Chinese Herbal medicines. **Electro-Homeopathy has the potential to treat any emergency particularly even the heart attack can be reversed within minutes with few drops of Red Electricity. What is required is knowledge and the medicines in medical shops. Dr.Gopal and Dr.Jose while returning by flight after their seminar in Nainital, how a co-passenger was saved from heart attack with very low pulse with few drops of Red Electricity and activating H-9 point for few minutes by them during the flight. The air hostess and co-passengers were wonderstruck when the passenger got up and walked to the wheelchair instead of people lifting him from the seat.**

After undergoing the course, I am convinced that it is a scientific system and it should be encouraged to grow now with our support.

ABOUT Dr.REHANUL HUDA

Dr.Rehanul Huda started practicing Electro Homeopathy in the year 1996 and faced lot of challenges in selecting organ specific medicine in different strengths for effective cure. His relentless research of Dr.C.C.Mattei's work resulted in understanding the concept of Five Elements Theory (FET) in his book "Itrochrome Electroho Homeopathie". This was the key for understanding physiological states both hyper or hypo. His ten years of research resulted in using Five Elements Theory for diagnosis and dilution selection.



Dr.Huda had treated thousands of patients for the past 27 years very successfully and trained thousands to understand and apply this well-established concept for

diagnosis and effective treatment. His concept is not to give any names to the disease but treat the root cause of the disease and bring the system to homeostasis with Dr.C.C.Mattie's, 38 core remedies prepared from medicinal plants.

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Elevate your expertise with our Comprehensive Course, exploring Electrohomeopathy from basics to advanced mastery. Enhance your skills and become a leader in your field. Enroll today for innovation and excellence!"

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Starting from 20 April 2024

For more information: 9058033444

Dr.Huda got his PhD in Electro homeopathy from OIUCM, Colombo, Sri Lanka and presently Managing Director of Natzeus Herbals which produces the medicines with strict quality control.

He is also President of the Electro Homeopathic Research foundation (ERF) and dedicated his life to

Electro- Homeopathy which is likely to get the approval from Central Government in near future.

THOSE INTERESTED IN JOINING NEXT ONE YEAR COURSE WITH PROPER MEDICAL QUALIFICATION MAY CONTACT Dr,HUDA Phone: 90580-83444

IT IS A BOON FOR ALL ACUPUNCTURE PRACTITIONERS.

ELECTROHOMEOPATHS IN BANGALORE

1. Mr.GIRIDHAR GOPAL Ph.80880-33337 R T.NAGAR
2. Dr.BEENA Ph. 72591-77107 BANGALORE
3. Dr.JOSE Ph. 98451-64750 BANGALORE
4. Dr. R.R.NAMBI Ph.98450-71426BANGALORE
5. Mr.P.S.SRIDHAR Ph.99400-21450 CHENNAI
6. SASHIKALA N Ph 99451-27857 MYSORE

REVOLUTION IN EYE CARE

ELECTRO-HOMEOPATHIC EYE-REVIVE DROPS



ON COTTON GAUZE KEPT ON THE CLOSED EYES FOR 5 MINUTES HAS THE POTENTIAL TO STRENGTHEN THE OPTIC NERVES. EXPERIENCED BENEFICIARIES ARE VOUCHING FOR THE GOOD RESULTS.THOSE PRACTICING EYE EXERCISE WITH ACUPRESSURE CAN CONTACT Dr.HUDA OR Dr.H.BHOJRAJ

TO SEND THE EYE-REVIVE ON TRIAL BASIS.

ADVANCE ACUPUNCTURE COURSE STARTS IN NOVEMBER 17TH BY ZOOM SESSIONS.PLEASE REGISTER YOUR NAME BY WHATSAPP 9845649914. YOU WILL BE ADDED TO THE GROUP .

KBGA UPDATE

BY. Mr.NAGULAN JOGHEE, MANAGING TRUSTEE AND Mr.SARAVANAN, PRESIDENT, KBGA

The KBG PUBLIC TRUST was formed in the year 2005 and was worked under different Managing Trustees for the past 15 years.

