

# ACU WELLNESS

## ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

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JANUARY 2025

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### FROM THE CHAIRMAN'S DESK

**The New Year 2025 is going to be historic for our Academy which started in the year 2012 with the sole aim of spreading the simple healing systems to the common man and getting the recognition from the Government for this scientific Acupuncture system.** Yes, it started with the big bang for our Academy by declaring the opening of Acupuncture Research Center on 29<sup>th</sup> Dec meeting of Karnataka Acupuncturists in Agriculture Technologists Auditorium in Queens Road, Bangalore. Dr. Samiullah, Chairman, FAST Board declared that the center will be known as **Dr.Bhojraj-Acupuncture Research Centre (B-ARC)** since the four-point needling method adopted by our Academy and its students, has the potential to revolutionize healthcare in India if adopted by all practitioners of Acupuncture. He also mentioned how one of his students **Mrs.Nasurath Begum** adopted this method and got excellent results for controlling Diabetes for nearly 30 patients. **She got her PhD from Medicina Alternativa International Open University, Sri Lanka in Nov 2024.**



*Dr.Samiullah and Dr.Bhojraj handing over the PhD thesis to Mrs.Nasurath Begum*

Dr.Samiullah also declared that extensive research of this method has to be conducted by competent people who have deeper knowledge of Acupuncture and contribute research papers in National Scientific Forums with data. **So, he told a portion of his Natures Wellness Centre in R.T.Nagar is being given for starting the dedicated research center for Acupuncture in Bangalore probably the first in Karnataka.** I thank Dr.Samiullah for this great gesture and extend our co-operation for high quality research.

With this development, the Centre will be officially inaugurated on **15<sup>th</sup> January 2025** by **Dr.Rehanul Huda**, the Electro Homeopathy Specialist who taught me the science of Electro Homeopathy and also learnt our method of Acupuncture from me. The research what we have done earlier for migraine with one of our students also resulted in PhD guided by Dr.Samiullah and myself. **In the meeting, Dr.Samiullah and myself invited all acupuncturists having Master's degree in any field to join our Research Center as Research Associates and they will be guided by the Ethics Committee headed by Dr.C.K.Raju to write proper proposals for research on various diseases for funding from different Corporate Agencies.** Once the Center gets the funding, the Research Associates can start working with Research Assistants and will be paid for their services.

As Acupuncture had been recognized as Therapy under the Allied Health Care System and the council formation at the Center level will take place shortly. **The independent status of recognition by Central Government paves the way for inducting senior Acupuncturists in Central Government Offices under the existing medical system.** I personally request all the Acupuncturists to register so that the Committee can

recommend strongly for appointment in their office or as specialists for consultations. The rules and regulations for recognizing existing trained Acupuncturists will be available in near future. There is also a hope to declare Acupuncture as a SYSTEM like AYUSH by Central Health Ministry based on the evidence provided again to the Health Minister, Shri.J.P.Nadda very recently.

**The golden era for Acupuncture starts now and I request all trained people in INDIA to be united particularly in Karnataka to get the same recognition from State Government.** Karnataka should be the first to approve as we have the capability to give a lead to other states in healing science which has the potential to save expenditure on health care.



*Dr.K.Basavaraj,Mr.Naageash,Dr.Samiullah, Dr.Bhojraj, Mr.Padma Raju and Mr.Manigandan*

I take this opportunity to thank Dr.Basavaraj.K, first Indian inventor of NadiSwara (Pulse Analyzer) for his yeoman service in simple healing systems and motivating thousands of people to take up self-healing technique based on Five Elements Theory of Acupuncture. His students all over the world particularly in Karnataka are geared up to start spreading these techniques to the rural population. In his technique, the tonification and sedation are done with seeds. We also welcome qualified healers for our research program and they can join as Research Associates.

**Myself and Dr.Surendra Pal had the rare honor to meet Dr.K.Kasturi Rangan, Ex.M P and Ex.Chairman ISRO in his house and had lunch with him.** The courtesy call turned out to be very productive for our Academy activities. He encouraged us to go for systematic research on Acupuncture to prove its efficacy for the scientific community. We also discussed about the upcoming Golden Jubilee Day of ARYABHATA launch on 19<sup>th</sup> April 2025 and indicated that the formal committee under the leadership of Mr.Sathyamurthy

will come to invite him for the veteran’s function to celebrate the joyous occasion with all Aryabhata contributors from 1972 to 1975.



*Dr.H.Bhojraj and Dr.Surendra Pal with Dr.Kasturi Rangan*

We know any success story begins with an idea. The ideas take shape in the mind. These ideas coupled with knowledge and imagination spur out enthusiasm. Great success is achievable by doing the usual with unusual enthusiasm. Our thoughts are the blueprint that express our personality and circumstances. **A happy mind always looks for opportunities but an unhappy mind always projects problems.** Let us live NOW. Why Acupuncture science was not approved earlier is not our concern but how we are going to take it forward with cooperation and collaboration with likeminded people and institutions is the main question. Kindly register your name and other details if you are practicing Acupuncture in Karnataka with Mrs.Jija Subramanian who will consolidate the list and keep you informed about our next interaction with State Government especially with Health Department.

