



ACU WELLNESS

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

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FROM THE CHAIRMAN'S DESK

May, the month of Indian Election Festival had already gone with so many things happening all over India and the final results are not as expected by the public were announced on June 4th and almost all 140 crore Indians watched the results of this massive elections conducted efficiently and very successfully by the Elections Commission. **It is our responsibility to thank not only the Election Commission but also the political parties for cooperating with the election process. That is the grand success of INDIAN Democracy.**



The BJP party has come to the power for the third term, but if they develop the basic ethics in life particularly

in next Political Life, INDIA can be the world leader within 10 years because we have the basic intelligence to motivate our life towards the spiritual end. **As we all know the health of an individual should be given the top most priority in all Government Schemes in any part of the world which is the basic lesson from the pandemic we faced few years back.** Similarly, education has been given top most priority in INDIA and **the knowledge power** is shifting towards EAST from the WEST and INDIA is in advantageous position due to this shift. **Our appeal to all Political Parties is to give top most priorities for the success of our mother land and cooperate with the Government for implementing the schemes once it is approved by the majority in the Parliament.** Till it is passed, we can say anything about the bills but once it is passed every individual voted or abstained or ignored the election should support the schemes. **Let us create a great culture like other great countries and prove that we can elevate the human life to much greater levels.**

Today's order is based on only profit and money. Though it is very much needed for our economic activities, we cannot get the real happiness with money. Indians learnt all these secrets 2000 years back and all saints have given the gist in different forums to follow. We are really proud that our YOGA is practiced in 117 countries all over the world mainly because of health benefits and increased production in the industry due to healthy life with YOGA. **It should be taught from high schools and the basics of life should be given to all youngsters so that they can get the real happiness without any input from outside.** Along with YOGA we insist that ACUPUNCTURE should be recognized as science in INDIA and the benefits of this wonderful therapy should reach every nook and corner of INDIA.

We have seriously started our Acupuncture Research on Diabetes and more than 100 therapists are likely to register all over INDIA and we will be able to give the preliminary findings within next few months. I request all research associates to kindly cooperate with the ETHICS COMMITTEE of FAST Board and make it a grand success.

Having come to this world it is our responsibility to give something back to the society to make it better. This type of research will certainly enhance the health of the individuals and make them take responsibility for their own health.

Hearty congratulations to Shri. Narendra Modi for becoming Prime Minister for the third time and for the wonderful vision to make INDIA as the developed country within next two decades.

H.BHOJRAJ, CHAIRMAN, AAA

FAST BOARD FORMS RESEARCH ADVISORY COMMITTEE

BY.Dr.H.BHOJRAJ

The **Federation of Alternate System Therapy (FAST)** Board has been functioning for more than a decade **with the strong aim of promoting Acupuncture as a main system with regular treatment in the clinics** as out patients with excellent results in both Shivajinagar and also in Sultan Palya. Dr.Samiulla had his Acupuncture training in Beijing in the year 1999 and had been applying all advance techniques developed by the Beijing Acupuncture Medical College.

As a social reformer Dr.Samiullah at the age of 30 started propagating acupuncture principles to all those interested in learning Acupuncture systematically with full syllabus on Anatomy, Physiology and Chinese Acupuncture principles as a degree course under Karnataka State Open University in the year 2010 and degrees were awarded to all successful students. Prof C.K.Raju as pioneer in teaching Acupuncture in Tamil Nadu joined him as a faculty and established the course in Sports University in Tamil Nadu, since it was considered very helpful to treat sports injuries efficiently.

Dr.Ravi Shankar, the first batch Acupuncture Doctor had done extensive research for nearly 20 years and established an Acupuncture clinic in Mysore and joined Dr.Samiullah as the President of Acupuncture Science Association, Karnataka chapter which is coming under the National Body represented by eminent Doctors having Medical Degrees both in modern medicine and acupuncture.



Dr.Bhojraj and Dr.Ravishankar with RAs

Myself, as a research Scientist in ISRO learnt the acupuncture from Sri Lankan Open University, Medicina Alternativa under Dr.Jayasurya and after doing my own research found a special method using

only four points below the elbow and below the knee for treating majority of the problems. This enables the patients to take treatment in open and the effectiveness resulted in more than 1000 people learning the simple technique with excellent results for many diseases. Initially, pulse diagnosis is special technique taught only in our school of acupuncture. **The research wing of our Academy conducted research for Diabetes, Eye Sight, Hearing, Migraine and Splenomegaly with successful results.** Due to Carona, the Academy was closed and all the records were lost due to shifting. After 2022, slowly we started our research activities and joining the FAST Board for the systematic research.



