



# ACU WELLNESS



ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE  
1963, 8<sup>TH</sup> MAIN ROAD, E BLOCK, II STAGE, RAJAJINAGAR, BANGALORE-560010

**JUNE 2025**

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## FROM THE CHAIRMAN'S DESK

At the outset, I would like to convey our heartfelt congratulations to all three Defense Forces for their wonderful display of war preparedness and every citizen deeply understood the value of our Defense Forces after witnessing the war in the western border live on TV Channels. Not only they developed modern weapons but also used their innovations to convert the old equipment into modern automatic and accurate weapons which saved our western border States from the disaster of enemy missiles at lesser cost. Not only that the Brahmos and Akash missiles taught a life time lesson to the enemy but conveyed strongly, that the whole country is prepared for any sinister design in future.



ISRO veterans, in our mentor group met on 5<sup>th</sup> May after the Pahalgam attack of civilians and strongly condemned the terrorists and their sponsor. **We met again on 14<sup>th</sup> May to congratulate our government headed by the Iron Man Shri Narendra Modi for the life time lesson to enemy country and also congratulated the Scientists from DRDO for their superb display of**

**three decades of research products by DRDO which was transformed by Dr.Abdul Kalam.**

The veterans also congratulated the ISRO scientists for their accurate positioning details and accurate pictures with the Satellites before and after strikes. **We recorded our great appreciation for ISRO team for their great contribution to National Defense.**

I sadly acknowledge the great loss of the Radar Imaging Satellite in the orbit due to PSLV 3<sup>rd</sup> Stage Motor failure. ISRO has seen many such setbacks and has come out with flying colors in subsequent missions. **We wish the ISRO Team all the best for their upcoming ambitious missions.**

Coming to our Preventive Health Care mission, I am very happy to record that many corporates are ready to incorporate our Preventive health care programs which involves all the individuals and **making them understand that health is one's own concern and preventive techniques not only help them to stay healthy but also increase the productivity of the Organization.**

I have planned to write to almost all leading IT companies in Bangalore to have a first-hand meeting with their Human Resource Department officials and get into a Memorandum of Understanding for **deployment of Acu-Therapists regularly for treatment as well as preventive health care in collaboration with Basava Acu Academy** . Initially we are planning to take up Migraine which is affecting the productivity of

young female population with assured cure and Pre-Diabetics in the age group of 30 to 40 years with HbA1C test results in the range 6 to 7 and show them that they can keep it under control without medicines. We are waiting for the call from TCS and we will try to finalize the formalities shortly.

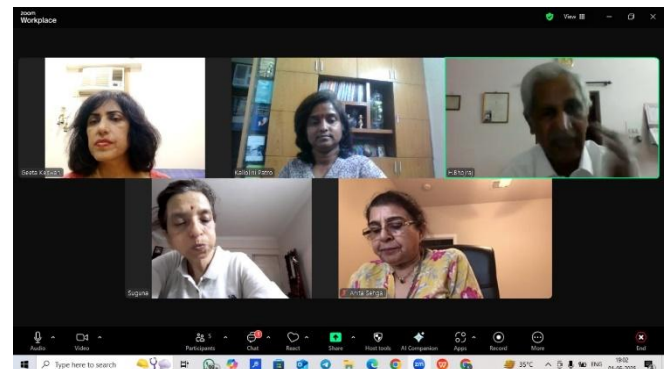


I was called as the Chief Guest for Basava Acu Academy's Graduation ceremony and was really impressed with the case histories shared by about 200 participants. We are planning to induct them into our **Karnataka Acupuncture Council** after completing all the registration formalities within three months. The State Government approval is a must for proceeding further.

It is heartening to note that the Karnataka Acupuncture Council is going to call for a meeting in Bangalore in Gandhi Bhavan ( Tentatively June second Sunday) of all Acupuncturists who registered with Central Government portal and obtained the **12-digit** registration numbers for discussing the modalities for getting the approval from Karnataka State Health Ministry so that all Government Hospitals can utilize their services with drugless therapy as far as possible.

