



ACU WELLNESS



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

NOVEMBER 2025

PHONE: 9845649914

E MAIL: bhojraj45@gmail.com

WEB SITE: <https://bhojraj.tripod.com>

VOL 14

No.11

NOVEMBER 2025

FROM THE CHAIRMAN'S DESK

India is poised to become the 3rd largest economy in the next few years overtaking Japan and Germany not only due to its sheer population count but also due to innovative methods adopted by our business leaders which have been well supported by good policies by the Central and all State Governments. **There is a real competition among States to reach one trillion US \$ economy by themselves and lead the country.** Karnataka under the able leadership and good governance is able to lead in almost all fields especially in Information Technology, Artificial Intelligence, Bio-Technology, Space Technology and Defense Technology. **In Karnataka, education has been given topmost priority by all Governments, past and the present. Skill-development centers are overactive to train students for various types of jobs keeping in mind the fast-changing technology in recent times.** Most of the countries will certainly invite our young skilled manpower for their projects mainly due to the skill and the advantage of the English language.

I want to mention that the preventive health care sector in Karnataka is very active and innovative solutions are being adopted to motivate youngsters to stay healthy with simple preventive solutions. **Due to the overuse of computers and mobile phones in daily life, nearly 80% of the youngsters are having some health-related problems especially eye related and though they know the root cause they cannot avoid the gadgets.** Eye sight is very essential to observe and absorb knowledge and the eyes are to be kept in good condition throughout our life. I am talking about the youngsters below 20 years and they can

keep their eyes in good condition **by spending just 5 minutes** every day with Acupressure points.

The preventive health care for the eyes started very well with our book release function on 13th Sep, 2025 and about 300 books have been distributed mostly through Donors and also sent as compliments from our Academy. **The main idea is to motivate youngsters to start practicing this preventive health care points in and around the eyes for just five minutes every day.** We have planned to conduct practical classes for all those who have the book **"THE HEALING TOUCH WITH ACUPRESSURE"**. Mainly we wanted them to read the first three chapters and start practicing themselves as per the advice given in the book.

The virtual Zoom Class will be monitored by me and our research team to rectify the minor errors and make them understand the benefit of regular activation especially by assessing their eyesight with eye chart reading at a fixed distance of 2M every week for our data. We will be repeating our fortnightly classes for a minimum of three months.

I request all book owners to register with Mrs. Jija Subramanian (Ph.9986168181), Director, B-ARC on or before 15th November 2025.



Mr. Kunhiraman, President, Pensioners Forum receives the book.

I had an occasion to meet Dr.Narayanan, Chairman, ISRO and Dr.Kiran Kumar, Ex-Chairman, ISRO in Pensioners Forum and presented the book for their reference. **Dr.Kiran Kumar appreciated the research concept and assured to help us to reach the goals especially in the rural schools in Karnataka.**

The memorandum given by Karnataka Acupuncture Council (KAC) to the Health Minister for the recognition of Acupuncture Practitioners in Karnataka was turned down, as the Central Government itself had not finalized the rules and regulations for Acupuncture practice as Therapists in spite of approving it under Allied Therapy. **A central Committee for Acupuncture in Delhi has called all Coordinators from different States and decided to send a fresh request for the approval of Acupuncture as a System like AYUSH systems so that curriculum and collages can be planned in the long run.**

Since INDIA has the ambition to lead the world in Preventive Health Care with Yoga, Ayurveda and Naturopathy, Acupuncture as a preventive therapy can not be ignored. **It has the potential to prevent the disease ,but needs serious research and funds for research.** Indian rural population in the remote parts should be trained and also treated with this drugless therapy rather than making them take life long medication for life style diseases like Diabetes and Hyper Tension. By recognizing Acupuncture as a system, we will be promoting health rather than curing any disease. Acupuncture can serve as preventive healthcare system along with YOGA. Acupressure can be introduced in schools along with Yoga.