The Trust is working for the upliftment of the Badaga Community for the Badagas from Nilgiris, working or settled in Karnataka particularly in Bangalore. We have started with 15 members in 1981 and now we have 1000 registered members who pay their yearly subscription of Rs.600 (Rs. Six Hundred only) though we have about 5000 people from Nigiris according to rough estimate.



Mr.SARAVANAN, Mr.SHANKAR DESING, Mr.NAGULAN AND Mr.JAYAGANTHAN

The TRUST under the Chairmanship of Mr.R.Bojan, procured this land of half-acre in the year 2015 and the converted land is now ready with all documents to start any project for the common good of the BADAGA community in Bangalore.

The entry road of 15 feet wide and 80 feet long as exchanged with the neighbor was made ready in the first week of October with the initiative taken by the new committee. An entry gate has to be fixed and the whole boundary of the site has to be fenced. This work is expected to be completed by October end.



THE ENTIRE TEAM WITH Mr.SATHISH, OWNER'S SON WHO WAS THERE ON THIS IMPORTANT OCCASION



THE TRANSFORMATION WITHIN TWO DAYS- THANKS TO Mr.CHANDRAPPA AND HIS TEAM



THE TEAM OF 12 PEOPLE STAYED FROM 10 AM TO 3 30 PM IN THE HOT SUN BUT IT WAS PICNIC ATMOSPHERE



FUTURE ACTIVITIES PLANNED

- 1. FIX A GATE AT THE ENTRANCE**
- 2. SECURE THE OPEN BOUNDARIES WITH FENCE**
- 3. FORM A COMMITTEE TO PLAN A BUILDING AND OTHER REQUIREMENTS FOR LONG TERM BASIS**
- 4. PLAN FOR A GET TOGETHER AFTER GETTING ELECTRICITY AND BORE WELL WATER**
- 5. CLEAN THE ENTIRE SITE AND MARK A FOOTBALL GROUND**
- 6. MAKE REQUIRED ARRANGEMENTS FOR ALL FAMILIES TO VISIT FOR THE WEEKEND PICNIC**

Please get involved now and give your valuable suggestions for our planning.

NOVEMBER CASE HISTORIES

My back pain cured in 3 sittings of Acupuncture and frozen shoulder improved tremendously- Says Mr.Dasarathi 54 yrs Electronics Engineer Ph.9945374151

I had fallen in my house in Hyderabad two months back when I visited my 96-year-old mother who was recovering from a hip replacement operation after a fall. Since I went there to take care of her but after the fall my relatives had to take care of me for two days. The doctor took X Ray and not found any damage to the vertebrae column and asked me to take rest for few days and I managed with painkillers for a week. I recovered well and started attending office. But in the second week of September, I was just pulling the cot to one side and again the back pain started.

Instead of rushing to the Ortho Specialist , I took a painkiller and next day I managed to reach Dr.Bhojraj in Rajajinagar in an auto. The sitting and getting up was so painful in spite of taking painkiller in the morning. In the first sitting though sitting had improved getting up was very difficult. In the second sitting after two days the sitting and getting up was much easier than precious day. I noticed I could sleep on the right side also for the first time after many months since my frozen shoulder was bothering me. In the third sitting it was a miracle for me. I could walk freely and sitting and getting up was normal. To my surprise my shoulder which pains at 90-degree angle had moved to 120 degrees without any pain. Dr.Bhojraj taught me simple exercise to overcome frozen shoulder and I started practicing daily.

Thank you, Doctor, for the wonderful relief and cure also. In fact, I visited the Doctor six years ago for same backpain after trying with Allopathy and was totally cured till that day with just 4 sittings over a period of 30 days.

