ACU WELLNESS

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

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VOL 13

FROM THE CHAIRMAN'S DESK

Dear friends and well-wishers,

The recognition of Acupuncture as a therapy has been notified in the Gazette recently and the details are being worked out by the Health Department. It is likely to be published for implementation by all concerned. So far, a uniform syllabus for Acupuncture training and the duration were not uniformly followed by the **so called self-declared Acupuncture Trainers** in India. Now, after this legislation in the Parliament, one has to get proper approval from the concern authorities and a formal college only can offer the course and the diploma or degree depending on the course content and duration. The clarity will come once the full text approved by the health ministry is published.



In the meantime, all Acupuncturists irrespective of the school or duration of the course studied can come

together in various States and form a formal association to represent the practitioners for one time approval by the Government. All associations can start conducting awareness camps on the merits of Acupuncture by organizing popular talks on Acupuncture Therapy and introduce all those people practicing acupuncture for many years.

Karnataka Acupuncture practitioners can contact Dr.Samiullha or Dr.C.K.Raju for registering their names with their qualification and experience. Ultimately this scientific system has to be taught to next generation like Ayurveda, Yoga, Unani, Siddha and Homeopathy in five-year course . India is the only country which has the capability to adopt Preventive Health Care systems seriously and prove to the world that our ancient systems are much better than the modern systems. Even in emergency except in accidents few systems can give wonderful relief.

As the system gains traction with awareness camps, we can start planning for Acupuncture Hospitals in every district in Karnataka or ask for a separate wing to treat with acupuncture system in all Government Hospitals. For that we need good Acupuncturists with good knowledge on Anatomy and Physiology. There are many techniques in Acupuncture like Traditional Chinese Medicine (TCM), Su-Jok Acupuncture, four needle therapy developed and proved by our Academy, Touch Therapy on Su-Jok meridians, Seed Therapy on Su-Jok Meridians, Color therapy on Su-Jok Meridians, Scalp Acupuncture, Facial Acupuncture, Ear Acupuncture and many more systems are taught by various individuals but without any research records.

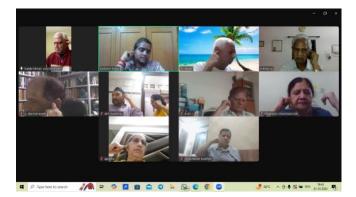
Most of the people study the systems without basic knowledge in Anatomy and Physiology and once they get good results, they expand to treat public without any regulations. There are certain precautions for practicing these systems and certain mandatory rules for disposing the used needle etc. **So far, Acupuncture has grown wildly in India without any regulations**. Now with the Acupuncture Bill passed in the Parliament, all those who are practicing Acupuncture and similar systems based on Fundamental Principles of Acupuncture should register with health authorities. They can practice after getting the proper approval from Health Department, for proper monitoring by the health authorities.

Dr.Samiullah had already fixed **29th December at 10 30 AM for a meeting of all Acupuncturists from Karnataka,** in Gandhi Bhavan, Bangalore to discuss

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about this Central Government's order and what actions are to taken for getting the recognition from the State Government also. Kindly make a note of the date and attend without fail. A nominal amount of Rs.500/= (Five Hundred) is to paid in cash on that day for common expenditure. All those attending on 29th should register by WhatsApp to **Mrs.Jija Subramanian** (99861 68181).

It is worth recording that our 4-needle technique used by Dr.Nasruth Begum for controlling diabetes had given excellent results and a formal paper is getting ready for presentation to all Practitioners on 29th Dec in Gandhi Bhavan. It has been reported the average sugar level of 320 mg/dl for 20 patients had come down to 160 mg/dl after 3 months of treatment as per our protocol. The review will be held by the Ethics Committee and if possible, it be taken up at a bigger level involving more than 100 therapists as Research Associates.



The eye improvement and ear improvement batch had given their feedback on line improvement readings which is very encouraging to the research team. Only after completing 3 months on 20th December, the results will be analyzed and data will be released.