I express my hearty thanks to all our Donors who have supported our book venture and made it successful. **Those of you who have contributed Rs.5000/ and above for our Academy activities in the past 14 years are eligible for a complimentary book.** Kindly contact Mrs.Jija Subramanian or me for sending the book by Speed Post. We are planning to call for an Annual Meeting sometime in March 2026 along with the research results.

As we need full time researchers to take it forward, I request Corporates to donate a sum of 10 Lakhs for our one-year research and two of our experts will work in your Campus weekly once on this eyesight improvement.

Those people who want to learn the Advance Acupuncture 4 needle method developed and tested for over 25 years by our Academy can

register with me for Virtual Classes from anywhere in INDIA which is starting from 4th week of November. Contact me for details. Mobile Number (9845649914).

With warm regards,
H.BHOJRAJ, CHAIRMAN. AAA

BOOK SENT BY POST TO PM AND CM

The book was posted to the Prime Minister of India and also to the Chief Minister of Karnataka. Both of them are very positive about preventive health care and encourage YOGA as the main exercise for not only maintaining but also improving the health of an individual. **Certainly, we hope a day will come that the whole world follows INDIA particularly KARNATAKA in preventive health care systems.**

Honorable Prime Minister Shri Narendra Modi expressed his views openly about the advantage of Acupressure while holding an Acupressure Roller in his hand during his visit to Mahabalipuram for a meeting with Chinese Prime Minister Mr. Xi Jin Ping.



I am very confident that in one of his **Man Ki Bhath** talks, Prime Minister will certainly talk about preventive health care and our Academy's eye sight improvement for the students combined with Yoga in near future.

DONATIONS RECEIVED IN OCTOBER

Mr.Harit, Haren Textiles, Mumbai Rs.10000/

Mr.Atul Thaker. Thakersons, Pune Rs.10000/

Sr.Vejitha, Bangalore Rs.15000/

Mr.Prakash Kariabettan Rs.10000/

Mr.Senthil, Adikaratti Rs.10000/=

THANK YOU ALL FOR YOUR SUPPORT AND ENCOURAGEMENT-Mrs.Jija Subramanian, Dirctor, B-ARC

Pensioner's Forum Meeting on 12-10-2025...by Dr. H. Bhojraj



THE DOS/ISRO PENSIONERS FORUM

The Annual General Meeting of DOS/ISRO Pensioner's Forum was organized on 12th October, 2025 with a family get-together. The Forum consisting of 1000 retired people from ISRO/DOS centers in Bengaluru and Hassan, takes care of the common welfare of the members, especially service, pension and health service. At the meeting, the Forum recognized all those who have attained the age of 80. They were honored with a memento and a shalve by the Chief Guest, Dr. Narayanan, present Chairman, ISRO. He spoke very highly of the Forum, which laid a strong foundation for space research in Bengaluru. He praised the strong contribution made by all members belonging not only to the technical field, but also the supporting staff by setting high standards for a government organization like ISRO.



Dr. Kiran Kumar. Retired Chairman, ISRO and patron of the Forum also praised all the veterans assembled there, some of them, legends in their field.

Mr. Kunhiraman, President of the Forum welcomed the Guests and the Forum members. Mr. Guruswamy, Secretary of the Forum proposed the vote of thanks for their presence and support. He also wished the Chairman for the upcoming launch of a Communication Satellite in November, 2025 and the Gaganyaan Mission in December 2025.

I attended the function and presented our latest book to Dr. Narayan, Chairman, ISRO. The President and the Secretary were also presented a copy of the book. They have given an assurance that a formal eyesight training session will be conducted in November by the Forum after discussions in the Executive Council.



EXPLAINED THE RESEARCH PROGRAM



FORUM MEMBERS LISTENING TO THE CHAIRMAN

FOR ACUPUNCTURE PRACTITIONERS

MENIERE'S DISEASE

Meniere's disease is a disorder of the inner ear that can worsen over time, often leading to poor job performance, accidents and psychological distress. First described over a century ago by French physician, Prosper Meniere, the disease is characterised by numerous symptoms, all relating to problem in the inner ear, home of the body's organs for hearing and balance.