**WISHING YOU ALL VERY HAPPY NEW YEAR 2025. MAY GOD BLESS YOU ALL WITH EXCELLENT HEALTH, HAPPINESS AND VERY PRODUCTIVE YEAR 2025.**

**Dr.H.BHOJRAJ, CHAIRMAN, AAA**

**The expected expenditure to establish a Research Center exclusively for Acupuncture is about Rs.10 Lakhs which includes Building Advance, Furniture, Computers and salary for an Assistant.**

**As a seed money, I would like to contribute Rs. One Lakh for the initial expenditure. We will be writing shortly to all Corporates to contribute for Acupuncture Research as a preventive therapy in their offices. The research on diabetes, migraine, eye sight improvement and hearing improvement can be implemented in any office once an MOU is signed.**

**The research associates will be trained for next 3 months in our center to take up such extensive research in Acupuncture. The individuals interested in contributing for the Center may kindly contact me directly.**

**H.Bhojraj 9845649914**

# KARNATAKA ACUPUNCTURISTS' MEET ON 29<sup>TH</sup> DECEMBER, IN INSTITUTION OF AGRICULTURE TECHNOLOGISTS' AUDITORIUM AND INAUGURATION OF BHOJRAJ- ACUPUNCTURE RESEARCH CENTRE (B-ARC)

By Dr.REVISHANKAR AND Dr.H.BHOJRAJ

Acupuncture, as a scientific system has been practiced by 112 countries in the world **and our India also joined this club by recognizing Acupuncture as a Therapy by**

By. Mrs.Rekha M Com, Acupuncture Practitioner

The FAST Board, has been conducting Graduation and Post Graduation degree courses in Bangalore for the past 10 years very successfully and encouraging the Acupuncture graduates to submit the research project reports as mandatory for awarding degrees. The graduation day was celebrated on 10<sup>th</sup> March 2024 in the Arahari Auditorium, Institute of Agriculture Technologies (IAT), Queens Road, Bangalore which is also celebrated as ACUPUNCTURE DAY.

The day started with free acupuncture treatment for patients from 8AM to 10AM.



The function started with a march by all Acupuncturists from various parts of India particularly from Karnataka marched with **ACUPUNCTURE DAY** banner and demanding the State Government to recognize Acupuncture as a system of medicine in Karnataka like Maharashtra which has passed the law in the Assembly 5 years back.

**Delhi and Dr.Anish Gupta from Kota, Dr.Debashish Bakshi from Howrah, Dr.Behramji from Mumbai, Dr.Inderjit Singh from Ludhiyana, Dr.C.Krishna Raju from Bangalore and many leading acupuncturists with medical qualification were working together to get the formal recognition from the Central Government before we could take it up with States.**

Fortunately, **Dr.Behramji** could get the Acupuncture system recognized by **Maharashtra Government in 2017** and started the registration process for experienced Acupuncturists in Maharashtra. It is leant that more than 10000 people have registered not only from Maharashtra but also from other States. Due to Covid in 2020, the process of establishing an exclusive hospital cum college was delayed. But the process was revived by the Maharashtra Acupuncture Council and **all other States are looking forward to Maharashtra to implement the model in other States particularly in Karnataka.**

An Apex Committee was formed by Karnataka Acupuncture practitioners in 2015 under the leadership

of **Dr.Samiullah** and has been giving representation to the Health Ministry which has been very receptive and encouraged us to practice Acupuncture if they are having certificates in Acupuncture. With change of Governments, it was very difficult to sustain the momentum for interacting with different Health Ministers for the past 10 years.

**Now with the approval by the Central Government, the time has come to act together and get the system recognized by the State Government.** The Acupuncture system has the potential to reduce the medical expenditure of the State and also act as Preventive Health Care to avoid problems in future. Modern medicine can only treat a disease only if they find a change in the vital chemical parameters. **But Acupuncture system has the potential to detect the changes in the energy levels before it creates chemical change and correct it so that the problems in future can be avoided.**



The graduation ceremony was conducted for 51 graduates and many of them shown great interest in contributing for the research programmes.

The Central Government's approval as a THERAPY is welcomed by all for proving the scientific system with serious research projects taken up by a reputed centers dedicated for Acupuncture research.

As I was working in ISRO from 1972 to 2011, I was involved in many technical research projects and was very successful in achieving them. I started my research in Acupressure when I was cured of my headache by just pressing the root of the thumbnail for two minutes as taught **by my Acupressure Guru Dr.Jiten Bhatt.** It was my turning point in my life and I treated nearly 1000 colleagues with Acupressure and got wonderful results for their relief and cure which was documented.

After joining Late Dr.Anton Jayasurya's Acupuncture classes and the Su-Jok acupuncture classes by a Russian Acupuncture specialist, I was convinced that Acupuncture has scientific explanation for all the diseases and the method to cure also. **It motivated me to write the book "Acupressure-The Drugless Path to Good Health" in the year 2000 and later converted as**



**Acupuncture. The 4-needle method was developed by me and experimented for 24 years by my students.**

We established an Academy for Acupressure and Acupuncture mainly for the research after my retirement in 2011 and the past 14 years have been very fruitful for me and my supporting ISRO colleagues. By following ISRO culture, we recorded each and every case and published every three months initially and last few years monthly for establishing the research records. **These newsletters have been uploaded in our website <http://bhojraj.tripod.com> since 2002 and our thanks to Mr. M.V.Kannan, Rtd.ISRO Scientist who meticulously uploads and maintains the website for the benefit of future generation.**

In the past few years, we could establish the eye sight improvement for thousands of people, who have been practicing regularly and it has become a flagship research project for our Academy. Similarly, the hearing improvement research has given valuable inputs and is vigorously pursued by our Research Team.

