



ACU WELLNESS



ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE
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MARCH 2026

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VOL 15

No.3

From the Chairman's Desk MARCH 2026

It is really an achievement that the Karnataka Acupuncture Council could finalize the memorandum to the Health Minister of Karnataka Government in a record time of one month. The contents were finalised after consulting all EC members in KAC's WhatsApp forum and a personal meeting of the Committee with Ex-Chief Secretary, Shri. S. V. Ranganath. **It has been emphasized that since the Central Government has already approved Acupuncture as a Therapy under the Allied Health Care System, the State Health Minister can clear the practice of Acupuncture for the 500 odd members of our Council, based on which a Gazette order could be released at the earliest.**



The Committee also discussed the idea of starting a college under any University and agreed in principle that a detailed Project Report will be prepared by Dr. Ravi Shankar and Dr. Ramesh Babu, both from Mysore and Dr. Hifzullah. KAC will possibly implement the project within a year of receiving the detailed report.

Our dream of having Acupuncture Education along with an Outpatient Hospital in Mysore is likely to be fulfilled within a reasonable time frame. The investment needed for such a project can be generated from our esteemed KAC members and from Philanthropists who are ready to help such a drugless therapy project for Acupuncture Research.

Since we have many members in our Council, who are PhD holders, systematic research in Acupuncture will enhance our recognition by the State Government for implementation in Government Hospitals, starting from Primary Health Centers. We will need thousands of Acupuncture Therapists to be appointed by the Government, once it is approved as a system. Presently, we will be concentrating on recovery from the disease in an efficient way for patients discharged after treatment in Hospitals for any problem.



Our main aim is to work in collaboration with Modern Medical System and give the best recovery with minimal medication. Preventive Health care is one area which we want to concentrate on, especially youngsters below 30 years and motivate them to stay healthy with Acupressure and Yoga. Even Ayurveda solutions to detoxify the system will be of great help. We have planned a systematic study to identify pre-diabetics and treat them for 3 months to make them non-diabetic with proof based on the HbA1C test. It requires a huge number of Research Associates with Acupuncture knowledge and practice. Those interested in joining B-ARC as Research Associates may contact our Director, Mrs. Jija Subramanian for further details.

As I have been writing, KARNATAKA has the potential to lead the country in health care with very less medication to the patients. The combination of Ayurveda and Acupuncture can do wonders for any disease. What we need is the will to implement the scheme in all PHCs in Karnataka. **We can start a trial project with qualified and certified Acupuncturists**

registered with KAC. This will help us monitor the progress of patients and guide them properly with decades of experience that we have in Acupuncture treatment.

Our Academy will be shifted to another commercial location in April since the owner has served us a notice to vacate by 10th of April. We are looking for a place in and around Rajajinagar 2nd Stage so as to reduce our travel time. Hope the Almighty will bless us in our Venture and make this technology available to all people in Bengaluru, especially, residents of Rajajinagar.



It is heartening to note that many PhD holders from the Nilgiris have come together under the Baduga Doctorate Forum, formed by the Karnataka Baduga Gowdas Association, mainly to

motivate youngsters to take up PhD in any field. The forum is ready to offer their guidance for getting scholarships not only in India, but also foreign Universities. I request our youngsters with Post-graduate degree to contact. Dr. Satish Sugumaran, Director of the Forum for further information (Ph. No. 9952715912).

The feedback from Dr. Subba Rao, Group Director, URSC, ISRO is an eye opener for the scientific community that Acupuncture is very effective for any ailment, especially Cervical Spondylosis. We will be writing to the Chairman, ISRO, shortly, to recognise Acupuncture as a system of therapy under the Central Health Service Scheme since we have Acupuncturists in every part of Bangalore.

I wish you all the best for the recognition of Acupuncture as a system of Health care in Karnataka and thank all my senior colleagues for their continued support for the past 15 years.

H. Bhojraj,
Chairman, AAA Ph.9845649914

@ LOVE TO DO THINGS. DO IT FOR THE JOY AND THRILL OF IT.

@ SPECIALIZE AND EXCEL.

@ YOUR DESIRE MUST BENEFIT HUMANITY.

@ PERSONALLY RADIATE LOVE AND GOODWILL TO ALL.

@ THE EFFORTLESS WAY OF LIFE IS THE BEST.

EXCELLENT CURE WITH ACUPUNCTURE

Feedback on Acupuncture treatment for Cervical Spondylosis

By Dr P Subba Rao, Group Director, Structures , U R Rao Satellite Centre, Bengaluru. Age 57 Years

Symptoms : Started initially as neck pain on the right hand side in the month of August '25 and developed right hand numbness / tingling sensation along with neck pain subsequently.