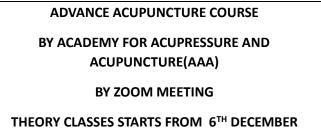
The visit of Dr.Huda for an interaction with Electro homeopathy practitioners was a grand success and it has been proved the Five Element Theory (FET) is the backbone for both Acupuncture and Electro homeopathy and works as Energy Medicines without any side effects. All Acupuncturists should join the upcoming EH class by Dr.Huda and the treatment will become very effective.



Our Academy is very proud of our Mentor Shri S.V.Ranganath, who has been honored by Karnataka Government with Rajyotsava Award for his decades of dedicated work for Karnataka under 6 Chief Ministers. Shri Ranganath is known for his integrity, hard work, sincerity and for his wonderful memory during his four decades of service. AAA Trustees and ISRO veterans organized a felicitation function in Hotel Radissons Atria over a cup of tea on 19th Nov at 4PM. The meeting was presided over by Padmashree Awardee Shri.V.R.Katti , Ex-Outstanding Scientist of ISRO. It is worth noting that the Committee decided in principle to get the approval from the State Government also with the help of Shri S.V.Ranganth.

Yes. We are entering the NEW YEAR 2025 with lot of hopes and dreams. I wish you all a very happy, healthy and productive NEW YEAR 2025.

H.BHOJRAJ, CHAIRMAN, AAA



WEEKLY TWO DAYS (FIXED BY TAKING INPUTS FROM PARTICIPANTS) COURSE CONTENT: FIVE ELEMENTS THEORY AND PULSE DIAGNOSIS

COURSE FEE Rs25000 PAYABLE IN 2 INSTALLMENTS

CONTACT Mrs.JIJA 99861 68181

COURSE FEE ; Rs.10000/(I INSTALMANT) PAYABLE TO AAA,INDIAN BANKACCOUNT NO: 6012588256 IFSC; IDIB000R005

DIABETES EARLY DETECTION WITH MEMS/NANO TECHNOLOGY

By. Dr. H. BHOJRAJ

Dr. Manjunantha M. Nayak, Rtd ISRO Scientist, has been continuing as a visiting professor work in Center for Nano Sciences and Engineering (CeNSE) in Indian Institute of Science (IISc) campus and invited me to see the developments of the Nano Sciences in the Centre. Prof. Nayak was the involved in pressure sensors design for measuring pressure in the fuel and oxidizer tanks used for the Satellites and very successfully developed many sensors using MEMS Packaging Technology. After his retirement in 2011 he started his visiting professorship with CeNSE on Nano Technology.

Prof. Nayak invited me for a visit to Advanced MEMS Packaging lab and his contribution in developing a MEMS Pressure sensor which was used for aerospace



applications. As a spin off, he has presented the use of MEMS sensors on PLANTER'S FOOT for early detection of diabetes for younger generation who are not aware of this metabolic disorder. The PLANTER'S FOOT with 9 pressure sensors at different locations on the foot imprint which can measure the change in resistance at these locations. Once a person stands on this board, the resistances on all 9 locations were converted to proportional electrical output which is measured, and

interpretations are done with simple 3D image/map. Above the threshold level at certain reflex points one can reasonably conclude that the metabolic disorder is setting in for youngsters. It gives the caution to check with the Doctor and start the precautionary treatment like diet control, fast regular walking as preventive health care. It was proved for a set of people and the results were as expected. He told that it was carried out as M.Tech project of Mr. Venugopal G, " Distributed Pressure Sensor System for Plantar Pressure Measurement" during 2006 time frame under the guidance of Prof. K. Rajanna (Former Professor and Chairman, IAP, IISc), Shri. Ram Gopal, IAP, IISc, and Dr. Diwakar, CEDT, IISc. Presently with MEMS Technology, the same technique could be adopted with MEMS/NANO sensors. I was also convinced with this concept since the resistance on Stomach and Spleen reflex areas will show higher resistance on the foot as per reflexology if the metabolic organs are not performing well.