**The latest research on Diabetics proved beyond doubt that Acupuncture works wonderfully well for controlling Diabetes for 30 patients and with vigorous follow up for 3 months which resulted in a PhD for Dr.Nasurath Begum.** She was awarded doctorate by Sri Lankan Open University for Complimentary Medicines, Colombo in Nov 2024. The protocol followed by Dr.Nasurath will be discussed on 29<sup>th</sup> Dec in the conference by herself. It was also planned to present all the PhD thesis submitted for Doctorate so that the efficacy of Acupuncture is recognized.



Dr.Nasurath's PhD degree was handed over by Dr.Bhojraj, Chairman AAA in Nature Wellness Centre, Shivajinagar. I consider it as privilege for me to honor her with degree certificate with the research as proof of our scientific concept. What we need now is serious research by different groups of qualified Acupuncturists. **I request all those who have Acupuncture qualification and have the inclination for research to start the research on any disease with**

**Acupuncture. You can join our Research Centre as research associate and with proper guidance with senior people like Dr.C.K.Raju, Dr.Samiullah, Dr.Ravishankar we can continue to achieve the goals of good health with less medication for your patients.** Moreover, we will be able to provide scientific data to the Medical Community to upgrade Acupuncture as a system within next 10 years.

Dr.Samiulla's Natural Wellness Centre in Sultanpalya will house our research center and used for discussions with Research Associates. Training them in research for specific diseases also planned in this center.

**Yes. We are looking for an exciting time in the upcoming Acupuncture Research Centre which will be first dedicated Centre for Acupuncture research in INDIA.**

We have planned to write to all Medical Research funding agencies once our concrete research proposals are made by the Researchers. Looking forward to an interesting and productive time ahead.

**"ACUPUNCTURE PRACTICE IN KARNATAKA:  
NAVIGATING REGISTRATION,  
RECOGNITION, AND RESEARCH  
CHALLENGES"**

**BY**

**KARNATAKA CO-ORDINATION  
COMMITTEE OF ACUPUNCTURE**

**VENUE AT :**  
**H.R ARAKERI AUDITORIUM GROUND FLOOR  
INSTITUTE OF AGRICULTURAL TECHNOLOGY  
ON SUNDAY 29-12-2024  
TIMING 10.30AM TO 4.30PM**

**1.MRS. JIJA - 9986168181  
2. DR H BHOJRAJ - 9845649914  
3. PROF.DR.SAMIULLAH-9019848494**

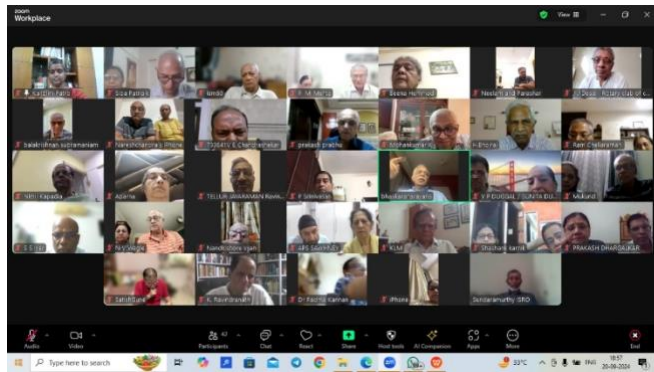
**KINDLY ENROLL YOURSELF AS SOON AS  
POSSIBLE. MEETING FOR ENTIRE  
KARNATAKA ACUPUNCTURE  
PRACTITIONERS**

**ENTRY FEE : INR.500/-**

**NOTE: DR BHOJRAJ ACUPUNCTURE  
RESEARCH CENTER WILL BE  
INAUGURATED ON THE OCCASION OF  
THE MEETING .**

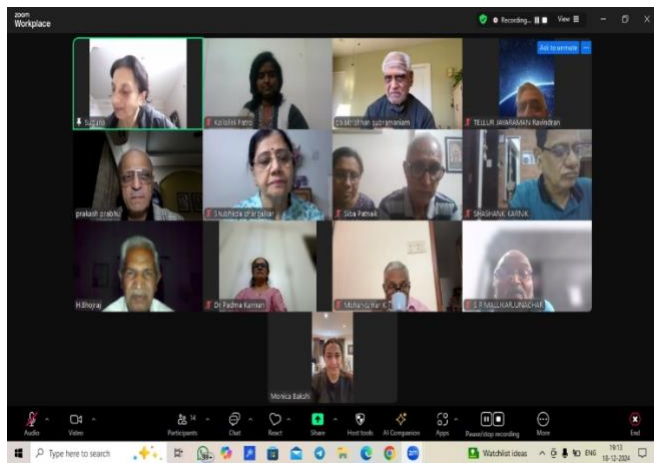
**#15,QUEEN'S ROAD, BANGALORE-560052**

# EYESIGHT AND HEARING IMPROVEMNET 3 MONTHS REVIEW BY RESEARCH COMMITTEE ON 18-12-2024 BY Ms.KALLOLINI PATRO



INAGURAL CLASS 20-09-2024

The practical training for the L & T veterans’ group was proposed by **Mr.Tellur Ravindran** and was inaugurated on 20<sup>th</sup> September 2024 in two batches for 10 days continuously at 7 PM till 1<sup>st</sup> Oct. Afterwards the practical classes were conducted every Wednesday at 7 PM by **Dr.H.Bhojraj** and **Ms.Kallolini**. At the beginning each batch was divided to 25 per batch mainly to observe them carefully during practical training for any corrections. Then every week the practice was conducted with guidance by Ms.Kallolini for nearly 3 months. Out of 50 participants only 15 of them attended almost all the classes and shown very encouraging results.

