



# ACU WELLNESS



## ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

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#### FROM THE CHAIRMAN'S DESK-MAY 2024

April month was a great month for our Academy and also for myself since we almost got the green signal for the approval of Acupuncture in Karnataka based on **our meeting with Honorable Health Minister Shri.Dinesh Gundu Rao** and on the personal front our contribution for the foundation for Space Research in India was recognized **during the Aryabhata Golden Jubilee Celebrations held on 19<sup>th</sup> April 2025**.



Most of our life time goes in doing something for our own benefit only, but after 70 years of living / existing in this world, a transformation takes place in every individual even without serious meditation that we should do something for our society. The Aryabhatans about 170 out of 350 joined ISRO in

1975 felt the same and the joyous occasion will never be recreated in future. The whole function was very professionally conducted by the Organizing Committee headed by Mr.L.Sathyamurthy (Mentor of our Academy) and Mr. R.K. Rajangam who retired as Deputy Director of ISRO Satellite Center presently known as **URSC**.

Coming to our recognition of Acupuncture in Karnataka State, **Dr.Md.Hifzulla**, President of Karnataka Acupuncture Council (KAC) has agreed in **principle to call for a meeting of all Acupuncture Specialists, training in any part of**

**Karnataka for a formal meeting in Bangalore during May/June** and formally register the Council for proper functioning with Bank Accounts, Constitution etc. He has personally requested all the qualified Trainers of Acupuncture to **contact him personally by phone (9900347462) and register for the next move**. He is very clear that a minimum of one year training certificate should be there to recognize them for recommending the names to the Health Department for giving License to practice in Karnataka. **He is also very firm that a minimum syllabus will be finalized by the Apex Body and after few months training, a written examination will be conducted to clear them for applying to Health Department for the formal license to practice in Karnataka.**



It is a long process. Thousands of Acupuncture Practitioners are there in Karnataka giving relief and cure to many patients. **Now, that it is recognized as a therapy by the Central Government, all of them have an opportunity to get employment not only in Government Hospitals but also in Private Hospitals as Acupuncture Therapists under qualified MBBS and AYUSH Doctors.** It will certainly help us to evaluate the efficacy of Acupuncture and Government Hospitals will certainly welcome Acupuncturists since their motive is to cure the patients without much medication. Once the Gazette order details are

available it will be discussed in our KAC and will be informed to all practitioners of Acupuncture. **Now it has to become Law in Karnataka.** As they have done for Ayurveda, Siddha, Unani and Homeopathy, **Government may frame the rules for a one-time recognition of Acupuncture Therapists and give license to practice for their life time without any hindrance from Health Department though regular renewals are mandatory.** The Council will insist that the Health Education Department start a formal 3 or 4 years Diploma course after getting the formal approval from the **University Grant Commission** with proper syllabus.

Coming to our research, it is satisfying to see the feedback given by **Mr.S.Nargunam, MD, Excell Die**



**Castings, in Chennai** on preventive health care for his 200 employees and their family members. For the past two years, self-acupressure and monthly visit of

Acupuncturists helped not only to reduce emergency medicines but also improved the productivity of his plant. The same model will be implemented in Corporates in Bangalore and **we want the registered practitioners to gear up for deployment in big Corporates.** The formal letter from our research center will be sent only after assessing the availability of qualified Acupuncturists cleared by the Karnataka Acupuncture Council which may take another six months. Pre-registration can be done in our Research Center in R T Nagar by phone with **Dr.Giridhar Gopal (8088033337).**

Finally, our eye research which took off very well with L&T veterans culminated in a one-day seminar cum workshop in Mumbai by Mrs.Kallolini Patro, Course Director, Eye Sight Research, AAA on 26<sup>th</sup> April, which was organized by Captain Sibukumar who took personal interest to call all participants with family and motivate them to get

the benefit of this simple self-healing system for the wellness of their eyes.