PRACTICAL DEMONSTRATION

Almost for past 10 years, we, as a team have been trying to convince the Government to recognize acupuncture, as a system so that a full-fledged college can be established in Karnataka. Now we have decided to start the research projects only with Acupuncture therapy and collect the data for establishing the system in Karnataka along with AYUSH stream. Though it may be difficult in initial stages to continue research without state funding or corporate funding, I am very confident Government and Insurance Companies will realize the effectiveness of the treatment and come forward to fund the research. **Nearly 102 countries have recognized acupuncture as a system and very effectively integrated with modern system since in emergency only modern medicine will work.**

FAST Board organized a seminar on 28th April from 11 AM to 2 30 PM to discuss the research projects. Dr.Ravi Shankar in his opening session explained vividly the metabolic process and the clear distinction between Type 1 and Type 2 diabetes. The advance Acupuncture and its integration with proper diet and physical exercise have shown successful results in controlling sugar levels. He lauded the efforts of Dr.Bhojraj and Dr.Samiullah for their pioneering efforts and

expressed his solid support for the Diabetes research project.

Dr. Bhojraj in his talk explained the rationale behind this Diabetes project and asked all the Practitioners to become research associates so that the data collection will be easy and widespread. He also explained to them FAST Board will provide an accreditation certificate as Research Associate which will give them the required authorization to give treatment. **He also told the initial trials will be conducted only among research associates after checking their HbA1C . If the value is more than 7 it is compulsory to activate the four points themselves 4 times a week for 4 weeks, 3 times a week for 4 weeks and 2 times a week for last four weeks before evaluating their HbA1c again. Once the data are analyzed, the Research Committee will evaluate to take it up in a big scale.**

Those fit people having HbA1C less than 6 can identify one of their close family members or relatives and start this treatment after explaining all the details. Initially the sugar level will come down after the treatment so that precautions are very much needed. All the details will be explained in next Zoom meeting. **People can join anywhere in INDIA by registering with the Board and paying the prescribed fees of Rs.5000 to FAST Board.**

Dr.Bhojraj also demonstrated the acupressure points for eye sight improvement and hearing improvement with a chart and frequency measurement before and after practicing for all researchers.

Prof.C.K.Raju explained how he became an Acupuncture Specialist from technical field and his contribution to establish Acupuncture Course in Sports College in Chennai. He also explained the importance of Spleen meridian and the importance of Sp-6. He also appreciated the efforts of AAA for conducting research on Migraine and guiding the student to complete the Ph D thesis. He showed the thesis to the Research Associates and told it would be preserved with FAST Board Library as a reference for students. He also gave the outline how to start a research project and assured to elaborate in the next Zoom Meeting.

The meeting ended with the concluding remarks by Dr.Samiullah who appreciated the yeoman service provided by Prof C.K.Raju and Dr.Ravishakar. He specially acknowledged the research projects of the academy and thanked the Academy Trustees for the approval to join FAST Board for the research. The Board nominated the following members Ethics Committee for initiating , regulating and monitoring the research.

1. Dr.H.BHOJRAJ, ADVISOR

2. Dr.C.K.RAJU, CHAIRMAN,

3. Dr. RAVISHANKAR, VICE CHAIRMAN

4. Dr.A.R.SAMIULLAH, CONVENER/ MODERATOR

DIABETES MILLITUS PROJECT, RESEARCH DIRECTORS

1.Mrs.JIJA SUBRAMANIAN,9986168181,RAJANINAGAR

5.Dr.NUSURATH SHABANA, 9742557215 BHARATHINAGAR

6.Dr.SYED HANIFUDDIN, 9916123763, R T NAGAR

7.Dr.SHASATH BEGUM, 9620370252, J P NANGAR, 6TH PH

8.Dr.MOHAN KUMAR, 8861717622, C V RAMAN NAGAR

9. Dr.VANAJA, 6360697134, VINAYAKA LAYOUT

The committee has decided to meet in JULY and formally start the research project.