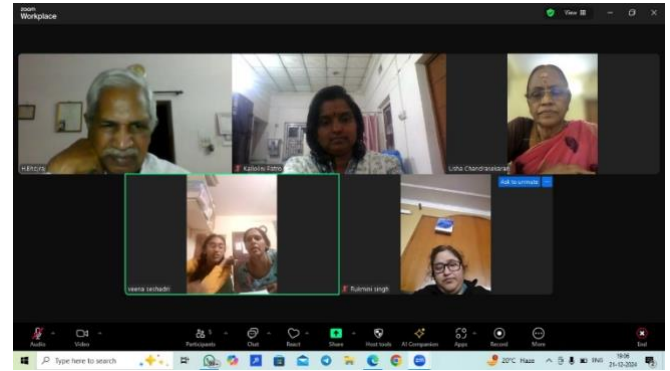


CONCLUDING CLASS 18-12-2024

On 18<sup>th</sup> evening review class was attended by about 15 participants and shared their wonderful experience which was recorded and uploaded in the You Tube by Ms.Kallolini on the same day. It is heartening to note that most of the participants who practiced regularly at least once a day found remarkable improvements both in line reading with clarity and also hearing frequency

results. The TV volume test also shown some improvement.

Overall, the course was found to be very useful and every one of them thanked the Veterans Group for organizing this course. They also thanked the Academy for organizing this research project and making it successful. All of them were ready to support our research projects in future. The meeting concluded by thanking **Mr.Tellur Ravindran** for initiating our research with L&T Veterans Group and **Captain Sibu Kumar Patnaik** for coordinating with all veterans and encouraging everyone to practice regularly.



REVIEW ON 21-12-2024

**A HAPPY MIND SEES OPPORTUNITIES.  
 A NEGATIVE MIND PROJECTS PROBLEMS.  
 A SMALL MIND FOCUSES IN PETTY THINGS.  
 A MATURE MIND SEES GRANDURE.  
 THE TONGUE SOMETIMES DOES MORE HARM THAN A BULLET.  
 DON'T SPEAK UNPLESANT TRUTHS.**

**SILENCE-LIVING LIBERATION  
 SILENCE OF INTELLECT-CHITTA MAUNA  
 SILENCE OF EGO- AHAMKA MAUNA  
 SILENCE OF DESIRE-ICCHA MAUNA  
 SILENCE OF SENSES-INDRIYA MAUNA  
 ALL FOUR TOGETER WILL LEAD TO EXTREME HAPPINESS**

**WHAT IS YOGA?  
 IT IS OUR ABILITY TO CONTROL OUR THOUGHT  
 PROCESS. (YOGAH CHITTA VRTTI NIRODHA)  
 IT MEANS EXCELLENCE IN ACTION IS YOGA.  
 (YOGAH KARMASU KOUSHALAM)  
 BALANCE IS YOGA. NO DUALITY LIKE SUCCESS AND  
 FAILIURE, PAIN AND PLEASURE,GAIN OR LOSS,  
 PRAISE OR INSULT.  
 (SAMATVAM YOGA UCHYATE)**

**SET A HIGHER GOAL IN YOUR LIFE- SOMETHING THAT  
 INSPIRES YOU AND HELPFUL FOR OTHERS.  
 CERTAINLY, YOU NEED A MINDFUL OF ELEVATED  
 THOUGHTS TO RISE ABOVE ORDINARY.**



## KBGA UPDATE( FOR DECEMBER '24)

### BY Mr.SARAVANAN, PRESIDENT, KBGA

The Executive committee meeting of KBGA was held on 17<sup>th</sup> Nov 2024 in Kaveri Hall, Malleshwarm Club, and about 15 committee members participated. **It was a productive meeting which was attended by Patrons Mr.Murthy, Dr.Bhojraj and newly elected Managing Trustee of KBG Trust, Mr.Nagulan.** After the routine activities like accounts and other issues, Mr.Nagulan briefed the EC about the efforts put by the Trust to secure the half-acre site near Bylalu and the hurdles faced by the team to start the fencing. As the demarcation is not clear on one side, it was decided to again apply for a survey and accordingly actions were taken.



As the new members of the Trust are to be registered, the amendments were made as per the requirement and registration was held on 26<sup>th</sup> November in Registrar Office in Ganganagar, near Hebbal fly over. **Mr. R.Murthy, Dr.H.Bhojraj, Mr.Nagulan Joghee, Mr.Sudhakaran, Mr.Prabhakaran and myself attended the registration process. Mr.Bojan, Dr.Padmanabhan and Mr.M.J.Krishnan were retained.** I would like to record my deep appreciation for the meticulous work done by Mr.Nagulan and Mr.Prabhakaran for the smooth registration. Now we will streamline the accounts in the Bank and get the funds transferred to Trust Account for the operation by the new committee.

Mr Nagulan Joghee, Managing Trustee and myself as Secretary and Treasurer of the KBG Trust visited Indian Bank in K G Road and submitted all the documents required for operating the account by the Newly elected office bearers on 4<sup>th</sup> Dec.

