

ACU WELLNESS

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

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JULY-AUG 2024

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FROM THE CHAIRMAN'S DESK

Dear Well Wishers,

I really feel proud to write the editorial this time because of the simple spark in the mind during my retirement to start a research Academy for Acupressure and Acupuncture had created waves across youngsters for eyesight improvement and elders for hearing improvement with self-Acupressure. Similarly, **Acupuncture, as per our advance course book "Acupuncture-The drugless path to good health" had proved the potential to offer relief as well as cure for many health-related problems.** As you all know it took many years to establish it as



an effective therapy **and now the time has come to prove the efficacy of the treatment in the National level.** The management of FAST Board headed by Dr.Samiullah had taken it up seriously and propagated to all its trained Acupuncturists and also to the students joined the courses in various levels. I would like to thank the Apex Committee under the Chairmanship of Dr.C.K.Raju for guiding all Research Directors and Research Associates in future.

The first meeting of the Apex Committee is likely to be held in JULY 2024 and after through discussions the various parameters to be monitored before, during and after three months of Acupuncture Treatment will be finalized. **The top priority is to motivate about 100 Researchers with qualification and aptitude for research should be identified and made to join FAST Board as Research Associates by paying a token sum**

ofRs.5000 to the Board and subsequently proper Identification Card and protocols for research can be printed and sent to them.

We are also looking for similar research associations to come together under one forum and follow our protocol for 6 months to get the data for analysis. As the system is neither recognized by Central Government nor the State Governments except Maharashtra and West Bengal, it is difficult to get research funds from the Government. The Corporates like Reliance, Wipro, Infosys foundations must come forward to fund such research areas so that the overall health of the people in the country will improve. The FAST Board Chairman will take action to interact with such Charitable Foundations and get the required funds for conducting systematic research not only in INDIA but also all over the world.

Our Badaga Community predominantly settled in Nilgiris is likely to get the recognition as Scheduled Tribes in the Parliament within few months or years depending on the priority of the Tribal Ministry. **The agrarian community is slowly drifting away from the core values established by our fore fathers.** It is a tribe with different culture mainly to train the people with the nature predominantly in the fields working with five elements. But today the IT field is feeding the population which is not going to last forever. The agriculture was and is our main field and by getting better price for the green leaf, our old culture will come back to life. I thank Mr.Ganesh Ramalingham, the main coordinator for his tremendous efforts for getting ST status for Badagas. He has been working for the past 10 years very silently with the support of few elders. **Mr.Ganesh has done a yeoman's job to put it across to the Tribal Ministry of the Central**

Government and monitoring relentlessly for the approval.

Finally, I thank all my mentors especially from ISRO for encouraging me to take up this Acupressure and Acupuncture and liberally donating our Academy to run the show. **To show our gratitude, we planned to invite all our Mentors and Donors for a lunch on 25th August 2024 in Hotel Monarc Luxer, near Shivajinagar Bus stand. I request all of you to attend and show your solidarity for our research projects.**

The Annual Day of our Academy also will be celebrated and seven of those who completed one year Advance Course for the year 2023-24 will be given their certificates. **I request all my mentors, supporters and practitioners to encourage us as you have done in the past by attending our Annual Function and giving your advice for future activities.** Many of our achievements will take decades to get the recognition **but it is our duty to the humanity, to research and give better solutions to keep themselves happy and healthy.**

H.BHOJRAJ,CHAIRMAN,AAA

DONORS IN JUNE-JULY

Ms.GEETA KESWANI Rs 4000, Mr.JAGANNATHAN Rs.2000, Mr.GURUMEET S Rs.2000, Mr.RAJAGOPAL Rs.2000, Ms.SUGUNA Rs.2000, Mr.MOHAN K NAIR Rs.2000, MrSESHADRI S Rs.2000, Mrs.MANJULA DEVI Rs.2000,Mr.KISHAN CHANDINI Rs.2000, Mrs.REKHA S.V Rs.4000,Mr.SANTOSH KUMAR Rs.2000

Mr.SATHYAMURTHY L Rs.10000

Mrs.JIJA SUBRAMANIAN Rs.5000

SEND YOUR DONATIONS TO

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

INDIAN BANK, RAJAJINAGAR A/C 6012588256

IFSC : IDIB000R005



ARYABHATA VETERANS MET ON 16TH JULY 2024

FOR HIGH SCHOOL STUDENTS

KNOW ABOUT “ ARYABHATA “ INDIA’S FIRST SATELLITE

BY. Dr.H.BHOJRAJ

Aryabhata was India’s first satellite, named after the famous Indian astronomer. It was completely designed and fabricated in Bangalore and launched by a Soviet KOSMOS-3M rocket from Kapustin Yar near Volgograd on **19th April 1975**. I am really proud to be a part of the launch team to the Military Launch Complex and spent nearly 36 days till the launch of the Satellite.

