



# ACU WELLNESS

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

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## FROM THE CHAIRMAN'S DESK (OCT 2024)



**I would like to convey to all Acupuncture practitioners in INDIA that the day is not far off for getting the recognition for Acupuncture as a**

**System/Therapy by the Central Government. Yes. WE GOT IT ON 26-09-2024 with Gazette publication.** The senior Acupuncturists in Delhi and other cities under the leadership of **Dr.Raman Kapoor** and **Dr.Anish Gupta** had achieved their goal of getting full recognition for Acupuncture in INDIA. Though about 112 countries in the world have recognized acupuncture as a system and allowed the people to take treatment under the insurance coverage for many years, **this is the first time in INDIA that Acupuncture system is getting recognition by Central Government. This will pave the way for establishing Acupuncture Hospitals and Colleges for training in Acupuncture with modern medicine for any emergency treatment.** Similarly, in few months or years the Acupuncture system can be extended for all people insured under their schemes. It will reduce the intake of medicines and gives long lasting effect of good health.

But the formal college for Acupuncture studies like in China will take its own time. Once it is approved in the Parliament, the Bill can be adopted by any State Government following the same rules and regulations adopted by the Center. It will be a boon for the health care system of India without any internal medication which reduces the expenditure for the individuals and also for the Government since most of the medicines are also supplied free in Government Hospitals.

Nearly 25 years back all AYUSH systems were in the same condition as Acupuncture is today, but the efficacy of Ayurveda, Yoga and Natural Therapy, Unani, Siddha and Homeopathy systems have made a mark in health sciences and most of the medicines have research background and stringent quality control. **In Acupuncture system which is based on FIVE ELEMENTS THERAPY needs no medicines and the curative potential of this energy system has to be scientifically evaluated by the Research Groups. This system needs recognition to get the research grants for systematic research and many qualified practitioners are interested in research.**

We in Bangalore have formed a team with qualified Acupuncture Practitioners for systematic research for Diabetes Control for three months and the launching of the research is planned in the coming months. **We are also approaching the Corporates to adopt our Preventive Health Care with Acupuncture regularly in their own premises.** The qualified Acupuncturists will be visiting regularly their office not only to give relief from pain but also to prevent the health problems in future.



We are also planning to open a 100 bed Acupuncture Hospital in Mysore with the help of JSS Institutions as soon as we get the clearance from the State and Central Governments. **This will become a MODEL ACUPUNCTURE HOSPITAL not only for research but also for training graduates in future.** Dr.Ravi Shankar has taken the first step to visit Dr.Kotnis Acupuncture Hospital in Ludhiyana and discussed the possibility of establishing a branch in Mysore with Dr.Inderjit Dhingra.

The Eye and Ear improvement research had taken off well with nearly 60 retired officials from Larson & Tubro have joined in two batches for alternate days training by our Academy from 21<sup>st</sup> September. They are very keen to practice for next three months and give us the feedback with records. We have asked them to check their eyes with line reading with and without specs and ears with frequency monitoring application. Then every month the class will be conducted and data will be recorded for our research. **I thank Mr.Tellur Ravindran for taking the initiative to conduct the program very successfully.**

I thank each and every one of you for supporting our dream of getting the recognition for this scientific Acupuncture System and also for establishing an Acupuncture Hospital in Karnataka particularly in Mysore or Bangalore.

Wishing you all Happy Dasara.

**H.Bhojraj, Chairman, AAA**

## NATIONAL CONVENTION ON ACUPUNCTURE 2024

**AUG 31<sup>ST</sup> AND 1<sup>ST</sup> SEP by Dr.H.Bhojraj and Dr.Ravishankar PRESENT STATUS OF RECOGNITION AND FUTURE PROSPECTS OF ACUPUNCTURE IN INDIA**



The two-day convention was called by Acupuncture Science Association (ASA) India to discuss the latus status of