Based on the KBG Trust decision, Mr.Nagulan Joghee, Managing Trustee took action to get the Site surveyed again due to boundary dispute by the owner of the adjoining site and the date was fixed on 12<sup>th</sup> Dec 2024. Apart from myself and Managing Trustee, Dr.Bhojraj, Trustee, Mr.Rajesh Kannan and Mr.Ravikumar, EC Members participated in the final Government Survey. **The survey was completed in the presence all the three owners of adjoining sites and the final boundary was fixed with a survey stones.**



The fencing work revived on two sides and was completed on 15<sup>th</sup> December. I would like to express my hearty thanks to Managing Trustee Shri Nagulan Joghee and all other Trustees for their wonderful co-operation and support to complete this major task. Mrs.Sulochana Bhojan from USA supported us in the middle of the night. The fencing of the compound on the Northern boundary was completed by Contractor Mr.Ramesh and his team very efficiently by his team. The west boundary was kept pending for certain clarifications by Survey Team. Mr.Nagulan was appreciating the time and efforts put by all members mainly to streamline the Trust activities. He also pointed out different welfare activities can be planned by the Trust, in and around that area to create an awareness about education and health.

The Executive team lead by Mr.Nagulan Joghee and Mr.Ganesan, Vice-President took the initiative to talk to the neighbor on the west side and settled the boundary on that side. The boundary stones were installed and the fencing work was also completed by the Contractor Mr.Ramesh. Mr.Nagulan thanked all the EC members for coming in numbers to ensure the boundaries which is now well secured with survey documents. He also mentioned the Committee will be formed to give a concrete plan of the building for our Association and requested Mr.Ramakrishnan and Mr.Pasupathy to initiate action with the survey papers with their experience in construction business for a long time in Bangalore.



*Mr.Shankar, Mr.Ravikumar, Mr.Ravi, Mr.Pasupathy, Mr.Ramakrishnan, Mr.Ganesh(sitting), Dr.Bhojraj, Mr.Nagulan, Mr.Ganeshan(V P), Mr.Mohan, Mr.Jayaganthan, Mr.Rajesh, Mr.Saravanan and Mr.Naveen Kumar*

## Dr.K.Basavaraj's Acupressure Course for one week in Rajajinagar(9<sup>th</sup> Dec to 14<sup>th</sup> Dec)

**Dr.Basavaraj K**, Chairman of Basava Acu academy has been training people interested in acu-therapy for the past 10 years and very successfully established his On-Line course for past few years. **Mr.Padmaraju**, leading Acu-Touch healer in Basaveshwaranagar took efforts to conduct direct classes for few hundred people in Rajajinagar for 7 days from 10 to 5PM every day. The course was a boon for the interested people who have come from all over Karnataka by registering online. Though the capacity of the hall was about 300, nearly 200 people came to register on the spot without registering. Due to capacity constraint, they were advised to register for the next course in January or February.



*THE PARTICIPANTS IN RAPT ATTENTION -ALMOST 50% WOMEN*

Mr.Padmaraju, Acu-healer practicing for past 20 years said the healing will be complete only when we change over to food produced in the natural way and he has been treating with acu-touch therapy for many years and changes in food consumption. He has been offering naturally grown food to the patients from his farm and getting excellent results in healing even deep-rooted problems.



TRADITIONAL ENERGY MEDICINE (TEM) FOR ONE WEEK

The inaugural session was held on 09<sup>th</sup> Dec 2024 at 11 AM. **Dr.H.Bhojraj, Chairman,AAA** was invited as Chief Guest along the Guests of honor, Mr.Padmaraju, Mr.Bosaraju and Mr.Nani. In his inaugural address Dr.Bhojraj expressed his appreciation for Dr.Basavaraj's great achievements in this field of self-healing techniques and training thousands of people not only in India but across the world by online training. He told his efforts put so far in research produced many new easy to do techniques and the beneficiaries are spreading across India particularly in Karnataka. He told in the long run India will lead the world in simple healing systems and the highest awards in our Country will be conferred on him. He expressed his best wishes for the blessed participants who could get the opportunity to learn from the great master Dr.Basavaraj directly for one week. He also expressed his best wishes for the free camp planned on Sunday with hundreds of patients through well trained healers based on FIVE ELEMENTS THEORY of ACUPUNCTURE.



Dr.Bosaraju, Acu-healer praised Dr.Basavaraj for training him in this science and the results he got was unbelievable. He praised Dr.Basavaraj for coming all the way from Kanakapura to train the participants and wished the course a grand success.



Dr.Basavaraj, in his address thanked the dignitaries for coming personally and blessing him for success of his course. He also told the results of the course will be discussed by the end of the week during concluding



session and about 2000 people will be treated free on Saturday by the trained specialists. He also invited the dignitaries for the concluding session.

## 14<sup>th</sup> Dec 2024

The concluding function was held on 14<sup>th</sup> evening at 5 30 PM after the training both in theory and practical for a week. The function was presided over by **Dr.Samiullah**, Chairman, FAST Board. **Dr.Bhojraj**, **Mr. S.Naageash**, Alternate Therapy Healer, **Mr.Padmaraju**, Acu-Healer were guests of honor for the concluding function.



The function started with the welcome address by **Dr.Basavaraj K. Dr. Samiullah** in his opening address appreciated the relentless efforts of Dr.Basavaraj for taking FIVE ELEMENTS THEORY of Acupuncture to a level where all people can practice with seeds for tonification and sedation on Su-Jok acupuncture meridians. He also told the people with qualification, trained for one year certificate course can join our Acupuncture Healers and apply for the license to practice the therapy.



**Dr.Basavaraj with his daughter, Mr.Naageash,Dr.Samiullah, Dr.Bhojraj,Mr.Padmaraju, Mr.Manikandan**

He lauded the efforts of the research done by AAA under the leadership of Dr.Bhojraj in Acupuncture field and mentioned that the 4-needle therapy has been proved with systematic research on 30 patients for Diabetes. He mentioned that it also resulted in a PhD for his student. **He thanked the Central Government for approving Acupuncture as a Therapy under Allied Healthcare System.** He also told the Apex Committee under his leadership will try to get the approval from the State Government within next few months and requested all

healers to register with the Committee and come in large numbers for taking up the research related programs.