I was recruited by Prof U.R.Rao, in the interview conducted in Indian Institute of Science campus in 1972, which was temporarily used for starting the project. When I received the appointment order as Technical Assistant “C” , I was really thrilled and joined the under construction Peenya Industrial Estate Sheds on 7th November 1972 as 37th employee of the Indo Soviet Satellite Project (ISSP). It was unfinished shed and almost all the engineers recruited were freshers with no experience on any spacecraft.

As soon as I joined in the Administrative Office I was taken to a shed where all engineers were sitting with T8 and T9 Godrej tables. I was shown a table T-9 which has drawers on both sides. This table was occupied by one Mr.Balan and I had to sit on the opposite side and shared the other set of drawers. I started my satellite building journey by sharing the table for few months and then we started building the laboratories depending on our core group. As I worked as Junior Research Fellow in PSG College of Engineering on the research on Thermal Fatigue, Dr.U.R.Rao allotted me to Thermal Control of Satellite and the seniors with few years of experience in V S S C, Trivandrum started coming on tour and later got transferred to ISSP.

Nearly 150 engineers with a supporting staff of 150, worked almost day and night for three years to design, fabricate, test and launch the satellite “ARYABHATA” from USSR in 1975. The ARYABHATA team hosted a lunch for Prof U.R.Rao in 2013 mainly to show our gratitude to him for initiating such a wonderful project right from the scratch and made India proud of joining the Space Club. **We will be celebrating the 50th Anniversary of the great launch on 19th April 2025 and the ARYABHATA veterans are planning to come**

together and celebrate in a big way though we miss our Mentors Prof. U.R.Rao and Prof. Sathish Dhawan.

29th JUNE 2024

Advance Acupuncture Course completed for 2023-24

The advance course conducted by our Academy was completed on 29th June with the Final Examination conducted on 29th June from 2 PM to 4 PM. Out of 5 participants 4 of them took the examination and come out with flying colors. Sr.Naina had already done our course in 2012 was exempted from the examination.



It was decided with the participants that the main graduation ceremony will be held on 25th August in a hotel from 10 AM to 1PM followed by lunch. All were asked to plan the event under the guidance of Mrs. Jija Subramanian who is one of our main faculty members and also Trustee (Accounts). The formal approval for the date and venue was given by the Trustees and the program has been firmed up.

DIABETES RESEARCH TAKEN OFF WITH GRAND SUCCESS

Mrs.Vidya Vasekaran, M.D(ACU) REPORTS WONDERFUL RESULTS WITH Sp-6, FOR DIABETES CONTROL FOR HER FATHER AGED 68 YRS. Phone; 9789051423

I have done my one-year Advance Acupuncture Course from the Academy and subsequently did my MD(ACU) with Sri Lankan Open University in the year 2023. **The formula given by Dr.Bhojraj for Diabetes control (Sp-6 Reduction, Liv-1 Increase, Lu-7**

Reduction and P-7 Reduction) was working like miracle for many problems, mainly for Diabetes control.

My father Shri.V.Jayakumar, aged 68 years has been treated for Diabetes for the past 10 years (Melmet 500 Morning and night after food) and his sugar was under control. **Every 3 months we used to measure HbA1c and it was showing 7.6 on March 26th when we tested.** Fortunately, I read Dr.Bhojraj's article for Diabetes research and the formula given for 4 sittings per week for one month and 3 sittings per week for second month and 2 sittings per week for third month. I started treating him almost four to five sittings in a week for past three months. **When we tested HbA1C on July 2nd, we were all in for the surprise. The HbA1c has come down to 6.7 which is prediabetic according to the test results and has the potential to reduce the medication also.**

I am continuing my acupuncture treatment for my father once in a week for my father as a precaution and I will report the results after 3 months. Thank you, Doctor for this scientific therapy. **Now I planning to treat about 20 Diabetes patients and report the HbA1c results before and after 3 months of treatment.**

CHAIRMAN'S COMMENTS

It is really great to see the effect of Acupuncture for improving the metabolism of the individuals. The Universal Formula adopted by the practitioners of our Academy has shown wonderful results not only for Diabetes but also for menses related problems. We request all Acupuncturists to join as research Associates for this Research Project conducted by FAST BOARD under the Guidance of ETHICS COMMITTEE headed by Dr.C.K.Raju.