**FOR ACU-TREATMENT APPOINTMENT CONTACT
Dr.H.BHOJRAJ, 9845649914**

**11 TO 1 AM AND 3 30 TO 5 PM WITH PRIOR
APPOINTMENT**

**1963, 8TH MAIN ROAD, E BLOCK, RAJAJINAGAR,
NEAR EAST WEST SCHOOL,
SUBRAMANIYANAGAR.**

Mrs.JIJA SUBRAMANIAN Ph.9986168181 ADDRESS
2063,7TH MAIN ROAD, D BLOCK, RAJAJINAGAR

SPACE WEEK CLEBRATED IN TITAN SCHOOL HOSUR ON 14TH OCT 2014

By Dr.H.Bhojraj and Mr.Nagulan Joghee



*Ms.Anuradha D,Ms.Rathika S,Ms.Nithya D, Dr.Deepa V(Principal)
,Dr.Bhojraj H, Mr.Nagulan Joghee, Mr.M.S.Srinivasan and
Ms.Anitha S*

The Titan School known for its creative work of its students, invited me and Mr.M.S.Srinivasan Ex.ISRO Scientists for celebrating the Space week. It was declared by Space Communities of the World to celebrate every year 4th Oct to 10th Oct, the first launch of the artificial satellite and space applications for peaceful purposes especially for Green Earth (Space and climate change is the theme for 2024). It is also used to motivate the youngsters to awaken them about the peaceful uses of space technology and also the numerous opportunities available in space ventures. **This program was encouraged by ISRO and the ISRO engineers working or retired to visit the schools especially rural schools for motivating the capable and inquisitive children to know about space activities of the world particularly about India's achievements.**

Because of Dussehra holidays, Titan School, Hosur organized the lecture on Space Technology in India on 14th Oct, 2014 with the initiative of Science Teacher Mrs.Anitha with the approval of the Principal Dr.Deepa. The school is situated in the TITAN Township and about 1000 students study from 1st Std to Plus 2. As we need a mentor for the school children, I invited Mr.Nagulan Joghee also for the conveying his wisdom to the youngsters.

Though the day was gloomy due to weather conditions, the reception of the team by the staff under the leadership of the Principal Dr.Deepa was very warm

and after formal introduction and breakfast, the program started with the introduction of all invitees.



Mr.M.S.Srinivasan, the main speaker emphasized the need for saving the planet with our actions and how the space technology could help the humanity to save our planet from natural disasters. He

showed with power point presentation how the whole village in Kerala was destroyed by flood recently. He also showed the satellite imageries to emphasize the need for preventive actions. He also covered the India's achievements in Rocket and Spacecraft technologies and its peaceful uses for the public in general.

Mr.Srinivasan, also covered the Chandryaan 3 landing elaborately and the ISRO's plan for Chandrayaan 4 to bring back the samples from the Moon. Finally, he also elaborated the Gaganyaan Project which is almost ready to take off with the Rabot Viomitra in the first flight within next few months. The motivating talk inspired all 500 children from class 5th to Class 11 who attended the lecture and they gave a thunderous applause for the informative and motivating talk.



Dr.Bhojraj, in his short talk motivated the young generation to take up any subject which they like and strive to excel in that subject for their success instead of blindly following others. He also told them that so many fields like Planetary Science, Space Science, Earth Science, Advance Physics, Advance Chemistry, Astronomy, Astrophysics, Engineering and especially Communication Technology are available depending on their inner interest. **He told whatever subject they choose just try to excel in that field to contribute your best for the society.** He told the FUTURE of India is in the hands of the youngsters and wanted them to contribute their effort to support the good initiatives of the Government. **He also taught the children, how to improve their concentration power with just one-minute Acu-Meditation which was well received by them.**



Ms.Nithya D, Ms.Rathika S,Dr.Deepa V (Principal),Ms.Madhumathi B, Dr.Bhojraj H,Mr.M.S Srinivasan, Mr.Nagulan Joghee, Ms.Indira S, Ms.Anitha S and Ms.Anuradha D

Mr.Nagulan Joghee, impressed the children with his short interaction with them and emphasized the need to ask the question **how I can contribute to the society when I grow up rather than answering what you want to become.** The thought-provoking advice was well appreciated by the Staff and they told it would certainly encourage them to think differently.

The meeting ended with vote of thanks by Mrs.Anitha , the Science teacher who took the initiative to organize this program. It was also proposed to organize a visit for the Staff of Titan School to visit ISRO in near future after getting permission from the Director, URSC. Mr. M.S.Srinivasan has agreed to coordinate this visit in near future.