Acupuncture System in INDIA. The meeting was organized by Dr.Bakshi, Secretary ASA and attended by Vice President, ASA and Dr.Ram Gopal, Advisor to ASA along with many office bearers from various states in INDIA.Karnataka State was represented by Dr.Samiullah, ASA representative in Karnataka and Dr.Ravishakar, President, ASA Karnataka Chapter. **After discussing the latest reply by Center's Honorable Health Minister, Shri.J.P.Nadda in the Parliament,**

many speakers expressed their thanks for the Government's decision to recognize Acupuncture and its efficacy in curing many diseases. The point of argument raised was whether it should be recognized as a Therapy or as a System like other alternative systems (AYUSH). It was firmly emphasized by many speakers that it should be recognized as a system like in China so that proper syllabus can be made for 5-year degree course . Or as an interim arrangement it can be recognized as therapy like Physiotherapy and 3-year course can be formulated to practice in any hospital as an additional therapy under the supervision of a qualified medical doctor to take care of any emergency conditions. **Both systems have their pros and cons and instead of allowing all unrecognized people to train the aspirants and issuing different certificates and degrees, it is better to recognize as a Therapy and give proper diploma or degree, approved by the Central Government.** Though Acupuncture is practiced as an approved therapy in West Bengal, it approves only qualified MBBS doctors only to practice Acupuncture in the hospitals. But in Maharashtra, it has been extended to all people with a qualified certificate from different institutions in India teaching acupuncture as a certificate or diploma or degree course.

Our survey in Bangalore shows most of the successful Acupuncturists have a BYNS degree and doing



wonderful job combining naturopathy. **As a matter of fact, UGC has not yet recognized Acupuncture and in principle not given clearance for teaching in any college as a subject because it lacks proper teaching faculty.**

Naturopathy colleges have their own syllabus and not following uniform curriculum for Acupuncture. **China has many universities teaching and training in attached Acupuncture Hospitals. We must first get the approval from the Centre for the Therapy and then collaborate with different Universities in USA and China for getting the syllabus and teaching faculty till we establish the qualified people to teach and train in the collages.** In the long run, the system will get established and one more Alternate Therapy will come to the fore to serve the humanity without much expenditure and side effects of the medicines.

## MEETING WITH Dr.RAVISHANKAR IN MYSORE ON 6<sup>TH</sup> SEP 2024

On the way to OOTY during my trip, Dr.Ravishankar visited Hotel Preethi International, near main Bus Stand and briefed about his deliberations with ASA main functionaries who attended the National Convention in Kolkatta on 1<sup>st</sup> Sep 2024. **He was of the strong opinion that Government should be supported to bring out a comprehensive bill on the recognition of Acupuncture as a system or therapy in the Parliament so that the regularization of Acupuncture takes place within few months.** He told that he requested all the seniors to present a unified view with cooperation without any objection from anyone.

He also told that he would be taking up the recognition of Acupuncture from Karnataka State Government after his visit to Ludhiyana for attending the 40<sup>th</sup> year function of Kotnis Acupuncture Hospital, established in Ludhiyana.

**He also told that he would be calling all practicing Acupuncturists in Karnataka for a detailed one-day discussions in Bangalore preferably in Gandhi Bhavan under the leadership of Dr.Samiullah before we meet the present Chief Secretary and Health Secretary.**

He also showed interest to start an Acupuncture Hospital in Mysore with the help of Educational Organization like JSS in collaboration with Dr. Inderjit Dhingra of Dr.Kotnis Acupuncture Hospital, Ludhiyana.

**After discussions he has also agreed in principle to organize half day, Eye and Ear Workshop by AAA Team in Mysore preferably in Hotel Preethi International.** An amount of Rs1000 will be charged for the Workshop and the required flyers will be ready for advertisement within a fortnight.



Dr.Ravishankar with Dr. Inderjit Dhingra and Chinese dignitaries in Ludhiyana on 21-09-2024

## LATEST UPDATE

Dr.Ravisnkar was invited as Guest of Honor for the Dr.Kotnis Acupuncture Hospital's 40<sup>th</sup> Anniversary in Ludhiyana by senior Acupuncture Specialist in INDIA, Dr.Inderjit Singh and addressed the audience about the necessity to get the recognition from the Central Government before we get from the States. He also expressed his proposal to establish a similar Acupuncture Hospital in Mysore for which Dr.Indrajit Dhingra and Dr.P.B.Lohia, another stalwart in Acupuncture Science have agreed in principle to support him. **We the Trustees of AAA also in tune with the proposal and agreed in principle to support this big project. Those who are interested in this upcoming project may kindly contact me by phone.(9845649914)**