**Once again, I thank all our well-wishers who have contributed the seed money for our B-ARC mainly for Diabetes, Migraine, Eye Sight Improvement and Hearing Improvement.** I request all well-wishers to contribute for our research till we get the research fund from the Government or Corporates and get the benefit of personal training by Mrs.Kallolini and me for above conditions by Zoom meeting **at your convenient time.**

H.BHOJRAJ, CHAIRMAN, AAA and B-ARC

SEED MONEY FOR RESEARCH CAN BE SENT TO

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

INDIAN BANK, RAJAJINAGAR

ACCOUNT NUMBER: 6012588256

IFSC : IDIB000R005

THANKS FOR THE FOLLOWING DONORS

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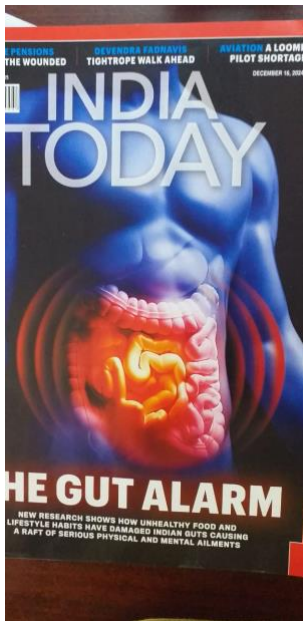
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# GUT HEALTH FOR OVERALL HEALTH

By Dr.H.Bhojraj and Dr.Krupa

It has been observed for a long time; the **gut health** played an important role in overall health of any human being which gains importance after the extensive research conducted for the past few years. The recent (December 16,2024) **India Today** edition covered the importance of gut health as a cover page article. The heading is **"THE GUT ALARM"** and says that the new research shows how unhealthy food and lifestyle habits have



damaged Indian guts causing a raft of serious physical and mental ailments. It is **fundamental for our overall health and well-being.** Our gut is the home to trillions of microorganisms, collectively known as microbiome, which play a vital role in digestion, immunity and even mental health. When this

eco system is balanced our body functions smoothly; when it is not, a range of health issues can emerge.

The study says that we the Indians are ruining our gut with the reckless consumption of food containing ultra-processed flour, chemical additives and villains like sugar and excess salt and devoid of fiber. An earlier study found that **22 percent of Indians suffer from functional constipation more so in the metros**, with the condition being seen more among children.

Metabolic disorders are directly connected to the gut. It turns out that the entire array of cognitive phenomena, too, are born in the stomach, the small intestine and the colon. **The gut with its complex neural system, is being recognized as our second brain.** The complex ways our digestive tract 'talks' to our head is now seen as the

complete communication system called the 'gut-brain axis'. It is well known now that gut problems lead to anxiety, depression and neuro degenerative diseases.

What is GUT HEALTH?

Gut health refers to the optimal functioning of our digestive system, particularly gastrointestinal tract. The gut microbiome helps break down food and absorb nutrients into our blood stream. A diverse and balanced microbiome supports digestion, nutrient absorption and immune function. When harmful bacteria outnumber beneficial ones, it can lead to digestive problems, inflammation, and even hormonal imbalances.

**What other problems it can cause when the gut is out of balance?**

It can cause **obesity** since the body might absorb more calories from the same amount of food and can make it harder to maintain healthy weight. This condition can also lead to insulin resistance and setting the stage for metabolic syndrome.



Certain gut bacteria can affect how our body handles blood sugar. If the balance is off, it can lead to **inflammation that contributes to insulin resistance and Type-2 diabetes.**

Some gut bacteria can turn food like red meat and eggs into substances that increase heart disease



risk. It can contribute to inflammation and disrupt cholesterol balance.

**Our gut and brain are linked and any imbalance in the gut can affect our mood and mental wellbeing.** It can also lead to depression, anxiety, and even diseases like Alzhiemer's and Parkinsons.

Finally gut imbalance can lead to hormonal imbalances which can impact overall health.



## HOW TO IMPROVE THE GUT HEALTH?

First and foremost, add **fiber-rich food**, like whole grains, fruits and vegetables in your daily intake of food. Second, **incorporate probiotics** from fermented foods such as curd, pickled vegetables and prebiotics from the ingredients like garlic, onions and oats can also promote a balanced microbiome. Third, start or continue your **regular physical activity** like **walking or cycling** or swimming. Fourth, start or **continue your Yoga and meditation for an hour daily** on a particular time for an hour. This will be the best investment of your time for your general health and well-being.

