



# ACU

# WELLNESS



**ACADEMY FOR ACUPRESSURE  
AND ACUPUNCTURE**

1963, 8<sup>TH</sup> MAIN ROAD, E BLOCK, II STAGE,  
RAJAJINAGAR, BANGALORE-560010

**AUGUST 2025**

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**VOL 14**

**No.8**

AUGUST 2025

FROM THE CHAIRMAN'S DESK

The starting of the month was incredible for me as the



Chairman of IBM  
for the grand  
success of  
International  
Badaga Meet  
(IBM) held on 5<sup>th</sup>  
July 2025,

attended by about 110 people from all walks of life from Nilgiris origin but living in different places. Two of the overseas guests **Dr.Murali Nanjan** and **Dr.Gokul Krishnan** are from UAE and Dubai. About 15 people from Australia, USA, Sweden, Japan, Thailand and UK also participated in the virtual mode.

**Dr.Jagdish Krishnan**, leading healthcare provider in Riverton, Australia owning 25 Hospitals in Riverton and also second time elected MLA gave the inaugural address which was highly motivating for the entire community. After fruitful discussions many important decisions have been taken which will be implemented by the KBGA Trust in coming months.



Dr.Jagdish addressing the IBM from Australia

As I was born and brought up in a village atmosphere, I thought it is our responsibility to give back to our ethnic tribal community. **The gathering proved that we are second to none in proving our worth to the entire country but we still need the tag of Scheduled Tribes mainly to preserve our Badaga culture which is based on Nature's five elements with wonderful customs to preserve nature.** The live telecast of the event by Nakku Betta TV touched the heart of each and every Badaga living in any part of the world.



The next incredible event happened on 12<sup>th</sup> June with **Karnataka Acupuncture Council (KAC)** members coming together under the leadership of **Dr.Hifzulla** and finalizing the draft **Memorandum of Association** to form KAC. The objectives were clearly defined and

made ready for registration. It is considered as a major milestone in getting the recognition from the State Government. Now onwards this single agency will interact with the Government and give all the documents necessary for passing the bill in the Assembly.

It is really heartening to know the **Group Captain Shubanshu Sukla** made history by safely returning to Earth after staying for two weeks in **International Space Station** after conducting advanced experiments in space by our Scientists. His mind-boggling achievement of staying 28hrs after launch and another 22 hours while returning motivated many youngsters to look for the Moon. **As our Honorable Prime Minister said Shubanshu has inspired billions of young people all over the world to take up space technology.** His travel and stay in ISS have given wonderful insight to our Gaganyaan Scientists and the whole country is looking forward to the first Gaganyaan flight by the end of the year. **Dr.Surendra Pal, Ex ISRO Distinguished Scientist**

gave his commentary during the return flight on Republic TV which was highly commendable.



Dr.Surendra Pal, our Mentor and Mr.Sundramurthy, Ex.ISRO Scientist (AAA Trustee ) have agreed in principle to visit in the second week of August to Ooty to address the school students on Space Technology and Gaganyaan Project. Lion Mr.Krishnamurthy, from Lions Club. Ooty has taken initiative to fix the schools on 11<sup>th</sup> and 12<sup>th</sup> August.

I request all school students in 10<sup>th</sup> and 11<sup>th</sup> to attend this lecture program. It is our responsibility to motivate bright youngsters to take up Space Technology which includes Mechanical, Electrical, Civil, Metallurgy, Computer Science, Chemical, Artificial Intelligence and almost all fields. I have been motivating the CBSC management to include one subject on Space for 11<sup>th</sup> or 12<sup>th</sup> students as an optional subject. Based on that, I wrote the book “ Basics of Spacecraft Systems” in 2009 and it has become a handy book for ISRO when the selected 11<sup>th</sup> students visit ISRO for one month training every year.

The eye sight improvement program for three months completed on 31<sup>st</sup> July 2025 and all the 6 participants attended the classes regularly and gave very positive feedback for our research. Mrs.Kallolini, Research Director is analyzing the data for the Committee’s review. **The eye exercise video in You Tube crossed 3 million and counting.** I request all those wearing spectacles to sincerely try this simple Acupressure self-exercise to keep your eyes in excellent condition for life long. **Those interested in learning directly from me can call or WhatsApp 9845649914.** Our team is ready to visit your office also if required to transfer this technology at a nominal cost.