More than 90 percent of Meniere's disease patients suffer from bouts of vertigo or dizziness. The dizzy spells can last anywhere from less than an hour to two days, striking as frequently as once a year or several times a year. Following the attack, the patient often feels completely exhausted and falls asleep, only to wake up later, feeling fine.

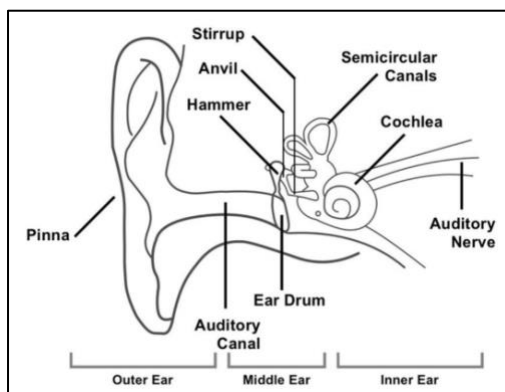
People with Meniere's disease can also have a variety of hearing complaints with or without vertigo. A person might, for example, experience a gradual loss of hearing, a roaring, buzzing or ringing in the ears (tinnitus), or the sensation that tones sound different. In one compared to the other, a phenomenon known as diplacusis.

Meniere's disease usually occurs in people between the ages of 20 and 60, striking an average at the age of 40. The trouble usually starts in one ear and in many patients, progresses to the other ear. Sometimes though, the disease simply goes away on its own for reasons that are unclear.

SYMPTOMS

- Vertigo (dizziness), sometimes accompanied by nausea and vomiting, pallor and exhaustion.
- Hearing problems, tinnitus ie. sensitivity to loud noises.
- Feeling of fullness in the ears, sometimes beginning before the attack of dizziness.

POSSIBLE CAUSES



- Attacks triggered by anxiety, tension or excessive salt intake.
- Overabundance of endolymph- too much fluid throwing off your sense of balance.
- Fluid leakage to Cochlea which can affect one's hearing. Middle ear infections (otitis media), leukemia, oto-sclerosis (bone hardening) and immune problems.

ACUPUNCTURE TREATMENT

Sp-6 (reduction), Liv-1 (increase), Lu-7 (reduction) and P-7 (reduction)- to improve general metabolism of the body

- K-3 Specific point for hearing
- Self Acupressure
- SI-19, TW-21, GB-2, TW-17 and GB-8

- **REFER PAGES 130 TO 133 IN OUR LATEST BOOK FOR POINTS LOCATION**



CONGRATULATIONS TO ISRO TEAM FOR THE GRAND LAUNCH OF G-SAT 7R ON 2ND NOVEMBER 2025 ON LVM 3



SUB-CONCIOUS MIND, VERY POWERFUL by Dr.H.BHOJRAJ

We know the conscious mind is responsible for all our external as well as internal actions. Depending on the input of the five senses, our conscious mind decides the actions, which is executed by the body. Some times even if you are not hungry, just passing by a restaurant will attract you to have the item which you have tasted earlier. Similarly, **every sense organ is active mainly to create a desire or requirement to be fulfilled.** During

sleep all these senses are not active though ear and nose are always active.



The so called sub-conscious mind though very powerful it always listens to the conscious mind. Many times, it will bring out the reality bytes but our conscious mind overrules. **The feeling of the mind is felt or observed by the subconscious mind only.** If you cut off all the five senses deliberately when you are awake, sub-conscious mind can do miracles for you. It has the potential to reach out to someone in any part of the world directly with its feelings. **It has the potential to handle telepathy(SMART PHONE).** If one continues in this state for longer time, it has the potential to connect with the Superconscious mind which gives **Clairvoyance and Intuition.**