VISIT OF THE TEAM TO ADHIYAMAN ENGINEERING COLLEGE, HOSUR



THE TEAM WITH Dr.JAYAPRAKSH, HOD, PHYSICS DEPARTMENT

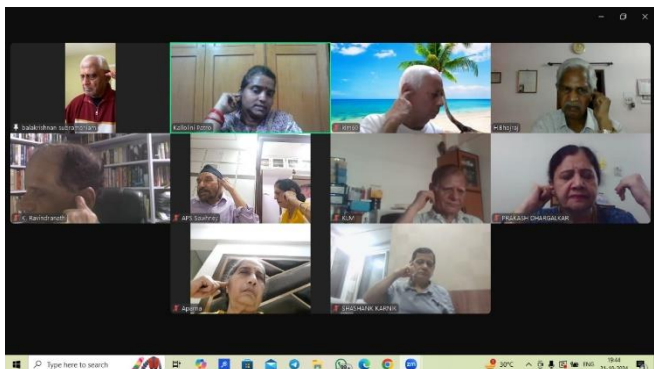
The team lead by **Dr.Bhojraj**, visited the Engineering College in Hosur and met **Dr.Jayaprakash** HOD, Physics department who had taken personal interest to create a modern PHYSIC Laboratory with all necessary facilities required for their practical experiments. Many novel ideas were implemented and many papers were

presented in various journals and forums by his students. Incidentally he recalled the motivation given by Mr.Nagulan Joghee, his cousin, had raised him to become HOD of the Physics Department and thanked him for the timely guidance.



After visiting these laboratories and the pioneering work done in Physics, Dr.Bhojraj suggested Mr.Srinivas to introduce the HOD to the Technical Physics Group in URSC for interacting in common areas of interest for further research studies.

EYESIGHT IMPROVEMENT AND HEARING IMPROVEMENT REVIEW ON 21-10-2024 By Dr.H.BHOJRAJ AND Ms.KALLOLINI PATRO



The practical training for both eye and ear improvement with self-ACUPRESSURE for the Retired Employees Association of L & T Mumbai based group was started on 20th September 2024. The I Batch of 30 people and the second batch of 26 have completed on 1st October 2024. As the batches have practiced regularly for 30 days, the inputs were taken from all the participants.

The ZOOM review meeting on 21st Oct 2024 at 7PM was attended by about 7 participants and after the eye and ear practical for 30 minutes, the feedback about their improvement was shared.

Most of the people who attended the review class have practiced regularly and found improvements in their eye power and also in hearing. The line reading for eye chart at a particular distance (6 feet) before and after exercise has improved by one line for many people. Few people have seen two lines improvement in reading with and without spectacles. Generally, all of them told that their eyes were

relaxed even after watching TV or using mobile phones for longer time after practicing eye exercise for a month.

The hearing frequency which was checked with Sound frequency YOU_TUBE Application(**Hearing frequency Test.How old are your ears?**) showed minimum 500 Hz improvement for almost all the people and few of them have seen an improvement of 1000Hz in one month. One person even stopped wearing the hearing aid after the improvement.

Initial readings of both line reading for eyes and frequency for ear are being recorded in the WhatsApp group and it is being tabulated for further analysis by the Research Team.

GENERAL FEEDBACK

@ Eyes are generally relaxed throughout the day

@ It gives relaxation to the whole body and mind.

@ Dry eyes improved and eye drops application reduced.

@ Hearing is now almost perfect as per WhatsApp feedback for few people.

As there was a communication gap about the review meeting that many people assumed that it was for asking doubts and didn't attend. Next review will be conducted on 21st November at 7 PM by Zoom Session.

ISRO TEAM MEETS ON 23RD OCT 2024 IN HOTEL HOLIDAY INN TO CELEBRATE THE ACHIEVEMENTS OF THE ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

By Prof.Soma, Rtd ISRO Scientist

The Academy was started in the year 2011 with the help and advice of about 10 retired ISRO scientists and the inaugural function was held on 11th March 2012 in Hotel Chalukya. The first newsletter was released in a hotel opposite to ISRO Satellite Centre by Dr.Surendra Pal, Mr.Das Gupta, Mr.N.K.Malik, Mr.R.N.Tyagi and Dr.Bhojraj in **Oct 2012**.