As on now, we are not getting any grant from the Government. I request all of you to contribute your amount (even small amount) for this Eye Improvement Project which requires Rs.5 Lakhs for appointing two Research Associates for one year. **This preventive**

**health care should become a mass movement in India and we must lead the world in Preventive Health Care with Yoga and Acupressure.**



REVIEW MEETING ON 31-07-2025

We will fix the date (September) for our 13th Annual Function and inform you after the Trust Meeting.

Thanking you all for your support and cooperation.

H.Bhojraj, Chairman, AAA

YOUR DONATIONS FOR EYE RESEARCH CAN BE SENT TO  
**ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE(AAA) INDIAN BANK**

**BANK ACCOUNT No. 6012588256**

**IFSC : IDIB000R005**

Thanks to Mr.Nargunam (Excell Die Casting-Chennai) for his initial donation of Rs 5000 for this project.

**KNOWLEDGE DECIDES WHAT TO SAY.**

**SKILL DECIDES HOW TO SAY.**

**ATTITUDE DECIDES HOW MUCH TO SAY.**

**WISDOM DECIDES WHETHER TO SAY OR NOT**

**KNOWLEDGE IS STATIC.**

**INTELLIGENCE (WISDOM) IS DYNAMIC.**

**EVERY MOMENT IT EXPERIENCES.**

**EVERY THING CHANGES. BE AWARE.**

**APPLICATION OF KNOWLEDGE IS WISDOM.**

**EDITORIAL TEAM**

**Dr.H.BHOJRAJ, Mr.NAGULAN JOGHEE, Mrs.JIJA SUBRAMANIAN, Mr.SUNDRAMURTHY, Prof.SOMA , Ms.KALLOLINI PATRO AND Dr.GIRIDHAR GOPAL**

# INTERNATIONAL BADAGA MEET (IBM) A GRAND SUCCESS

BY Dr.H.BHOJRAJ, CHAIRMAN, IBM



The International Badaga Meet conducted on 5<sup>th</sup> July 2025, in NIMHANS Convention Center was a grand success attended by 110 people from all walks of life. It is worth mentioning that two of them **Dr.Murali Nanjan** from Dubai and **Dr.Gokul Krishnan** from UAE attended the conference as Guests of Honour and **Dr.Jagadish** from Australia inaugurated the meet in Conference mode from Riverton, Australia. Many achievers from Badaga Community from Nilgiris staying in USA, Japan, Sweden, Malaysia and Australia also attended in the virtual mode and expressed their views for the improvement of the Badaga Community.



The meeting started at 2 30 PM as planned with a prayer song by Mr.G.Raman who was the main singer in the first Badaga Cassette brought out by KBGA in 1987. Mr.Saravanan, President, Member-Secretary IBM welcomed the gathering and expressed his appreciation to the Guests of Honour for personally attending the meet.

The IBM meet was declared open by Dr.Murali Nanjan and Dr.Gokul Krishnan by opening the screens of the poster depicting the meet.



Mr.Rajendran, Project Director of IBM, in his opening remarks explained the efforts taken by the Think Tank consisting of himself, Dr.Bhojraj, Mr.Nagulan and Mr.Murthy for the past 8 years. He insisted that unless the parent organization in OOTY takes drastic steps to reform the existing constitution, it would be difficult to implement any welfare program for Badaga Community in Nilgiris. He insisted that the KBGA should take initiative and start implementing small pilot projects in Health and Agriculture sectors without depending on the local Associations. He thanked Dr.Jagadish for initiating welfare projects almost 10 years back with a formal meeting in Coimbatore. He requested all participants to give their useful suggestions based on their own experience for implementing in Nilgiiris for the welfare of ethnic Badaga community which is dwindling in population due to migration. He also insisted that the community farming should be adopted in villagers adopting mechanized farming since labor has not only become scarce but also costly. He appreciated the IBM Committee for making it a successful meeting by bringing all the stakeholders together in Bangalore.

