



ACU WELLNESS



ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

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JANUARY 2026 (WISH YOU ALL VERY HAPPY AND PRODUCTIVE NEW YEAR)

FROM THE CHAIRMAN'S DESK



The New Year 2026 brings lot of hope for peace to the global community and prosperity for India in particular, due to the sustained efforts of our scientific community and the Administration in all Indian States. We must complement our Central Government for the pragmatic approach in solving any problem, natural or created by adopting innovative and collaborative approach. In my view INDIA is poised for rapid growth in the coming years and 2026 will set the trend for our leadership in world arena in many fields due to our sheer scientific and technical manpower. As a retired ARYABATTAN I am really proud of our Space achievement under the able leadership of Dr.Narayanan, Chairman, ISRO with the launch

of USA satellite BLUE BIRD Block-2 weighing 6100kg for the first time. INDIA has now become a close partner to the US spacecraft manufacturers due to our highly reliable and cost-effective launches. In the 1980s, I was asked by a foreigner as to why India was making Satellites when people didn't have food to eat. Our scientific temper answered all these questions and our future generation is much more knowledgeable due to the revolution of communication by cell phones.

TIEMA Past President Mr.M.S.Balaji and President Arul Ponnusamy appreciated the lecture and demo

Looking back our Academy has done well by establishing a place for our research activities in Rajajinagar in Bangalore and started our Eye Sight and Hearing Improvement research with more vigor by publishing the book with the help of Basava Academy. It was Dr.Basavaraj who asked me to add a section on Hearing Improvement and bring out a book of International standard so that many of his students get the benefit of the book. Mr.Nagulan Joghee, our Trustee prompted me to take up this challenge. I record my thanks to both Dr.Basavaraj and Mr.Nagulan Joghee for this achievement and also Mr.Shivakumar Bellan for incorporating ear points. The book has created an interest all over the globe and we have people joining our Wednesday's 7 30 PM practical class from other countries also. Once again, I thank our Team Members for the excellent work.

The Pre-Diabetics research and Migraine research activities are yet to talk off. We are expecting more and more Acupuncture Practitioners to join us with a common research program under the Karnataka Acupuncture Council headed by most experienced Acupuncturist Dr.Md.Ifzulla who has been training and treating people in Jayanagar for the past 25 years. He is ably supported by Dr.Samiullah and Dr.Ravishankar who are also practicing Acupuncture since

25 years in Bangalore and Mysore respectively. The council (KAC) has become active to get the recognition for Acupuncture as a stand-alone system like AYUSH from the State Government of Karnataka for which the Maharashtra bill has been translated in Kannada. We are preparing to approach the Chief Minister of Karnataka with all the necessary documents ready for the approval of the Bill in the Assembly. The KAC called for a meeting of National Level experts for getting their advice in this matter for any modifications instead of rushing to the authorities unprepared. We have been putting our sustained efforts in various forums for nearly 20 years for this recognition but with little success. It is mainly due to the unwillingness to come together by the Practitioners studied in various schools. Though Naturopathy course contains one subject of Acupuncture for one year, University Grants Commission (UGC) has not recognized Acupuncture as a recognized course. We must take it up with UGC and make them recognize Acupuncture for 3 or 5 year course and identify the books in Acupuncture for teaching. Experienced Acupuncturists can be put in a Central Panel to finalize the syllabus for adoption by any Deemed University.



It was decided in principle to organize a virtual conference in February 2026 most probably III Sunday for presenting the research done on Acupuncture by the senior practitioners. I am requesting all Acupuncture Practitioners working in Karnataka as therapists to register with Mrs.Jija Subramanian or with Dr.Ravishankar well in advance by WhatsApp since the number is restricted to 200. In that forum we will discuss how to bring at least 1000 members under KAC so that the Government also takes this therapy seriously for recognition.

Mrs.Kalpna, Mr.Krishnakumar, Mrs.Usha Nargunam, Mrs.Vidya, Mr.Nargunam, Mr.Bhojraj, Mrs.Sukanya

I thank Mr.Nargunam, Industrialist from Chennai for motivating his workforce to adopt self-help acupressure and acupuncture when required since nearly 5 years and giving wonderful feedback to his fellow Industrialists in Thirumudivakkam Industrial Estate. Mr.Nargunam specifically called me and Mrs.Vidya to address them on this Corporate Research. All of them were convinced about the efficacy of this simple healing therapy and unanimously decided to implement it to their own work force in the New Year 2026.