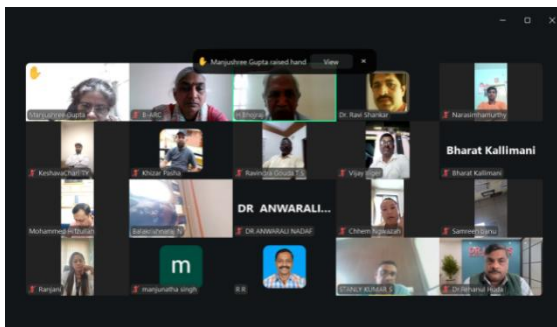
Diagnosis and allopathic treatment: Took pain killers initially for neck pain for almost a month, assuming it would subside. In addition, I used neuropathic medicines for numbness for another fifteen days as it was diagnosed as Cervical Spondylosis by X-RAY. Compression of the nerves due to aging related issues, constant use of PC / Mobile, work related strain and travel is the probable cause.

Acupuncture Treatment: As the problem is persisting without much relief, I have approached Dr. Bhojraj for acupuncture treatment and took the treatment for about a month in October 25. Dr. Bhojraj gave me acupuncture treatment along with auricular therapy for immediate relief of neck pain on the first day. The pain subsided by more than 50% by the same evening and completely in about ten days. However, the numbness in right hand persisted for another fifteen days. As the treatment progressed into the fourth week, with maximum of four sittings, I was relieved of the numbness along with neck pain completely by end of November 2025. In addition, he did neck and spinal massage and taught me and my wife how to do it with hand / massage tool. I am now able to do my regular work and travel normally. I am also able to do neck exercises along with Yoga and walking regularly. Thanks to Dr Bhojraj for the treatment given and for promotion of drugless therapy without any side effects.

KAC MEETING ON 17TH JAN 2026

A Zoom meeting of the Karnataka Acupuncture Council was held on 17th January, 2026, at 12:30 pm. 39 members attended the meeting.

Welcoming the members, Dr. Bhojraj stated that all acupuncture related activities and research will be shared on this forum and practitioners can take advantage of having committee members with more than 25 years of experience in this field, like Dr. Ravishankar and Dr. Hifzulla.



He requested Dr. Ravishankar to update the members on the plans for an Acupuncture college to be set up at Mysore in the near future.

Thanking the members for taking the time out to attend the meeting, he appreciated that Dr. Bhojraj for taking the initiative to unite all the practitioners of Karnataka. **He said that the Committee has taken the decision to get legal status for all the practitioners before approaching the Government for recognition in Karnataka.** Since the Central Government has already recognised Acupuncture, the committee will first get all the practitioners enrolled in the Gazette, so that no practitioner faces any legal problems.

Dr. Hifzulla said that there will be a meeting of the committee members to decide the plan of action for our names to appear in the gazette. Also, existing members should try and increase the membership of the council.

Dr. Bhojraj then invited queries and clarifications from the members.

Ms. Manjushree Gupta asked if practitioners who treat with only Acupressure will come under the purview of Acupuncture as per the law. Many were hesitant to join because of lack of clarity.

Dr. Bhojraj clarified that any form of treatment that follows the 5 Element theory will be recognised. **Dr. Huda further explained that the Central Government has released a list of all treatments that come under Acupuncture and Acupressure is one of them.** He also said that all training institutes should follow the syllabus prescribed by the Central Government.

Replying to a question on the choice of Mysore for setting up the College, Dr. Bhojraj replied that Mysore is fast developing as the centre for alternate therapies

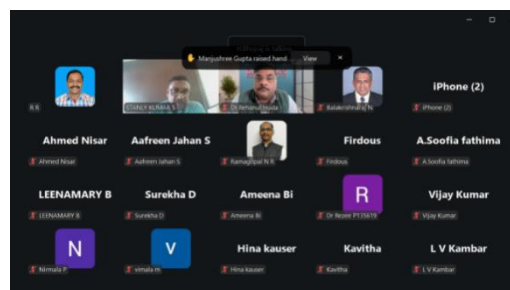
like Yoga, Ayurveda, etc. once, established the Council will expand to other cities in Karnataka.

He encouraged practitioners to keep a record of the treatment and join the research program. Practitioners will be given 15 minutes on this weekly forum to present their case histories. Regarding protocols to be followed, practitioners will have to submit a proposal to the Ethics Committee for clearance.

Replying to Mr. Rajashekar Reddy's query on KPME registration, Dr. Ravishankar clarified that Acupuncture, being a drugless therapy, KPME has stopped registrations for Acupuncture.

Mr. Anwarali from Belagavi said that the Government does not allow Acupuncture practise, since it does not come under the purview of KPME or AYUSH. Dr. Ravishankar clarified that they cannot interfere since there is no rule that Acupuncture is illegal, but practitioners should not prescribe or administer any drugs along with Acupuncture.

In his concluding remarks, Dr. Ravishankar said that all members have the responsibility of being more involved with the activities of the Council and he would like to see more people attend the meetings.