This concept gives us an idea for mass check up with younger population in the age group of 30 to 40 and this screening test will be very cost effective for the organizations. Prevent the disease rather than try to cure later.

A meeting is planned with our Diabetes research group of our Academy and again approach CeNSE, IISc for a tie up to develop an instrument with MEMS/NANO sensors to measure the resistances at different points for this Diabetic detection.

Also, we discussed to develop a micro/nano needle for inserting in ACUPUNCTURE point especially on Sp-6 for finding the effectiveness for diabetes control. He has shown the micro needles and micro pump developed by Dr. Vinaya Kumar, under the guidance of Prof. K. Rajanna, IAP, IISc, Prof. N. S. Dinesh, DESE, IISc and tested for animal experiments at Prof. S. G. Ramachandra's animal facility, IISc.

Prof. Nayak took me to the state of art facility at CeNSE, a NNFC clean room for fabrication of MEMS sensor and MNCF for MEMS/ NEMS characterization facility.



Dr. Ramshankar, Dr. H. Bhojraj, Dr. M. Manjunatha Nayak, Ms. Pavithra

After the nice lunch in the Centenary Visitor's House (CVH), Ms. Pavithra, his colleague explained how the MEMS Pressure sensors are integrated and tested in the Advanced MEMS Packaging Lab which are used in aerospace applications manufactured in India. In principle it was decided to meet again with our technical team and discuss in detail to revive this device with nano sensors for diabetic detection for youngsters.

Prof. M. Manjunatha Nayak

I know Bhojraj from the day he joined ISRO and we both had many technical discussions for Spacecraft Design and fabrication. I also know him well for propagating self-help acupressure techniques to all ISRO employees to almost all centers whenever he visited the center for any official work.

In 2014, I developed sciatica pain and I consulted almost all specialists without any permanent solution. As I remembered Dr. Bhojraj after my friend who worked in Defense told that his son was cured of similar pain with acupuncture treatment from him. I visited him immediately after taking an appointment and I had taken four sittings over a period of one month. To my surprise the sciatica pain vanished within a month and till today I feel perfectly alright. It was like a miracle for me and referred many patients to him. Now, having got the approval as a THERAPY, I hope ISRO will seriously consider to include ACUPUNCTRE as therapy and recognize the experts in field after proper scrutiny.

THE PRINCIPLES OF ELECTROHOMEOPATHY

FOR THE COMMON MAN

BY. H.Bhojraj and Giridhar Gopal

The healing energy, a fusion of energy from nutrition and breathing is known as Qi (Chi) in Chinese, KI in Japanese, VITAL FORCE in Homeopathy, ODIC FORCE in Electro-Homeopathy, RAUCH in Islam, and PRANA in Yoga. We know if this "ENERGY" is there, any organism can exist in this world. First of all, we must understand how this "TRUE QI" is produced in human body.

Inside mother's womb, the child gets this energy through umbilical cord and grows. As soon as it is ready to become independent, the inner forces expel it outside the womb. The Doctor will hold the child upside down and just taps it at the back and **the first cry of the child indicates the entry of the prana to the LUNGS as it opens.** Then the umbilical cord is cut off and sealed.

As we know the child continues its cry till it receives the mother's milk which contains all the ingredients required for the growth. Now the milk as food processed in the stomach and as it is being processed, the SPLEEN which is almost attached to the STOMACH absorbs the finest energy and sends it to LUNGS. The food prepared in the stomach gradually sent to Small Intestine and all nutrients absorbed by the blood are sent to Liver for detoxification and then sent to Kidneys for separation of toxins. It is very important to note that the Kidney separates the fluid into CLEAR FLUID which is again sent to LUNGS and processes UNCLEAR FLUID for making synovial fluid in the joints for proper maintenance. Then it is sent to Liver for making tears in the tear glands, to the Heart for making sweat in the sweat glands, to the Spleen for making saliva in the salivary glands and to Lungs for making phlegm.