Dr.Jagadish in his inaugural address expressed his happiness for the extraordinary initiative by KBGA for uniting the Badagas not only in Nilgiris but also those living all over the Globe. Though he could not attend in person, he told his presence in virtual form will be a great opportunity to express our ideas and exchange thoughts for the Community Development.

In his speech, he clearly pointed out two things that preventive healthcare is to be given topmost priority for the entire community and deaddiction



centers in Nilgiris to take care of the alcoholic addicts.

He also explained how from a humble background of working as a physician in a hospital in Riverton he went on to establish 25 hospitals in Riverton successfully and also won the election as MLA for the second time. In his conclusion, he told the youngsters, chase your dream and sky is not the limit for your progress.



Guest of Honor, Dr.Murali Nanjan spoke on his interest in Tamil literature and told his PhD theses also contained a chapter on Badaga culture. Being the seniormost person in Dubai Badaga Association, he expressed his desire to take our concept of giving something back to society as a group through KBGA.

Dr.Gokul Krishnan, Guest of honor spoke that how he could get the admission in the Chennai Arts Institute with heavy competition in spite of not getting any guidance from anyone at that time. Since he is working in Education Department in UAE, he expressed his willingness to help anyone who needs any help from UAE Institutions.

Dr.Bhojraj, in his special address explained why this meet was conceived and executed after two years. He also thanked the Executive Committee headed by Mr.Saravanan for the grand success of IBM with 2 participants in person and 15 more by virtual from all over the world. He told the main objectives like Knowing each other, Exchanging ideas, getting genuine suggestions for the upliftment of the Badaga Community have been met in the inaugural session with Dr.Jagdish from Australia and has become a grand success. He also

insisted that a nodal agency has to be formed to implement all the schemes planned and approved in our meeting.

The leaders from different Associations spoke on this occasion and expressed their eagerness to support all the ventures under the guidance of KBGA.

In conclusion, though it was necessary to involve YBA in all the welfare activities, it was decided to form another nodal agency to integrate all Badaga Associations from all over the world. The book "Eyesight improvement with Acupressure" was presented to Project Director Mr.Rajendran and also to the guests of honour by Dr.Bhojraj.



All participants agreed to consider 5<sup>th</sup> July as International Badaga Day and celebrate every year in their own countries. The meeting ended with vote of thanks by Mr.Ganesan, Vice-President.



# KARNATAKA ACUPUNCTURE COUNCIL -DRAFT MEMORANDUM OF ASSOCIATION DISCUSSED

**Dr.H.BHOJRAJ**

The committee led by Dr.Md.Hifzulla met in his Acu5 EM Health and Research in Jayanagar on 12<sup>th</sup> at 2PM and discussed the draft memorandum. Apart from Dr.Md.Hifzulla and myself, Dr.Venkatesh Prasad K.N and Dr.Keshavachari T.V joined in person and Dr.Samiullah by Phone and Dr.Ravishankar from Mysore by video call.



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Dr.Basavaraj could not join.

It was decided that the name of the society will be "KARNATAKA ACUPUNCTURE COUNCIL" and it was approved by the committee.

The registered office will be C/O ACU 5EM HEALTH AND RESEARCH

CENTER, 172/173, I FLOOR, 32 E CROSS, 4<sup>TH</sup> T BLOCK,JAYANAGAR, BANGALORE-160041.

## MAIN AIMS AND OBJECTIVES

- 1.To **recognize institutes** which provides Acupuncture knowledge for a minimum of one year.
- 2.To **coordinate with Government bodies**, and to promote Acupuncture treatment at the State and Center Level.
- 3.To **conduct free health camps** and educate them about Acupuncture (Drugless therapies).
- 4.To **monitor Acupuncture courses**, training institutes and health camps.
- 5.To **conduct Eligibility Tests** regularly for Acupuncturists.
- 6.To **undertake Research Studies** related to Acupuncture.
- 7.To **update knowledge** to all Acupuncturists in Karnataka by conducting seminars and workshops.