Dr.Bhojraj,Dr.Pal, Mr.Das Gupta, Mr.Malik and Dr.Kanaka Rao(October 2012)

The first newsletter, the objectives of the Academy were well defined and in future plans, an important resolution was printed. It says “ **Get recognition from the Central and State Governments for this Scientific treatment of Acupressure and Acupuncture**”. Yes. We are happy that we got the recognition by Central Government on 26th September 2024 by a Gazette notification.

As a matter of fact, immediately after his retirement, Mr.Bhojraj wrote an official letter to give an opportunity to treat ISRO scientists but as the system was not recognized by Central Government, the Controller informed us that legally it was not possible to allow Acupuncture treatment in Office under CHSS though the treatment was effective for many employees.

On 26th September 2024, the Gazette order has come and now it is possible to induct Acu-Therapists for any Central Government Organization for treatment of their employees. The CGHS scheme will give guidelines for this therapy like other recognized alternative systems like AYUSH.

To celebrate this grand declaration by the Central Government, the same ISRO scientists met in Hotel Holiday Inn, Bangalore over lunch discussed about future actions. Dr.Surendra Pal, Mr.Das Gupta, Mr.R.N.Tyagi, Mr.N.K.Malik, Dr.H.Bhojraj, and myself have attended the lunch meeting and exchanged ideas for future implementation in ISRO on 23rd Oct.



Prof.Soma, Mr.Das Gupta, Mr.Malik, Dr.Pal, Dr.Bhojraj and Mr.R.N.Tyagi (23-10-2024)

After discussions, it was decided to write an Official Letter from the Academy to the Chairman, ISRO about this recognition and requesting him to appoint a committee under CHSS to induct the Acu-Therapists in various Treatment Centers in Bangalore on trial basis for one year and ISRO doctors can monitor the progress and assess the efficacy of this scientific system.

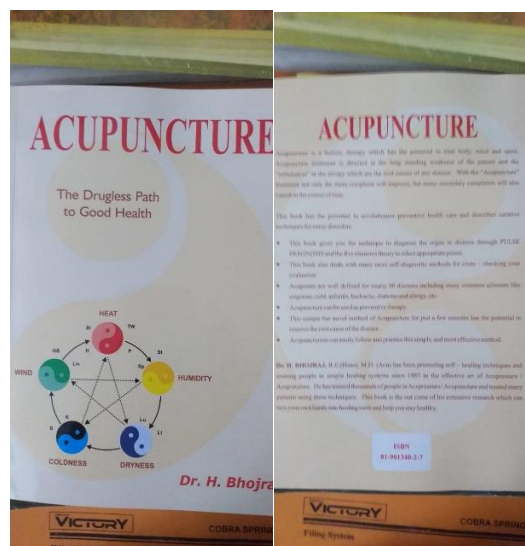
It was also decided to start free Acupuncture camps in different places to motivate the public to get the feel of

this simple but effective Acupuncture Treatment. Many experienced Acupuncture specialists are available in Bangalore to start the camps if organized by Welfare Associations in different colonies.

It was also proposed for a 10-member committee under Dr.Pal to celebrate the 50th Anniversary of India's first satellite ARYABHATA launch of 19th April 2025

The meeting ended with vote of thanks by Dr.Bhojraj who initiated this Acupressure technique in ISRO and spread to almost all ISRO centers during his period up to 2011. I myself attended an Acupressure Course conducted by Dr.Bhojraj in 1990 and my case history has been published in his first book “Acupressure and Fitness”.

I wish the Academy for starting an Acupuncture college cum wellness center in Bangalore or Mysore.



The book “ACUPUNCTURE- The drugless path to good health” written by Dr.Bhojraj has the potential to become course material for 5-year Acupuncture course in future. Cost Rs1500/ plus courier charges Rs200. PhonePay 9845649914 and send your address. Limited copies only available.

EYE SIGH AND HEARING IMPROVEMENT COURSE
EVERY WEDNESDAY AT 7 PM BY ZOOM CLASS
 BY Dr.Bhojraj and Ms.Kallolini
CALL 9911413405 OR 9845649914 FOR REGISTRATION
FRESH BATCH STARTS EVERY MONTH FIRST WEEK

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