## Dr.H.BHOJRAJ

### CASE HISTORIES

#### SHOULDER PAIN CURED IN JUST ONE SITTING- SAYS Mr.SUDHAKAR REDDY FROM HYDRABAD Ph.9686418670

Nearly three months back, I just slipped in the bike and in that process, I used my hand to protect myself from falling down. The impact was felt in my right shoulder and the pain was there for few days. The check with Orthopedic Doctor cleared everything and there was no damage to any bone or muscles. He prescribed pain killers for a week and I became almost normal. But after two months of that incident my shoulder pain started and gradually, I have observed that I could not use my right hand freely while bathing and taking the right-hand back was creating pain in the shoulder.

**Fortunately, I had to come to Bangalore for a training program and I got an appointment with Dr.Bhojraj who treated my wife for backpain nearly 8 years back and she was cured within 4 sittings.** She never faced that pain till today and was able to do household work without any problem. Why I mention this point because I had gone to many specialists in Hyderabad as well as in Bangalore before that for two years and she was not able to get any relief without painkillers. **I got the appointment from Dr,Bhojraj on 9<sup>th</sup> at 4 PM and to my surprise within 15 minutes of acupuncture treatment, I could take my right hand back and hold my left hand without any pain.** Dr.Bhojraj asked me to come after two days if available in Bangalore. I had my second sitting and my right shoulder pain almost gone. I am continuing my free hand exercises everyday as preventive step. Me and my wife would like to thank Dr.Bhojraj for this wonderful ACUPUNCTURE therapy which had given excellent results for shoulder pain for me and back pain for my wife.



## LOST VOICE CAME BACK WITH ONE SITTING of ACUPUNCTURE-SAYS

### Mr.RAVICHANDRAN 56 YRS

In August 4<sup>th</sup> week, I had pain in my left side of my head region and in the night time it shifts to right side and it was unbearable. Next day because of severe pain, I started pressing my head region with no relief. Then in the evening I was unable to talk to my friend and my voice also gone. I had to tell my problem to my friend Mr.Keshav who is working in TATA Institute, only in sign language. He wanted to take me to an Allopathy doctor or to a reputed hospital in Malleshwaram. But I managed to convey that I wanted Acupuncture Doctor since I have been practicing acupressure on myself. Since the AAA institute was closed, we could not get the correct address. Through Goggle, we could get the AAA phone number and fortunately we could talk to Dr.Bhojraj and got his address.

After my friend explained about my experience and voice loss, he treated me for 10 minutes with four acupuncture needles and told me that his pain in the head will reduce gradually. Yes, it was like a miracle for me. Within five minutes the pain reduced and gradually cured from top to neck region. He told within a day my voice would be back because the muscles in vocal cord had become tight.

Then another miracle happened after one hour. I was able to talk to my friend very easily and almost talked for one hour without stopping. All the people who knew my problem started seeing with wonder and took the doctor's number for treatment. This life time experience I would like to share with all people who look for drugless therapies especially Acupuncture.

After a week, I had another sitting and now my symptoms are gradually reducing and I my confidence level has improved.

### **KNEE PAIN IMPROVED WITH ACUPUNCTURE FOR MY WIFE- SAYS Dr.M.M.NAYAK, VISITING PROFESSOR, CENSE, IISc, BANGALORE**

My wife Mrs.Suman Nayak, aged 69 yrs was complaining of knee pain for almost a year and we consulted the Orthopedic Specialists and after taking X-Ray it was observed that on the left knee the gap is reduced which is causing the constant pain while climbing up and climbing down the stairs. Temporarily Doctor suggested pain killers and permanent cure with Knee Replacement surgery.

But she wanted to try all alternate systems and took up magnetic treatment for few months which gave her some relief. Still it was very difficult for her to get into the car and get out as well as getting down from the bed also especially early morning. She started using magnetic belt and also started drinking magnetized water with some relief.

On 1<sup>st</sup> August, we decided to try Acupuncture also along with magnetic therapy and got an appointment with Dr.Bhojraj. Though he stopped his practice, he gave an appointment since we both were colleagues in ISRO and I was cured of my severe sciatica pain in four sittings in 2016 and it never recurred till date.