**Every educated person knows that overuse of painkiller tablets is the main reason for the failure of critical organs especially the Kidney.** The rural population has to be educated about these drugless therapies to overcome headache, back

pain, leg pain etc. without pain relieving medicines. **Government Hospitals can play an important role in propagating drugless therapies as far as possible so that the patients get the benefit without drugs.**



I am really happy to state that our Eye Sight Improvement and Hearing Improvement project started again by Ms.Kallolini and the reports are being collected for analysis. We are having plans to meet the teachers in various schools for training them for a week so that they can make their students practice under their supervision for just 5 minutes every day before starting their class. **It requires a policy decision by the Government and the Education Department.** It will again act as a preventing care for the young children to avoid glasses in future and those wearing glasses at the young age can even reverse their power. The Committee will certainly take it up with more details and submit to the Concerned Ministers in future. **I always feel Karnataka should give a lead to the country in all fields including Preventive Health care. Karnataka Acupuncture Council under the leadership of Dr.Ifzulla is ready to assist the Health Department to formalize Acupuncture as a therapy in Karnataka.**

I thank each every one of you for your support and seed money for the Karnataka Acupuncture Council by Dr.Hifzulla, Dr.Samiullah, Dr, Ravikumar and Dr.Basaavaraj to start the activities for interaction with the State Government.

H.BHOJRAJ, CHAIRMAN,AAA



# PRACTICAL EYE EXERCISE CLASSED IN MUMBAI FOR L&T VETERANS ON 26<sup>TH</sup> APRIL 2025 BY. Capt. SIBU PATNAYK



*Mr.Mehta honors Ms.Kallolini with a memento*

With the personal initiative of Mr.Tellur Ravindran, Rtd L&T veteran, 3 months regular eye exercise classes were conducted by Dr.Bhojraj and Mrs.Kallolini Patro by Zoom sessions for an hour from Aug to Nov 2024. As the number of participants were more than 50 it was divided into two batches attending alternate days. At the end of 3 months, the consolidated results showed excellent improvement for the eyes and many of them appreciated the self-acupressure method to improve eye sight and hearing ability. I was identified as the coordinator and he had taken personal interest to motivate all the participants to allot at least 10 minutes for the health of their eyes. I requested the training team to come to Mumbai for a personal review and requested Dr.H.Bhojraj, Chairman, AAA to depute Mrs.Kallolini Patro for half day practical workshop on 26<sup>th</sup> in Mumbai.



About 75 participants from various age groups joined this workshop which was inaugurated by Mr. Mehta, Rtd GM, L&T and President of Veterans Group. In the practical session, Mrs.Kallolini showed all the Eye and Ear points personally to every participant. A booklet with acupoints was prepared by me and given to all participants. I acknowledge the support rendered by wife Mrs.Shobha Patnaik to make it a grand success after getting the benefit of this simple techniques from AAA.



We are planning to have once in three months practical sessions in Mumbai by Dr.Bhojraj and Ms.Kallolini.



# MIND YOUR MIND

## What is conscious mind?

The conscious mind refers to the part of our mental activity that we are aware of at any given moment, encompassing our thoughts, feelings, perceptions and memories. It's the aspect of the mind that allows us to experience the world and make decisions. Essentially, it is what we are actively thinking about and experiencing in the present moment while reading this article.

### AWARENESS

The conscious mind allows us to be aware of our surroundings, our internal sensations, and our own thoughts and feelings.

### THOUGHT AND MEMORY

It's where we actively think, reason, and recall memories.

### PERCEPTION

It is responsible for our perception of the world, including visual, auditory and other sensory experiences.

### DECISION MAKING

The conscious mind enables us to make conscious choices and direct our actions based on our thoughts and awareness.

### LIMITED CAPACITY

While the brain processes vast amount of information, the conscious mind has access to only a limited portion of it, making it a selective filter.

## What is subconscious mind?

It is also known as unconscious mind which contains all the stored information of everything that you have ever experienced. Because of this, it influences how you react to things, such as why you are shy, lazy, eat too much, or have an addiction.