Finally **sleep early and getup early** in the morning and evacuate before 7 AM to start the day without constipation since energy flows into Large Intestine between 5 to 7 AM.

## ACUPRESSURE/ ACUPUNCTURE

The universal formula of our research, **Sp-6, Liv-1, Lu-7 and P-7 can work effectively to improve our metabolism by taking care of the gut.** The diabetes research is based on this formula and will be initiated within six months after giving proper training to the research associates.

## GREAT LOSS FOR OUR COUNTRY



Dr.K.Kasturirangan who started his career in ISRO with Prof.U.R.Rao during Aryabhata and dedicated for Indian Remote Sensing in INDIA .He served not

only for ISRO but for the country in various capacities till his last breath. Myself and Dr.Surendra Pal had spent one hour with him after his total recovery in Dec 2024 and even told him about our Aryabhata Golden Jubilee Celebrations on 19<sup>th</sup> April 2025. He passed away on 25<sup>th</sup> April. All ARYABHATANS are expressing their heartfelt

condolences to the bereaved family members especially to Mr.Rajesh Rangan and Mr.Sanjay Rangan and pray for this noble soul to rest in peace.

H.BHOJRAJ



**KARNATAKA ACUPUNCTURISTS COUNCIL (KAC) MEMBERS MEET HEALTH MINISTER, KARNATAKA AND HANDS OVER THE MEMORANDUM FOR THE RECOGNITION OF ACUPUNCTURE IN KARNATAKA by Dr.Venkatesh Prasad**

A delegation led by **Dr.Hifzulla**, President. Karnataka Acupuncturists Council met Honorable **Health Minister Shri.Dinesh Gundu Rao** on 8<sup>th</sup> April at 10 AM in his residence and handed over the memorandum to recognize Acupuncture as a therapy like Central Government and give license to practice Acupuncture in Karnataka especially in Government Hospitals all over Karnataka. The relevant documents **under Allied Health Care Act in Division 2230 and 3220** were also added as **supporting documents for processing.**



*The delegation with the Health Minister*

Dr.Hifzulla, leading Acupuncturist in Karnataka explained to the Minister the necessity for this recognition since it has the potential to treat any disease very effectively and also reduce the drug intake particularly pain relief tablets which is very harmful for the systems in our body. **He also requested Honorable Minister to form an official committee for Acupuncture to guide and oversee the implementation of the laws as per the Act.** He also conveyed our requirement for getting the license under KPME act or under the Department of Health and Family Welfare.

**Honorable minister patiently listened to him and talked to the Commissioner, Health Department over the phone and requested him to consider our requirement sympathetically.** He also requested the delegation to meet the Commissioner Shri.Shiva Kumar, IAS on the same day with our memorandum. We met the Commissioner on the same day. Though he was very busy with so many scheduled meetings, Shri Shiva Kumar was kind enough to meet us for few minutes and promised us to take action after consulting the appropriate department heads.



*The delegation honored the Health Minister*

Dr.Ravishankar, as the Secretary of the newly formed Council reached Bangalore (starting at 4 30 AM from Mysore) at 7 30 AM for the meeting scheduled at 8 30 AM which ultimately took place at 9 30 AM. **Dr.Ravshankar** garlanded the Minister on behalf of the delegation. Dr. Samiullah also was present exactly at 8 30 AM and spent one whole day in this affair leaving aside all his scheduled activities.

During the meeting **Dr.Samiullah** presented his book on Acupressure for 100 disorders to the Minister. **Dr.Bhojraj** who spent the whole day with us also presented his book on Eyesight Improvement to the Minister and expressed his desire to take this technology to the students wearing glasses.