I also thank our mentors Dr.Surendra Pal, Mr.R.N.Tyagi, Mr.N.K.Malik, Mr.Dasgupta, Mr.Bhaskarnarayana and Dr.Kanaka Rao for not only their suggestions but also their donations for the research. Our special thanks to Shri.S.V.Ranganath and Shri.Neelam Achuta Rao, our permanent chief guests for all our functions for the past 14 years. Our team is really motivated to achieve our goals in 2026. I also thank our Community members, especially Mr.Saravanan, Ex President, KBGA from Nilgiris for their great support for bringing out the book and for research activities.

We have exciting research ahead of us and request all those people with a valid certificate to treat with Acupuncture, to visit our Academy in Rajajinagar and register their names for further communication.

Thank you and wish you all a very happy , productive and healthy NEW-YEAR 2026.

H.BHOJRAJ, CHAIRMAN,AAA

BROAD OBJECTIVES OF OUR ACADEMY

- 1. BUILD AN INSTITUTION DEDICATED TO THE CAUSE OF DESSIMINATING AND SPREADING KNOWLEDGE.**
- 2. DEVELOP NEW AND SIMPLE METHODS TO MANAGE VARIOUS HEALTH PROBLEMS.**
- 3. TO CONDUCT SYSTEMATIC STUDIES AND COLLECT DATA FOR RESEARCH AND ANALYSIS.**
- 4. TO NETWORK AND COOPERATE WITH OTHER ORGANIZATIONS.**
- 5. TO INTERACT WITH STATE, UNIVERSITIES AND OTHER SCIENTIFIC BODIES**

Event Summary: Preventive Healthcare & Motivational Lecture

Organized by: Thirumudiwakkam Industrial Estate Manufacturers Association (TIEMA), Chennai

Hosted by: Excel Die Castings (EDC)

Date: 20th December 2025

Conducted by: Dr. H. Bhojraj & Mr. S. Nargunam (Founder & MD, EDC)

Event Overview

The program focused on the impact of drugless therapies and self-care practices in enhancing employee well-being and productivity. It brought together EDC employees and TIEMA members for a review of ongoing health initiatives and a forward-looking motivational session.



EXCEL DIE CASTING STAFF ---

Key Highlights

1. A Legacy of Friendship & Vision

- Dr. Bhojraj and Mr. Nargunam have been friends since engineering college (1966). · Dr. Bhojraj served at ISRO for 40 years, retiring as Group Director. · Mr. Nargunam started as an Assistant Engineer at Tansi Die Castings and later founded Excel Die Castings — now an IATF 16949 certified company with 160 skilled employees, managed collectively by his family.

2. Pioneering Drugless Therapies at EDC

- Mr. Nargunam introduced acupressure and acupuncture at EDC as early as the year 2000.
- Post-COVID, these initiatives expanded under the

guidance of Mrs. Vidya Vasikaran (MD in Acupuncture), with weekly sessions for employees focusing on self-acupressure and preventive care.

3. Review Meeting: 5-Year Outcomes



First half: Attended by over 100 employees. Key results:

- Drastic reduction in first-aid expenses — from ₹2,000 to ₹200 per month.
- Significant decrease in medical leave; many reported no sick leave in 5 years.
- Enhanced productivity & well-being, aligning with EDC's QCDSM principles (Quality, Cost, Delivery, Safety, Morale).
- A detailed report by Mrs. Vidya is being prepared for medical and productivity conferences.

TIEMA MEMBERS IN THE AUDITORIUM

4. TIEMA Engagement & Advocacy

Second half: TIEMA members participated, welcomed by President Mr. Arul Ponnusamy. · Mrs. Vidya presented her research and endorsed

drugless therapies' effectiveness. Dr. Bhojraj shared ongoing research on:

- Eyesight improvement for students
- Hearing enhancement for elders
- Studies on pre-diabetes & migraine relief
- Mr. Nargunam urged fellow industrialists to adopt similar wellness programs, supported by live demonstrations and a video on eye exercises from Basava Academy.

5. Impact & Future Outlook

- Several TIEMA members expressed interest in implementing preventive healthcare programs from 2026.