8.**Establishing recognized institutes** for Acupuncture Education under KAC

9. **Regulating the common stream of Acupuncture**, all institutes and encouraging them to conduct more health camps under KAC.

10. **Updating scientific advancements** and their applications for all acupuncturists in Karnataka.

## ADMISSION

Membership of the Council shall be open to Acupuncture Institutes and Associations who subscribes to the objectives of the council.

An admission fee of Rs5500/=( five thousand five hundred only) is payable to the council by Acupuncture Institute or Association being admitted as members. It is life time membership.

General Body shall comprise all members of the council and elect the Office Bearers. Annual subscription if required can be decided by the Governing Council.

Proper Bank Account will be opened after the registration.



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*Dr.Bhojraj, Dr.Venkatesh, Dr.Ifzulla and Dr.Keshav*

## REAL LAXURY

# PEACE OF MIND #GOOD HEALTH # TIME WITH LOVED ONES #MENTAL CLARITY # A STRONG BODY # MEANINGFUL RELATIONSHIP # FREEDOM TO DO WHAT YOU LOVE # INNEN HAPPINESS # A STRESS-FREE LIFE #QUALITY SLEEP

## ARTIFICIAL LAXURY

@TESLA CAR @ BIG FANCY HOUSE @ LAVISH LIFESTYLE



## CASE HISTORIES

### KNEE PAIN CURED-AVOIDED SURGERY FOR MY MOTHER IN LAW

By Mrs. Jija Subramanian



Dr. Bhojraj called for a meeting of students of Advanced Acupuncture Course on 24<sup>th</sup> June, 2025 to discuss their case histories and clarifications required by the students. The latest batch of students were explained how to derive the points in his four-needle technique and asked me to explain the concept with my own experience. In January 2011, my 76 year old mother-in-law had severe knee pain which did not allow her to sit cross legged, use Indian style toilet and even go for a short walk. The Orthopedic Doctor after taking X-Ray advised to go for knee replacement which is the only solution available for her age. She was not willing to go for surgery. So, my husband Mr. Mani knew that the pain relieving can be done with Acupuncture or Acupressure asked me to try acupuncture for the pain relief.

I started with Sp-6 reduction formula and added B-40 as an additional point since it improves energy circulation to the knee joint. I also applied hand massage all around the knee for 2 minutes after needling for 10 minutes. Gradually she felt the reduction of pain in the knee and she was prompt in asking for the Acupuncture session every day. To everyone's surprise and also relief she was completely cured of her pain within one month and even started travelling. The whole family was

happy and everyone expressed their thanks to me and Dr. Bhojraj for avoiding knee surgery at that age. She lived happily without any knee pain till the end. Our personal relationship improved so much after my treatment and she was very thankful that she could avoid surgery. My husband also thanked me for saving the surgery cost though we had a health insurance. It was a great morale booster for me. I seek her blessings from the heaven for our Acupuncture therapy.

### Relief for sprained knee of my son 13yrs old with Acupuncture-says Mr. Vijay Kishore, Advance Acupuncture student

My son 13yrs old Master Vidyuth while playing football sprained his knees and came home from the school literally crying. I immediately remembered the points GB-41 and St-36 for sudden muscular problem and inserted the needle for 10 minutes. Immediately he found some relief and we did not give him any pain killer tablets. Next day morning he was normal and started playing football again.

I thank Dr. Bhojraj for motivating me to join Advance Acupuncture course after curing my low back pain with Acupuncture in RT Nagar center. Now I started practicing on my close friends' circle and also on few relatives with lot of relief for their pains. Ph. 76763 70423.

### Persistent Itching cured with Acupuncture for her patient says Dr. Vijaya S, BHMS.MD

A patient with dermatitis suffering with itching came to me for Homeopathy treatment. With homeopathy medicine he improved a lot. But he was complaining about persistent itching and after learning the advance acupuncture course from Dr. Bhojraj, I activated acupressure points Lu-8, Sp-6 and Sp-10 and asked him to continue acupressure on the three points every day. Within a week he came and told me that the itching has

reduced by 90%. It was a great surprise for me and really I understood the value of Acupuncture science.