COMMUNITY NEWS

28-04-2024 INAGURATION OF KBGA ANNUAL CRICKET TOURNAMENT

By. Mr.Saravanan, President KBGA and Mr.Raj Kamal, Secretary, KBGA

Karnataka Badaga Gowdas Association (KBGA) having a membership of nearly 1000 has been conducting regular Cricket Tournament during April/May mainly to motivate the younger generation from Nilgiris to come together and play these competitive games which improves their health and cooperation as a team member to win the game. It was started in the year 2016 by KBGA. The very first tournament was a grand success and most of the youngsters started joining as Permanent Members of the Association and started playing in the tournament. We have about 5000 Badagas living in Bengalure.



The audience of the 1 match

Though it started with 6 teams in the first tournament, now after 8 years, almost 14 teams have registered for this 10 over soft ball cricket. Similarly for the Football teams were only 4 when we started four years back has become 8 teams in this year 2024.

As usual Mr.Mohan Selvaraj, one of our Mentors for 44 years took special interest to come to the Cathedral School in Richmond Road on 26th April and personally talked to the Principal Dr.Alvin Rajan who not only agreed to the dates but also approved the main auditorium function on 23rd June after the final Cricket and Football matches as a main concluding event with all KBGA members. Dr.H.Bhojraj, our Patron also was present on the occasion and presented his book "Towards better vision with Acupressure" to Dr.Alvin Rajan and thanked the principal for his kind cooperation and encouragement.



Bouquet to Principal by the team



Presenting the book to Principal by Patron

The Sports committee headed by Mr.Raj Kiran has done a wonderful job by organizing cleaning, marking and connecting the mike system for the inaugural session on 28th April 2024 as planned. The inaugural session not only attended by E C Members and players but by their family members. Mr.Mohan Selvaraj in his inaugural address praised the EC and sports committee for the excellent planning and executing this sports event. He

also mentioned that he had been associated for 44 years with KBGA and expressed his support for any good program in future also. As he is leaving for Canada shortly and he expressed his inability to attend the Annual Function in June 23rd .



Welcome address by President, KBGA

Mr.M.J.Krishnan, and Mr.Sudhakar, Ex-Presidents of KBGA, Mr.Shankar (HORANALLI), Mr.Prakash, Mr.Ganesh, Mr.Madesh, Mr.Sabhabathi, Mr.Rajesh Kannan, Mr.Shankar(Halladi), Mr.Senthil and Mr.G.Ramam not only spoke on the occasion but also declared a sizable amount as donation. Mr.Rajendran, Industrialist and Mentor assured the Sports Committee all possible help to grow further.

THE ENTIRE UNIVERSE WILL WORK FOR YOU ONLY WHEN YOU ARE READY TO WORK ON YOURSELF.

DON'T WAIT FOR THE BEST RESOUCE. DO THE BEST WITH THE RESOURCE YOU HAVE.

CONCLUDING REMARKS BY PATRON

Our Patron Shri H.Bhojraj in his concluding speech requested all youngsters to come together, play together and achieve the goals together.



Dr.H.Bhojraj addresses the gathering.

He requested all players to be disciplined and play the game with spirit of giving their 100% effort to the team for winning. He wished all teams to play well and enjoy the moments in the field. While concluding, he told about our World Badagas Meet which is likely to happen in December this year and requested all the participants to identify the achievers from their villages living abroad and give their profile for sending invitation for the event. The first match was played between **RBN AND HK11** and the toss was made by Mr. Mohan Selvaraj and Dr. Bhojraj, Patron played the ball with bat. RBN won the match. Other three matches also completed on the same day.

The teams **SIK, KK11, DKB** won the matches against **MM, KSA AND KGK** respectively.

Our hearty congratulations to the winning teams and also best wish to all teams for forthcoming matches of Saturday and Sundays till 16th June. The Annual festival with all members will be celebrated with finals, speeches, food and Badaga dance on **23rd June 2024**. Please mark the date for you to attend the event.



Briefing by President and Sports Committee Chairman

Our Community Our Responsibility.

WE MUST LIVE IN A MANNER THAT OFFERS MEANING TO OTHERS AND INSPIRES HOPE IN OTHERS.

LATEST NEWS

As on first week of June all matches were completed and two teams from Cricket and Football teams have been qualified for finals which will be played on 23rd June at 8 30 AM during Annual Function of KBGA.

The annual function is likely to be attended by almost all members of the Association which has crossed 1000 under the dynamic leadership of Mr. Saravanan, President of KBGA.

ADVANCE CERTIFICATE COURSE OF ELECTROHOMEOPATHIC MEDICAL SCIENCE

BY ELECTROHOMEOPATHIC RESEARCH FOUNDATION INDIA

What is Electrohomeopathy system?