*Dr.Venkatesh Prasad K.N, Dr.Keshavachari T.Y, Dr.Samiullah, Dr.Nazeer Pasha K, Dr.Ravishankar, Dr.Md.Hifzullah N.S, Dr.Bhojraj Hala Gowder*



*Dr.Ravishnkar and Dr.Bhojraj at the park at 8 AM*



*Dr.Bhojraj presented his book on Eye Sight Improvement*



*Dr.Hifzulla handing over the memorandum to the Commissioner at 2 15 PM.*



*Dr.Ravishankar, Secretary, KAC garlands the Minister.*

**After the meeting, the members informally decided to register the council as the one stop solution for all Acupuncture related activities in Karnataka and decided to request all those involved in training and issuing certificates to join in this forum for further activities. Dr.Hifzulla had agreed to call for an official meeting within a month and register with all members.**

**Dr.Ravishankar officially thanked all those who were present on this very important occasion and giving their moral support for the recognition of Acupuncture by Karnataka Government. He also told we will be calling for a general meeting of all Acupuncturists in Karnataka in Gandhi Bhavan, Bangalore.**

# KBGA UPDATE-UNITING THE BADAGA COMMUNITY: A CALL FOR GLOBAL PARTICIPATION IN THE INTERNATIONAL BADAGA MEET- JULY 6, 2025

BY.Mr.SARAVANAN, PERSIDENT, KBGA

The Nilgiri-based Badaga community has been striving to unite its people, particularly those settled outside the Nilgiris, with the aim of preserving the rich Badaga value system, which is deeply rooted in the five elements of nature. Over the past few decades, due to improved access to education, many talented Badagas have excelled in various fields and secured respectable positions globally, especially in Bangalore.

**It is estimated that around 5,000 Badagas are currently residing in Bangalore, working across various organizations, running successful industries and initiated successful business ventures of their own.** The Karnataka Badaga Gowda Association (KBGA), founded in 1980 with just 15 members, has now grown to nearly 1000 regular subscribing members as on 2025. In addition, we are proud to have 15 esteemed Star Life Members from the Nilgiris who have supported us since the beginning.

## OUR KEY ACTIVITIES



*Mr.Senthil, Mr.Madesh, Mr.Gokul, Dr.Bhojraj, Mr.Nagulan Joghee, Mr.Saravanan,President, KBGA, Mr.Naveen Kunar, Mrs.Shona Saravanan*

One of the major highlights of KBGA is the annual sports tournament, particularly in cricket and football. These events have been held consistently over the past nine years, usually during IPL season coinciding with school holidays. This year the sports festival was inaugurated on 12<sup>th</sup> April 2025 at the Cathedral School grounds. The event was graced by the KBGA Parton, Managing Trustee, President, Executive Committee

members, and over 100 participants from 23 teams with family members also. It truly showcased the unity, talent, teamwork, and sportsmanship of our youth.

## OUR VISION

While the initial goal was to unite the Badaga Community in Bangalore and contribute technological advancements to our ancestral villages- where agriculture remains the primary livelihood-**we also aim to build a global forum for the overall development of our society.**

Historically, the Badagas thrived through cultivation of tea, coffee, wheat, ragi and millets. Unfortunately, the current scenario is grim. The green leaf price, which stood at Rs.22/kg in 1990, has dropped to Rs.20/kg in 2025, despite raising labor and input costs. This has forced the marginal farmers to sell their land to outsiders for non-agricultural development. While the IT boom has uplifted a portion of our community, **a majority still struggle to make ends meet.**

Recognizing this urgent situation, Badaga associations across India are now seeking sustainable avenues to uplift our people and **revive agriculture in Nilgiris- a region that the Badagas have inhabited for over 600 years**, developing a unique and nature-aligned culture and value system.