E C MEETING ON 3-2-2026 AT 12 30 PM

The Executive Committee meeting of **KARNATAKA ACUPUNCTURE COUNCIL (KAC)** was held at 12:30pm on 3rd February, 2026.

It was attended by:

Dr. Bhojraj, Advisor cum Treasurer

Dr. Hifzullhah, President

Dr. Samiullah, Vice President

Dr. Ravi Shankar, Secretary

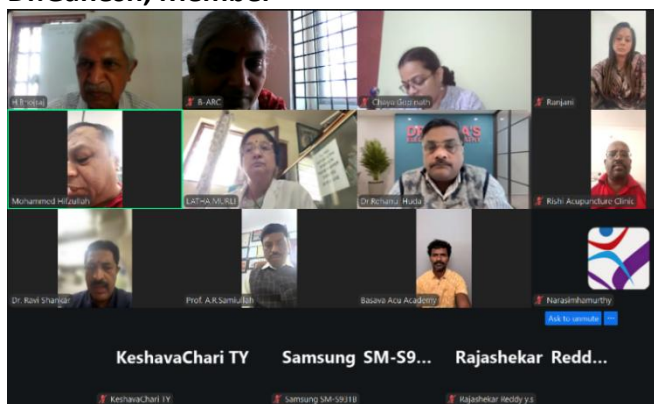
Dr. Venkatesh Prasad, Joint Secretary

Dr. Keshavachari, Member

Dr. Basavaraj, Member

Dr. Nazeer Pasha, Member

Dr. Huda, Invitee
 Dr. Latha Murali, Member
 Dr. Chaya Gopinath, Member
 Dr. Ranjani, Member
 Leave of absence
 Dr. Ramesh, Member
 Dr. Ganesh, Member



Dr. H. Bhojraj, Rtd ISRO Scientist and Acupuncture Practitioner, who initiated this unification process to show our strength of unity for getting proper recognition for Acupuncture Studies in Karnataka requested the President, KAC to give his welcome address and explain the motives of our State Council.

Dr. Hifzullah welcomed the new members, all having training institutes and explained to them the purpose of forming the council. He explained that senior Acupuncturists like Dr. Samiullah, Dr. Shankar, Dr. Bhojraj and himself have all **individually worked to get recognition, but with no avail**. He expressed happiness and hope that now, working together with unity, there is strength to approach the Government.

Dr. Samiullah gave a brief background of the scenario in Karnataka. He said that work had begun right from 2003. From 1979 Acupuncture was included as a part of BNYS. Since 2015, submissions have been made to the respective Governments in power. In 2017 and 2022 Amendment of KPME Act, medicos and paramedics were allowed to register for license to practise acupuncture, but that was also stopped after a short time. A few months back, our plea was rejected again, therefore, we must make the required amendments and **look for different approaches to get registration**.

At the Central level, Dr. Ravi Shankar said that even though the Centre has recognised Acupuncture as an Allied therapy, lack of standardisation of syllabus and treatment. **The**

Indian Data Committee collected all data regarding Acupuncture and recommended its' recognition as an Allied Therapy. The Centre allowed Acupuncturists to register in portal.

Dr. Bhojraj advised that all the 500 odd members should register with this portal and complimented Dr. Hifzullah for achieving this goal. He invited Dr. Huda to share his thoughts.

Dr. Huda informed that in 2018, the Central Government formed an Inter departmental committee and asked the Apex committee of Acupuncture to submit the required curriculum and syllabus. In a meeting with the heads of AYUSH, it was concluded that Acupuncture being a drugless therapy, cannot be included in AYUSH. **The Inter Departmental Committee advised that the Allied Council, which, under the National Medical Council (NMC) governs all Allied Therapies, should govern Acupuncture. A bill was passed in Parliament, recognising Acupuncture as an Allied Therapy and the same was published in the Gazette.**

In the case of Karnataka, there is the Karnataka State Allied Health Care Board, but, Acupuncture does not appear on their list of Allied therapies. He recommended that KAC should first try and get Acupuncture on this list on the strength of the Central Government approval for Acupuncture as an Allied Therapy. This would be an easier approach for getting registration to practice Acupuncture. **After this, KAC can adopt and carry out the syllabus and training, which has also been approved by the Central Government.**

All senior members lauded Dr. Huda for this excellent and ground breaking recommendation. **Dr. Hifzullah proposed to appoint Dr. Huda as the Advisor to KAC to which all members agreed wholeheartedly.**

Dr. Chaya Gopinath expressed her concern that practitioners are not being able to register and the lack of a common syllabus.

Dr. Latha Murali requested that a copy of the approved syllabus be circulated. She stressed the need for all students to undergo practical training.

Dr. Basavaraj said that he will work on how best he can teach and train the coming generations.