My HbA1C is now 5 says Mrs.Mala Chowdray, 58 Yrs Advance Acupuncture Practitioner

I joined the advance course before pandemic period and I attended all theory classes but could not complete the course. After the covid vaccination, I started getting palpitations and was even hospitalized in Oct/Nov 2022. My creatinine was high and Hb in the blood was also below 9 sometimes. I also treated for high BP and Diabetes with tablets. I also took Tibetan medicine for my arthritis.

Fortunately, in 2024 beginning, I could get Dr.Bhojraj on phone and he allowed me to join the Advance

Acupuncture Course conducted in his house. It was great experience for me practically. **With the Sp-6 reduction formula he demonstrated that all blood parameters started improving and I was feeling more energetic.** The giddiness feeling vanished within three weeks of my training where we were asked to activate the points ourselves on the Universal points for Diabetes also. As I had to come to Assam for my personal work, I continued the formula activation as taught in the class almost thrice a week. **To my great surprise my HbA1C has come down to 5 which indicated non-diabetic but I am continuing my medication which I have planned to reduce after consulting my doctor. Earlier my HbA1C was 7.** My creatinine is maintained at 2.5 and it has not gone up is a good sign. I was taking medication for depression and panic attacks but after treating myself with Acupuncture on P 6 and H 7 daily for 15 days, I could come out of it and the Doctor stopped my medication after the check-up.

I continue to practice Pranayama, Tai Chi and Qi Gong daily and I am feeling much better in these 6 months after joining the Advance Course again. I am confident that I can help many people with Diabetes by registering myself as Research Associate under your guidance. Thank you, Doctor, for the wonderful training and guidance.

It is really heartening to know Mrs.Mala Chowdry could learn acupuncture from our Academy and treat herself to come out her health problem, particularly diabetes.

She will be awarded the certificate on 25th Aug 2024

WONDERFUL RELIEF FOR MY NECK PAIN WITH ACUPUNCTURE TREATMENT-SAYS INDIRA GANGADHARAN 75 YRS

In December 2023, I had terrible neck pain and it was unbearable for me. I was not able to move my head at all without pain. As I was advised not to take pain killers due to other problems, I managed that day with some balm application. Next day I remembered Dr. Bhojraj's acupuncture treatment I had for my leg pain which was totally relieved in four sittings 5 years back and I could walk to Sabarimala and come back without any pain.

As he had closed the Academy, I called him and got an appointment on 4th Dec 2023. This time it took 3 sittings over a span of one month, my neck pain

completely vanished. In the first sitting itself I got 50% reduction in the pain and he taught me the acupressure points to relieve neck pain which I used to do daily twice. The acupressure points really helped me to recover faster.

I am very grateful to you , Doctor. In July 2024, I was having left leg sciatica pain and after the first treatment my pain has come down by 60% and am able to walk freely. I am confident that I could come out of this also within few days.

Though Acupuncture has given relief for her problems, one should go to the root cause of the problem and address it. In aged people the recovery rate will be less compared to younger people. Instead of blaming the aging process, it is better to motivate them to do preventive health care with Acupressure so that they can avoid pain killers as far as possible.

ACUPUNCTURE PRACTITIONERS DIRECTORY FOR BANGALORE IS BEING PLANNED BY FAST BOARD MAINLY FOR OUR RESEARCH ON DIABETES. I REQUEST ALL QUALIFIED ACUPUNCTURISTS TO CONTACT ME, FOR INCLUDING IN THE DIRECTORY WHICH WILL ENABLE YOU GET MORE PATIENTS FOR OUR RESEARCH.