The clear fluid with nutrients received from the Kidney mixes with the finest energy received from spleen are mixed with PRANA in the LUNGS. This part is known as "TRUE QI" in Acupuncture Science, which is nothing but BLOOD in different form inside our body. As it enters the HEART from the LUNGS this TRUE QI during compression gets converted into visible blood and gets circulated to all the organs. As per Acupuncture theory, Blood and Qi are interchangeable and depending on the requirement of the cells. So, formation of the blood and the addition of PRANA are vital for our maintenance of the life force in the body. Generally, those who practice deep breathing exercise stay healthy mainly due to the additional PRANA added to the system and all leading realized SOULS have given this simple deep breathing exercise in some form or other like chanting verses or singing or exercise.

Blood which formed in the heart represents the YANG force which maintains the body temperature at 37.1 degree centigrade. This maintenance is possible mainly due to the LYMPH which is produced during its flow in the fine capillaries have the cooling effect since it is separated from the blood and flows in the lymph vessels almost near the surface of the skin. This cooling action is the YIN force of the system.

As we all know to stay healthy, the YIN and YANG forces should be balanced. Electro Homeopathy also says the balance of LYMPH and BLOOD.

There are simple solutions available to find out the dominance of the YIN or YANG with simple observations and symptoms. The EH medicines which are refined and transformed to have only the ENERGY content have the capability to balance the YIN and YANG forces without any side effects. It will treat the root cause of the problem and not the symptoms.

In the next article, we will cover how the Five Element Theory (FET) was used to find out the root cause of the disease and how to find out the HYPER and HYPO activity of the organs for diagnosis.

ENERGY

The first law of thermodynamics states that energy can neither be created or destroyed but it can be converted from one form to other form. This principle is also known as law of conservation of energy. In Engineering terms, energy is the capacity to do work or cause some kind of change. It may exist in potential, kinetic, thermal, electrical, chemical, nuclear other various forms. All forms of energy are associated with motion. If you observe carefully, everything in our body is moving.

The chemical energy stored in the food is released and converted into heat energy in the cells which helps the body to maintain the body temperature at 37.0° C or 98.6° F. Same chemical energy is converted into mechanical energy through the muscular system which is responsible for external movement and work. The same principle is applicable for the transportation of all chemicals inside the body. It is also converted into Electrical energy and sent through nerve fibers as impulses or signals to and fro from the brain.

ELECROHOMEOPATHY PRACTICAL CLASS IN BANGALORE WITH Dr.REHANUL HUDA, M.D, PhD

The Electro Homeopathy certificate course for the year 2024 was conducted via Zoom on Saturdays and Sundays for the past six months and the practical class with **Dr.Huda** was organized in **Gandhi Bhavan on 16th November 2024 from 3 30 pm to 6 pm.** Previous batch practitioners of Electro Homeopathy participated and received the certificates. It was attended by about 20 practitioners of Electro Homeopathy including 2024 batch practitioners. Many practitioners shared their practical results and concluded that the system works well for almost all diseases.



The event was presided over by **Dr.H.Bhojraj**, former scientist at ISRO, with **Dr.Huda** as Chief guest. **Dr.Giridhar Gopal** hosted the program and welcomed all the guests with excellent introduction about every one with his fluent English in a succinct fashion. **Sr.Naina** welcomed Dr.Huda with a bouquet. **Dr.Ramadas Ramaswamy Nambi**, well



known Dorn Therapist in Bangalore and EH Practitioner, in his short speech explained how he successfully

many

patients by using 5 Electricities by applying on the particular spots on the spine with his Dorn Therapy knowledge.