In psychology, the subconscious is part of the mind that is not currently in focal awareness. In reality, any habit formation in life is taken over by your sub-conscious mind which also controls all chemical reactions in our body.

## What is superconscious mind?

**The superconscious mind is a proposed level of awareness, often described as existing above the conscious and subconscious, where it can access knowledge through non-physical means and pass it to conscious mind.** It's a state of profound awareness and peace, often associated with meditation and spiritual practices.

Quantum physics tells us that nothing in universe is solid. If that is the case, then, no matter how tiny each and every atom, molecule or particle is, there has to be a space between everything. If so, then life is more of an energy flow than a collection of solid things.

The superconscious mind encompasses a level of awareness that sees beyond material reality and taps into energy and consciousness behind that reality. Some refer to this as "ether" -the essence of the universe-a flow of **electromagnetic** waves that permeate all matter and space. It can be referred to as a space between the thoughts. The super-consciousness is where true creativity is found. **Expressions of this kind of creativity are distinctive from those that come from the subconscious.** The superconscious is where ideas for truly great works of art, music, prose, poetry, great scientific discoveries and deep spiritual experiences are found. **Profound healing of ailments can also take place in this stage.**

**STUDENTS IN THE AGE GROUP OF 10 TO 20 YEARS SHOULD BE EXPOSED TO YOGA FOR FLEXIBILITY AND STRENGTH OF THE SPINE AND THEN INTRODUCED TO MEDITATION FOR SUPER CREATIVITY.**



## ISRO VETERANS MEET ON 5<sup>TH</sup> MAY 2025 IN CENTURY CLUB

A regular meeting over the lunch was organized on 5<sup>th</sup> May which was attended by almost all members of the group except Prof.Soma. The meeting hall and lunch was organized by My.Anantharamu, Member of the club who also participated in the discussions.



**Mr.Sathyamurthy, Mr.Malik, Mr.Das Gupta, Dr.Bhojraj, Dr. Surendra Pal, Mr.Tyagi, Mr.Katti and Mr.Anantharamu**

After seeing the progress of our Academy, everyone appreciated the efforts of our Academy for getting the attention of Health Minister of Karnataka for the approval of Acupuncture under allied therapies in Karnataka also. They also appreciated the efforts of reaching the Corporates with proper preparations for preventive health care for the employees. All of them expressed their solid support for our Academy to take it forward in coming months and looking forward to establish a proper college for Acupuncture therapy in Bangalore.

The lunch was hosted by **Mr.L.Sathyamurthy who left for USA on 17<sup>th</sup> May and all of them wished him Bon-Voyage.** The Group decided to meet in June first week to review the progress.



**Mr.Malik, Dr.Bhojraj, Dr.Pal, Mr.Tyagi and Mr.Katti**

Again, on 14<sup>th</sup> May, Mr.Malik called for a lunch meeting mainly to celebrate the India's victory over Terrorism. It was called mainly to discuss the contribution of ISRO's satellites during this war. **Mr.R.N.Tyagi, Ex Project Director of RISAT and Mr.Katti, Ex.GEOSAT Program Director attended the meeting and explained how Indian Satellites photographs were used by Army to pinpoint their targets.** After the discussions, all the members appreciated the wonderful job done by the Three Services together under one umbrella indicating the bright future for INDIA with their great protection in the West, East and Costal Borders. The meeting concluded with thanks to Mr.Malik who celebrated his belated birthday (4<sup>th</sup> April) with lunch for the Group.



**Mr.N.K.Malik, Mr.Das Gupta, Dr.Bhojraj, Mr.R.N.Tyagi and Mr.V.R.Katti**

SUCCESS IS PROGRESIVE REALIZATION OF **WORTHY VISION OR GOAL OR DESTINY**

DON'T LIVE FOR COMMUNITY-LIVE FOR YOURSELF

BY **GURU MITHRE SHIVA, FOUNDER, MATANGI FOUNDATION**

CONDUCTS LIFE CHANGING PROGRAMS LIKE **ULCHEMY**

# KARNATAKA BADAGA GOWDAS ASSOCIATION (KBGA) UPDATE for MAY 2025

## BY. Mr.SARAVANAN, PRESIDENT

It is truly heartening to note that nearly all Cricket matches were conducted as scheduled this May. Out of the 16 participating teams, 6 have advanced and are now in contention for the final two spots in the grand finale scheduled for June.