H.BHOJRAJ, 9845649914

COMMUNITY NEWS

44TH YEAR ANNUAL FUNCTION CONDUCTED SUCCESSFULLY BY KBGA

By.Dr.H.BHOJRAJ

The Karnataka Badaga Gowdas' Association(KBGA) started with just 15 Badaga Professionals in 1980 has grown into a huge Association with 1000 registered members. I was the Vice President of the Association in 1980 and served as President from 1986 to 1990. Badagas are originally ethnic Tribals in Nilgiris, wonderfully planned their habitats spread all over Nilgiris with Agriculture as their main profession and developed a unique culture which are followed even today in our life. Every Badaga family is very proud to possess a small land for their sustenance and it is very rare to see someone goes without food for that day right from the beginning in the villages. They avoid towns like OOTY, Coonoor and Kotagiri mainly to make sure all business community people kept away from our tribal traditions. For years together, they

maintained this and given top most priority for education especially during Shri. Kamaraj's time.

The Britishers introduced the cash crop Tea among the Badagas and when they left few of them got the acres of land for their growth. Along with this the English vegetables introduced in Nilgiris by the Europeans especially Germany has uplifted the Badagas to a greater extent. During Nehru's period a survey was conducted on Badagas about their economy., They found every family had a small land to build their house, many have built their houses and their economy was much better than other tribal communities. Based on the report, 1950 the Badaga Community was removed from Scheduled Tribes and were made Backward Community in the list.

But today, we want our Tribal Status back because our customs and rituals have not changed and we the educated lot should preserve this and make sure this UN approved tribal community is recognized by the parliament. A dedicated team in Nilgiris has been following this for the past 10 years and it is likely to be approved as Scheduled Tribes in the Parliamaent.



As Badagas have given top most priority for education in Nilgiris, thousands of them got good education and working away from Nilgiris. The number of Badaga people working in different fields increased manyfold and the economy is sustained mainly due to salary earning not due to agriculture because green tea leaf price is just Rs15 per Kg now compared to the price of Rs 20 per Kg in 1990 to 2000. As the small tea growers started feeling the pinch since input prices like fertilizer and labour charges have increased many times. The educated mass left agriculture and started joining Information Technology after qualifying themselves and most of them joined the International Companies in Bangalore. A rough estimate is about 5000 Badagas are living in Bangalore though most of them go to their villages for any functions or rituals like paying their One Rupee to Heathaiamman in December-January every year.

The Association conducts annual get together every year and reminds them about our culture by eating together our traditional food and dancing for few hours together to show the solidarity with our community. The function was conducted on 23rd June 2024 and was attended by 700 people. Cricket Tournament winners and Foot-ball tournament winners were rewarded in the function. The students who scored above 80% in 10 and 12th Std were rewarded. Many office bearers from other similar associations in Tamil Nadu also attended the function to show their solidarity with KBGA.

It was proposed in principle to conduct World Badaga Meet in Bangalore during December 2024 inviting all achievers from different field and expose them to our Bangalore members and also proposed to utilize the available half acre site near Bylalu for a Skill Development Centre exclusively for Badaga students from 440 villages in Nilgiris.

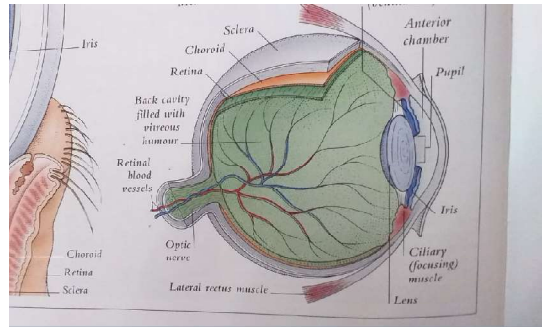


UPDATED INPUTS ON S.T.RECOGNITION OF BADAGA COMMUNITY FROM Mr.GANESH RAMALINGHAM

We the Badaga Community want to restore our Tribal Status because we meet all the criteria to be officially recognized as tribes as on date. We the educated lot should practice and preserve the customs and culture and make sure UN-MP recognized Indigenous community is also officially recognized by the parliament of India, as in the Pre-independence Census Reports, especially the 1931 Census which was the base for the ST list. A dedicated team in Nilgiris has been following this for the past 10 years with all the relevant Government declared records both legally and constitutionally. Thereby, it is likely to be approved as Scheduled Tribes in the Parliament in near future on clarifying certain points raised by the ORGI.