It is holistic form of medicine based on the approach of curing the patient-not the disease-by restoring and balancing homeostasis mechanisms of living beings.

It is a plant-based system of treatment discovered by a famous Italian Count Ceaser Mattei in 1865.

The phyto-molecule based medicine regulates the homeostasis mechanisms of lymph and blood in the body, by which the patient gets cured at the root cause level.

ELECTRO refers to the bio-energy content. HOMEOPATHY refers to equilibrium or balance of energy and PATHY refers to a system of treatment.

NO SIDE EFFECTS

Non-toxic, natural and made from medicinal plants. Gentle, safe and free of side-effects. Provides therapeutic support to organs and system of the body. Regulates and restores proper functioning of systems. Most importantly it addresses root cause of the dysfunction instead of managing symptoms.

ADVANCED CERTIFICATE COURSE-REGISTER NOW FOR ACUPUNCTURE PRACTITIONERS IN BANGALORE

BY Dr. REHANUL HUDA AND Mr. GIRIDHAR GOPAL

THOSE INTERESTED IN JOINING THIS ONE YEAR COURSE WITH PRACTICAL TRAINING MAY CONTACT Dr. H. BHOJRAJ, 9845649914 SUNDAY ZOOM CLASS AND ONCE IN THREE MONTHS CONTACT CLASS IN BANGALORE. COURSE FEE DEPENDS ON THE NUMBER. MINIMUM Rs. 20000/PER PARTICIPANT FOR 20 PARTICIPANTS

EYE REDNESS FOR 29 YEARS SOLVED WITH ACUPUNCTURE AND SELF ACUPRESSURE SAYS Mrs.PRATHIMA

AUTO IMMUNE CONDITION TREATED WITH ACUPUNCTURE

I am Prathima, 44 years old, with a condition of Auto Immune disease which causes the inflammation of the eye. I have been having this condition from the past 29 years and have tried all systems of medicine. However I had not found complete relief. The condition caused intense pain and usually lasted 2-3 weeks per bout. None of the doctors were unable to figure out the root cause or offer a cure. When I ~~came~~ met Dr. Bhojraj this January, he offered me hope when there was none. Through 4 weekly sessions of acupuncture and daily acupressure on

prescribed points I have seen wonderful progress. I continue daily acupressure and certain prescribed mudras. I have not had a repeat episode of the eye inflammation and continue to keep in touch with Dr. Bhojraj to update him about my status. My sincere thanks to Dr. Bhojraj and his family who have been of great help to me in resolving this long standing issue of mine.

CASE HISTORY BY Mrs.REKHA, ADVANCE ACUPUNCTURE COURSE PARTICIPANT

I have completed my one-year Advance Acupuncture Course in the Academy for Acupressure and Acupuncture. I gained confidence after treating my family members, I have an interesting case history to report.

A lady aged 53 years having thyroid for five years approached me for help to reduce her fatigue and weight reduction with acupuncture after listening to my relatives. **In spite of taking Thyroxin, she was having low energy levels and frequent feeling of exhaustion. The weight gain had affected her self-esteem and confidence. The skin and hair issues have caused additional distress. She also had dry skin, mood swings and depression despite taking medication.**

The treatment with acupuncture with H8 reduction, K10 increase, Sp 3 reduction and P8 decrease was given for 10 minutes, once a week for 5 weeks.

Her overall wellbeing significantly improved; Fatigue reduced from 7 to 3 in a scale of 10. Her mood swings vanished, slight weight loss was observed and her skin condition also improved. Dietary advice was given and after checking her thyroid function she was advised to reduce the dose as per the physician.

I am really convinced the Acupuncture taught in the Academy works very well for many chronic diseases.

MY VOICE RESTORED IN ONE SITTING WITH ACUPUNCTURE-SAYS Mrs.NIRMALA MOHAN KUMAR, 68 YEARS Ph.9448212347

I was recommended by my daughter Mrs. Geetha to Dr. Bhojraj for my sound in the ear, pricking pain after herpes and giddiness. Though it is my first experience with acupuncture treatment, it was very effective for me. In the first sitting on 1st April, my voice was very feeble and after noticing my difficulty, Dr. Bhojraj inserted a needle in my wrist for two minutes and told us this point would restore my voice. The whole family was astonished to observe my voice was almost back to normal on the same day within few minutes.

After 4 sittings of Acupuncture over a month, my giddiness vanished, ear pain reduced and the pricking pain also came down. Thank you, Doctor, for this effective treatment.