Dr.H.Bhojraj in his addresses narrated how he got into Acupressure Therapy and wrote the advance book on Acupuncture with Five Elements Therapy in the year 2000 introducing his own methods and concepts for ease of understanding. He also mentioned ongoing research on Diabetes with 4 points needing and its wonderful results. He said that, the scientific paper is getting ready for presentation and also for PhD thesis by Dr.Nasurath Begam. **Dr.Beena**, an EH practitioner in JP Nagar explained how she moved out her dental practice after exploring and learning many Alternate Therapies. She got convinced with Energy based Medicine after attending Dr.Huda's course. She said, " Now I know that **HEALING is an Art of Science" Dr.Huda**, as the Chairman of Electrohomeopathic Research Foundation INDIA, explained the efforts of the Committee to get the recognition from the Central Government and told it is almost cleared by the Review Committee. The formal announcement of the approval is expected in the near future. Government has cleared the practice of EH with proper certification.

EH completion certificates were issued by Dr.Huda to Sr.Naina, Dr.Beena, Mr.Pavan Kumar, Mrs.Shashikala, Mrs.Meera Lakshmanan, Mr.B.S.Shastri, Mrs.Sujatha, Mrs.Smitha, Mr.Balakrishnan and Mrs.Vijayalakshmi.



his address Dr.Huda thanked Dr.Giridhar and In Dr.R.R.Nambi for the excellent support for Electro Homeopathy. He requested all the practitioners to keep the record of their treatment and report if possible as a research paper in future conferences. He requested all practitioners to have the passion for the healing and work with dedication to achieve the results. He told that he was ready to transfer his knowledge to everyone to make them excellent healers. He also introduced his new products Damask rose face freshener, morning tea and evening tea with 20 drops of Thime, Rosemary and Tulasi combination which will act like health supplements. He also told that in collaboration with Dr.Samiullah of FAST Board, a research wing will be started in his upcoming 100 bed hospital exclusively for Acupuncture and Cupping Therapy. Dr.Giridhar Gopal who took efforts to organize these practical classes thanked all the participants for their support for the system. He declared that all medicines required for the Practitioners are available with him in Bangalore and can be made to deliver within a day.



On 18th November, Dr.Huda addressed the electro homeopathy practitioners which was organized by Mr.Sridhar. Dr Huda

addressed various NGOs on the use, application and efficacy of Electro homeopathy.

KARNATAKA RAJOTSAVA AWARD 2024 TO Shri.S.V.RANGANATH, Ex.CHIEF SECRETARY,KARNATAKA GOVERNMENT AND MENTOR,AAA

Shri.S.V.Ranganath is an ex-IAS officer from 1975 batch of Karnataka cadre. He holds a Master's degree (M Sc) from Delhi University. He worked as Additional Secretary in DOS for nearly 5 years and was instrumental in the phenomenal growth of Space Technology. He served as Member (Finance), Space Commission, and Financial Advisor in Department of Space.



As Chairman of Café Coffee Day, he changed the organization a profitable one within three years under his leadership.

He served as the Chairman of Coffee Board, Resident Director in Indian Investment Centre, Abu Dhabhi, Principal Secretary to various Chief Ministers of Karnataka.

He retired in October 2013 as Chief Secretary, Government of Karnataka. He worked as Non-Executive Chairman of IFCI and Vice Chairman, Karnataka State Higher Education Council, Bangalore after retirement.

Presently he is the on the board of Bosch Ltd, Coffee Enterprises Ltd, Coffee Day Global Ltd., Jana Capital, QS Era, Indian Institute of Human Settlement.

He has joined NABFINS as an independent director and Chairman of the Board with effect from October, 1st, 2021.

Shri.S.V.Ranganath was guiding the Apex Committee for getting the recognition for Acupuncture from the State Government for the past 10 years.

We the Acupuncture Fraternity is very happy to congratulate Shri S.V.Ranganath for being conferred with the prestigious Karnataka Rajotsava Award on 1st November 2024.

