



ACU WELLNESS

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

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JULY 2025

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FROM THE CHAIRMAN'S DESK

Dear Friends,

The month of JUNE had been a successful month for the Academy because almost all-important Acupuncture Trainers in Karnataka particularly in Bangalore could come together and form an Acupuncture Council in Karnataka to take care of the Acupuncturists in Karnataka. First and foremost, the draft copy of the Council objectives and byelaws were discussed and finalized.



As on today six institutions headed by Dr.Hifzulla, Dr.Samiullah, Dr.Bhojraj, Dr.Basavaraj, Dr.Ravishankar and Dr.Nazeer have come forwarded to contribute a seed money of **Rs.50000/(Rs Fifty thousand)** each for forming the Council and register under Society Registration Act of Karnataka mainly to take care of the Acupuncture Practitioners in Karnataka. The Council had a Zoom meeting and decided to add many more Institutions in Karnataka **for getting the recognition from the Karnataka Government under Allied Health Care as already announced by Central Government.** The Council also decided to add all practicing Acupuncturists as ordinary members without voting rights with a payment of **Rs.5500/ (Rs.Five thousand five hundred only)** and give them a unique number for display in their clinics. The main idea is to identify all practicing Acupuncturists in Karnataka and get them

the License number through Health Department once it is approved as an Allied Therapy. As on now Central Government Health Ministry has opened their website and issued 12-digit number for all those who have registered in the website. This will be used for practice or in any Central Government hospitals as therapists. Within a month the Council is planning for a big meeting, once registration is done and the formal bank account is opened. Till that point I request all Acupuncturists to send your consent to join our Council to Dr.Ravishankar, Secretary, KAC.(Phone **9844136070**).

The eyesight and hearing improvement classes are regularly conducted by Mrs.Kallolini Patro and the members are practicing with her with good improvement which will be measured by the end of July2025. **In the mean time 15 minutes video on Eyesight Improvement uploaded by Basava Academy has gone viral and nearly 2.5 million have downloaded or seen the video which explained the points very clearly.** Those who want to see the video can click the following link.

<https://www.facebook.com/share/v/16Yuinjhko>

When I visited Basava Academy, recently many ladies who had come for treatment recognized me and voluntarily came forward to tell me that the eye exercise has personally helped them. **One elderly lady told me that her small boil in the eye vanished within few days of this practice.** It is really heartening to know this self-help, GOD given technology had helped many people not only in India but also all over the Globe. **Kindly send your feedback to me by WhatsApp. 9845649914**

Due to this video many people tried to log on to our website <http://bhojraj.tripod.com> but the Tripod management had temporarily deactivated the websites. Efforts are on to sort out the glitch and keep it open for the people all around the globe. All our Newsletters since 2000 had been uploaded in this site for viewing. This video also will be uploaded as soon as the website is revived. As on today, the web-site has been revived.

Ultimately, the D Day is arriving for the International Badaga Meet on 5th and 6th July which will be graced by Dr.Jagadish who represents Riverton in Australia as MLA. He has established 25 hospitals in Riverton and



maintained them in an excellent condition for the benefit of the people. As a popular Doctor, he did many good schemes for the common people particularly in preventive health care. **The ethnic Badagas from Nilgiris were so thrilled, when he took permission from the Chair to talk in his native language**

Badaga to thank his parents and elders of the community in his maiden speech. He has been elected for the second time this year and we the IBM Committee members congratulate him for this grand show and waiting to welcome him in Bangalore on 5th July 2025. We certainly hope the deliberations will be very fruitful and set the trend for the new generation of ethnic Badagas. Our efforts to recognize ethnic Community as Tribal has not yet met with success.