## Severe ear pain cured with Acupuncture for a patient says Mrs.Poornima, Acupuncture Therapy Practitioner in Mysore



After learning advanced Acupuncture from Dr.Bhojraj, I got the clarity to treat patients with different types of pains and the root causes for the pain. A male patient 62 yrs came to me with severe ear pain and also feverish temperature due to the pain. Since ear is connected to the Kidney, I used the ear formula K10 increase, K3 decrease, K1 increase and P3 increase as the theory. It worked like a miracle. The ear pain almost reduced immediately and by evening, the fever also came down.

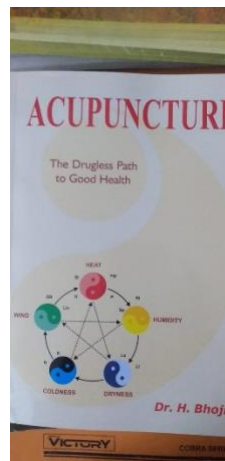
### SUDDEN KNEE PAIN CURED

A lady (25Yrs) had sudden right knee pain and came to me for acupuncture treatment. She also told about her digestive problem especially not feeling hungry. I needled GB 41 and St-36 along with our Universal Formula. Again, it was like a miracle worked for her. She called me and thanked for the wonderful cure. Her appetite had improved and her digestion also became alright.

**MYSORE Ph 9449017383**

### 7 TIPS TO BE HEALTHY IN LIFE

1. NEVER HATE ANYONE.
2. STOP WORRYING START ACTING.
3. LIVE A SIMPLE LIFE.
4. NEVER EXPECT ANYTHING.
5. GIVE AS MUCH AS POSSIBLE.
6. SMILE ALWAYS.
7. KEEP IN TOUCH WITH GOD



## ACUPUNCTURE-THE DRUGLESS PATH TO GOOD HEALTH

BY Dr.H.BHOJRAJ

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### SHORT NEWS

13-07-2025

Dr.Gokul Krishnan, IBM Guest of honor from UAE was presented with Aryabhata 2 Rupee Note by Mr.Murthy R, Chief Patron, KBGA on the inauguration of the New Sales Office of Mr.Madesh from Kateri, Nilgris. Mr Madesh is also Wellness Guru for a group of 36 people and agreed to conduct half day workshop on Eye Sight Improvement with Acupressure.



Mr.Krishnan M.J, Dr.H.Bhojraj, Mr.Murthy,  
Dr.Gokul Krishnan, Mr.Ravikumar,  
Prof.B.Prabhuraj and Mr.Krishnamurthy



## SHORT NEWS COLUMN

**Mr.Nagulan Joghee**, Trustee, AAA celebrates his granddaughter **Viya's** 10<sup>th</sup> Birth Day in Gold Coin Resorts.



### VIYA IN THE CENTER AMONG BLUE BRIGADE

His second son **Mr.Vikram Nagulan** working in USA visited his parents in India and the 10<sup>th</sup> Birth Day of his elder daughter Viya was celebrated in a grand way in Gold Coin Resorts. About 60 invites from different walks of life attended this event and many of them recognized our efforts to popularize Acupressure, especially for the eyes. One Ophthalmic Specialist among the guests showed keen interest in our Eye Improvement research program and assured to help us in this project.



**Mr.Dinesh, Mr.Nagulan, Mr.Krishnan, Mrs.Ragini Krishnan, Mrs.Shona Saravavan, Mrs.Meera Bhojraj, Dr.Bhojraj, Mr.Saravanan President, KBGA, Mrs.Sharada Ari, Mrs.Yashodha Murthy, Mr.R.Murthy, Chief Patron, KBGA**