CRITERIA FOR SCHEDULED TRIBE STATUS AS PER INDIAN CONSTITUTION

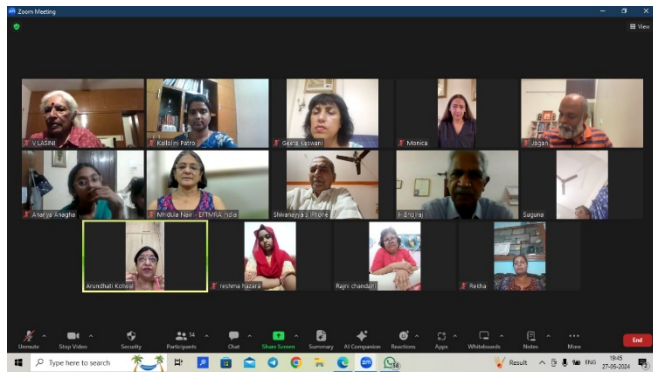
1. INDICATION OF PRIMITIVE TRAITS=ANCIENT AND ABORIGINAL BY NATURE
2. DISTINCTIVE CULTURE= UNIQUE ETHNIC CUSTOMS AND CEREMONIES
3. GEOGRAPHICAL ISOLATION= NATIVITY CONFINED TO NILGIRIS ONLY
4. SHYNESS OF CONTACT WITH COMMUNITY=HESITANCEY AND HUMBLENESS
5. BACKWARDNESS= EDUCATIONAL, ECONOMICAL, GEOGRAPHICAL ETC



EYE DISORDERS-

MACULAR DEGENERATION

BY Ms.Kallolini and Dr.H.Bhojraj



Macular degeneration is the leading cause of vision loss and millions of people are showing signs of this disorder. Because the symptoms usually do not appear in people under 55 years of age, the disorder is often referred to as AGE-RELATED MACULAR DEGENERATION (ARMD). If you are over 65, macular degeneration may already affect your central vision, even though many sufferers of the disease maintain functional side or peripheral vision throughout life. The disorder may occur in two forms, **dry or wet**. The less common wet form of ARMD requires immediate medical attention; and delay in treatment may result in the loss of your central vision.

WHAT ARE THE CAUSES?

Macular degeneration is scarring of the macula, a spot about 1.6 mm diameter at the center of the retina. The macula enables you to read, watch television, drive sew – anything that requires focused, straight-ahead vision. Although the rest of the retina can continue to process images at the sides of your fields of vision, the scarring distorts or obscures the part of the central image that your eye transmits to your brain.

When few of our participants shared their experience of improved vision which enabled them to insert the thread in the needle shows improvement in the macula.

In the dry form of ARMD, tiny yellow deposits develop beneath the macula, signaling a degeneration and thinning of nerve tissue. A small number of cases develop into **wet, or neovascular**, form of ARMD, in which abnormal blood vessels grow beneath the macula. As these vessels leak blood and fluid into the retina, retinal cells die, causing blurs and blank spots in your field of vision.

Those who have history of this disorder in the family should be doubly careful. Those who have diabetes, high blood pressure, heart diseases and nutritional deficiencies should be very careful and check the eyes regularly with eye doctor.

TREATMENT

Macular degeneration is not reversible as per the modern medical system, so people who develop dry ARMD typically compensate with large print publications and magnifying lenses for everyday activities. WET ARMD may be successfully treated with laser surgery. Both forms respond positively to ophthalmology treatment as well as to alternate remedies. ACUPRESSURE taught in the class will certainly help not only to cure DRY ARMD but also avoids the root cause of the disease which is impaired energy circulation to the eye particularly to the macula. Proper food, improved digestion and easy elimination are very essential to avoid toxins in the blood.