## THE INTERNATIONAL BADAGA MEET(IBM)-JULY 6, 2025, BANGALORE

To address these concerns, we are organizing the International Badaga Meet(IBM) on Sunday, July 6, 2025 in Bangalore. **This event aims to bring together Badagas from across the globe to brainstorm practical solutions for preserving our culture and supporting our ancestral homeland.**

**KINDLY CONFIRM YOUR PARTICIPATION BY WHATSAPP TO**

**Mr.Saravanan at 9845794166 on or before 15<sup>th</sup> May 2025 for making logistical arrangements in Bangalore. Those who confirm by 15<sup>th</sup> May 2025, the necessary logistics for stay, dinner ,breakfast and lunch including one day stay in quality hotel will be taken care by the IBM Organizing Committee guided by Dr.H.Bhojraj, Retd ISRO Scientist.**



# ARYABHATA-THE FIRST SATELLITE BY INDIA-MADE IN PEENYA SHEDS IN BANGALORE AND LAUNCHED FROM USSR ON 19<sup>TH</sup> APRIL 1975 GOLDEN JUBLEE YEAR CELEBRATION ON 19<sup>TH</sup> APRIL 2025

By Dr.H.Bhojraj

Almost all Aryabhata Engineers were fresh from the colleges and were directly recruited by Prof U.R.Rao, the Father of Satellite Technology in India, who took it as a challenge to make the first satellite in Bangalore starting from scratch. It was the decision of Late Prime Minister Smt. India Gandhi who initiated the collaboration in space with then USSR (Now Russia) and gave the approval for Rs.3 Crores Project which was considered as very high at that time( 1970). When we attended the recruitment drive from IISc we never had any idea about the place where we were going to work.



On 11<sup>th</sup> September 1972 (Ganesh Chaturthi Day) the Traditional Pooja was done under the leadership of **Dr.S.P.Kosta**, who was second to Prof.Rao as Principal Technical Officer. When I joined on 7<sup>th</sup> Nov 1972, we had 6 sheds named A-1 to A-6 and almost 100 Engineers were sitting in both A- 1 and A-2 with T-9 Godrej tables without knowing what to do. But within a month of Dr.U.R.Rao's arrival, different groups were formed by the already identified leaders who were transferred from VSSC took charge and started discussing their systems.

It started from the scratch as the project grew into a leading center in Satellite design, fabrication, testing and launching more than 100 satellites now. Initially there was no library and we all used IISc library for our literature survey and research activities.

I was in the team of 50 engineers approved by Prof Rao for launching Aryabhata in a Soviet INTERCOSMOS

rocket on 19<sup>th</sup> April 1975. Many of our team members came together on this Golden Jubilee Celebrations Day on 19<sup>th</sup> April 2025 in Wodeyar Hall in Century Club, Cubbon Park. Nearly 170 Aryabhata Staff including Engineers and supporting staff registered for this meet by paying Rs 1000 which shows the great enthusiasm among the retired community whose average age is around 75 years. About 150 people finally attended the function on 19<sup>th</sup> April 2025.



The meeting started with prayer by **Mr.M.V.Kannan**, established singer of Aryabhata days and **Mr.Sathyamurthy**, Co-Chairman of the Organizing Committee explained the main purpose of this meeting. He clearly explained our indebtedness to Prof.U.R.Rao who was our teacher, mentor and role-model for Aryabhatans and meeting after 50 years on the Day of Launch would show our resolution to keep up the Aryabhatan spirit till the end of our life. **Mr.Rajangam**, Co-Chairman welcomed all the registered participants especially **Mr.A.V.Patki** who had come from Pune exclusively for this function and **Mr.P.S.Goel**, Ex.Director, URSC.

After lighting the lamp in a formal way with all dignitaries, the Films Division Documentary on Aryabhata Launch was played to the audience. **Also, two minutes silence was observed for all the departed souls of our Aryabhata team.**



The book containing Indelible Memoirs named "Aryabhata-The harbinger of space odyssey" was



released by Dr.P.S.Goel and Prof A.V.Patki on this memorable occasion.

This was followed by Aryabhatans talking about their own experiences which was very interesting to hear. In between to avoid the monotony, **Mr.Kannan, Mr.S.R.Nagaraj and Mr.Kulkarni** established singers enthralled the participants with their old melodies in Tamil, Kannada and Hindi songs.

**Then all the groups were called for Group Photo and collected the precious book for their reference and also showing it to their kith and kin in general and to their grand-children in particular.** With formal vote of thanks the participants had a nice lunch. Though few of them had age related problem, they all agreed in principle to meet again to continue this Aryabhata legacy.