Dr. Venkatesh Prasad requested that if anyone has any copy of any document related to

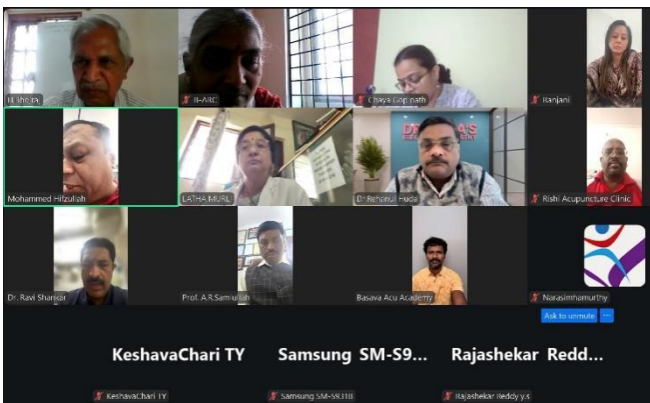
recognition of Acupuncture, right from 1959, they could submit a copy to KAC for documentation.

In his concluding remarks Dr. Bhojraj thanked Dr. Huda for his new approach which may be easier than the Maharashtra model. He lauded the efforts of the President, KAC for crossing the 500 mark of members. He recommended a physical meeting of the Council members be held, which was fixed for the 1st of March, where Dr. Ravi Shankar will present all the relevant documents.



Dr.Venkatesh, Dr.Keshavachari, Dr.Samiullah, Dr.Nazeer Pasha, Dr.Ravishankar, Dr.Hifzullah and Dr.Bhojraj

KAC GENERAL MEETING (TUESDAY) 24TH FEBRUARY



A Zoom meeting of the Karnataka Acupuncture Council was held on 24th January, 2026, at 12:30 pm.

Welcoming the members, **Dr. Bhojraj** stated that Dr. Hifzullah is ready with the memorandum and documents to be submitted to the Government and the same will be presented to Ex-Chief Secretary, Sri S V Ranganath on 25th February, for his expert comments.

Dr. Hifzullah was pleased with the way the Council was progressing and thanked everyone for their trust and cooperation. He hoped that the future generation and the country as a whole will benefit from Acupuncture.

Dr. Ravi Shankar presented a case history of **inguinal hernia**. The patient was advised Surgery, but after 8 sittings of Acupuncture, the scan showed no signs of Hernia. The patient was asked to take simple food and Liver, SI, UB, Local, distal, Influential and He-Sea points were used for treatment.

He added that the enrolment process will soon begin for all the members of the council and they are required to keep all documents ready.

Dr. Huda applauded the results of the case, which is a typical surgical case for Allopathy and very difficult to treat.

Dr. Manjushree Gupta shared a case history of a very weak diabetic who also had tremors and continuous urination. Allopathy could only offer surgery, but his body was too weak. After 3 months of treatment with magnets, the patient started walking 2 km. The family decided to go for surgery since he was strong enough, but sadly he passed away 15 days after the surgery.

Dr. Bhojraj shared his line of treatment for **Frozen Shoulder**, for which Allopathy offers only physiotherapy. His 4-needle technique used with GB 41 increase, LI 1 decrease, SI 5 increase and TW 3 increase. **He asked practitioners to use this formula and share the results for the purpose of research.**

Dr. Alpana said that she has also had very good results for Frozen Shoulder with this formula.

The meeting ended with the announcement that a physical meeting of the Executive Committee members will be held on 1st, March, 2026 mainly to sign the memorandum and also to discuss about the proposal to start a college in Mysore for Acupuncture Education as per the approved syllabus.

It was decided in principle to meet by Zoom every Tuesday for half an hour from 12 30 PM and discuss any interesting case history by our members. The members are requested to send their case histories by mail **bhojrajh@gmail.com** or WhatsApp to **Dr.Bhojraj 9845649914** or **Mrs.Jija Subramanian 9986168181**. Only approved members will be asked to share their experience.

**@ YOUR FUTURE IS SHAPED BY WHAT YOU DO NOW AND NOT BY WHAT YOU WILL DO.
@ NOT EVERYONE DESERVES ACCESS TO YOUR ENERGY.**

VISIT TO MYSORE ON 8TH FEBRUARY 2026-A REPORT BY Dr.RAVISHANKAR

Dr.Hifzullah, President KAC decided to visit Mysore to meet all the senior Acupuncturists mainly to motivate their trained people to join our Council since we are planning to submit the memorandum to the Karnataka Government by March first week. He invited the Advisor, KAC Dr.Bhojraj and Dr.Keshvachari EC Member to join him. I as Secretary, KAC received the team in Hotel Royal Palace near Mysore bus stand.