The grand success of second Indian Astronaut Mr.Shubhanshu Shukla entering International Space Station as first Indian to do so has created such a wonderful feeling among all Indians especially among young school children. The live program of docking with ISS and entering the ISS by all crew members created a festival atmosphere in India especially among students. Hats off to the Government for funding 546 crores for this project which is very crucial for the Gaganyaan Project which is expected in coming years. An article by Mr.Sundramurthy for students will be inspiring for the 10th and 11th class students whom we are concentrating for their progress. **Dr.Surendra Pal and Mr.Sundramurthy have agreed to visit Ooty in the second week of August (11th/12th) for interacting with students from all Government schools in the villages**

like last year. **Lion Krishnamurthy has agreed to explore the dates and confirm shortly.**

It is really heartening to note that many Acupuncture practitioners have shared their case histories and it is really giving wonderful relief for their own family members. **I request interested people to join our course for one year and learn the Five Element Theory along with Pulse Diagnosis. Contact Mrs.Jija Subramanian for details. Ph 8023327384**

Our Annual Meet is due in Aug/Sep 2025 and the Trust is planning for the dates and venue shortly. Those interested in contributing for the Academy may kindly contact me directly. Ph (9845649914) **I request all those studied in our Academy to keep in touch with Mrs.Jija and also join our Karnataka Acupuncture Council if you are practicing anywhere in Karnataka.**

Finally, I want to emphasis on the research grant support required for the growth of the Acupuncture Science. As a space scientist I have been working for almost 35 years in this field and found wonderful results for many problems. **We are again writing to few Corporates to involve us in their preventive health care programs initially and recognize after experiencing the benefit of Good Health of their employees.** Let us hope for the best. Thank you all for your wonderful cooperation and support for Acupuncture Science.

H.Bhojraj, Chairaman, AAA

YIN AND YANG IN LIFE (FOOD FOR THOUGHT)

Newton's third law applies everywhere in our life. **To every action there is an equivalent and opposite reaction.** This the Chinese call Yin and Yang. **Yang is action and Yin is reaction.** But both are working together to gain control over one another. It is nothing but the energy flow. Yang can be identified with positive voltage and yin with negative. Energy flows from positive to negative and gives energy. **Similarly in life also we see Yin and Yang personalities.** They may be opposing each other but they also support each other because they know, alone one cannot sustain. **If you want to be very successful in life you must know there will be opposition to whatever you do.** But one should understand the Nature itself is created like this. **The seed of happiness is in suffering and the seed of suffering is in happiness.**

KARNATAKA ACUPUNCTURE COUNCIL FORMED AND REGISTRATION PROCESS UNDER PROGRESS

By:Dr.RAVISHANKAR

A special meeting was called on 16th June 2025 at 4 30 PM by Zoom which was attended by **Dr.Hifzulla**, Pesident, KAC , **Dr.Samiullah**, Vice President, myself as Secretary,KAC, **Dr.Bhojraj**, **Dr.Basavaraj**, **Dr.Venkatesh Prasad** and **Dr.Keshavachari**. Dr.Nazeer Bhasha could not attend as he was travelling.

The meeting started with welcome address by Dr.Bhojraj, who took keen interest to form this council mainly to get the proper recognition from the State Government also, following Central Government guidelines.

Dr.Hifzulla, in his opening remarks mentioned that he had been training and treating patients with acupuncture for the past 25 years without any hindrance from the Government. With the formal approval of the Central Government, our committee approached the Health Minister and personally appraised about our requirement to get the system approved in Karnataka Assembly.

As we need a registered forum to proceed further, he had called all the Senior Acupuncturists in Karnataka especially those who are having registered institutions for training to come forward and join us in this effort. He also mentioned all those senior acupuncturists also can be motivated to join us in this movement.

Dr.Samiullah in his address expressed his unconditional support for this Council and told he would also use his connections to speed up the approval from the State. He also told instead of Karnataka Acupuncture Council it can be registered as Karnataka Acupuncture Joint Council since Karnataka Government itself may form a Karnataka Acupuncture council once it is approved by the Assembly as a bill to approve Acupuncture as a Therapy under Allied Systems.

Dr.Ravishankar told it should be made mandatory for all the Acupuncture Training institutes to join together so that the syllabus for the one year or 3 years courses can be streamlined and the practitioners also can be recognized based on their performance in the exams. For those who have already done the courses

depending on their experience a one-time test can be conducted to induct them into our council which will support them for their successful practice in any part of Karnataka. He also told regular conferences and seminars will be organized by the council for updating their knowledge. Though Karnataka Acupuncture Council is ok, it can be made as Karnataka Acupuncture Coordination Council which was existing without registration.



Dr.Basavaraj wholeheartedly supported the formation of the Acupuncture Council and had extended his course to one and half years to cover all fundamentals of Acupuncture.