It doesn't require any degree or diploma to understand this but maintaining silence of the mind for a required time is the prime requirement. **Intuition guides us, alters/changes us to opportunities, warns us of dangers and has the potential to suggest a particular solution at that time.** It is nothing but a **prompter** but one should be in that condition to listen to this inner voice. When all five senses are active, the outer noise will be more in the system and one may not be able to get the right solution. We must learn to look within for few minutes every day. **The Zen meditation is the starting point for all of us to get a feel of this prompter.**

Depending on the tuning, the program in the channel the program is aired to the TV and the invisible airwaves are received. Similarly depending on our tuning all airwaves (words and images) are attracted from the cosmos. Conscious mind separates us from the awareness of the SINGLE MIND ie. Consciousness. You can say AIR or OCEAN. **Ultimately all human beings and all living beings (animals or plants) share the same consciousness for their survival in this world.** The

electricity connection can be stopped any time depending on their actions in this world.

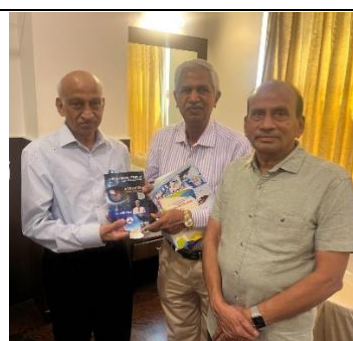
Yes. You are created by the Almighty for a specific purpose. Your life aim is to find out that and live as per the directions one gets from this inner voice. Money, wealth, health, achievements are just the byproducts of this wonderful gift of life by the Almighty. **Live now! Enjoy now! Live your life to find out your specific purpose! Once this clarity exists, your life will be really enjoyable.**

SOUL awareness is the superconscious mind. **The SOULS are the REPRESENTATIVES of GOD.** It can Generate, Operate and Destruct depending on our actions. Each wave in the ocean represents a human being and appears to be separate but every wave is a part of the ocean only. **The spirit is known as life force. It is the energy(PRANA), the one and the only energy in the universe.** Mind is the pattern generator. It shapes energy into particular patterns and thus has an effect on how the energy is expressed. **The WILL is the chooser.** The choice of the pattern is the job of the WILL and not of the mind.

IDEAS focus on results but IDEALS focus on the process. Enjoyment of the process, produces better results than anticipating success. Success is a continuous process. **SUCCESS is progressive realization of worthy vision or goal or destiny.**



HEALTHY BODY-HEALTHY MIND-ACU KIT CAN HELP YOU TO STAY HEALTHY (Rs100)



Dr.Kiran Kumar receives the book from Dr.Bhojraj and Dr.N.V.Vighnesam.

CASE HISTORIES OF OCT 2025

Foot pain vanished, able to walk for half an hour without pain after Acupuncture treatment- says, Mrs. Kanchana Subba Rao, ISRO Layout.

I had pain in my feet which kept shifting from one side to the other and I was also unable to walk for half an hour continuously. My husband, Dr. Subba Rao, is undergoing Acupuncture treatment for Cervical Spondylosis from Dr. Bhojraj and got excellent relief. I accompanied him on one of his visits and casually mentioned my problems. He promptly started my treatment, first with body balancing by Mrs. Jija, followed by Acupuncture. Within a week, I started experiencing relief from the pains. Gradually the pains reduced and after the 4th week of treatment, I was able to walk more than 30 minutes without any pain.

I have varicose veins which has also improved. I now feel more energetic and my mind has become clear. My weight reduction program is continuing with Acupuncture for the next 3 months.

Treatment Given:

Sp 6 reduction, liv 1 increase, Lu 7 reduction. P7 reduction, St 36↓, Gb 41↓

4 NEEDLE THERAPY WORKS LIKE MIRACLE FOR MIGRAINE SAYS Mrs.AMBIKA (PhD) IN ACUPUNCTURE

I have completed my PhD from Medicina Alternative, Sri Lankan Open University and specialized in Diabetic-related Migraine Headache. I have discovered that Acupuncture provides powerful, side-effect free relief for both diabetes complications and chronic migraines.