AAA Trustees and SPACE SCIENTISTS congratulates Shri.S.V.Ranganath on 19th November in Hotel Radissons Atria over a cup of tea. Dr.H.Bhojraj welcomed the Trustees and Mentors from Space Fraternity and congratulated Shri S.V.Ranganath for this prestigious award and wished him all the best for the National Awards in the coming years.

Padmashree V.R. Katti, Ex-Outstanding Scientist (ISRO) praised Shri.Ranganath for his financial acumen during his tenure as Financial Advisor for DOS and conveyed his congratulations on behalf of AAA and Space Scientists. He described him as a **simple man known for his honesty and commitment**, a man who never got trapped by power.

Shri S.V.Ranganath in his speech expressed his thanks to Space Scientists for organizing a simple get together for congratulating him for getting the award this year. He thanked the Karnataka Government for the recognition and assured that he had served the society with good intention and would continue to do so in future also.

The meeting ended with vote of thanks by Dr.Bhojraj who also welcomed and briefly introduced Shri S.V.Ranganath to the participants.



BOUQUET TO S.V.R BY ISRO COLLEAGUES



Mrs.Jija, Mr.Suresh Palyam, Mr.Sundramurthy, Mr.Bhaskar Narayan, Dr.Kanaka Rao, Shri.S.V.Ranganath, Dr.H.Bhojraj, Shri.R.N.Tyagi, Mr.Nagulan Joghee, Mr.V.R.Katti. Shri.N.K.Malik

CASE HISTORIES

VARICOSE VEINS PAIN COMPLETELY REDUCED WITH ACUPUNCTURE SAYS

Mrs.Vasanthakumari AGE 62 Years from KGF

I had varicose veins on both my legs almost 5 years back and was unable to bear the pain. The Doctors suggested me to go the operation and the veins on both my legs were operated and removed. After that I was feeling much better and till August, I was alright. I was able to move freely without any pain. But for the past 4 months the pain started troubling me especially when stand for long time during cooking. I also developed heel pain and there was some swelling at the heel which was paining while walking.

My son, Mr.Santosh who is working in Bangalore recommended me to try acupuncture treatment with Dr.Bhojraj in Bangalore. Though I never heard about this treatment, based on my son's confidence I took the treatment for varicose vein and heel pain. In the first sitting, I didn't feel much difference but after 2nd sitting, I could feel the varicose veins became almost normal and the color change was remarkable. The heel pain also reduced considerably and the swelling had gone after the third sitting. Doctor taught us all the acupressure points for preventing the problem. I have been doing all the points daily and finding my health is improving.

Based on my experience, I have recommended my close relative also for acupuncture treatment from Dr.Bhojraj.

TREATMENT GIVEN

Sp-6 Dec,Liv-1 Inc, Lu-7 Dec, P-7 Dec

Plus K-3, B-65

SCIATICA PAIN VANISHED IN TWO SITTINGS OF ACUPUNCTURE SAYS Mrs.ANITHA SAINATH, 70 YRS

I had terrible sciatica pain for a month or so and as I believe in natural healing I avoided the pain killers given by the Doctor. But one of my close relatives who had the similar problem relieved by Acupuncture treatment strongly recommended to Dr.Bhojraj. In the first sitting itself, my sciatica pain reduced by 50 percent and after the second sitting the almost vanished. Doctor also taught us acupressure points to activate daily as prevention.

After retuning to India, I had some pain in the back but not radiating pain. Again, in October end myself and my husband Rtd Col Srinath visited him. This time also it was like miracle it worked in one sitting. I would like to thank Dr.Bhojraj for this wonderful treatment which is now recognized by the Government. I strongly feel it should be made available in all our Defense Hospitals so that we can have an effective treatment with modern diagnosis and treatment.