*Mr.Bhaskarnarayana was honored by the Committee. Mr.M.V.Kannan, Mr.V.R.Katti, Mr.Rajangam, Mr.Sathyamurthy and Mrs.Shashikala*



*Dr.Surendra Pal, Mr.M.G.Chndrashekar, Mr.N.K.Malik, Prof.A.V.Patki, Mr.H.Bhojraj and Mr.Mahadevan*



*THERMAL GROUP REPRESENTED BY ME AND Mr.BHANDARI*



**"As Aryabhatans, we have been on an emotional roller coaster lately! The LEOS function and AGJM have been thrilling, with dopamine, adrenalin, endorphins, and oxytocin in overdrive. We're left wondering if we'll ever experience anything like this again. Perhaps AGJM is the grand finale, but what a memorable journey it has been!" Mr.GOVIDARAGHAVAN.**



ARYABHATA  
INTEGRATION  
TEAM-  
Mr.Chandrashekar.  
Mr.Bokil,  
MrM.H.Nagaraj  
Mr.Dhanabal.  
Mr.Thomas,  
Mr.Katti,  
Mr.Pattabhiraman

and Mr.R.K.gupta



*THE ADMIN TEAM-Mr.Seshadri, Mrs.Lakshmi Phadke, Mrs.Bagyalakshmi, Mrs.Umadevi Shivaram and Mr.Sridhar*

## CASE HISTORIES

### A. My mother's one side pain completely cured in 4 sittings of Acupuncture Treatment-Says Ms.Charitha

My mother Mrs.Lakshmi aged 72 years was having one side pain and after consulting the Doctor, she was taking pain killer tablets for a month. She used to stand in the kitchen for two hours and the pain gradually increases. By resting, the pain reduces. Also, she had varicose veins which was also paining for her every day. We met Mrs.Shanthi daughter-in-law of Mr.Ravindra Jawli on one family occasion and expressed her discomfort while talking. She recommended Dr.Bhojraj for Acupuncture treatment since her one side back pain completely vanished in three sittings and she could continue her gym exercises after 2 months.

When I took her to Dr.Bhojraj's residence in Rajajinagar, I was very skeptical about this acupuncture treatment. Dr.Bhojraj, after enquiring about her present symptoms, used just 4 needles on the foot and hand for 10 minutes and asked her to walk. The one side pain she had at that time showed improvement and she could walk easily. Doctor taught her all the acupressure points and asked her to press and release 7 to 14 times at each point daily once. **To our surprise within a week, she improved and did not take any pain killer tablets.** The second sitting after a week was repeated and this time Doctor specifically told us to observe the color changes in the skin especially in the legs and also the swollen veins near the inner right knee. After the third week, I could observe that original color was restored and the varicose vein size also reduced which I have taken a photo in the beginning. He also taught her a simple camel walk exercise for two minutes every day, which she started practicing.

As on now after a month, she has no pain in the back or leg and could stand in the kitchen for little longer than earlier without getting the pain. She stopped the pain-relieving tablets before the 1 sitting itself.

Doctor also told me to activate a point in the big toe for my (10 years) migraine headache which I started activating everyday twice. To my utter surprise, my headache did not appear for the past one month which is a real miracle for me. I am planning to continue my

daily self-treatment for another two months to check the effectiveness of acupressure for migraine headache.

Liv-1 self-acupressure works like miracle for migraine headache. But one should remove their suppressed anger for years. Acupuncture treatment is very effective for Migraine Headache.