- EDC's success demonstrates the tangible benefits of integrating drugless therapies and self-care into industrial welfare measures.
- The initiative sets a new standard for employee well-being and productivity in the manufacturing sector.



---TIEMA MEMBERS IN BANGALORE

Conclusion:

The event reinforced the value of holistic, preventive healthcare in industrial settings, driven by visionary leadership and collaborative effort. EDC's model serves as an inspiring benchmark for promoting a healthier, more productive workforce.

---Prepared for: Internal Circulation & TIEMA Records
Date: 21st December 2025

Mr.SHIVAKUMAR BELLAN IMPRESSES ISRO ENGINEERS

BY Dr.H.BHOJRAJ



A talk on “ STRESS MANAGEMENT” was organized by Human Resource Development Division in the Auditorium of U.R.Rao Satellite Center, Vimanapura on 10th December 2025.It was attended by nearly 400 people in the auditorium from 10 AM to 12 30 PM in spite of their tight schedule. The live presentation was on web-cast mode and was heard by more than 1000 employees on that day. Dr.Basavaraj, Dy.Director introduced Mr.Shivakuar to the audience and expressed his appreciation for his relentless writing of different syndromes in his blogs which is in tune with the real world in high organizations. He told he felt the need to understand these self-created problems by all ISRO employees and welcomed Mr.Shivakumar to deliver the address.

As I was involved in his first presentation on Emotional Intelligence in the same venue, I was invited to attend this program. His presentation on different syndromes was mind boggling and the crowd identified themselves with many of those typical syndromes affecting their efficiency in work and also health. Mr.Shivakumar explained the various causes for every syndrome and in the final part gave wonderful remedies for them. Ultimately, he identified that one's attitude towards anything in life decides their altitude in life and prescribed DOSE (Dopamine, Oxytocin, Serotonin and Endorphine) enhancing activities and follow the general principle of taking preventive action to avoid any catastrophe in life especially in health as well as in professional career.



GD,PPEG,BASAVARAJ,DD, SHIVAKUMAR, BHOJRAJ AND RACHANA ,HEAD,HRD



With Dr.Nade Gowda,Associate Director with SPADE-X models.

Mrs.Rachana, Head, HRD thanked Mr.Shvakumar Bellan for this wonderful talk for 150 minutes non-stop and impressing the entire community who listened to him. She profusely thanked Dr.Basavaraj for identifying and inviting Mr.Shivakumar for the talk. Dr.Basvaraj presented the CHNDRAYAAN 3 model to Mr.Bellan as a token of appreciation from the Director Dr.Sankaran.

After the lunch, Mrs.Anju Dhamodharan, Dy Project Director, took us to ISITE Campus and showed us the Satellites Assembly Clean Room from Ground Check out Area, the latest Compact Antenna Test Facility and the integration activities of Gaganyaan service module .We both wished the enthusiastic young Engineers all the best for the success of their projects in coming months. This experience of seeing the hard ware of the spacecraft has to be experienced rather than explained. After a break of 17 years I really experienced that as an outsider and an ordinary citizen. Hats off to ISRO staff.

KARNATAKA ACUPUNCTURE COUNCIL

President: Dr.Md.Hifzullah

Minutes of KAC meeting held on 09/12/2025

A meeting of the Karnataka Acupuncture Council was called by Dr. Bhojraj on December 9, 2025 at 12:30 pm on Zoom. It was attended by Dr. Bhojraj, Dr. Ravi Shankar, Dr. Nazeir Pasha, Dr. Keshavachari, Dr. Venkatesh Prasad and Mrs. Jija Subramanian.

Dr. Bhojraj welcomed all the participants to the meeting and explained that the main purpose of this meeting was to discuss about the proposed State level Acupuncture conference. He regretted that no action has been taken so far in this regard and stressed that it is all the more important that all Acupuncture practitioners come together in the light of the Government rejecting our plea for recognition. All the participants agreed for a date in January 2026.

Dr. Ravi Shankar offered to design a pamphlet and put it up for corrections and confirmations regarding venue, date, registration fee, etc. He reiterated that even though the Government has been lenient about Acupuncturists practice as of now, all Acupuncturists must unite to protect ourselves in future.

It was agreed to meet again on Monday, 15th December, 2025.

[Minutes of meeting held on 15/12/2025](#)

A zoom meeting of KAC was held on 15/12/25 at 12:30 pm. It was attended by Dr. Bhojraj, Dr. Samiullah, Dr. Hifzulla and Dr. Ravi Shankar.