The first meeting with Senior Acupuncturist Dr.Ramesh in his HOTEL ROYLE CAFÉ near the Mysore Bus Stand was very successful and he had already recommended about 100 practitioners to join the Council which is essential to get the registration number from the Government once Government accepts our request to add Acupuncture to the Allied Sciences and it will be published in the Gazette as a law. The Memorandum is being prepared by me with all the supporting documents which will be refined and put to the Governing Council's approval on 1st March in our physical meeting in the Academy for Acupressure and Acupuncture, Bangalore.

THINK

KARMA IS ACTION. ONE CANNOT LIVE WITHOUT ACTION. EVERY MOMENT WE HAVE TO TAKE ACTION. THE ACTION SHOULD BE DIRECTED BY OUR SOUL (CONCIUSNESS) NOT BY THE MIND.



Dr.Ramesh expressed his appreciation for the team and thanked the President for personally visiting with EC Members. He told already he had given 50 members who have paid Rs 500 each and another 100 members list had been finalized and sent for adding them in the WhatsApp group. He told that he could get the benefits of Acupuncture for self at his age of 75 and his whole family is very happy with this treatment. He lauded the efforts of Dr.Bhojraj and told he had been following our contribution through our website <https://bhojraj.tripod.com> . Dr.Bhojraj, Dr.Hifzullah and Dr.Ravishankar honored Dr.Ramesh with a shalv, garland and Mysore Peta for his wonderful contribution to Acupuncture for the past 20 years.



The team was taken to his farm house just 8 KM from the Mysore city and the farm house was really mind boggling in construction and other facilities for grand functions. He also told me to plan any seminar or treatment sessions in his farm house at a

nominal cost to promote Acupuncture Therapy. Dr.Bhojraj mentioned that a suitable place can be identified in Mysore to start a college dedicated to Acupuncture teaching and training three year degree course. **He emphasized that KARNATAKA should be the FIRST state to start this course after the formal approval by the authorities.**



The senior Acupuncturist in Mysore, Dr.Ahmed was also present, who has served the needy silently without even charging any fee. Dr.Ahmed was also honored by the team for this great service.



The team visited Dr.Ganesan, another senior Acupuncture trainer in Mysore after the lunch and discussed about his treatment results. He told nearly 40 patients with severe Kidney problems have come and almost got cured with Hydro Therapy, Colon Cleansing and Acupuncture. He told the toxins in the body are effectively removed and acupuncture has given wonderful results. Dr.Hifzullah and Dr.Bhojraj lauded his

wonderful efforts and requested him to present all case histories to our Council members. He has been inducted as one the Directors for the council along with Dr.Ramesh. Dr.Hifzullah honored Dr.Ganesan and Dr.Vijayakumar for their excellent service to the society with Acupuncture.

President invited all of them to attend our next physical meeting in AAA, Bangalore on 1st March (Sunday) to discuss and sign the memorandum to the Government.

Dr.Bhojraj and Dr.Keshavachari thanked Dr.Hifzullah for organizing this trip and also the TEAM MYSORE for promoting Acupuncture in a big way with documents(Test Results) to prove the efficacy of Acupuncture to the scientific world. Also, Dr.Bhojraj's suggestion of starting a college for Acupuncture studies is well taken and I am planning to prepare a preliminary project report on this Education of Acupuncture courses and submit to the Karnataka Acupuncture Council within three months.



Dr.RAVISHANKAR, Dr.AHMED, Dr.BHOJRAJ, Dr.VIJAYAKUMAR, Dr.HIFZULLAH, Dr.GANESAN, Dr.KESHAVACHARI

MEETING WITH Shri.S.V.RANGANATH ON 25TH FEB 2025

Dr.Hifzullah, President, Karnataka Acupuncture Council met Shri S.V.Ranganath, Ex-Chief Secretary to discuss about the final draft of the Memorandum to the Principal Health Secretary, Karnataka Government for the approval of Acupuncture as an Allied System as per the Central Government Order.



Dr.Hifzullah, Shri.S.V.Ranganath and Dr.Surendra Pal

The meeting was organized by Dr.H.Bhojraj, Ex-ISRO Scientist and Advisor to KAC. The informal discussion was held on 25th February and was attended by Dr.Surendra Pal, Ex Distinguished Scientist, ISRO , Mr.Narendra Malik and Mr.R.N.Tyagi, Ex Outstanding Scientists of ISRO. Mr Nagulan Joghee, Trustee, AAA and free-lance IT expert and Dr.Keshvachari, Member, KAC also over a cup of tea in Hotel St Marks.