Football matches have also progressed as planned at the Astroturf Ground in Sarjapur Road, Bangalore. Four out of 8 teams have qualified for the semifinals and finals in June.

We are especially thrilled by the overwhelming response to the Badminton tournament. For the first time in KBGA history, we have received significant entries for both men's and women's singles and doubles categories. The Sports Committee has finalized the fixtures and is fully prepared to conduct these matches. Arrangements for the indoor courts are nearing completion, and the official dates for the indoor tournament will be announced shortly.



Mr.Rajesh, Mr.Devraj, Mr.Madesh, Mr.Nagulan Joghee, Mr.Sagadevan, Mr.Saravanan, Mr.Rajkiran, Mr.Murthy and Mr.Rajkamal

By and large, the youngsters have been truly inspired by this competitive matches among Badaga Teams in Bangalore. These events a playing a key role in promoting health and fitness among the youth.

Drawing from his personal experience of losing 10kg in just three months through simple and consistent efforts during these matches, Mr.Madesh from Kateri initiated the KBGA Wellness Club. The Club currently motivates 36 participants with daily wellness tasks aimed at achieving a 10 kgs weight reduction goal over six months. Many members have taken this seriously and are actively participating under his guidance.

Overall, the trend among the youth is very encouraging, thanks to the positive impact of KBGA's

sports tournament. I am especially happy to acknowledge and thank the founding members of the KBGA tournament, launched a decade ago, for their visionary efforts.

I really proud to announce that our membership enrollment is on track to exceed 1000 members in the near future. This remarkable growth is highly encouraging and has prompted the KBGA leadership to explore the purchase of a dedicated association office space within the city limits.



Mr.Murthy joined in the felicitation.

Dr.Bhojraj congratulates **Mr.Surya** for his century in 10 overs match. Mr.Rajkiran, Mr.Saravanan, Mr.Nagulan and



**Mr.Naveen, Mr.Madesh, Mr.Murthy, Mr.Devraj, Dr.Bhojraj, Mr.Ganesan. Mr.Nagulan, Mr.Ganesan, Mr.Saravanan, Mr.Mohan, Mr.Sakadevan, Mr.Rajesh and Mr.Rajkamal**

Looking ahead, the International Badaga Meet (IBM) in Bangalore is fixed for **5<sup>th</sup> and 6<sup>th</sup> July 2025**. **We request all sports participants to inform Badaga Community members living abroad to about this important event, aimed at strengthening connections and unity within the community.**

The Annual General Body meeting also was conducted at the same venue, where it was decided that the Executive Committee elections will be held following the IBM event.

# LETTER TO TCS

ACADEMY FOR ACUPRESSURE AND  
ACUPUNCTURE(AAA)

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

From,  
H.Bhojraj,  
Chairman,AAA  
To,  
Director, Human Resource Department,  
TCS Ltd.  
Bangalore  
Dear Sir/ Madam,

At the outset I would like to appreciate the yeoman work carried out by TCS Ltd for the betterment of the society especially in preventive health care for your employees. After retiring from ISRO in the year 2011, I started the Academy for Acupressure and Acupuncture mainly to prove the efficacy of this simple healing systems to the common man. Our relentless efforts to get it approved as a therapeutic system has been approved by Central Government on 26<sup>th</sup> Sep 2024 with a Gazette Notification as Allied Therapy and the trained persons can practice officially after registering in National Register for Allied Therapy.

As we very keen to spread this Acupuncture and Acupressure to the common man particularly to the youngsters as a preventive therapy we would like to have a discussion with your HR Department to start a department for Preventive Health care for youngsters. In our research, we have wonderful cure for Migraine, Diabetes and Eye Sight Improvement. We are in the process of collecting one year data for our research.