Dr. Bhojraj welcomed all the participants. Dr. Ravi Shankar updated the participants about the previous meeting.

Dr. Samiullah felt a half day program would suit outstation participants better. He also explained the need for getting the Acupuncture bill passed by the present Government. He added that inspite of The Maharashtra Council getting recognition, Acupuncture Education has been stopped. Also, the Central Government has put on hold further progress in the Acupuncture bill since there was no unity among the Acupuncture Practitioners. Therefore a strong and united representation is required by Karnataka and if necessary, support and guidance from Dr. Beramji and Shri S V Ranganath can also be taken

Dr. Bhojraj felt that if the Maharashtra model has failed, a virtual conference can be held with half hour presentations from the KAC members

Dr. Hifzulla said that he would be meeting with Deputy CM's PA in the evening and would give an update at the next meeting.

The council decided to meet every Tuesday at 12:30 pm, henceforth

Minutes of meeting held on 23/12/2025

A zoom meeting of KAC was held on 23/12/25 at 12:30 pm. It was attended by **Dr. Bhojraj, Dr. Samiullah, Dr. Hifzulla, Dr. Ravi Shankar, Dr. Venkatesh Prasad, Dr. Basavaraj, Dr. Keshavachari, and Dr. Nazeir Pashaa.**

Welcoming all the participants, Dr. Bhojraj said that a few important action items have to be decided at this meeting. First of all, a copy of **the registration deed** of KAC has to be sent to all members.

Secondly, **a bank account** has to be opened in the name of the Council. Dr. Venkatesh Prasad informed the members that it requires a PAN card and a Darpan ID. It was decided to go ahead with the formalities as early as possible.

Regarding the State level conference, Dr. Bhojraj suggested that we have a virtual meet with all the members presenting a 10 minute paper. He added that the Academy would present a paper on Eyesight improvement. Dr. Ravi Shankar was ready with 3 papers and suggested that the **conference be scheduled for the 2nd week of February**, so that everyone has ample time to prepare the presentation. Dr. Basavaraj agreed to make a presentation from his Academy.

The next topic for discussion was the Draft bill for submission to the State Government. **Dr. Ravi Shankar informed the members that it needs to be on the lines of the Maharashtra Council.** Dr. Samiullah replied that it was ready in Kannada and English. Dr. Bhojraj wondered if it was relevant for our State since not much progress has been made in spite of the recognition. Dr. Samiullah informed that trainers and experts have been identified and classes are being conducted, virtual and offline. The draft has not yet been approved by any University. **We have no other way but to follow the Maharashtra model after modifying it to plug all the loopholes.**

Dr. Bhojraj enquired as to why the Bill has been put on hold since the last 6 months. **Dr. Samiullah suggested that we involve experts who are working at the Central level to guide us. Dr. Ravi Shankar has been requested to invite them to our next meeting to get their suggestions.**

Dr. Bhojraj suggested that the council start a journal for which **Dr. C K Raju** can also be involved. The meeting ended with a recap of the action items.

SHORT NEWS



12TH DECEMBER 2025

ISRO veterans met for a lunch meeting on 12th December in Hotel St.Marks,Bangalore and discussed about our research activities and also decided to meet every two months over lunch for further review.

Mr.Malik, Mr.Katti, Mr.Sathyamaurthy, Dr.Bhojraj, Dr.Kanakara Rao and Mr.Bhaskarnarayana

24th Dec 2025

Mr.R.N.Tyagi celebrates his 80th Birth Day in Hotel Proxy, Mahavevapura which was attended by few of his close ex-colleagues. We wish him many many happy returns of the day and wish him a very healthy and happy life

Mr.Bhandari, Mr.Darma, Mr.Gangrade. Mr.U.N.Das, Mr.R.N.Tyagi, Dr.S.Pal, Dr.Bhojraj, Mr.Das Gupta and Dr.R.P.Shahu



QR CODE FOR YOUR REFERNECE .

INTERESTED PEOPLE CAN JOIN US DONORS AND WE WILL BE INFORING OUR PROGRESS REGULARLY.