TREATMENT GIVEN

GB-41 INC, LI-1 DEC, SI-5 INC, and TW-3 INC

MEETING WITH Shri ACHUTA RAO, EX-DGP, KARNATAKA AND MENTOR,AAA



A lunch meeting was held on 5th November 2024 in Bangalore Club to brief the Academy activities mainly for Diabetes Research and also for his views on getting the recognition from the State Government. He felt of that the Central Government's approval Acupuncture as a Therapy will be a booster for approaching the Health Secretary for its implementation in Karnataka. He also told the experienced Acupuncturists should be evaluated by a committee and approved by a body recognized by the State Government. He wanted us to get all the details of the Gazette order and after analyzing the contents, senior members can decide the future course of action.

H.BHOJRAJ, CHAIRMAN, AAA

FOR STUDENTS-SPACE RELATED

WHAT IS DOCKING IN SPACE ?

By Dr.H.Bhojraj, Prof. Soma and Mr. Sundramurthy Ex-ISRO Scientists

Docking or berthing of spacecraft is joining of two space vehicles. This connection can be temporary, or partially permanent such as for space station modules. **Docking** specifically refers to two free flying space vehicles. **Berthing** refers to mating operations where passive module/vehicle is placed into the mating interface of another space vehicle by using a robotic arm.



WHY DOCKING IS REQUIRED?

We know International Space Station is orbiting Earth for many years and the Astronauts go to the station and come back to Earth. The Astronauts also needs supply from the Earth to survive in the Space environment. So the vehicles which carries the Astronauts of cargo should dock and undock from the main station to come back to Earth.

WHICH COUNTRIES ALREADY DEVELOPED THIS DOCKING SYSTEM?

Russia, United States of America and China are the main countries who have mastered this art of Docking. Russia and US work together in ISS whereas China has developed it's own Space Station.

WHAT IS THE STATUS OF DOCKING TECHNOLOGY IN INDIA?

India has planned its own Bharathiya Space Station very late compared to other countries and started working on this concept for the past few years. As we have mastered the landing technology on the Moon, this technology also will be mastered in coming years.

WHEN IS THE DOCKING EXPERIMENT PLANNED?

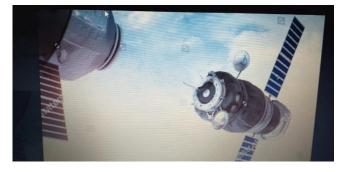
The CHNDRAYAAN 4 spacecraft is planned not only to land on the Moon but also bring back the MOON SOIL for analysis to Earth. This project also requires Docking and Undocking. The samples brought by the vehicle from the moon should dock with another orbiting module and after the samples are transferred, it will be ejected to the space. The orbiting module will enter the atmosphere as it has been protected with high temperature protection system and land on the sea for recovery.

ACUPUNCTURE- THE DRUGLESS PATH TO GOOD HEALTH

BOOK WRITTEN BY Dr.BHOJRAJ IN 2000 -

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WHAT IS GAGANYAAN PROJECT? IS THERE ANY DOCKING MECHANISM THERE?

Gaganyaan is an Indian crewed orbital spacecraft intended to be the formative spacecraft of the Human Spaceflight Program. The spacecraft is being designed to carry three people, and planned upgraded version will be equipped with rendezvous and docking capabilities. As on now the first flight of Gaganyaan with Viomitra Rabot onboard is likely to take place in the first quarter of 2025. After two successful missions like this in 2025, the crewed mission will take place in 2026 as per the ISRO plan. There is no docking mechanism in these flights.

SPADEX OR SPACE DOCKING EXPERIMENT

It is a twin satellite mission being developed by ISRO to mature technologies related to orbital rendezvous, docking, formation flying with scope of applications in human spaceflight, in-space satellite servicing and other proximity operations. SPADEX will future two 400 kg satellites. They are dubbed CHASER and TARGET. They will be launched together aboard a PSLV Class rocket.

SPADEX is set to launch in mid-December 2024. This experiment is crucial for ISRO to develop skills needed for advance missions, such as human space flights and lunar sample returns.



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