If possible, our AAA Team would like to have a meeting with HR Department particularly for preventive health care. Our experiment with Excell Die Casting Employees in Chennai proved the efficacy of Acupuncture and self- Acupressure for

200 employees and their productivity also gone up in the past 4 years as per their internal assessment.

Thanking you,

Yours sincerely,

H.Bhojraj      Ph.9845649914      email :  
[bhojrajh45@gmail.com](mailto:bhojrajh45@gmail.com)

We are planning to send this letter to all leading corporates in Bangalore and join their team for preventive health care in their office after entering a proper Memorandum Of Understanding(MOU). **Our main aim is to make prediabetics in the age group of 30 to 40 years to non-diabetic with HbA1C tests before and after three months of Acupuncture treatment in their premises.**

**We need many Acupuncture experts for this grand project. I request all certified Acupuncturists to register with me (9845649914) or with Dr.Hifzulla (9900347462). Those practicing in Mysore may contact Dr.Ravishankar (9844136070)**

## MAY 2025 NEWSLETTER- FEEDBACK

In the past 25 years of my writing the newsletter regularly as quarterly, bimonthly and now monthly for the past three years, I received very few positive short comments from few people including my classmates like **Mr.PL.Murugappan and Mr.S.Nargunam**. But for the first time I received elaborate feedback which I felt like reproducing in this issue since it gives us the energy for our constructive efforts for the upliftment of our Society. **Mr.Gokul Babuchandran**, prominent lawyer in Bangalore has not only gone through the entire content of May 2025 newsletter and written the following comments. Thank you, Mr. Gokul for your wonderful feedback which is really motivating for the Editorial Team.

**# The newsletter provides a holistic view** blending science, health, history and community welfare-which keeps the reader engaged across different interests.

**# The writer feels genuine and personal**-especially when sharing experiences, successes, and challenges. Stories like the recognition of Aryabhata Engineers, preventive health care success in corporates, and acupuncture recovery



cases create an emotional connection with the reader.

**# Strong community engagement** highlights like initiatives like the Badaga Meet, Acupuncture Council formation, and Aryabhata Golden jubilee celebration, showing active leadership in building communities and creating a legacy.

**# Educative and informative sections** like “Know your Hormones”, “Gut Health” and Acupressure points for thyroid and Diabetes offer practical health education. It explains medical and scientific concepts in simple, understandable language without being overly technical-accessible to general readers.

**# Visionary and Future Focused-** Talks about long term goals- starting diploma course for Acupuncture, expanding preventive health care programs, conducting corporate wellness programs- which shows forward thinking leadership. Shows strategic planning in health care, education, and research, not just short time activities.

**# Gratitude and Acknowledgement-** Thoughtfully acknowledges contributors, volunteers, donors and participants-this builds a positive, supportive atmosphere and shows strong team values.

**# Authenticity and Originality-**Personal accounts (e.g., case studies of migraine and frozen shoulder) are authentic and real-world examples that boost the credibility of Acupuncture therapies.

**# Clear Calls to Action-** The document guides the readers clearly on how to join the meetings, camps, courses, and whom to contact-making it actionable rather than just informational.

**The document shows great leadership, community service, health education, and historical storytelling, all presented in an authentic and action-oriented manner. It is highly valuable for both present impact and presenting history for the future.**

Congratulations once again. With warm regards and best wishes,

**GOKUL BABUCHANDRAN- 87784 57404**

**WE WELCOME YOUR FEEDBACK FOR IMPROVING OUR PRESENTATIONS IN OUR MONTHLY NEWSLETTER ON PREVENTIVE HEALTH CARE.**

**WE ALSO WELCOME YOUR SEEDMONEY COTRIBUTION TO AAA FOR SERVING OUR SOCIETY**

## **ALL ACUPUNCTURISTS IN KARNATAKA-GET READY FOR A MEETING**

### **MESSAGE FROM Dr.RAVISHANKAR, SECRETARY, KARNATAKA ACUPUNCTURE COUNCIL**

Often the health officials are under confusion and hesitation to include Acupuncture Therapy System in their portal of AYUSH. Since our Acupuncture Therapy is a drugless therapy, it won't come under the conventional medical system.