**Contact Dr.Bhojraj 9845649914 to know the migraine camp dates in May.**

**ANY ORGANIZATION CAN CONTACT US. WE WILL COME TO YOUR OFFICE AND TREAT THE PATIENTS AND TRAIN THEM ALSO.**

### FROZEN SHOULDER CURED IN 2 SITTINGS OF ACUPUNCTURE Says Mrs.Shanthamma, 67 years Ph.7829331191

As we are family friends living in the same area, I heard the relief got by Mrs.Lakshmi, my daughter Ms.Shamala motivated me to visit Dr.Bhojraj along with Ms.Charitha and her mother. Dr.Bhojraj after examining her pulse and also the movement angle of left hand without pain. She lifted up to 95 degrees only without pain and we made a mark on the wall before treatment. The Doctor activated one point on the foot and three points in the left hand with needles for 10 minutes. Then Doctor asked to repeat the lifting at the same place and she could move up to 110 degrees without pain which was a real surprise for all of us. Then we repeated the second sitting after practicing the acupressure points, she could lift almost 160 degrees without pain. She could now comb and tie her hair without any pain on the left side. She was advised physiotherapy exercises by Orthopedic Doctor which is continuing every-day.

Thanks to the Doctor for this wonderful cure without any medication.

#### CAMP FOR FROZEN SHOULDER

**Again, for our authentic research we are planning to conduct a special one-day camp for Frozen Shoulder cases. Those interested in conducting the camp may contact B-ARC Chairman Dr.Bhojraj or Mrs Jija Subramanian Ph.99861 68181**



## KNOW YOUR HORMONES AND HOW THEY ARE PRODUCED IN THE BODY.

Hormones are chemical messengers that control many of the body's functions, including growth, metabolism, and sexual functions.

There are more than 50 hormones in our body secreted depending on the requirement of the body and mind at that particular moment. Most important hormone is INSULIN secreted in the pancreas to regulate the blood glucose levels by allowing glucose to enter cells for energy.

The hormones connected with our mental health are very important and every one of us should know how they are produced in the brain.

**1.DOPAMINE**-It is called the reward hormone. It is produced when we have the feeling of achieving goals, listening to music and eating favorite food.

**2.OXYTOCIN**-It is called love hormone. It is produced in the brain with warm hugs, spending quality time with loved ones and also acts of kindness.

**3. SERATONIN**-It is called mood stabilizer. It is produced when you expose yourself to the Sun, meditate deeply, exercise little vigorously or talk to your close friends.

**4.ENDORPHIN**-It is called pain reliever. It is produced when you do intense work out, have fun and laughter with your family and friends and deeply involved in creative activities.

**5.ADRENALINE**-It is called fight or flight hormone. It is produced when you take up adventure sports or get totally involved in action movies and also facing fearful situations.

**6.CORTISOL**- It is called stress hormone. Anxiety, especially working under pressure, or even listening to unexpected bad news.

**7.MELATONIN**-It is called sleep hormone. It is produced in dark and dim light area, good deep sleep and not doing brain work with any gadget before going to bed.

**8.TESTOSTERONE AND ESTROGEN**-It is called sex hormone. It is produced with intimacy and sexual thoughts or activities. Intense workout and good diet also help in the reproductive age group.

**9.GROWTH HORMONE**-It is called regenerative hormone very important for growing children and for good maintenance of the body. It is produced by intermittent fasting, deep sleep and also high intensity work out.

**Dopamine, Oxytocin, Serotonin, and Endorphin(DOSE) are called HAPPY HORMONES. One should concentrate on these four hormones; general health will automatically improve. Spend your quality time with your near and dear and be happy.**

### THYROID HORMONES

Thyroid hormone is a group of hormones that regulate metabolism, growth and other bodily functions.

Thyroid hormones are T3(Triiodothyronine) and T4 (Thyroxine). They are triosine-based hormones that are primarily responsible for regulation of metabolism. T3 and T4 are partially composed of iodine, derived from food. A deficiency of iodine leads to decreased production of T3 and T4, enlarges the thyroid tissues and will cause the disease known as "**simple goiter**". TSH is a hormone from the pituitary gland that stimulates the thyroid to produce T3 and T4 depending on your body requirement.

NORMAL RANGE depends on age and other conditions. Consult your Doctor. TSH 0.35 TO 5-0, T4 0.7 TO 1.53 ng/dl, T3 15 TO 30 ug/dl

GB-21 on shoulder muscle can be given acupressure (Pressing and releasing 30 times) daily and has the potential to normalize thyroid imbalance. Keep checking monthly and gradually reduce the doses with the advice of the Doctor.