ANNUAL FUNCTION ON 25TH AUGUST 2024

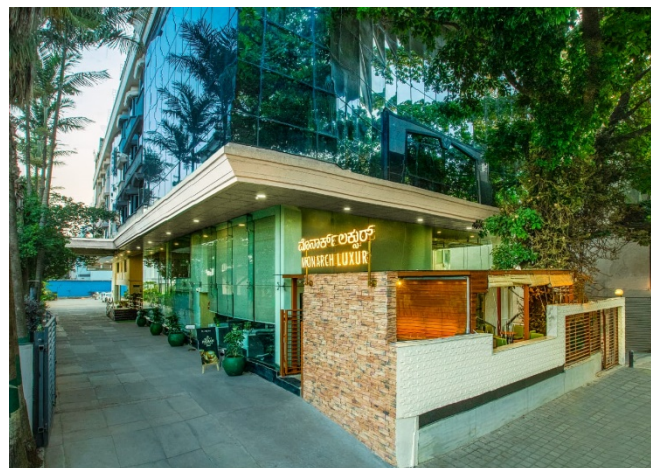
The Academy was conceived in the year 2011 had taken shape on 2nd Feb 2012 and the inaugural function was held on 11th March 2012 at Hotel Chalukya by Shri N.Achutha Rao, Director General of Police at that time. The main aim of the Academy was to spread the knowledge of Acupressure and Acupuncture along with other drugless therapies. Also to conduct systematic studies and collect data for research and analysis. The main objectives were achieved in the past 12 years and the Academy is in the forefront in the eyesight improvement for youngsters, hearing improvement for the elders and also for controlling Diabetics with Acupuncture in collaboration with FAST Board under the Chairmanship of Dr.Samiullah.

The recognition of Acupuncture as a system by Central Government and State Government is being pursued by the Apex Committee both in Karnataka and in Delhi. Our plan to have our own Campus for Acupuncture education is interconnected with the recognition which is likely to happen in few years with the collaborative efforts of all Acupuncturists in INDIA.

As a mark of thanks giving to all our Mentors, Donors and Supporters we have organized a function on 25th August 2024 in Hote Monarc Luxer near Shivajinagar Bus Stand. We request all those who have contributed to our 12 years growth to attend the function and motivate the team to work with renewed enthusiasm.

ANNUAL FUNCTION OF AAA ON 25TH AUG 2024

VENUE: HOTEL MONARC LUXER, INFANTRY ROAD



TENTATIVE PROGRAMME

10 AM TO 11 AM ASSEMBLY WITH COFFE/TEA

11 AM WELCOME ADDRESS

11 15 AM ANNUAL REPORT

11 25 AM 12 YEARS ACIEVEMENTS

11 35 AM ADDRESS BY GUESTS OF HONOUR

12 05 PM GRADUATION CEREMONY

12 15 PM HONOURING THE ACHIEVERS

12 30 PM ADDRESS BY CHIEF GUEST

12 45 PM CONCLUDING REMARKS

12 55 PM VOTE OF THANKS

1 PM TO 2 10 PM LUNCH

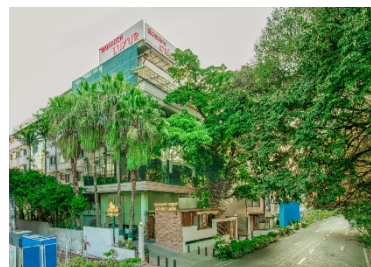
2 15 PM TALK ON "CHANDRAYAAN 3"

3 PM ENTERTAINMENT PROGRAM

3 45 PM COFFEE/TEA

4 00 PM CLOSE OF THE FUNCTION

Mrs.Jija Subramanian has been nominated as the Chair Person of the Organizing



Committee and will be sending the invitation to all our supporters. Kindly reserve the date and attend to extend your

support to spread the simple healing systems to the common man.

HAPPINESS COMES FROM LIKING WHAT YOU HAVE, RATHER THAN EXPECTING TO HAVE WHAT YOU LIKE.

ANNOUNCEMENT FOR DIABETES RESEARCH WITH ACUPUNCTURE

THE ETHICS COMMITTEE MET AND DECIDED TO TAKE THE RESEARCH FORWARD FOR ONE YEAR AND MOTIVATE THE QUALIFIED ACUPUNCTURIST IN BANGALORE TO REGISTER WITH THE FOLLOWING RESEARCH DIRECTORS BEFORE JULY END.