The Central Government has already recognized and included Acupuncture in the category of Allied Health Care systems and gave independence status. Therefore, our question of including Acupuncture Therapy under KPMA act will hold no water. Now time has come to the Government to constitute a new committee including leading Acupuncturists in Karnataka to enforce different enactment to allow Acupuncture Practitioners identification and officially issuing License to practice in Karnataka.

Our Karnataka Committee headed **by Dr.Hifzulla is ready to streamline the standards for Acupuncture education to all the practitioners in Karnataka.** This is the time for the Government to take immediate action to implement the same Central Government act on Allied Health Care system.

In this scenario, Health Secretariat and officials along with our ACUPUNCTURE committee should call for a meeting together to end this problem of practicing in Karnataka without any proper License from Health Department.

**The Committee has decided to call for a state level meeting in Bangalore shortly to follow up our demands.** I request all Acupuncturists practicing in Karnataka to come together to show our solidarity for the recognition of Acupuncture in Karnataka following the same Central norms.

**I request all Acupuncture Practitioners in Karnataka to just register your name, Acupuncture qualification and experience to my WhatsApp number 9844136070 at the earliest. We will inform you as soon as we finalize our Date and Venue in Bangalore.**

**Dr.RAVISHANKAR, SECRETARY, KAC**



# BASAVA ACU ACADEMY GRADUATION FUNCTION ON 25<sup>TH</sup> MAY 2025

**BY. Prof.Sundareshan**

**Basava Acu Academy** was started by Prof.Basavaraj in the year 2014. **Dr.Basavaraj served as Professor in Jain College, Bangalore for 15 years** and started his own Academy for training people in Traditional Energy Medicines including Acupuncture, Acupressure, Seed therapy, Auricular, color numerology, Color Therapy and even Varma Therapy. **Dr.Basavaraj holds a PhD for his research work on Pulse diagnosis Analysis for selecting Acupuncture points accurately.** Dr.Basavaraj is the first Indian to develop a PULSE ANALYSER called **NadiSwara** which gives the measurements of energy (considering Pancha Butas) levels in different organs and also analyses the mind condition depending on their prolonged thought process.



This instrument also diagnoses the three doshas of Ayurveda and after energy analysis gives single point solutions for Acupuncturists, color therapy, mudras, food control and also suggests Electro Homeopathy Medicines for EH Practitioners.

He started a Naturopathy clinic in Bangalore,

which is well regarded with a strong reputation for excellence in Acupressure therapy. **The Energy Medicine Course based of Five Elements Theory and Acupuncture Meridians gained popularity not only among all people living in Karnataka but all over India though he teaches mainly in Kannada as well as in English and Telugu.** He used his ingenious idea for devising color therapy and seed therapy based on Pulse Diagnosis mainly to achieve very quick results along with meridian points.

Nearly 600 students from various parts of India and few from abroad also taken up this **ONE YEAR certification course** and successfully completed with an examination conducted online. About 200 students confirmed their physical presence for the **Graduation ceremony** which was conducted on **25<sup>th</sup> May 2025** at Sri Eshanyamuki Ganapathi Gudi Kalyana Mandapa in Gavipuram Extension( near Srinagar) in **Banashankari, Bangalore.**



*Mr.Vamsi Krishna, Prof.Sunderesan, Dr.Bhojraj, Dr.Basavaraj, Mr.Sathish and Mr.Nagesh*

*The convocation started with prayer followed by welcome address of Dr.Basavaraj, the main architect of the graduation ceremony. In his welcoming address he expressed his gratitude to the almighty for guiding him from a stable Professor job in Jain University to this healing field **which has the potential to create one doctor in every house (medicine free family).** He specifically mentioned **Dr.Bhojraj** as his first **Guru** for initiating him with Acupuncture Training with*

Pulse Diagnosis which laid the foundation for his Basava Academy for research. He also welcomed and thanked **Dr.Naagesh** who has been treating many patients with simple Dousing pendulum healing solutions, **Mr.Vamsikrishna** from Hyderabad who had been organizing many courses in India and Abroad, **Rtd Prof.Sundareshan** from Jain University for not only supporting in the initial stages but also joining his Academy as Research Professor, **Mr.Sathish** for popularizing simple healing systems in North Karnataka and **Mr.Manigandan** for supporting him in his Pulse Analysis research with dedication.