Recently, I treated a patient suffering from severe migraine associated with diabetes for over five years. I used four needle method, focusing on points like Sp-6, GB-20, LI-4 and St-8, the patient

experienced nearly 70% pain relief after just one sitting. Within few sessions, the headaches reduced drastically and sleep as well as mood also improved.

In another case, a middle-aged woman with fluctuating sugar levels and stress induced migraine benefited greatly from the GB-41 increase and Li-1 reduction formula. Her sugar levels became more stable, and migraine frequency dropped from several times a week to once a month.

These remarkable outcomes reinforce my belief that acupuncture restores balance, relieves pain, and enhances energy flow, helping Diabetic patients manage migraine without dependency on strong medications.

I encourage all my patients to stay hydrated, practice deep breathing exercises, and maintain a balanced diet. When combined with regular acupuncture therapy, these simple habits create long-term well ness and emotional stability.



Mrs.Ambika is working as Acupuncture Specialist at Sri Arac Diabetes and General Clinic, near KR Puram. You can contact 7795476551 for appointment.

PRE DIABETIC REVERSED TO NON-DIABETIC SAYS Mr.ANAND FROM HASSAN

In June 2025, I went for my annual health check up and everything was normal except the HbA1c which was showing 7.1. The physician asked me to be careful with diet and daily exercise to keep the sugar under control. Otherwise, we may have to go for Diabetes Control tablets which will be lifelong. I also experienced little numbness in the legs and hands.

I consulted Dr.Lalitha, my cousin who suggested me to consult Dr.Bhojraj who had started acupuncture treatment for Pre-Diabetic patients

to make them non-diabetic with Acupuncture treatment. I started my treatment on 26th June and visited every fortnight for four sittings. Really it worked like a miracle for my numbness in the fist sitting and subsequent sittings made me so energetic and I can feel the difference in my body. Subsequent HbA1c test was done and it showed around 6.1. I am practicing acupressure for 10 minutes, walk minimum half an hour every day and control my diet as advised by the Doctor.

Really, I am very thankful for your preventive health care advice. Youngsters in the age group of 35 to 50 should adopt self-Acupressure for preventing the diabetes rather than taking medication immediately after detection.

Those interested may contact Dr.H.Bhojraj in his Acupuncture Research Center, in Rajajinagar near Vani High School. Ph.9845649914

Pain of 20 years and varicose veins cured with Acupuncture.....Mrs. Divya Jayakeerthi (# 97315 66909)

I'm very happy to share my experience treating a patient named M.H.Abid. By profession he is a Martial Arts Grand master who imparts self-defence training to the Indian Army and Police department. About 20 years ago, he was hurt on his thighs during a championship fight & left untreated. The pain showed up and triggered from few years. Due to this pain he couldn't sleep at night. Also he had varicose veins. I started giving him Sp6 formula, the very next day he called and was appreciating the acupuncture therapy as the pain completely vanished overnight which was troubling from 20 years. I continued same protocol for 10 sittings, weekly twice and he is feeling very energetic after this. The treatment helped with his varicose veins too. I thank Bhojraj Sir for guiding us.

Treating my mother's diabetes with Acupuncture.....Mrs. Champaka T H (# 74069 90800)

My mother, Mrs. Uma Suresh, aged 54 years. She had some skin problem (itching). The Doctor suggested that she get her sugar levels tested. It was above the prescribed normal level. She was told that she is pre-diabetic and was given medicines. Initially, she was disturbed, but started taking medicines. At the same

time, I started treating her with Acupuncture-Dr. Bhojraj's universal formula, Sp6 reduction. After One month, she got some positive results. She started believing in Acupuncture and stopped taking medicines. She was also cured of her leg pain and was active in her daily work. Her skin also started to glow. After 5 months of treatment, her sugar levels came to normal.