Dr.Ventaktesh Prasad who has been nominated as Jt Secretary told that three options will be given to the Registration Authorities (KAC, KAJC and KACC) and depending on their advice, the Council will be registered with objectives and byelaws which is almost ready for the Committee's review. He also told the draft of the registration document will be ready within few days incorporating all the suggestions.

It was suggested the all-Training Institutions will pay Rs 50000/(Rs.Fifty thousand) as seed money for the council and will form the main Decision-Making Group. All experienced Acupuncturists can join by paying Rs.5500/(Rs.Five thousand five hundred only) as ordinary members without voting rights.

It was agreed in principle to go ahead with this proposal and get the council registered at the earliest.

Dr.Hifzulla thanked everyone for attending this important meeting and requested all members to present physically during registration.



Dr.Venkatesh Prasad, Dr.Keshav, Dr.Samiullah, Dr.Nazir, Dr.Ravishankar, Dr.Hifzulla, Dr.Bhojraj

International Badaga Meet(IBM) – 5th July 2025-The Objectives of the meet

By.Dr.H.Bhojraj, Chairman, IBM

It was discussed in one of the Executive committee meetings in 2024 that an International Conference should be called to know the wonderful achievements of all the Badaga people living abroad after knowing few achievers like Dr.Jagadish Krishnan from Nilgiris who had become an MLA in Riverton, Australia after his selfless service as a Medical Doctor for many years. In fact, he established many hospitals in and around Riverton and took care of them in all social activities. Similarly, we have Dr.Kalaivani from USA who has established herself as one of the best physicians in one of the reputed hospitals in New York. Though we know only a handful of people in other countries, we thought we must take the initiative to call all Badagas living abroad from for a meet in Bangalore with their physical presence.

A committee was formed to plan and execute the project within a year. As a matter of fact few of the members like Mr.J.Rajendran, Mr.Naulan Joghee , Mr.Bhojan and Mr.Saravanan have gone abroad for their personal visit and interacted with many Badaga residents in US and Dubai. The feedback was not very encouraging for the physical presence since it involves considerable amount of time and finance. In fact, it was planned in December 2024 during Christmas Holidays so that they can combine with their annual visit to Nilgiris. As we discussed the informal response, Mr.Rajendran, Project Director of this meet suggested July 2025 since many people may visit Nilgiris during school holidays. The date was also fixed as 6th July 2025 and they have to arrive on 5th July 2025 for the initial discussions.

As of now about 17 people have registered for their presence but many have shown interest to come on virtual mode irrespective of their difficult timings in different zones. The process is on and the President, KBGA has taken initiative to book the NIMHANS CONVENTION CENTER in the heart of the city and invited all the dignitaries from various walks of life for a productive interaction with the Badaga people living abroad. The invitees are from various Associations, Pan India, serving with broad objectives to serve the Badaga Community in Nilgiris.

The main objectives of the meet are given below.

1. **To exchange ideas and experiences:** In the fast-changing world with Artificial Intelligence, if anybody has got better ideas for the upliftment of the Badaga Community, can express it in this open forum. Every family should have a better vision and implement for their potential family members and relatives.
2. **To be face to face with Badagas living around the world:** It is a forum to meet all achievers and interact with them. Dr. Jagadish, in first term as MLA in Riverton took special permission to talk in his native language Badaga to thank his parents and

The Patrons, The President, Office Bearers and all the EC members of Karnataka Badaga Gowdas' Association cordially invite you to the International Badagas Meet!

Join us for an unforgettable evening of connection, culture, and celebration. We'd love to have you there!

INTERNATIONAL BADAGAS MEET
JULY | 05,06 | 2025
Venue: Bengaluru

To Exchange of ideas and experiences
To be Face to Face with Badagas living around the world
To know about the achievements and contributions made towards the family and society
To meet General career guidance opportunities based on experience
Any generic suggestions for improvement of our community

நங்க ஜனவகோட...

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Community elders. It was a proud moment for our ethnic Badaga Community. I certainly feel our younger generation from Nilgiris will learn many things from such stalwarts. Incidentally Dr.Jagadish has agreed to be the Guest of Honor and address them virtually.