Mr.R.N.Tyagi, Mr.Narendra Malik, Dr.Surendra Pal, Shri.S.V.Ranganath, Dr.H.Bhojraj, Mr.Nagulan Joghee, Dr.Hifzullah and Dr.Keshavachari

The draft of the memorandum seeking implementation of Central government recognition of Acupuncture and establishment of registration mechanism for Acupuncture Professionals in the State of Karnataka under Allied Health Sciences framework was discussed and cleared for submission. Shri. Ranganath asked the President to enclose all the Central Government Order copies also and present the memorandum to the Principal Health Secretary. He also told he would try to get an appointment with Principal Health Secretary in the coming weeks and if possible, he would try to accompany the delegation. Since Central Government has already issued the order, the State Government can adopt the same for implementation in Karnataka and it would benefit the common man without the intake of drugs for curing any ailment.



It was decided to prepare the necessary memorandum and submit with supporting Central Government orders within a week. Dr.Bhojraj thanked Shri.S.V.Ranganath for his advice and support for this noble cause and also thanked his ISRO colleagues for their support for the Academy since inception in 2012.

It was decided to discuss the final draft in the upcoming Karnataka Acupuncture Council meeting on 1st March 2026 at 11AM in AAA, Rajajinagar and get the approval from all Council Members.

**THINK: WHEN YOU ARE INSPIRED,
YOU NEVER EXPERIENCE BOREDOM.**

ORAL LICHEN PLANUS (OLP)

BY Mrs. JIJA SUBRAMANIAN, DIRECTOR, B-ARC

Oral Lichen Planus called OLP is a chronic, non-contagious, **autoimmune inflammatory condition** causing white, lacy patches, red tissues or open sores on the mouths' inner lining, often on cheeks and gums.

Primarily affecting middle aged people, it can cause burning pain, discomfort or in rare corrosive cases, low risk of malignancy.

While the exact cause is unknown, **it involves immune system dysfunction** (T-cells attacking oral mucosa) and may be triggered by stress, infections like Hepatitis C or reactions to dental materials. Management by Allopathy focuses on reducing pain using corticosteroids with consistent monitoring.

SYMPTOMS

- **Reticular** (common): Lacy, white, thread like patches, usually, asymptomatic.
- **Erosive**: Painful, red, swollen or ulcerated, often causing a burning sensation.
- **Location**: Often on the inner cheeks, gums and commonly in a symmetrical, bilateral pattern.
- **Sensitivities**: Increased discomfort with spicy, acidic or hot foods.

CAUSES and RISK FACTORS:

- **Immune Dysfunction**: An autoimmune reaction where T-cells attack oral tissue.
- **Potential Triggers**: Psychological stress, Hepatitis C or allergic reaction to dental materials
- **Risk Factors**: Middle aged, mostly female gender.

TREATMENT and MANAGEMENT

- **Topical steroids**: Gels, sprays or mouth washers to reduce inflammation
- **Systemic medications**: for severe cases
- **Oral Hygiene**: Good oral hygiene and regular dental check-up are crucial.

THINK

**“YOU HAVE A ROLE TO PLAY IN THIS LIFE.
PLAY TO THE BEST OF YOUR ABILITY.
AND EXIT WHEN THE TIME COMES”**

**“GREAT LEADERS FIND COMMON
GROUND AND BUILD UNITY”**

“FEEL FOR PEOPLE AND WORK FOR THEM”

Wonderful relief for OLP with Acupuncture... Says Ketan Vora, 61 years... 9980065200

For nearly one year, I had lacy, white patches in my mouth, especially on the inside of my cheeks. After a few months, **the patches turned red and it affected my chewing while eating food.** But, sometimes, the redness increased and I was not able to eat food properly. The Doctor said that if it continues, a biopsy will have to be done to rule out malignancy.

Fortunately, my friend, **Mr. Kirit Shah**, suggested that I consult **Dr. Bhojraj, Acupuncture Specialist, in Rajajinagar.** I started Acupuncture treatment on 13th December, 2025 and as of 5th December; I had taken 5 sittings, approximately, once a week. In the first week itself, I could feel a slight change in the colour and level of discomfort. After the 5th week, it is almost normal. I am able to eat better and there are no red/purple patches in my mouth.

Doctor taught me self-acupressure points, which I am practising every day.

Thanks to Dr. Bhojraj and the Academy for not only curing my problem of OLP with Acupuncture, but also training me to take care of my general health. Gradually, I am changing my stress causing factors and have started meditation to control the mind.

SHORT NEWS

ISRO VETERANS MEET OVER LUNCH ON 10TH FEB, 2026

A lunch meeting of ARYABHATA architects of ISRO was organized by Mr. Narendra Malik on 10th Feb 2026 in Hotel St Marks which was attended by all members of the group except Prof. Soma. The South Indian Food Festival was there on that day and a wide spread of South Indian food was in the buffet and it was a great event for our veterans. Not only enjoyed the food but also discussed the recent failures of PSLV and wished ISRO all the best for early correction of the flaw. All of them wished ISRO all the best for the next flight of PSLV which proved as the main workhorse of INDIA and many satellites are queued up for launch of

one to two tons payloads even from other countries.