EYESIGHT AND HEARING IMPROVEMENT PRACTICAL CLASSES

BY Mrs.JIJA SUBRAMANIAN, DIRECTOR, B-ARC

The launch of our book "THE HEALING TOUCH WITH ACUPRESSURE-RESTORING VISION AND HEARING" on 17th September made a great start. The first order for 1000 copies by Basava Academy was completed on the second day after the release of the book. Another 300 books were sent to all Donors of our Academy specifically for this book project. Now we are in a position to start our research with our Research Associates who have already registered by purchasing 10 books. The process of forming the WhatsApp group started and few people have already joined the group which was started by Mrs.Kallolilni Patra, Research Director of this Project. The registrations are slightly held up since she lost her beloved husband suddenly due to heart attack. While expressing our heartfelt condolences to Mrs.Kallolilni, I request all those who have registered with her to inform me so that all of you can be added to our common group.



Dr. Niranjali Devraj receives the book from Mr.Shivakumar Bellan and showed interest to support the research under Dr.Devraj Foundation

WHAT IS THIS PROJECT?

It has been observed that activating 7 acupressure points in and around the eyes, improved the eyesight

for many students and also people of all age groups. A systematic experiment was conducted with 200 students in 2020-21 and 50 people in 2024-25 and results were analyzed. It was found though complete reversal had not achieved by practitioners, everyone found it was very beneficial for them while working on the computer for a long time. Few of them showed good improvement in the eye sight also.

Based on this preliminary research project and also based on the response for Dr.Bhojraj's own experiment of restoring his eyesight to normal in the You Tube video, it was decided by the Trustees to reprint the book adding Hearing Points and launch it for sale so that the buyers can join our practical classes every fortnight for three months and measure the improvements themselves for our authentic research. We are expecting around 500 people to join in the initial stage and expand as we progress.

WHERE THIS PROJECT IS MONITORED? The head-quarters for the project is Academy for Acupressure and Acupuncture, in Bangalore

WHO ARE ALL ELIGIBLE TO JOIN THIS PROJECT?

Anyone interested in improving their eyesight or hearing can join this project.

HOW TO JOIN THIS PROJECT?

Those who have already bought the book or possessing the book, you can call me in my phone or send a message to my WhatsApp number 99861 68181. We will add you to our Group and send you the date and time for the training. Those who want to buy the book and join the class also call me. The book is available only in GAGARAMS BOOK BEURO in Church Street, Bangalore.

WHEN THE CLASSES WILL BE HELD AND WHAT TIME?

The registration process is under progress and as soon as we get 100 people, we are planning to start our monitoring. The first three chapters of the book should be read by you and start practicing on your own for 15 days. The follow up classes will give you the corrections required by you for successfully obtaining the reversal. The Trainers will be trained for 15 days starting from 1st November till 15th November by Dr.H.Bhojraj and the trainers will properly monitor the participants regularly

depending on their requirement. The batches will be maximum 30 participants.

Tentatively planning every Sunday at 12 Noon for 30 minutes for three months.



Mr.Nargunam presenting our book to Mr.Md.Junaid, Principal of RMK Group of Institutions who visited Excel Die Casting factory on 29th Oct along with two Deans, HOD of Mecanical Engg Dept and two professors for an interaction with Industry. They had an insightful and enriching experience learning about their manufacturing operations and particularly about quality systems.

Started in 1986 with just 10 employees, now grown to around 150 employees, supporting over 30 vendors. They proud suppliers to Hyundai, KIA, Ford, Nissan, Mahendra and TATA Motors .Excel regularly invites Engineering Colleges for plant visits, internships and project work, helping the gap between academia and industry'

Excell Industry has adopted our drugless therapies for their employees and families for the past 5 years and found their productivity improved and medical expenses have come down. Mr.Nargunam is planning a visit by Dr.Bhojraj and his team for a yearly review in next few weeks.

EDITORIAL TEAM

Dr.H.BHOJRAJ, Mr. NGULAN JOGHEE, Mrs. JIJA SUBRAMANIAN, Mr.SUNDRAMURTHY, Prof.SOMA, Dr.GIRIDHAR GOPAL AND Mrs.KALLOLINI PATRA