21st December 2025

BADMINTION TEAM PRACTICES DAILY

I casually visited during session during my stay team and plays along healthy along with

Mr.Siva Senthil,QA Dept Founder, MD, Excel Die s,Mr.Kannan,Regional Ravikrishnan, Rtd Accounts TRUST,Chennai and Civil Contractor



my morning walk,he lyappanthangal Badmiton team practice in Nargunam house in Chennai .Mr.Nargunam supports this with them everyday. He says this practice helps him to stay yoga practice. Hats off to all youngsters.

NISSAN. Dr.Bhojraj,Mr.Shyam,Rtd.MANAGER,LVBANK,Mr.Nargunam, Casting manager, LIC Officer, PORT Mr.Murugan,



CASE HISTORIES

KNEE PAIN CURED

Patients name: **S Karunakaran** Age: **37**

I am Karunakaran Working in “Excel die Castings”, Chennai. I had severe knee pain in 2021. After taking acupuncture treatment from Dr.Bhojraj sir and Vidya mam, I feel much better now. I am able to climb staircases without difficulty for the past 3 years.

Points Activated: sp6 decrease, liv 1 increase, lu 7 decrease, p7 decrease, sp 9 increase.

Thanks to our MD sir, Mr.Nargunam for arranging this awareness program.

MIGRANIE ALMOST CURED

Patients name: **Saravanan.M** Age:**31**

I am Saravanan, Working in “Excel Die Castings”, Chennai . I had Migraine issue for long time and had been taking medicine for it. I used to suffer from it at least twice a week.

From the awareness programme on preventive health care, done by Mrs.Vidya mam in 2021, I

have learned some meditation exercises. Along with Dr. Bhojraj sir, she has activated some acupressure points for me.

Now by regularly doing the meditation and activation of those points by myself, I am seeing good improvement. The frequency of headache has come down drastically (once in 2 weeks).

Thanks to our MD Sir, Mr. Nargunam, for organising this for us.

LEG PAIN-WONDERFUL RELIEF

Patients name: **M. Geetha** Age: **53**

I am Mrs. Geetha Working as Receptionist in "Excel die Castings", Chennai. I had been suffering from knee pain and leg pain in 2021. Dr. Bhojraj sir and Vidya mam treated me for the same by activating some acupressure points. She has taught me to do it myself also.

For the past 4 years, I am activating those points regularly and feeling much better. Many thanks to Doctor and Team.

FOOT PAIN CURED

Patients name: **Dhanalakshmi** Age: **53**

I am Mrs. Dhanalakshmi Working in "Excel die Castings", Chennai. I suffered from foot pain and leg pain in 2021. Dr. Bhojraj sir and Vidya mam treated me for the same by activating some acupressure points. She has taught me to do it myself also.

For the past 4 years, I am activating those points regularly and feeling much better. Many thanks to Doctor and Team.

CHAIRMAN'S COMMENT

Myself and Mr. Nargunam started this preventive health care just after the pandemic, mainly to give relief for many pain related problems. The employees simply swallow pain killers as emergency medicine and complete their work

without knowing the side effects of such pain killers. Headache, knee pain, shoulder pain, back pain were very common five years back and today very few people report such pains and practically the pain relieving tablets consumption has drastically reduced and their pain threshold capacity increased due to self acupressure. There is some sort of an overall well being in the work force and from top to bottom, they come together and share their health problems openly and try to find alternate solutions.

Initially Mr. Nargunam had to order a few people to join the acupuncture treatment and now they look forward to the preventive health care dates by Dr. Vidya. The Industrialists were convinced by the medical reports and personal sharing of their health conditions now. We are planning to start this model to implement in nearby plants from 2026.

EYE SIGHT IMPROVEMENT RESEARCH PROJECT

BY: Mrs. KALLOLINI PATRO

The research project conceived as a flagship project of AAA had taken off well and we are completing one month of our regular weekly practice. The people who have attended and regularly practicing have given positive inputs and they have seen some extra clarity after the practice. Most of them are practicing seriously every day and Wednesday 7 30 PM class serves as a motivator for them to practice at least 3 months to see the results.

Once positive results are recorded, we would like to take it to the schools in Karnataka through the YOGA Teachers.

EDITORIAL COMMITTEE: Dr. H. BHOJRAJ, Mrs. JIJA	
SUBRAMANIAN,	Mr. NAGULAN
JOGHEE, Mr. SUNDRAMURTHY,	Prof. SOMA,
Dr. GIRIDHAR GOPAL AND Mrs. KALLOLINI	