## KBGA ANNUAL DAY FUNCTION 6-7-2025



*In Badaga Culture the uniform white and white indicates all are equal*

The 45<sup>th</sup> Annual Day of Karnataka Badaga Gowdas Association was held on 6<sup>th</sup> July 2025. About 800 people attended the function and enjoyed the whole day program. It started with lighting the lamp by all ladies and Mr.Sarvanan, President welcomed the gathering. Mr.Rajkamal, Secretary read the Annual Report. Mr.Murthy and Dr.H.Bhojraj as patrons addressed the gathering appreciating the excellent work done by the Executive Committee. The Cultural Committee organized a scintillating dance and songs program for one hour. The Sports Committee honored all winners and runners in Foot Ball, Cricket and Badminton. The extempore announcement of sponsoring the budding young foot ball team of Mr.Ramkrishan's Football Academy to Australia this year was the highlight of the main function. All students who passed 12<sup>th</sup> with marks above 80% were honored with a certificate and Rs 1000 cash by Mr.Nagulan.

The Eye exercise video was played for 5 minutes to motivate the entire crowd to download the video and practice themselves. The meeting ended with good lunch and Badaga Dance till 6PM.



**ALL LADIES ARE LIGHTING THE LAMP**





**Sitting: Mrs.Meera Bhojraj,Dr.H.Bhojraj, Shri.Achuta Rao Rtd DGP, Mr.Nagulan, Mrs Sumathi Nagulan and Dr.Basavaraj**

**Standing:1.PRAJAWAL 2.RUDRESH 3.PRITHIVIRAJ  
4.VENKATESH 5.SIDDARAMAPPA6 Hlr.NARAYAN(NANI)  
7.,MALINGARAYA8.Mr.Ramesh 9.RAVI 10.Sowmya  
11.SUMATHI12.CHETAN 13.Mrs Jija 14  
ANIL15NARASIMHAMURTHY  
16.SIVAPRASAD-17.KOUSHIK**



## LUNCH WITH Dr.BASAVARAJ AND HIS TECHNICAL TEAM FOR THE EYESIGHT IMPROVEMENT YOUTUBE VIDEO CROSSING 3 MILLION VIEWS 21<sup>st</sup> JULY

2025

BY Dr.H.BHOJRAJ

It was a usual invitation for the Graduation Ceremony(Convocation Day) of Dr.Basavaraj's Academy on 25<sup>th</sup> May 2025 which resulted in this video. Dr.Basavaraj called me over the phone and invited me to be the Chief guest for the Convocation function. It was held in a Kalyana Mandapa and about 250 people with bright faces from all walks of life and of all age groups from 20 to 65 yrs attended the convocation. The function went on very well and 250 people were given their Graduation Certificates by Dr.Basavaraj and other dignitaries till 3PM with lunch break. Then Prof Sundaresh motivated me to give a brief address on Eye Sight Improvement after buying my "Eye Sight Improvement with Acupressure" and selling two more copies to two participants. Dr.Basavaraj introduced me to the audience very briefly how I

got rid of my Spectacles a decade back and requested me to share my own experience to his graduates. I understood from them that all of them were taught Five Elements Theory, all 14 meridians and the Acupuncture Points in this one year class.

As usual I started with how I experimented Prof.Palanisamy's simple solution of activating the three circles around the eyes and got the benefit within three months and stopped using spectacles since 2014. Then I started explaining all the 7 Acu-Points in and around the eyes for more effective improvement with palming and also blinking of eyes. I also cautioned them not to do squeezing exercise if they are having glaucoma issue. Also, the precautions to be taken were explained. For people above 60 the Ear Acupoints also was explained briefly. Then one or two questions were asked and after answering I left the place.

But within a week I got the You Tube video of my 15 minutes speech from Prof Sunderesan and I was



really taken aback to see the clarity with which it was recorded and gracefully edited by the technical team. I immediately called Prof Sunderesan and congratulated the videographer and the editor for the wonderful job done in making an effective video for the Humanity particularly for the youngsters who are wearing spectacles. Rest is history. The video became viral and one million hits within a month, as on today (21-07-2025) it crossed 3.3 million hits and continuing. Even if 10 percent of the people start practicing sincerely it would have served my purpose of my birth in this Earth. To celebrate this great event, I personally invited Dr.Basavaraj and his entire technical team for lunch in **Hotel Holiday Inn near Race Course Road on 21<sup>st</sup> July 2025** which was attended by Basavaraj and his team. Our Mentor Shri Achuta Rao, Ex. DGP, Karnataka Government graced the occasion and spoke highly about Basavaraj's simple techniques and

the effectiveness for various health problems.