In the first sitting itself she starting feeling the change in her walking and two sittings in two weeks she found very good improvement in her strength and flexibility. She was feeling walking the stairs in the house was less stressful and early morning getting up from the bed was easier now. In the fourth sitting, her confidence level had gone up and she decided to postpone her Knee replacement surgery or postpone it as long as possible.

With daily simple exercise for the knee and ankle joints, she is able to do her cooking work and household work comfortably. We have planned to meet the Specialist after six months and evaluate the knee joint with another X-ray for taking further action.

I thank Dr.Bhojraj, my Ex-Colleague for not only treating her but also training her with acupressure points to cure herself.

### **KBGA UPDATE**

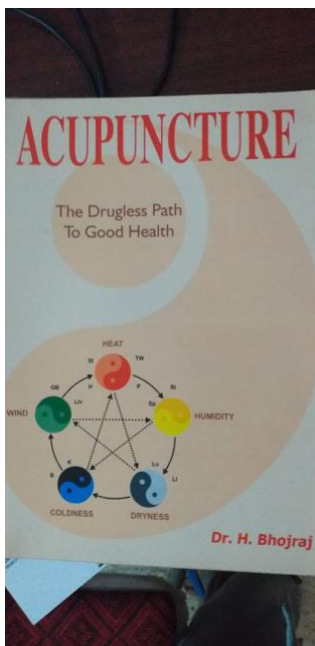
The Executive Committee members of KBGA attended the pre-wedding function of Mrs Sisna, daughter of KBGA President Mr.Saravanan and Mrs.Shona Saravanan in Fernhill Royal Palace, Ooty on 7<sup>th</sup> Sep 2024. Mrs.Sisna is the first woman from our Badaga Community to get her degree with honors from National Law University, Bangalore. The marriage was on 8<sup>th</sup> Sep in Kotagiri which was attended by Mr Murthy.and Mrs. Yashodha Murthy, Dr.Bhojraj and Mr.Nagulan and Mrs.Sumathi.

**We all bless Mr. Gokul and Mrs.Sisna for a long, healthy, happy and prosperous married life. Mr.Gokul is also a lawyer graduated from University of Cambridge, London.**



**KBGA MEMBERS WHO ATTENDED THE PRE-WEDDING OF Ms.SISNA**

THE ADVANCE COURSE BOOK WRITTEN BY  
Dr.BHOJRAJ



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DRUGLESS PATH TO GOOD  
HEALTH”**

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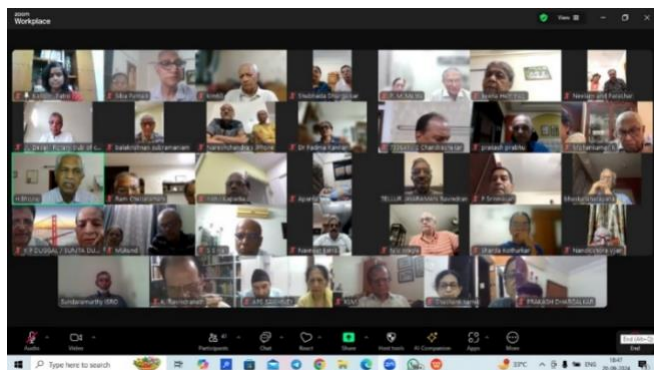
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Dr.H.BHOJRAJ 9845649914  
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Rs.1500 PLUS Rs.200 AS  
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SENT AFTER CONFIRMING  
THE AVAILABILITY.

## EYE SIGHT IMPROVEMENT AND HEARING IMPROVEMENT FOR EX EMPLOYEES OF LARSEN AND TUBRO

ORGANIZED BY RETIRED EMPLOYEES' ASSOCIATION

**BY.Mr.TELLUR RAVINDRAN 75yrs 20<sup>th</sup> Sep to 30<sup>th</sup> Sep  
2024**



I have attended the Academy for Acupressure and Acupuncture course conducted in early 2022 and I have been practicing this simple exercise for the past two years very successfully. Though my eyesight is better and maintained, I observed that my hearing improvement was really good. **As we are aging our hearing ability will go down naturally but with this 10-minute exercise I could see good improvement in my hearing ability which I used to check with the frequency monitor application.** I have observed that **Dr.Bhojraj** as an ISRO Scientist, devised this program in a simple but effective way and spreading this self-help technology to the youngsters for the eyesight

improvement and hearing improvement for senior citizens. When I explained the concept to our ex-colleagues, they whole heartedly agreed to join these practical classes conducted by AAA under the guidance of Dr. Bhojraj for one week, with monthly once follow up for three months.