3. **To know about their achievements and contributions made in their profession and also to the society back in Nilgiris.** This will help us to connect with their roots and motivate the youngsters to learn from such achievers.
4. **To get good advice on career pursuit and latest opportunities based on their experiences:** We expect the youngsters listening to them may get motivated to take up the courses suggested by them to get good employment abroad.
5. **To get genuine suggestions for improving the Badaga Community in the future:** Most suggestions for upliftment of the community are not disclosed **though the urge to do good for their birth place is there because there is no proper forum to take it forward.** Probably, the last mile connectivity can be bridged in such meets.

With these broad objectives the meet is being planned on 5th July 2025 at 2 30 PM and I wish everyone all the best for the grand success.



Dr.Bhojraj, Mr.Sarvanan, Mr.Nagulan and Mr.Murthy



Self-healing Acupressure kit was presented to the participants.

The IBM team visited the venue, discussed with the authorities and cleared the venue for booking on 6th June 2025. Again visited on 27th June for final meeting for reviewing the arrangements by different committees.

The tentative program for 5th July 2025

2 30 PM REGISTRATION
2 45 PM WELCOME ADDRESS BY PRESIDENT
3 00 PM OPENING OF IBM MEET
3 10 PM OPENING REMARKS BY PROJECT DIRECTOR, IBM
3 20 PM SELF INTRODUCTION BY PARTICIPANTS
3 40 PM OBJECTIVES OF IBM BY CHAIRMAN, IBM
3 50 PM INTRODUCTION OF GUESTS OF HONOR BY SECRETARY
3 55 PM ADDRESS BY Dr.JAGADISH MLA, RIVERTON,AUSTRALIA AND Sri.GOKUL KRISHNA, UAE
4 10 PM INTERNATIONAL REPRESENTATIVES VIEWS
5 15 PM ADDRESS BY OTHER SISTER ASSOCIATIONS
5 40 PM ADDRESS BY CHIEF PATRON
5 50 PM ADDRESS BY MANAGING TRUSTEE, KBGA TRUST
6 00 PM OVERVIEW OF COMMUNITY BY EX-PRESIDENT
6 10 PM FOCUS AREAS FOR DEVELOPMENT-OPEN DISCUSSIONS
7 00 PM KBGA CONTRIBUTION TO SOCIETY
7 10 PM CONCLUDING REMARKS
7 20 PM VOTE OF THANKS BY VICE-PREIDENT
7 30 PM DINNER



THE CONVENTION HALL WITH 500 SEATS

FOR HIGH SCHOOL STUDENTS

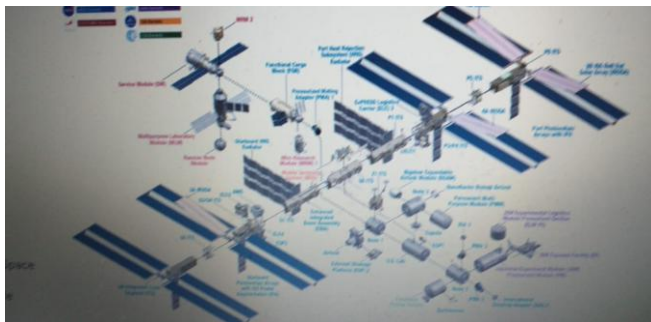
GROUP CAPTAIN SHUBHANSHU SHUKLA IN INTERNATIONAL SPACE STATION(ISS)

BY

Dr.H.Bhojraj, Mr.Nagulan Joghee , Mr.Sundramurthy and Dr.Surendra Pal

WHAT IS INTERNATIONAL SPACE STATION?

The station was designed between 1984 and 1993. The elements of the station were in construction throughout the US, Canada, Japan and Europe in the late 1980s. The International Space Station Program brings together international flight crews, multiple launch vehicles, globally distributed launch and flight operations, training, engineering and development facilities, communication networks, and the International scientific community.



INTERNATIONAL SPACE STATION MODULES

In 1993, Russians joined the ISS. Five partner agencies, the Canadian Space Agency, the European Space Agency, the Japan Aerospace Exploration Agency, the National Aeronautics and Space Administration, and the state space corporation " ROSCOSMOS", operate the International Space Station, with each partner responsible for managing and controlling the hardware it provides.

WHY ISS WAS CONCEIVED AND EXECUTED AT A HUGE COST?