Dr.Bhojraj briefed all the mentors of our Academy about the latest developments to get the recognition from the State Government and all of them appreciated the efforts of our Trust. They promised to support the venture of our Trust in future ventures also. Ms.Vijayalakshmi, Restaurant Manager from Hubli wanted to take a photo with Padmashree V.R.Katti who is also from Hubli along with all ISRO veterans. The team appreciated the high quality South Indian food prepared by their Indian Chefs and congratulated Mr.Suresh for their wonderful service. Dr.Bhojraj informed that a meeting with Shri.S.V.Ranganath is organized during the fourth week over a cup of tea in the same venue and requested them to attend if possible.



Mr.R,N.Tyagi, Mr.Malik, Dr.Surendra Pal, Padmashree V.R.Katti, Ms.Vijayalakshmi, Restaurant manager, Dr.Bhojraj, Mr.Das Gupta, Mr.L. Sathyamurthy and Dr.Kanaka Rao

ACU NEWSLETTER WILL CHANGE TO KAC NEWSLETTER FROM APRIL 2026 WITH NEW LOGO

It has been decided in the recent EC Meeting of KAC that the **ACU NEWSLETTER** can be converted into **KAC NEWSLETTER** and the Editorial Committee will include Dr.Ravishankar and Dr.Venkatesh Prasad. Since we have lot of activities in KAC , we need lot of inputs from our members. Kindly send your articles related to health, acupuncture treatment and education by mail to bhojraj45@gmail.com for inclusion in upcoming Newsletters.

OBITUARY



Prof.PALANISAMY who taught Kaya Kalpa Yoga and Eye Exercise to our Academy members including Dr.Bhojraj was called back by the Almighty on 30th January 2026 .

Prof Palanisamy, after retirement from Coimbatore Agriculture University took up Alternate Therapies as his passion and served the needy till his last breath. He not only treated many patients in Coimbatore but also helped them financially from his pension instead of charging them for treatment. He had a peaceful death at the age of 92 years. We pray the Almighty for this wonderful soul to rest in peace.

EDITORIAL BOARD:Dr.H.BHOJRAJ, Mrs.JIJA SUBRAMANIAN, Mr.NAGULAN JOGHEE, Mr.SUNDRAMURTHY, Prof.SOMA, Dr.GIRIDHAR GOPAL,Mrs.KALLOLINI PATRO AND Dr.AMBIKA

**KARNATAKA ACUPUNCTURE COUNCIL (KAC)
EXECUTIVE COMMITTEE MEETING ON 1ST MARCH
2026- A REPORT BY Mrs.JIJA SUBRAMANIAN AND
Dr.AMBIKA**

The physical meeting of the KAC was planned mainly to finalize the memorandum to be given to the Principal Health Secretary for the recognition of Acupuncture in Karnataka based on the Central Government Gazette notification. The meeting was attended by the following members.



Dr.Md.Hifzullah, President, KAC
Dr.Ravishankar, Secretary, KAC
Dr.Samiullah, Vice President, KAC
Dr.H.Bhojraj, Treasurer, KAC
Dr.Venkatesh Prasad, Jt.Secretary, KAC
Dr.Nazir Pasha, Director, KAC
Dr.Ramesh Babu, Director, KAC
Dr.Ganesan, Director, KAC
Dr.Giridhar Gopal, Member, KAC
Mrs.Jija Subramanian, Member, KAC
Dr.Ambika, Member, KAC
LEAVE OF ABSENCE GRANTED TO
Dr.Latha Murali, Director, KAC
Dr.Basavaraju, Director, KAC
Dr.Huda, Director, KAC
Dr.Chaya Gopinath, Director, KAC
Dr.Ranjini P, Director, KAC

The meeting started with a prayer of "Surve Jana Sukino Bhavanthu". Dr.Hifzulla extended his warm welcome to all the EC members particularly to Dr.Ravishankar, Dr.Ramesh Babu and Dr.Ganesan for coming all the way from Mysore to attend the meeting in Bangalore. He explained the necessity for keeping our unity among Acupuncturists and expressed his thanks to all senior Acupuncturists in Karnataka for coming together with the sole aim of getting the recognition from the Karnataka State Government.

**FREE CAMPS FOR FROZEN SHOULDER
IT WILL BE ANNOUNCED AFTER GETTING OUR NEW
PLACE IN APRIL 2026**



He also explained the recent meeting with Ex.Chief Secretary, Shri.S.V.Ranganath and the positive response for our Memorandum to the Principal Health Secretary. He told the Committee will submit the hard copy of all the orders mentioned in the memorandum within a few days to Shri.S.V.Ranganath and will try to meet Shri.Harsh Gupta, Principal Health Secretary along with the finalized memorandum.