Prof.Sundareshan in his opening remarks glorified Dr.Basavaraj for his commitment & starting a healing center at Bangalore which had been utilized by lakhs of people in the past nine years. He added **because of yin energy**, none other than **Prabha Basavaraj's** efforts in building the team and maintaining the perfect system. **He told the research results of his treatment is being compiled with data for scientific presentation in future.**

Mr.Sathish spoke about the course conducted for the past one year which has given tremendous relief for many patients in North Karnataka.

Mr.Nagesh in his address appreciated the results of Dr.Basavaraju's solutions which has transformed many patients in his clinic. He told that esoteric powers of Dr.Basavaraju, has been sent by the Almighty to Karnataka particularly to Bangalore and with his divine qualities **he will take Karnataka to greater heights in Health Sciences with research inputs in future** and wished him all the best for his great venture.

Mr.Vamsikrishna told that he specifically came all

the way from Hyderabad to support **Dr.Basavaraj who is popular not only in India but also in 47 countries.** His simple teaching had attracted many from different countries and shortly his course may be conducted in foreign countries.

**Dr.Bhojraj**, in his addressed expressed his satisfaction of training people for a minimum of one year on Meridians and Five Element Theory along with Pulse Diagnosis. All of them are now equipped with real theoretical knowledge for analyzing any problem in TCM. **Dr.Bhojraj appreciated Dr.Basavaraj for the commendable research work done in the Academy which is properly recorded and analyzed by the researchers.**

He congratulated the graduates for completing the **one-year** course very successfully and coming out with flying colors. He wished them all the best for their successful practice in future. **He also told that the recently formed Karnataka Acupuncture Council under the Presidentship of Dr.Md.Hifzulla is planning to conduct a meet of all Acupuncturists who have registered in Central Portal as Therapists to decide course of action for practicing in Karnataka with license number.**



He told our main aim is to get similar approval from Karnataka State like Central as a recognized therapy and **give license through this Acupuncture Council in the initial stage. The council is also planning conduct an examination on Acupuncture syllabus to clear them for appointment in different organizations.** He also mentioned that once Health Department approves, every Government Hospital will create an Acupuncture Therapy Department by appointing authorized Therapists by the Council. The Graduation Ceremony started immediately after the talk and a beautiful dance by a young lady. All two hundred people were awarded the graduation certificate by Dr.Basavaraju and other



guests. The ceremony continued after the lunch break till 2 PM.

A very interesting case history was presented by Mrs.Gowramma,57 years from Mysore who had done this course for one and half years guided by Basavarj's personal training by Zoom Classes. She told she was weighing 117 kg at that time, almost bedridden and was unable to walk within the house also. The knee pain problem and high BP etc. were attributed to overweight and she was taking 11 tablets per day while starting. Since started doing the self acu-therapy combined with color therapy as taught in the class, she started feeling changes within few days. Gradually she reduced the medication in consultation with doctor and as on now she was able to walk around the house and do her work herself without any help.

Her weight has come down to 92 kg and the knee pain also reduced considerably. She told specifically that she came to meet Dr.Basavaraj and get the certificate directly from him.

After declaring it to the audience she got down from the stage herself. Hats off to the simple healing system.

Based on the popular request for eye sight improvement acupressure points, Dr.Bhojraj demonstrated the points B1, B2, Extra Point(M-HN-6),TW- 23, GB1, St1 and St2 to all participants which was well received by the audience.