**Mr.Nagulan**, AAA Trustee also attended with his wife Mrs.Sumathi Nagulan. **Dr. Basvaraj** spoke how he took up our Advance Acupuncture course from Dr.Bhojraj in 2010 which changed his life towards simple healing systems and told that the foundation laid in 2010 was so strong on which he had built his research institute. **Dr.Bhojraj** thanked the whole team under Dr.Basavaraj for this tremendous achievement and taking simple self-healing system to the whole world. **After discussions it was decided to print the Eye sight book with modification and also adding Ear points clearly for the benefit of the You tube viewers.** It was also decided to fix US \$ 10 for the book and will be given to all participants through Basava Academy. A quantity of 2000 had been cleared by Basava Academy and a team has been formed to execute the order within a month. The meeting ended with thanks from **Mrs.Jija Subramanian**, Trustee (Accounts) of our Academy. **Mr.Ramesh S N, Acupuncture Therapist has joined AAA for establishing a center in Rajajinagar for serious research incorporating Basavaraj's simple healing techniques.**

## PLANET AEROSPACE 9TH ANNUAL GENERAL BODY MEETING ON 26-07- 2025 By. Dr.H.BHOJRAJ



The organization called "PLANET AEROSPCE" was formed by few retired ISRO employees including me 9 years back has grown beyond imagination mainly due to the hard work of many dedicated

Engineers under the leadership of Mr.R.K.Rajangam and Mr.L.Sathyamurthy. It is an association of former Technologists that offer one stop consultancy services for spacecraft related activities. Spacecraft related components and systems, spacecraft assembly, integration and testing, Launch phase and Post launch support, Thermal Control System Analysis and Fabrication, Mission Planning, Analysis and Operation, Remote sensing and Communication Payloads, Propulsion Systems, Advance materials, Quality Assurance, Process Control and Reliability Analysis, Third Party Audit, Evaluation and Quality Certification, Project Management, Technical documentation and Review. Actually, PLANET AEROSPACE is one stop consultancy service for any field related to space craft for any company venturing into space ventures because of Government's open policy for motivating private parties to venture into space related projects. A strong force of 126 retired ISRO engineers with minimum 30 years of experience have come under this forum and already executed the job for many companies for various projects.

One of the main aims of this forum is to transfer their expertise and experience to the budding scientists especially in the school level. A book was written by me in consultation with Kendria Vidyalaya Science Teachers in 2009 mainly for motivating 11<sup>th</sup> Standard students to take as an optional subject if they have a craving for space. But due to lack of enthusiasm by 11<sup>th</sup> Std students it was not implemented. Now the time has come to prove India's strength in Space Technology to the world. Our Engineers have already proved that we are second to none by successfully implementing Projects like Landing on the Moon's South Pole as the first country to do so.





 We helped Bharat to grow from Aryabhata to Aditya

**Launch your Space Venture with Confidence**

Our team of 125+ Space Technology Specialists with long working experience at ISRO provides comprehensive guidance and support to help you succeed in the dynamic space industry.

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- Quality Assurance, Process Control & Reliability
- Project Management & Technical Reviews
- Space Education to Student Community

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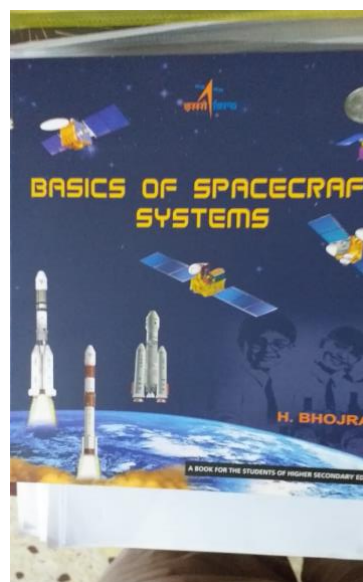
- We are certified Space Tutors -

I personally felt that unless we train the Science Teachers all over India with a uniform syllabus it would be difficult to motivate the 11<sup>th</sup> students to take up space related subject. So, I gave a proposal to form a 10-member committee to revise my book “Basics of Spacecraft Systems” and train all science teachers weekly once for one hour by Zoom sessions for one year and send the Book for their follow up. The teachers may be asked to register with Planet Aerospace with English as the medium of teaching. As and when we translate to other languages, we can think of teaching them in other languages.