Please note that Calcitonin, a peptide hormone produced and secreted by Thyroid, is usually not included in the meaning of thyroid hormone.

Calcitocin is a hormone that lowers calcium levels in the blood. It helps maintain calcium homeostasis.

### ACUPUNCTURE CAMP FOR THYROID PROBLEM

**Come with your latest report and learn the points to control as well as cure Thyroid problem by self-acupressure. Please register for one hour class with Dr.Giridhar Gopal Ph.80880 33337**

## PREVENTIVE HEALTH CARE PROGRAM RVIEW REPORT BY Mr.S.NARGUNAM, MD, EXCELL DIE CASTING, CHENNAI

I am pleased to share the successful completion and the outcomes of our "Preventive Health Care" awareness program, conducted in partnership with Academy for Acupressure and Acupuncture, Bangalore headed by my BE classmate Mr.H.Bhojraj. I founded this company with 10 employees and now more than 150 employees are working in shifts to meet the auto components requirement.



We started the health care program on 25<sup>th</sup> September 2021 with online sessions with Dr.Bhojraj and on-site visit by Mrs.Vidya till March 2022. Till 2025, monthly once we had a review for those employees showed interest in Acupressure. Initially only a handful of employees came forward and later on, about 44 employees utilized our preventive health care program every week on Fridays.

About 80% of the employees reported significant improvement from pain after just 2-3 sessions. Treated for Migraine headaches, Knee and joints pain, respiratory problem, constipation, general body aches and fatigue etc.

We have observed remarkable reduction in first aid medicine expenses and seen improvement in productivity. The program review meeting On 29<sup>th</sup> March 2024 attended by Mr,Bhojraj, Mr.Suresh Palyam and Mr.Girish was an eye opener for the Management. **The employees treated at the beginning of the program expressed their high satisfaction and sustained well-being on this drugless therapy. Many of them transferred the technology to their family members also.**

### Conclusion

This initiative confirms that drugless therapies can play a vital role in the employees' wellness. We are planning

to extend the program with refresher workshops and introduce a quarterly follow-up clinic (on-site) and encouraging all employees to participate in upcoming "Wellness Fridays". Thank you, Dr.Bhojraj, Dr.Vidya and everyone at Excell Die Castings for making this program a resounding success.

**THANK YOU Mr.NARGUNAM FOR YOUR EXCELLENT SUPPORT NOT ONLY FOR ALTERNATE THERAPIES BUT ALSO FOR THE WELFARE OF YOUR EMPLOYEES.**

**WE ARE PLANNING TO IMPLEMENT THE SAME MODEL IN ALL CORPORATES IN BANGALORE. THOSE INTERESTED MAY CONTACT ME FOR A PRELIMINARY DISCUSSION.**

**BHOJRAJ-9845649914**

**NEW BATCH STARTS ON 1<sup>ST</sup> MAY 2025**

**CONTACT Ms.KALLOLINI PATRO  
Ph.9911413405**



**IMPROVE YOUR  
EYE SIGHT & HEARING ABILITY  
WITH ACUPRESSURE**

**NEW BATCH STARTS - 1ST MAY**

**Register & join US**

**Eye Sight & Hearing  
combined improvement  
training and Handholding  
for 3 months  
Get Trained and practice with us  
on virtual Mode  
4 classes in a Week  
On Zoom**



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CBS CODE - 00064**

**join us & Spread this poster**

share it with your friends and family to register and get trained cum handholding to achieve the possibility in healing of sight & Hearing

**Virtual Practice is Mandatory with the Team Lead**

**VISIT OUR WEBSITE**  
<https://bhojraj.tripod.com/>

**FOR REGISTRATION IN NEW BATCH**  
9911413405

**Handholding is done by**  
**by Dr. H. Bhojraj**  
( Course Director @ 9845649914)  
Chairman, Academy of Acupressure and Acupuncture,  
Bangalore

**Mrs. Kallolini Patro**  
(Course Co-ordinator)

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