ISS is the unique blend of unified and diversified goals among the world's space agencies that will lead to improvement in life on Earth for all people of all nations. All agencies recognize the importance of

leveraging ISS as an education platform to encourage and motivate today's youth to pursue careers in Science, Technology, Engineering and Maths (STEM). Also educating the children of today be the leaders and space explorers of tomorrow.

WHAT ARE THE GOALS?

It is mainly to apply knowledge gained through ISS research in human physiology, radiation, material science, engineering, biology, fluid physics and technology enabling future explorer missions. The main goal is to return the knowledge gained in space research for the benefit of the society.

WHY GROUP CAPTAIN SHUBHANSHU SHUKLA'S MISSION IS IMPORTANT FOR INDIA?

ISRO had already developed the rocket and qualified for carrying humans with a payload of 10 tons into low earth orbit and is embarked on launching the first GAGANYAAN flight by this year end. Already four Astronauts were selected and trained in Russia for one year. The US and Indian Governments have approved the proposal to send one of the Astronauts to ISS to gain experience in Space Experiments. **Mr .Shubanshu Sukla was selected for the travel with the backup of Mr. Prashanth Nair, another trained astronaut.**

HISTORIC DAY FOR INDIA

June 26, 2025 is an historic day for India. It began with a thunderous roar from Cape Canaveral and ended 28 hours later with a gentle, precise docking around 400 km above Earth as Dragon capsule Grace latched into the International Space station ISS at 4.02pm on Thursday.



DRAGON CAPSULE GRACE

Group Captain Shubanshu Shukla, aka SHUX, quietly made history, entering ISS at 5 44pm. A minute after

Commander Peggy Whitson. Shukla's presence aboard the orbiting lab marks not just the personal milestone but a national turning point. India has arrived at the frontiers of commercial human spaceflight. Shux is given the number 634. He had a wonderful conversation with our Honorable Prime Minister on 28th June from Space and explained his experience to the whole nation. The 140-crore people of India are very proud of SHUX and they own them as their own family member.

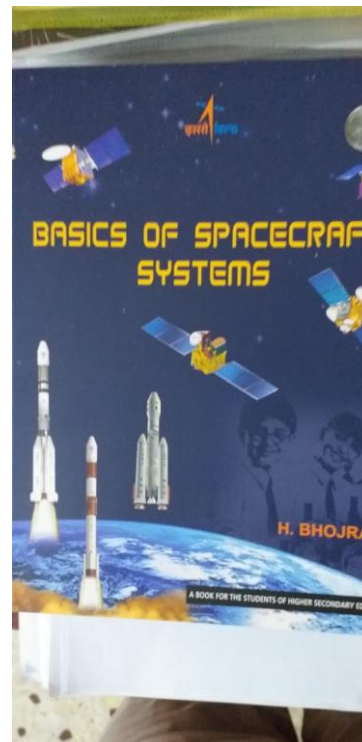
That is the power of Space Technology . Dear students, you can also dream like SHUX and achieve it in future. India is looking forward to young Indians to take charge so the make developing India into developed India five years earlier to our government's target of 2047.

We are planning to visit Nilgiris during second week of August 2025 tentatively on 10th and 11th and interact with all school children from various schools studying in 11th Standard particularly from Government High Schools in Nilgiris. Based on the approval Lion.Krishnamuthy of OOTY LIONS CLUB is agreeing in principle to organize the lectures on Gaganyaan/ ISS and Aryabhata India's first Satellite launched on 19th April 1975.

Dr.Surendra Pal is renowned ISRO scientist who after his retirement served as Vice Chancellor for Defense University, Pune and improved the strength from 800 to 2000 in a short span of 3 years by introducing many

advance courses in Engineering. As the President of IEEE he served the conducted many seminars regularly in India and attends the IEEE yearly meetings in US as Council member.

The book "Basics of Spacecraft Systems was written in year 2009 while I was serving in ISRO in consultation with Kendrya Vidyalaya Science Teachers in Jeevan Bheema Nagar where most of our Employees Children have studied. The teachers appreciated the efforts and it was recommended as an optional course for 11th Std CBSE students. But since I retired in 2011, I could not pursue further but I have personally distributed this



book to almost all Government schools in Nilgiris mainly to motivate the children to know the terminology of space sciences. I am very happy to note Group Captain Shubhanshu created so much interest among students and now it is the time to add Space Sciences in High School curriculam in 11th Std as an optional subject and prepare the teachers

to teach them with the help of retired ISRO officers.