**Dr.Samiullah also mentioned that a Karnataka level meeting all Acupuncturists will be conducted on 29<sup>th</sup> December and invited eligible healers to register early for the meeting by calling Mrs.Jija Subramanian, the Co-ordinator for the program.** He also declared that research activities will be taken forward by forming a research center for Acupuncture and also for systems based on Acupuncture principles. He told it will be named **Dr.Bhojraj- Acupuncture Research Centre (B-ARC)** and formally opened on 29<sup>th</sup> Dec 2025 in the same venue. Mr.Naageash, Alernate Healer appreciated Dr.Basavaraj for his yeoman service in the field of health science in Karnataka and told this Divine Person should be encouraged to spread these simple healing systems to every nook and corner of Karnataka.

**Dr.Padmaraju**, Acu-healer emphasized again that the services of Dr.Basavaraju should be utilized for the benefit of the society and the free acupressure camp was planned on 15<sup>th</sup> which is likely to be attended by 3000 people with various ailments. He wanted the trained people to give them relief and also record their feedback for further monitoring.

Dr.Bhojraj in his address, congratulated all the 300 participants from all over India for completing the course very successfully and getting into practice for next one year. He appreciated the talent of Dr.Basavaraj who thinks out of box solutions for many problems with his research mind, which resulted in Nadis Wara. **He requested all the Trainees having Master's degree to register with the Academy for research.** He told with the approval of Acupuncture as Therapy, research funds available with various institutions can be approached with proper, well prepared research proposals. He also told that those people who qualifies for license to practice will be deployed in various Corporates for preventive health care in their premises to take care of their problems in the initial stage itself. Then the participants were awarded the certificates by the dignitaries.



**NO EXPECTATIONS AND NO DEMENDS- YOU WILL BE VERY HAPPY IN YOUR LIFE. CHANGE YOUR THOUGHTS, YOU WILL CHANGE YOUR WORLD**



## EXPERIMENT AND EXPERIENCE-THAT IS MEDITATION

**Science and Spirituality are no way different and both these streams are looking for the ultimate knowledge of the Universe.** Science is looking outside but spirituality is looking inside. Both the systems are having acceptability and adaptability based on the self- knowledge by individual and common knowledge by the society.

We have to survive as a society. People need food and facilities to survive. The food we eat every day, is from the untiring efforts of thousands of people who toiled to produce it, market it and transform it into the form which we consume. If everyone is meditating without doing their job, society cannot survive. Certainly, we must have a balance of both Science and Spirituality.

The whole world is looking for peace of mind and happiness. Where is this happiness? Is it in your Benz Car? Is it in your 5 bedrooms villa? Is it in your expensive clothing? **Happiness is within.** It is not outside. So, Science is looking for happiness from outside knowledge by finding out the reasons for the origin of the planets and cosmos. Yes, the inquisitiveness of every individual born in this world will search for more and more details about our evolution and inventions of scientific gadgets to achieve more and more in less and less time. There is dramatic shift in our communication ability compared to the year 2000 which has brought more misery to the people rather than happiness. Every invention has its own pros and cons. **Let us train our mind to look inwards to attain the real happiness in life. This simple system should be taught in the school level to make them better individuals useful for the society.**

The inward movement is called meditation. The **first step** is very simple. Just **observe all your activities**; that is your body and its acts-walking, eating, drinking and even daily chores of physical activities. Most of us do it like a robot. **But you just create an awareness about your physical actions and perform that action.** Don't do it as a routine.

The second step can be taken only when you when you have become capable of watching and witnessing your body and its activities. **The second step is to watch the activities of our mind-thoughts, dreams and imagination.** Just remain a witness and you are like a mirror reflecting, without any judgment or evaluation of these thoughts. If you judge the thought, it adds as another thought in your mind. So, like a mirror just

reflect whatever is presented by the mind. In five to ten minutes of this experiment, a strange experience happens as your witnessing grows, thoughts start reducing. If you have ten percent witnessing, you will have ninety percent thoughts; if you have 90 percent awareness, then you will have only 10 percent thoughts. Happiness is the NO THOUGHT condition which all of experience once in a while. One will be ecstatic when there is no thought in the mind.

**The third stage is reaching no thought condition for a longer period which involves witnessing the mind also for longer period.** This is the state of no-mind, this is the door to the third and final step. Now start watching the subtle emotions and moods. You can just watch the sadness or joy concerned with the body, mind and the heart. Almost all emotions will start coming out at this stage.

**Finally, when you are capable of watching the third stage, the fourth will happen on its own accord.** Suddenly, a quantum leap and you will be there at the very center of your being, where there is nothing to be aware of. **Awareness is aware of itself. Consciousness is conscious of itself.** This is the moment of ultimate ecstasy, samadhi or enlightenment.

**Yes. One can reach the goal easily with just only meditation when you physically train your body with Yoga over a period of time and create a strong spine to withstand the rise of the energy from the bottom of the spine. Join a yoga course, follow the instructions carefully before attempting meditation directly.** Go through the process like LKG to PhD gradually. Science and Spirituality are looking for happiness in different directions. You choose the direction and start practicing to get the ultimate knowledge about the Universe.



Don't believe in any theory but just start experimenting. **EXPERIMENT AND EXPERIENCE.** Both Science and spirituality are in the same page.