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

VIDEO HAS BECOME VIRAL. ANYONE CAN PRACTICE AND GET THE BENEFITS

**SAMATVAM ACUPUNCTURE CLINIC OPENED IN RAJARAJESHWARI NAGAR BY Dr.KRUPA, BDS,MDS,M Acu**

Dr.Krupa, MDS in Oral and Maxillo Facial Surgery joined Yoga Instructor course mainly to help the patients to cure themselves with simple yoga

postures and breathing exercises. Her curiosity during the training motivated her for drugless therapies for common ailment landed in learning Acupuncture from ATAMA. After completing the advance Acupuncture course recently in AAA, she got the confidence to treat any patient with Acupuncture Therapy and advise the patients to follow Yoga as preventive health care. As a specialist in Oral and Maxillofacial surgery, she offers her services to the needy based on the demand from the Dentists.

**CLINIC ADDRESS : 29,5<sup>th</sup> Stage,3<sup>rd</sup> Main Road, 3<sup>rd</sup> Cross, I Phase, BEML Layout, Rajarajeshwari Nagar, Bangalore-560098**

**TIMING: 9 AM TO 7PM BY APPOINTMENT**



**FEW CASES SUCCESSFULLY REPORTED**

**CASE A: FEMALE PATIENT,60 YRS**

Complaints of pulling type of pain in the backside of thigh region since 10 years. Undergoes naturopathy treatment every year at SDM and gets relief.

Diagnosis: Varicose veins



Medical History: Nothing significant

After 10 continuous acupuncture treatment with Sp 6 reduction formula, pulling type of pain reduced, softness over varicose veins and tingling sensation of the big toe is also reduced. At present she is undergoing treatment on alternate days.

**CASE B: MALE 65yrs.** Left abdominal pain since 3 months. Hypertension, on medication since 30 years. On endoscopy, small ulcer in large intestine observed.

Acupuncture treatment with GB41 formula for 7 days, ulcer pain is absent. UB65 formula reduced his 5 times urination in the night to 2 apart from improved sleep quality. Following regular yogic exercises and pranayama.

**CASE C: MALE 23 Yrs.** Neck stiffness since 18 years of age. Acupuncture treatment of B-66 increase formula reduced the stiffness and able to move the neck slightly better. Advised to come for follow up till the free movements are restored.

**CASE D: MALE 38 Yrs.** Gastritis and on endoscopy had pyloric infection. Had undergone allopathy treatment. Acupuncture treatment of St41 reduction formula reduced regurgitation and sleeps well without pillow.

**CONGRATULATIONS TO Dr.KRUPA FOR MAKING A WONDERFUL START AND GIVING THE FEEDBACK FOR ANALYSIS.**

**WE EXPECT MORE AND MORE QUALIFIED PEOPLE SHOULD GET INVOLVED IN PROMOTING ACUPUNCTURE AS THERAPY AND PRODUCE SCIENTIFIC PAPERS FOR OUR DISCUSSIONS IN MEDICAL CONFERENCES**

**FEEDBACK DATA FOR MINIMUM 6 MONTHS WILL ADD VALUE TO THE PAPER**

**INTERNATIONAL BADAGA MEET ON 5<sup>TH</sup> AND 6<sup>TH</sup> JULY IN BANGALORE**

**By Mr.NAGULAN JOGHEE and Mr.R.MURTHY**

**For the first time, KBGA is organizing a meet with Badagas from NILGIRIS living abroad mainly to**

**know the potential of the people and harness their talents for the welfare of the community. Interested people can participate in person or in Google/Zoom meet. Visit [bangalorebadagas.org](http://bangalorebadagas.org) for registration details.**



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...**

For NRI Registrations visit: [www.bangalorebadagas.org](http://www.bangalorebadagas.org) | whatsapp : 9986704402

## **ACADEMY FOR ACUPRESURE AND ACUPUNCTURE**

**CONDUCTS REGULAR CYCLIC COURSES ON ACUPUNCTURE FOR ONE YEAR CERTIFICATION.**

**MONDAY TO FRIDAY 4PM TO 5PM**

**Mrs.JIJA SUBRAMANIAN WILL CONDUCT THE COURSE WITH SUPPORT FROM Dr.BHOJRAJ.**

**INTERESTED PERSONS CAN JOIN TRIAL CLASSES AFTER CALLING Mrs.JIJA BY PHONE 8023327384**

**COURSE FEE Rs25K PAYABLE TO AAA**

### **EDITORIAL TEAM**

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