THE IDENTITY CARDS AND AUTHORIZATION CERTIFICATE FOR TREATMENT AS PER THE PROTOCOL WILL BE SENT TO ALL RESEARCH ASSOCIATES AFTER OUR MEETING IN AUGUST SECOND WEEK. THOSE QUALIFIED ACUPUNCTURISTS INTERESTED IN DIABETES RESEARCH MAY KINDLY CONTACT THE FOLLOWING AND REGISTER YOURSELF

Dr.A.R.SAMIULLAH MODERATOR FOR RESEARCH-
PHONE: 90198 48494

Mrs.JIJA SUBRAMANIAN, RAJAJINAGAR,
9986168181

Ms.NASURATH SHABANA, BHARATHINAGAR,
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Mr. MOHAN KUMAR, C V RAMAN NAGAR
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Ms.VANAJA, VINAYAKA LAYOUT
63606 97134

**EVERY PROBLEM HAS A SOLUTION.
NO LOCK IS MADE WITHOUT A KEY.
IF THERE IS NO SOLUTION, THEN IT IS NOT
CALLED A PROBLEM.**



(CHANDRAYAN 3 MOON LANDING) 23RD AUGUST
2024, FIRST ANNIVERSARY AND TECHNOLOGY DAY

TRAINING FOR RESEARCH VOLUNTEERS

WE HAVE DECIDED TO TRAIN VOLUNTEERS FOR EYE SIGHT IMPROVEMENT RESEARCH FOR ONE WEEK INTENSIVE TRAINING BY ZOOM SESSIONS FOR ONE HOUR EVERY DAY. ANYONE WITH GOOD EYESIGHT CAN JOIN. NO FEES.

TRAINED PEOPLE WILL CONDUCT CLASSES FOR 10 PEOPLE FOR 3 MONTHS AFTER REGISTERING WITH THE RESEARCH ASSOCIATE THROUGH AAA.

CONTACT Ms.KALLOLINI PATRO PH 99114 13405



Dr.BASAVARAJ, CHAIRMAN BASVA ACADEMY VISITED Dr.BHOJRAJ WITH Mr.NANI TO DISCUSS ABOUT HIS LATEST INVENTION OF NADISWARA. Dr.Basavaraj has got his PhD in Computer Science after doing B E (Electronics) and M Tech in Computer Science. After serving as Professor in Jain University, he took up Alternate Therapy as his passion and completely dedicated his life for finding scientific proof for Five Elements Theory and discovered Nadiswara for Acupuncturists and Ayurveda Doctors which was released on 5th August 2018. He will be honored by AAA ON 25th Aug.

THE KNOWLEDGE SOCIETY OF THE PRESENT WORLD CAN REALLY DO MIRACLES FOR WORLD PEACE AND PROSPERITY

Generally, in any civilization, people were segregated into four groups depending on the training of their mind in the formative age up to 20 years. The first and foremost is the **KNOWLEDGE CLASS** which has in depth knowledge on their field of study including spiritual aspects of life. The greatest well-being and happiness prevail among greatest number when this class of people who have this knowledge ascend to the power. In such a rule, the public servant will be free

from greed, lust and cruelty. Such governance brings justice, simplicity, honesty and consideration for others. This knowledge society has increased many folds due to free knowledge available due to technology revolution. It is the time to recognize the need to respect this knowledge which is available in abundance due to our seers and sages who lived in INDIA .

The other three classes are **THINKING CLASS** which has a profession, supplying information and services to the traders and workers, **TRADING CLASS** which trade the products manufactured by physical class and finally the **PHYSICAL CLASS** who are the backbone of our economy called muscle workers or body workers without them all the first 3 classes could not function.

Today our World has become Knowledge Society, thanks to Internet, Google and You Tube. Particularly INDIA is in the forefront with our traditional knowledge. **We have the capability to lead the world. Let us come together and work together to achieve this top position both in materialism and spiritualism. It gives health and happiness to the humanity.**

Let us together work for INDIA.

WHAT DOES AN ENLIGHTEN MIND DO?

- 1.CONSIDERS THE WHOLE WORLD IS MY FAMILY.**
- 2.CONTRIBUTES MORE FOR THE SOCIETY**
- 3.THEY BECOME GIVERS NOT TAKERS.**

EDITORIAL COMMITTEE:*Dr.H.BHOJRAJ, Mr.NAGULAN JOGHEE, Mrs.JIJA SUBRAMANIAN, Mr.SUNDRAMURTHY, Prof.SOMA , Mr.GANESH RAMALINGHAM (GUEST EDITOR)*