**"ARISE, AWAKE. STOP NOT TILL THE GOAL IS ACHIEVED"** -Swamy Vivekanand's golden words are our mantra for all human beings. As a scientist, I agree with this after experimenting.

**Dr.H.BHOJRAJ**

# ELECTROHOMEOPATHY

## THE FIVE ELEMENT DIAGNOSIS

By Dr.H.Bhojraj

It involves physical observation, questioning the patient, pulse diagnosis and analysis of excess and deficiency of specific organ's energy causing the symptoms

First and foremost, the physical observation of the person for uniform complexion of the face, pink color of the tongue, blue color of the eyes and uniform color of the skin. Depending of the hyper and hypo function of 5 Yin Organs, there will be variations in all these parameters. The nails are to be observed for the color and self-maintenance. The color of the toe nail gives an indication of Liver and Spleen functioning. The hair in the head and hair in the body should show normal growth for a healthy person.

Since it is connected with life energy, once the flow is restored the organs perform efficiently and makes the person more energetic. The root cause level diagnosis could identify the problem before morphological or pathological changes occur in the tissue. The treatment with energy medicine has no side effects like acupuncture and is very economical also.

It can act has preventive health care for common man who are likely to suffer in future due to their constitution.

The Spagyric solutions contain only the energy of that particular plant but not chemicals. These medicines have absolutely no side effects.

Mr.Sridharan, 76 years from Chennai started learning Electrohomeopathy from Dr.Huda after observing his eyesight improvement with EYE-REVIVE. He was asked to undergo cataract surgery on the other eye also after the operation on right eye. It was in 2022 and he started eye exercises and also Dr.Huda's treatment for strengthening the Liver for the eyes with Electrohomeopathy while learning. He also started using Eye-Revive drops with pad regularly. In 2024, his eyes are very clear and was able to see normally. Regular checkup indicated no development of cataract.

Sridhar is practicing Electrohomeopathy for his close family members and seen wonderful results including dissolving of Gall Bladder stones with EH medicines.

Mr.Sridharan Ph.99400-21450

## EYE REVIVE -SPAGIC SOLUTION FOR IMPROVING THE EYE SIGHT



This particular solution is marketed by Natzeus Herbals for improving the eye sight. It can be used by anyone of any age group to maintain good eyesight and also for improving eyesight. Apply 10 drops of Eye Revive into a cotton pad and place it on the eyes for 5 minutes. It can be done twice a day especially before sleeping.

My own experiment shows it gives immediately one line improvement in the Eye Chart which I get

normally after performing 10 minutes of eye exercises.

Based on our training one person from Hubli took one bottle for trial and using it for a month he was finding good improvement in his eye sight. He wanted to try eye-revive for 6 months and give his feedback along with eye exercises.

Those people interested in trying revive can contact me (98456-49914) or Mr.Giridhar Gopal (80880-33337)

## 12 Signs You're a Great Leader

- 1. You are humble**  
You know you don't have all the answers, and regularly seek input from your team and others.
- 2. You give great feedback**  
You love coaching and pushing your team to improve, delivering direct feedback compassionately.
- 3. You put others first**  
You talk people up, give them credit, and help them thrive, even if it means they'll outshine you.
- 4. You empower your team**  
You lead with trust, giving your people the autonomy to make decisions and work independently.
- 5. You support your team**  
Even while empowering, you aren't absent - you remove roadblocks and provide resources.
- 6. You walk the talk**  
From working hard to taking vacations, you model yourself what you preach to others.
- 7. You motivate others**  
You inspire people with purpose, and encourage them to go further than they could have alone.
- 8. You celebrate others**  
You recognize hard work and achievements, saying thank you and celebrating those efforts.
- 9. You admit mistakes**  
You embody ownership, acknowledging when you do something wrong and working to make it right.
- 10. You stand up for people**  
You defend your team from bullies, blamers, and bureaucrats, whether they're watching or not.
- 11. You have high integrity**  
You are honest and ethical, and are a leader that others would never be embarrassed to follow.
- 12. You are kind to everyone**  
You care about your people, and have empathy for their professional AND personal challenges.

© George Stern



## Established an educational trust on the day of 71<sup>st</sup> Birth Day of Dr.Devraj, Ex UGC Vice Chairman

Dr.Niranjali Devraj, Rtd Professor of Madras University established an Educational Trust in the name of her late husband Dr.Devraj and late son Mr.Dayabharan mainly to help the needy in education, particularly for higher education of brilliant students from rural areas particularly from Dr.Devraj's native village and surroundings.



On the day of Dr.Devraj's 71 birth day (9<sup>th</sup> December), homage was paid to Dr.Devraj and Mr.Dayabharan in

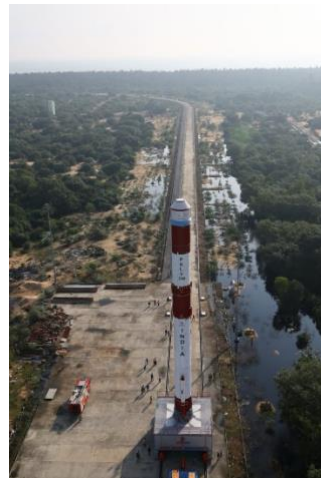


the home bought by Dr.Devraj few years back with the main aim of helping old people of his family in Coimbatore. The photos of Dr.Devraj, Mr.Dayabharan and with his mother H.Ruckiammal were installed in a specially constructed podium in the garden area. All the Trustees (most of them are Devraj's colleagues) attended the function and appreciated the wonderful work done by Dr.Devraj not only in Madras university but for all Universities in INDIA as the vice Chairman of UGC.