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 SCIENCE COMMUNICATION, PUBLIC OUTREACH, AND EDUCATION SECTION
 II BLOCK, KORAMANGALA, BENGALURU - 560034

IIA SCOPE SEMINAR SERIES - 9

ARYABHATA

THE SATELLITE WHICH USHERED INDIA INTO THE SPACE ARENA

21 June 2025, Saturday
4:00 PM
 IIA Auditorium, Koramangala
(Tea will be served at 3:30 PM)

2025 is the 50th anniversary of the Aryabhata Satellite launch. This satellite was made by a team of engineers, fresh from college with an average age of 25 years. This talk by someone who was involved in the project, reflects back on the journey as well as the Indian Space Paradigm of today.

DR. SURENDRA PAL
AcSIR Academy Life Professor
 Former DRDO Dr. D.S.Kothari Chair DG ECS Office Bangalore
 Prof. Satish Dhawan Professor, Senior Adviser, Satellite Navigation (ISRO)
 Distinguished Scientist, Associate Director, Chairman GAGAN-PMB &
 Prog.Director Sat.-Navigation-URSC (ISAC)-ISRO
 Former Vice-Chancellor, Defence Institute of Advanced Technology, Pune

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livestreamed on YouTube**

<https://bit.ly/iss-9>

DEPARTMENT OF SCIENCE & TECHNOLOGY

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SCOPE

MONEY CAN BUY A HOUSE- NOT HOME
MONEY CAN BUY A BED- NOT SLEEP
MONEY CAN BUY A CLOCK- NOT TIME
MONEY CAN BUY A BOOK- NOT KNOWLEDGE
MONEY CAN BUY FOOD-NOT APPETITE

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VISIT TO BASAVA ACADEMY

The team under the leadership of Dr.Basavaraj was congratulated by Chairman, AAA and visited Basava Academy to personally thank them for the wonderful video on Eye Sight Improvement. All of them agreed to attend a lunch hosted by AAA Trust in near future.



The Basava Academy team with Chairman AAA

Chance Meeting with

Mr.Lakshminarayanan, 92 years



After our visit to Basava Academy, Mr.Nagulan took me to an intellectual who had worked with the Government for decades and now retired in Bangalore. He is 92 years **young** and told us that he followed Yoga and disciplined life to keep himself healthy. We accepted him as our Guru and conveyed our wish to visit him again. I also presented our book on Eye Sight improvement.

NLP TREATMENT NOW AVAILABLE IN OUR RT NAGAR CENTER.



Ms. Mamtha experienced NLP trainer from Chennai had joined Dr.Giridhar Gopal in the Research Center RT Nagar. Those interested in learning or undergoing treatment can contact Dr.Giridhar Gopal. Ph8088033337

EDITORIAL TEAM

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

Dr.ANISH GUPTA, PRESIDENT ASA, MEETS CENTRAL HEALTH MINISTER

Dr.Anish Gupta and the high-level team met Honorable Health Minister **Shri.J.P.Naddha** and discussed about the



Acupuncture Recognition by Central Government. The relevant rules and regulations are likely to be finalized shortly.

PREVENTIVE HEALTH CARE-FINGER RINGS, THUMB PAD AND ACU-BALL

AAA has planned to give two Finger Rings, Thumb Pad and Acu-ball as an asset for daily activation by individuals every day for 5 to 10 minutes which activates all the 18 acu-points in the palm region. This exercise will improve the flow of energy(**Prana which is the invisible part of blood**) and corrects all the imbalances in the body.

DAILY PROCEDURE

For 30 seconds insert the white or black ring in one finger and move up and down. Then shift to all other fingers which will take 5 minutes. Black ring for the gents and white ring for the ladies recommended. Then insert the thumbpad on the right thumb and press the palm repeatedly all over with concentration on breathing. Pressing while breathing in gives excellent results. Continue for 2 minutes and repeat on the other side. Then finally for one minute roll the ball with



both palms. Every day if you spend 10 minutes in the morning coffee table, you will feel the changes in your energy levels and you will not feel tired easily. Kindly try and give your feedback to me 9845649914.

This kit is available for Rs.100 per set. Those who need 10 sets and above contact Mr.Nagesh Ph 8861696026 It will be sent by post parcel.