In Group 1 nearly 27 members have joined and in Group 2, 28 members have joined for the practical. **Mr.Siba Kumar Patnaik** had been nominated as the Main Coordinator to organize the Sessions s from 20<sup>th</sup> September till 30<sup>th</sup> September.

The inauguration of the class was held on 20<sup>th</sup> September at 7 PM which was attended by **Dr.Bhaskarnarayana**, Ex-ISRO scientist (80yrs)who explained his own experiment with acupressure for the past ten years. **He told he could throw away his hearing aid within a month of practice and avoid cataract surgery for past 10 years after yearly consultation with Ophthalmologists.** He also declared that he had been practicing regularly his cataract has not developed and it is under control with acupressure.

**Dr. H.Bhojraj, Chairman, AAA** explained how the acupressure technique on specific points in the eye and ear helps the system to correct itself. He declared that he was wearing spectacles for nearly 40 years and **discarded the spectacles after observing excellent improvement in the vision after practicing these exercises for three months.** For the past 10 years, he could manage without spectacles and recent check up with Ophthalmologist showed normal eyesight and no development of cataract at 75 yrs. He also declared that his hearing frequency was 7500 HZ two years back had improved to 8600 Hz in spite of ageing with the help of the acupressure exercise. **He told his main aim is to prove that all senior citizens can improve their vision and hearing with this simple but effective acupressure exercise for 10 minutes in a day.** He was thanking the organizers of this class for initiating the program and involving many highly qualified people to try this experiment. Once it is declared success after three months review, we will take it to all other Corporates in future.

**Mr.Sundramurthy**, Ex.ISRO Scientist joined from USA and explained the very successful experiments conducted especially for students where it was recorded 4 lines improvement in three months. His own experiment has shown good improvement in long sight and he could read without glasses now and will be

checking with the Ophthalmologist after his return to India in November.

**Capt.Siba Kumar Patnaik**, the Main Coordinator welcomed the participants and thanked **Mr.Mehta** for readily approving the program. He also thanked the Executive Committee Members for their wholehearted support. He also encouraged the participants to learn the technique and do this exercise sincerely twice daily for next 10 days for giving their feedback. **He also declared the WhatsApp Groups will remain for next 3 months and the participants can get the help from the Academy members for any eye or ear related problems.** He ensured that 100% participants fill the initial data sheet for Hearing and Eye Sight so that in subsequent follow ups, the 'delta' change can be perceived by all the participants. This data would also form a research base for AAA for any expert advice to an individual participant.

**Ms.Kallolini Patro**, Director of Eye and Ear research program, welcomed the participants and the office bearers of L and T Retired Officers Association. She explained the purpose of the research by AAA which was started in the year 2012. She requested all members to understand the procedure and locate the points clearly for good results. She explained how earlier batch members expressed their improvement both for eye sight and hearing and it has been recorded and uploaded in the You Tube for members to view.

The first class was conducted by Dr.Bhojraj, starting with Acu-Meditation. He also explained all the acupressure points for eyes and ears.



In my concluding address I thanked the Academy for accepting my request to conduct a special class for their Association and I also thanked the Office bearers for accepting my proposal and sponsoring the program from the Association. My **ABCDE** formula for the success of this program is 1. **Awareness** 2. **Breathing and Blessing** the eyes and ears 3. **Complete System-**

Prevention, Detection and Cure 4. **Doing the exercise regularly** 4. **Enjoying the process and sharing the benefits with near and dear ones.**

The second day class for Group 2 was conducted on 21<sup>st</sup> at 7 PM which was inaugurated by **Mr.Nagulan Joghee**, Trustee, AAA who in his address not only appreciated the efforts of the Academy for the scientific research but also declared his expertise for statistical analysis of the date. He requested the participants to record the data regularly and share with Mrs.Kallolini for further action.

The practical class was enjoyed by all participants and the enthusiasm shown by the veterans was beyond our expectations. I wish the team all the best for a useful and productive research.