The details of the Trust's broad aims will be shared in our next issue.

## FOR STUDENTS-SPACE DOCKING EXPERIMENT (SPADEX) READY FOR LAUNCH PSLV C-60

By Mr.SUNDRAMURTHY, Prof.SOMA Ex.ISRO SCIENTISTS and PLANET AEROSPACE MEMBERS



The PSLV Rocket is ready with twin satellites mounted on the Rocket for launch on 30<sup>th</sup> December 2024 as on now. This launch should be followed very closely by the student's community.

This experiment is crucial for ISRO to develop skills needed for advance missions like human space

flights and lunar sample returns.

### WHAT IS POEM-4?

PS4-Orbital Experimental Module, designated as POEM, refers to the usage of the spent fourth stage of the PSLV. After launching the main payloads ie Two Satellites, the fourth stage engine stays in the orbit for minimum four months before it comes down and enters the atmosphere which is called a space debris after injecting the main payloads. But our Indian mind using this fourth stage to accommodate payloads for shorter periods by providing power with a solar panel which will be oriented towards Sun by controlling the Stage in all three axes.

PSLV-C60 mission is the fourth mission to accommodate payloads on the fourth stage. A total of 24 payloads will be flown in this POEM-4 mission, of which 10 payloads are from Universities and Startups finalized through IN-SPACE.

It throws open the opportunity for schools and colleges to think differently and come out with proposals to launch your own experiment. Our retired officers have started collaborating with Academia through PLANET AEROSPACE a registered company consisting of 60 retired ISRO engineers. Please contact Mr.M.V.Kannan 9740317133 Ph. for any details for taking it forward.

## 29-12-2024 Program Preparation

A Zoom meeting was called by Dr.Samiullah to discuss the preparations for the important meeting of all Acupuncturists mainly from Karnataka to discuss the steps to be taken for registering the individuals based on the Central Government Gaztite notification to approve Acupuncture as therapy under Allied Health Care Systems like Physioterapy. The meeting was attended by about 10 participants including Dr.C.K.Raju, Dr.Bhojraj and Dr.Ravishankar.



**Dr.Samiullah** welcomed the participants and explained that the main purpose of this meeting was to make a strong foundation for research in Karnataka primarily with Acupuncture Practitioners. He also told that 6 PhDs were awarded in the year 2024 on various ailments which will be discussed by all people who had done extensive research and would share the results with all participants.

**Dr.C.K.Raju** expressed his opinion to concentrate more on getting the registration done for existing practitioners in Karnataka rather than discussing how to get the approval for Acupuncture as a system like AYUSH. He also agreed to preside over the meeting and make the interactions more productive by controlling the proceedings.

**Dr.Ravishankar** expressed his appreciation for the present approval as a system and told he was in touch with all top members of Central Committee and applying for registration as a therapist can be done online with Adhar card details using online application. He also told that he himself registered as a therapist in that portal. He told he would be explaining clearly during the meeting.

**Dr.Bhojraj** also appreciated the status approved by the Central Government and told by proving with extensive research on Acupuncture with Research Funds available with Health Departments, Acupuncture has bright chances to be approved as a system in near future. He expressed the Researchers should come forward to do extensive research on Acupuncture and they have the potential to be placed in different Central Government organizations for preventive health care along with research for a particular disease. He requested **Dr.Raju** to conduct the meeting in a orderly

manner maintaining the time and productive suggestions for implementation.

**Dr.Venkatesh** also agreed in principle to present a paper on Infertility.

**Dr. Samiullah** in his concluding remarks agreed in principle to give a participation certificate to all participants signed by the Apex committee members and motivate them to join us for getting the recognition from State Government. He also declared that Acupuncture research Center will be formally opened on that day which will start function from 15<sup>th</sup> January in R T Nagar, natures Wellness Center, Sultanpalya. He also told a colorful book on Acupuncture will be released on this occasion.

The volunteers agreed to meet one day earlier by Zoom to review the full preparations to make it a grand success. It was also decided to invite members from other States also if they are interested in participating in the discussions.

## 29<sup>th</sup> DEC 2024

### TENTATIVE PROGRAM

- 9 30 TO 10 30 AM REGISTRATION
- 10 30 AM WELCOME ADDRESS BY Dr.C.K.RAJU
- 10 40 AM ADDRESS BY Dr.SAMIULLAH
- 10 50 AM ADDRESS BY Dr.RAVISHANKAR
- 11 00 AM ADDRESS BY DR.H.BHOJRAJ
- 11 10 AM PRESENTATIONS BY Ph D CANDIDATES
- 12 10 PM DISCUSSIONS ON ACUPUNCTURE RESEARCH
- 12 50 PM INAUGURATION OF ACUPUNCTURE RESEARCH CENTER
- 1 00 PM LUNCH
- 2 00 PM DISCUSSIONS ON THE CENTRAL GOVERNMENT APPROVAL OF ACUPUNCTURE
- 3 00 PM DISCUSSIONS ON STATE GOVERNMENT APPROVAL -STEPS TO BE TAKEN
- 4 00 PM CLOSE OF THE MEETING
- 4 PM to 6 PM GRADUATION FUNCTION FAST BOARD

### Editorial Board

Dr.H.Bhojraj, Mrs.Jija Subramanian, Mr.Nagulan Joghee, Mr.Sundramurthy, Prof.Soma, Mrs.Rekha, Ms.Kallolini Patro