LUNCH MEETING OF SPACE SCIENTISTS By.Dr.H.Bhojraj

The close ISRO colleagues who encouraged me for opening an Academy for Acupressure and Acupuncture used to meet once in three months mainly to discuss some common topics and update them about our research activities. The last meeting was on 28th June 2019 and due to pandemic, our meeting did not take place for two years and it continued till April 2024. Mr.Malik, Ex Outstanding ISRO Scientist took special efforts to revive our regular meet. Six out of nine members could attend the meeting at 12 30 pm over lunch on 29th April 2024. It was really happy moments for us though all of us find it difficult to keep the same enthusiasm as earlier.



Mr.Sathyamuthy, Mr.Bhaskarnarayana,Dr.H.Bhojraj, Mr.V.R.Katti, Mr.R.N.Tyagi, Mr.Narendra Malik (All members are part of ARYABHATA TEAM.

The PROXI roof top restaurant in Mahadevapura was really great with food preparation and all of us enjoyed the starters and main food which were very well prepared to suit our Senior citizens' taste which was suggested by Mr. Ramanand Tyagi. The discussion was mainly on Elections with Mr.V.R.Katti, the only PADMASHREE in our friend's group who expressed his analysis and was very confident of BJP forming the Government for the third time. Mr. L.S.Sathyamuthy, kept us busy with his earlier interactions with top people. Mr.Bhaskarnaraya and myself expressed our views with some reservation about the majority number. Mr.Sathyamurthy appreciated our research efforts and has declared Rs.10000 as a donation for our Academy.

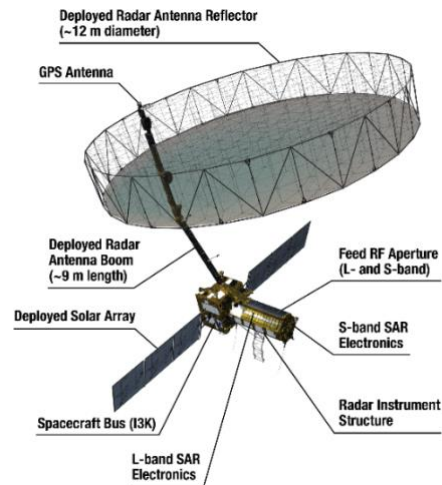
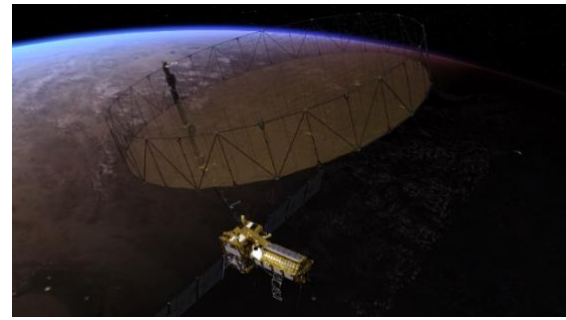
HAPPINESS IS A POSITIVE AND PLEASANT EMOTION, RANGING FROM CONTENTMENT TO INTENSE JOY. IT IS A CONDITION OF MIND AND NO THOUGHTS EXIST IN THE MIND.

ECSTASY IS A STATE OF EXTREME HAPPINESS WHEN FEELING MAXIMUM PLEASURE.

BLISS IS PERFECT HAPPINESS, PEACEFUL BY OUR OWNSelves AND VERY COMFORTABLE WITHIN.

FOR HIGH SCHOOL STUDENTS NISAR

BY Prof Soma and Mr.Sundramurthy



The NISAR (NASA ISRO Synthetic Aperture Radar) satellite project is a collaboration between NASA and Indian Space Research Organisation (ISRO) to develop and launch a dual frequency (S and L band) radar imaging satellite. The satellite is designed to provide high resolution images of Earth's surface for various applications such as environmental observations, agricultural monitoring, disaster management and urban planning.

The NISAR satellite utilises synthetic aperture radar technology, which allows it to capture detailed images of Earth surface regardless of weather conditions or time of the day. The dual frequency radar system will enable the satellite to sense at different wavelengths, providing researchers with valuable information about the composition and structure of Earth's surface. Through the NISAR satellite project, students can learn about the collaboration between international agencies, the technology behind synthetic aperture radar, and practical applications in various fields. The project also highlights the importance of international cooperation in advancing scientific research and technology for the benefit of society. Currently, NISAR is expected to be launched by GSLV MKII into 747km sun synchronous orbit some time in 2024, once all the preparations and testing are completed by ISRO.