The minutes of the previous EC meeting was read by Dr.H.Bhojraj and was approved by the Committee.

The Accounts Statement for the past 5 months was presented by Dr.H.Bhojraj. A seed money of Rs.27500 collected in the first meeting and expenditure of Rs.27881 was incurred for registration and other expenses. All Directors have already paid the seed money of Rs.5000 to the Bank Account except a few.

President requested them to pay the seed money at the earliest.

As on 10th February, we have received Rs.500 from 272 people and another 37 people who transferred the amount to another Academy based on wrong QR code sent by a member will be retrieved after the personal talk by Dr.Hifzullah about this transfer with their secretary Dr.Huda, Dr.Latha Murali, Dr.Ramesh Babu and Dr.Venkatesh Prasad transferred Rs.5000 each to the Academy. Dr.Basavaraj, Dr.Chaya Gopinath, Dr.Ranjini Poonacha, Dr.Ganesan and Dr.Keshavachar have agreed to transfer the amount within a week.



Funds available as on today	272 x 500 = 136000
Seed money	4 x 5000 = 20000
Total	Rs.156000
DUES EXPECTED	5 X 5000 Rs 25000
37 X 500	Rs 18500

NEWSLETTER FOR KAC

Dr.Hifzullah requested Dr.Bhojraj to convert the Acu Newsletter as KAC newsletter with our KAC logo which can reach nook and corner of Karnataka in both English and Kannada. It was agreed in principle to convert the newsletter with new logo from APRIL 2026. Dr.Venkatesh Prasad and Mrs.Jija Subramanian have been nominated as Editors with overall supervision by Dr.Ravishankar and Dr.Bhojraj. it was also decided to add all research articles in this newsletter.



Allocation of responsibilities

It was decided in principle to wait for two more months to get the clarity of our progress and then form the committees under the EC Members. Till that time President has the full authority to allot any job to any EC member. All participants agreed to this resolution.

Future Plans

Regarding future plans, Dr.Bhojraj made a power point presentation for starting a college for acupuncture studies in Mysore and he explained the main concept for this Diploma as per the approved central syllabus for plus two students. It will certainly help the Medical System to adopt in their hospitals especially in government Hospitals in tune with modern medical system in the recovery and supportive role for modern medical system. The college can conduct practical classes in the afternoon for public with senior Acupuncturists treating them with Acupuncture.

It was agreed in principle to form a committee under the Chairmanship of Dr.Ravishankar to prepare a detailed Project Report for Council approval within next three months. Other members are Dr.Ramesh Babu, Dr.Hifzullah and Dr.Venkatesh Prasad.

Dr.Ravishankar suggested that instead of adding Acupuncture research in our KAC as suggested by

Dr.Hifzullah, we can adopt B-ARC (Bhojraj Acupuncture Research Center) under KAC and ask for grants from the Government. All the members agreed to this suggestion. Mrs.Jija will continue to be the Director of this Center under KAC.

ANNUAL GENERAL BODY MEETING

It was decided in principle to have our first AGM in June 3rd week. All members will be called to attend the meeting and give their suggestions for the activities of the Council. It will give us time to follow up the memorandum and get the approval before the meeting.

ACUPUNCTURE SEMINAR IN BANGALORE

Dr.Samiulla told that FAST Board in collaboration with MK University has decided to organize a national acupuncture meet in Ambedkar Bhavan on May 10th and organize his graduation ceremony also. It was decided in principle that any activity in Karnataka should have the participation of Karnataka Acupuncture Council and Dr.Samiulla agreed to add KAC as one of the Sponsors. He also agreed not to ask for any contribution from KAC except individual registration fees to be paid by participants.

Dr.H.Bhojraj who has been involved in this process for a decade with Dr.Ravishankar and Dr.Samiullah told that cash of Rs 12000/= collected for this purpose was handed over to him by the Treasurer when he left Bangalore 7 years back and he is handing over the cash to KAC for the same purpose.

The meeting concluded with vote of thanks by Dr.Ravishankar who appreciated Dr.Hifzullah, Dr.Samiullah and Dr.Nazeer for attending the meeting inspite of observing Ramzan fasting. He also thanked Dr.Bhojraj and Mrs.Jija for the excellent arrangements for the meeting. He also thanked Dr.Ramesh Babu and Dr.Ganesan for their total commitment to make Mysore as a hub for Acupuncture in future. He thanked Dr.Giridhar Gopal and Dr.Huda for the wonderful draft of the memorandum to Principle Secretary.

Lunch was organized in Hotel Sagar.

AAA ANNUAL GRADUATION FUNCTION
ON 29TH MARCH 2026
TENTATIVE VENUE: HOTEL MONARCH LUXUR
SHIVAJINAGAR
10 AM TO 4PM
ALL DONORS AND WELL WISHERS ARE INVITED
PLEASE KEEP THE DATE FREE