#### GROUP 1 MEMBERS

1.TELLUR RAVINDRAN .2.SIBA KUMAR PATNAIK'3.S BALAKRISHNAN,4.MUKHIJA K.L'5.KIRTHI MISTRY,6.RAM CELLARAMANI,7.SHUBHADA DHARGALKAR,8.SUNITA BATRA, 9. V.E.CHANDRASHEKAR, 10. SHASHANK KARNIK,11. SNEHAL KARNIK,12. SS IYER,13. JJ DESAI,14. SHARDA KOTHURKAR,15. SHOBHA PATNAIK,16. NEELAM CHELLARAMANI,17. MALLIKARJUN ACHAR,18. BEENA HEMMADI,19. P SRINIVASAN,20. VIJAY N DESAI ,21.MUKUND RAO,22.SUGUNA RAO,23.DR. PADMA KANNAN,24.NAVNEET BATRA,25. NV WAGLE,26.HEMANT RASTE.

#### GROUP 2 MEMBERS

A.P.S. SHAWNEY, 2.APARNA BHOUNSULE,3.FARAH BALSARA 4.DEEPLAXMI SHELAR 5.JAISING THAKKER6.NEELAM VAISHNAV7.RAVINDRA MAHAJAN, 8.RAVINDRANATH KUNDURTI, 9.SUNITHA RAMNANI,10.SANTOSH SAPRE,11.SATISH GUNE,12.SMITA GUNE,13.SADANAND SHELAR ,14.NANDAKISHORE VIJAN,15.PR PRABHU,16.PM VAISHNAV,17.JAYANTHY SANKARAN ,18.PM MEHTA, 19.KUMUD BEN MEHTA, 20.NARESH BERAWALA ,21.DAKSHA BEN BERAWALA,22.NIKHIL KAPADIA,23.TRIPAT KAUR SAWHNEY,24.YASH P DUGGAL,25.SUNITA DUGGAL ,26.PRACHI TILLU, 27.MOHAN KUMAR, 28.GEETHA MOHAN KUMAR,29.RH RAMNANI

**ATTITUDE IS EVERYTHING. YOUR ATTITUDE WILL DECIDE YOUR ALTITUDE.**  
**NINETY PERCENT OF YOUR SUCCESS DEPENDS UPON YOUR HUMAN RELATIONSHIP WITH PEOPLE.**







## EYE SIGHT IMPROVEMENT WITH ACUPRESSURE

### Dr. H. Bhojraj

📞 **9845649914**

*Academy for Acupressure & Acupuncture, Bangalore*

3 MONTHS PRACTICE WITH AAA TEAM:

- IMPROVE YOUR EYE SIGHT
- PRACTICAL SESSION WITH TEAM FOR 3 MONTHS ON EVERY MONDAY
- DONATION TO ACADEMY - **RS.2000/- PER HEAD FOR 3 MOTNHS (ONE TIME PAYMENT)**
- CHILDREN BATCH WILL BE DIFFERENT

REGISTRATION  
IS OPEN!



EVERY MONDAY @ 7.30PM- 8PM

CLASS ON ZOOM

STARTING FROM 2ND OCT 2024

MRS. KALLOLINI PATRO

(COURSE CO-ORDINATOR)

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<https://bhojraj.tripod.com>

## THE MIND IS IN CONSTANT CIRCULATION by Dr.H.Bhojraj

Just as the blood (WATER ELEMENT) is in constant circulation in the body, the lung (AIR ELEMENT) is also in constant circulation and also mind (AKASH ELEMENT) IS ALSO IN CONSTANT CIRCULATION in our mind attached to our body as thoughts. FIRE ELEMENT (Thermal control) and EARTH ELEMENT(Digestive system) are also in constant movement.

Thoughtfulness is the nature of the mind. Whatever we call MIND, it has the nature of linking the past with the present and then projecting into future. **The future itself flows out of the present, and the present has evolved from the past.** In this process, memory has a dominant role.