SHINGLES

It is the reactivation of herpes zoster virus in which painful skin blisters erupt on one side of the face or body. Typical shingles begins with a general feeling of malaise accompanied by a slight fever and tingling sensation or pain on one side of the body. Within days a rash appears on the same area in the line along the affected nerve, and a group of small, fluid filled blisters crop up. Typically, it occurs along your chest, abdomen, back or face, but it may also affect your neck, limbs or lower back. The area can be excruciatingly painful, itchy and tender. After one or two weeks the blisters heal and form scabs, although the pain continues.

The deep pain that follows after the infection has run its course is known as postherpetic neuralgia. It can continue for months especially for older people. Shingles often occur only once, although it is known to recur in some people.

CAUSES

Shingles arises from the same virus, herpes zoster, that causes chicken pox. Following a bout of chicken pox, the virus become dormant in the spinal nerve cells, but it can be reactivated at a time when the immune system is suppressed by physical or emotional trauma or a serious illness. Medical science doesn't understand why the virus becomes reactivated in some people and not in others.

TREATMENT

No treatment has yet been discovered to prevent or halt shingles, and although steps can be taken to shorten its duration, frequently the virus must simply run its course. Early medical attention may prevent or reduce the scarring that shingles can cause.

Anti-inflammatory drugs and analgesics to reduce the pain. Acyclovir, an antiviral drug, may help to stop progression of the rash. A short course of corticosteroids can reduce inflammation. For the pain that lingers after lesions have healed, doctor may prescribe a tricyclic antidepressant, which in small doses relieves pain.

PREVENTION

Because shingles comes on suddenly, with scarcely any warning, there is little we can do in the way of prevention. Improve your immune system with proper food and exercise.

ENJOY YOUR LIFE NOW. ACTION,THOUGHTS AND SPEECH SHOULD BE FOR THE WELFARE OF THE HUMANITY.

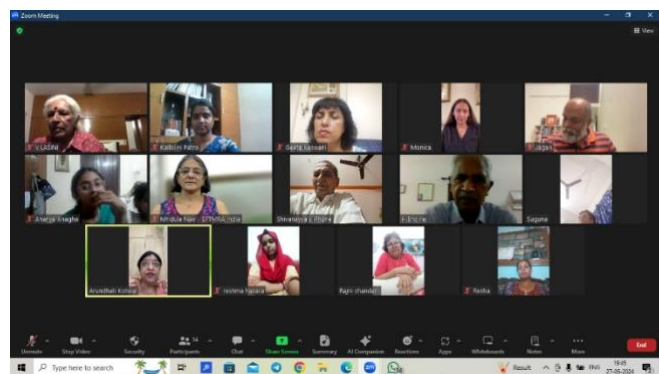
EDITORIAL TEAM

Dr.H.BHOJRAJ, Mr.NAGULAN JOGHEE, Mrs.JIJA SUBRAMANIAN, Mr.SUNDRAMURTHY, Prof. SOMA, AND Mrs.REKHA

ANNOUNCEMENT

ACU-NEWSLETTER WILL BE MADE BI-MONTHLY FROM NOW ON.

EYE AND EAR IMPROVEMENT PRACTICE CONTINUES TILL DECEMBER 2024. THOSE INTERESTED IN JOINING, MAY CONTACT Ms.KALLOLINI PATRO, Ph.99114 13405



EYE SIGHT IMPROVED REMARKABLY AFTER 6 MONTHS OF REGULAR PRACTICE WITH Ms. KALLOLINI- SAYS Mrs. MEENAKSHI KRISHNAN 70yrs

I joined the regular eye exercise class conducted by Ms.Kallolini, every Wednesday at 7PM in Oct 2023 and I have been practicing regularly for 10 minutes every day. I have been using spectacles for reading my slokas every day and I used to get tired eyes by the time I complete reading. Within three months, I was able to read without specs and my eyes are not showing any tiredness now. I could see the TV screen clearly and read the scrolling text without specs. Earlier I was not able to see clearly with left eye, but now I really feel the difference and I am able to see better with my left eye. I am yet to go to the Eye Doctor for a regular checkup but my general wellbeing has improved. I will give the feedback with evidence after consulting the Ophthalmologist. Thanks to Ms.Kallolini for training us. Also, I am totally free from my headaches which I used to get very often before joining the course.