The Basics of Spacecraft Systems for High School Students- It will be revised and about 1000

science Teachers all over India will be trained for one year with weekly one hour class by Zoom Meeting.



The Executive Committee of Planet Aerospace is ready to consider this proposal and take the decision to approve the project after a formal discussion.



THOSE INTERESTED IN SUPPORTING OUR RESEARCH CAN DONATE TO OUR ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE.

**HOMEAGE TO LATE DR.H.DEVRAJ, EX UGC VICE-CHAIRMAN AND MENTOR FOR AAA RESEARCH CENTER. 09-08-2025 FIRST DEATH ANNIVERSARY. HE STILL LIVES AMONG US THOUGH INVISIBLE.**

**DR.H.BHOJRAJ**

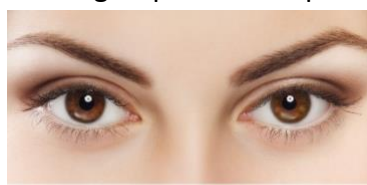
## ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE (AAA) WILL START FUNCTIONING IN HIRED BUILDING IN RAJAJINAGAR FROM SECOND WEEK OF AUGUST 2025

With our persistent effort to find a place in Rajajinagar is fruitful and we could locate a place



in Rajajinagar. The first floor of the building with a hall and two small rooms had been fixed for the training program both Basic and Advance courses in Acupressure and Acupuncture.

The eye sight improvement and hearing improvement classes also likely be held in the same venue. The book "Towards a better vision with Acupressure" is undergoing changes and the Hearing Improvement points are also added with



*Towards a Better Vision  
with Acupressure  
Dr.H.Bhojraj*



*Emotional Intelligence in Health  
Sivakumar Bellan*



theory by Mr.Shivakumar Bellan is getting ready for August third week launch. The price of the book will be fixed Rs.800/ for India and US \$10 plus Postal Charges US\$15 for other countries. Those who place order

before 15<sup>th</sup> Aug will be given 50% discount if they order 100 books which will be sent by post parcel. Retired employees Associations or Any Welfare Associations can contact Dr.Bhojraj (9845649914) or Mrs.Jija (9986268181) for details. **The amount should be transferred to our AAA account in**

Indian Bank, Rajajinagar. A/C No.6012588256  
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**WORKING PEOPLE**

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**CONTACT: Mrs.JIJA Ph.9986268181**

**COURSE FEE : Rs.3000/**

**LIMITED SEATS**

**COURSE CONDUCTED BY Dr.H.BHOJRAJ**

**USEFUL FOR SELF AND FAMILY MEMBERS**

**ADVANCE ACUPUNCTURE COURSE PRACTICAL CLASSES ALSO WILL START ON SATURDAYS/ SUNDAYS.**

**THOSE WHO ARE UNDERGOING VIRTUAL CLASSES CAN JOIN OUR SATURDAY/SUNDAY CLASSES**

**MONTHLY REVIEW MEETING**

**FOR ALL ACUPUNCTURE PRACTITIONERS**

**4<sup>TH</sup> SUNDAY OF EVERY MONTH**

**STARTS FROM AUGUST 24<sup>TH</sup>**

**30-08-2025**

**HEARTY CONGRATULATIONS TO ISRO AND NASA TEAMS FOR THE GRAND SUCCESS OF NISAR LAUNCH TO SUN-SYNCHRONOUS ORBIT.**

**WISHING THE TEAMS ALL THE BEST FOR THE GRAND DEPLOYMENT OPERATIONS IN COMING DAYS.**

**Dr.H.BHOJRAJ AND SPACE CLUB MEMBERS**

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