What is memory? **Memory is the mind's stock of events that have taken place already.** Certainly, it is impossible to remain interactive in this world unless the mind is active. **Our lives will become meaningless if the memory is lost.** Imagine your condition without memory. No productive life is possible. **So, the mind will be in constant state of circulation between the past, present and future.**



## IMPROVE YOUR HEARING ABILITY WITH ACUPRESSURE

### Dr. H. Bhojraj

📞 **9845649914**

*Academy for Acupressure & Acupuncture, Bangalore*

3 MONTHS PRACTICE WITH AAA TEAM:

- IMPROVE YOUR HEARING ABILITY
- PRACTICAL SESSION WITH TEAM FOR 3 MONTHS ON EVERY WEDNESDAY
- DONATION TO ACADEMY - **RS.2000/- PER HEAD FOR 3 MOTNHS (ONE TIME PAYMENT)**
- CHILDREN BATCH WILL BE DIFFERENT

REGISTRATION  
IS OPEN!



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STARTING FROM 2ND OCT 2024

MRS. KALLOLINI PATRO

(COURSE CO-ORDINATOR)

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So, observing your thoughts carefully and selecting the thoughts required for your productive life is an art which you have to learn and practice with a GURU. Any thought originated in the mind will stay forever till it is attended. So, close the negative thoughts then and there. Especially run your day's activities in the mind for just five minutes before going to bed and command the mind to eliminate all the negative thoughts originated in the mind. This will improve your quality of sleep and improves your memory in the long run. Mind is meta physical, so you have to eliminate the undesirable thoughts with opposite thoughts.

Mind along with brain consumes maximum energy from your system. Even for normal living without any innovative work one has to spend its energy form the energy store. Walking, talking, eating and any physical activities or innovative thinking the mind has to get the energy.

Enlightening thoughts will flow only when you live in the present with awareness. **Past is history use it for your survival , future is a Mistry which flows from the present, but present moment is the PRESENT by ALMIGHTY. Appreciate this moment and what you talk now or what you do now will decide your future. The real HAPPINESS is in the PRESENT MOMENT.**

This is the principle used by Zen Masters. Live now and Live in the present moment and your life goal will be start appearing after sometime automatically. One need not plan for the future. **Every thought will lead you to the SOURCE.**

## KBGA UPDATE

### BY Mr.SARAVANAN, PRESIDENT, KBGA

The half-acre site near Bylalu bought 15 years back for the Association has been updated with all documentation for proceeding further. As a first step the site approach road was demarked on the site and the fencing was taken up on 29<sup>th</sup> September 2024 under the newly elected Managing Trustee, KBG Trust Mr.Nagulan Joghee. The ceremony was attended by all Executive Committee members and Patrons.

**The Trustees have decided to come up with a concrete plan for a building with well-defined objectives like helping the rural students to come and take short Personality Development training in Bangalore for short periods under the supervision of the experts in Bangalore. The paraphernalia required for such initial**

**projects will be finalized in upcoming EC and GB meetings. Those who have brilliant ideas for the upliftment of our society are requested to call me (9845794166) or Managing trustee Mr.Nagulan.(9886336409).**



**Great news for Acupuncture Practitioners in INDIA. Our years of struggle to recognize Acupuncture as a scientific system has come true with this Gazette notification On 26-09-2024. We thank and congratulate the Central Government under the dynamic leadership of our Honorable Prime Minister Shri. Narendra Modi for recognizing Acupuncture as a therapy. Our Honorable Health Minister Shri.J.P. Nadda who initiated this process when**

**he was health minister in 2018, and approved it as Health Minister in 2024. We, all Acupuncture Practitioners in INDIA are very grateful to Shri J.P.Nadda again and we are expecting the Central Committee to recognize all experienced Acupuncturists as Therapists at the first stage and start the colleges to train the youngsters formally for 4- or 5-year courses like BPT. The hospitals especially Government Hospitals can start an Acupuncture Therapy Department and employ the trained Acupuncturists till we get the properly qualified therapists.**

**Acupuncture Science Association (ASA) and Karntaka Acupuncture Association (KAA) joined together not only to celebrate the recognition of Acupuncture as a Therapy but also to discuss further actions to be taken for streamlining training courses and practitioners. Kindly join this Zoom Meeting to be conducted shortly by Dr.Samiulla and Dr.Ravishankar.**

**Editorial Committee**  
**Dr.H.Bhojraj, Mrs.Jeeja Subramanian, Mr.Nagulan Joghee , Mr.Sundramurthy, Prof.Soma, Ms.Kallolini Patra and Mrs.Rekha**



