



KAC WELLNESS



KARNATAKA ACUPUNCTURE COUNCIL (R) DRB3/SOR/737/2025-26

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VOL 1

No.1

KAC NEWSLETTER FIRST EDITION

Dr.Md.Hifzullah, President, KAC

Dear Members,

It is heartening to note that **the first edition of our monthly Newsletter, KAC WELLNESS** is being released on **26th April, 2026**, based on the decision taken at our Executive Committee meeting to bring out a monthly Newsletter to communicate effectively with KAC's 500 members and to bring out our Acupuncture Treatment and research results to the common man. **I congratulate the Editorial Committee for making it possible.** As we are on the verge of getting



recognition for Acupuncture as a therapy in Karnataka, it is very essential to bring all the Acupuncturists in Karnataka under one Forum in order to show our strength.

As you aware, there are many therapists working since more than 25 years in this field and they have shown wonderful results in this drugless therapy. **The consolidation of all Acupuncturists in Karnataka will give KAC the strength to approach the Health Ministry through the Principal Health Secretary to approve this system as a therapy under Allied Health Care System as approved by the Central Health Ministry.** The relevant Central Government Orders and the Central

Gazette notification copies have been enclosed in our Memorandum to the Principal Health Secretary for his kind approval. We requested him to form an Official Team from the Health Department to formulate the rules and implement the same through the Karnataka Acupuncture Council.

KAC will conduct training programs with a common syllabus, evaluate the Practitioners with an examination and recommend the Practitioners to be given registration numbers for the practice of Acupuncture in Karnataka. KAC will also monitor their clinic periodically and the medical waste disposals as per the Pollution Control norms. **KAC also plans to have regular quarterly seminars by senior Acupuncturists to share their practical and theoretical knowledge with the Practitioners.**

KAC in collaboration with the Karnataka Government will establish a College for Diploma or Degree in Acupuncture preferably in Mysore with top priority for encouraging plus two students to join this Acupuncture Diploma course which has the potential for Government appointment in all Primary Health centers in Karnataka, once the Government approves the system. On a trial basis we can request the Health Department to appoint a few of our Acupuncturists in PHCs to observe and record the effect of Acupuncture in pain management and other health problems.

I THANK THE EDITORIAL COMMITTEE FOR BRINGING OUT THIS NEWSLETTER ON TIME.

VISIT TO NATURE WELLNESS CENTER IN SHIVAJINAGAR ON 12th MARCH 2026

By Mrs.Jija with inputs from Chairman,AAA

Dr.Samiullah invited Dr.H.Bhojraj, Chairman, AAA and Advisor, KAC to visit his newly expanded and renovated Nature Wellness Center, in Shivajinagar based on Natures Five Elements. The Ground Floor is being used for Nature Therapy and Physiotherapy for patients and the upper floor is being used for treating patients with Acupuncture and related therapies like cupping, moxa etc.



Dr.Tatiyana, Dr.Samiullah, Dr.Bhojraj, Dr.Nagavani, Dr.Swetha, Dr.Shilpa, Ms.Niranjana

The Trainees including Ms. Tatiyana from Russia and other Doctors working there as Intern Doctors were introduced to Dr.Bhojraj by Dr.Samiullah. Dr.Bhojraj requested them to concentrate on a particular disease and present a paper with data for our Acupuncture Forum, KAC, which has taken off well with 600 Acupuncturists in Karnataka. Dr.Bhojraj also told that Dr. Sergi Fedatov from Russia visited Bangalore twice and conducted seminars on Pulse Metabolic Analyser which he used for 25 years to treat patients with pulse records.

Dr.Samiullah informed that the Graduation ceremony will be conducted on 24th May 2026 along with the 4th National Science Conference on Acupuncture. The Ambedkar Bhavan on Millers Road, Vasanthnagar has already been booked by the Organizing committee headed by Dr.Samiullah and Dr.Ummer Gurukkul. **He said that he would be inviting all top Acupuncturists in India and depending on their availability the inaugural program will be fixed.** He added that 15 Sub-Committees are working tirelessly to make this program a grand success and nearly 300 people are

expected to attend, including participants from the state of KERALA. KAC members can be motivated to attend the seminar and the Committee members can have a separate meeting with the Guests of Honor to convey the status of Acupuncture in Karnataka and the future plans. A nominal charge, not exceeding Rs.1800/ was being planned and it will be finalized in consultation with President and Secretary of KAC.



WITH STAFF

Dr.Bhojraj proposed that Dr.Samiullah prepare a Project Report for starting an Acupuncture College in Bangalore in collaboration with any reputed University in China since the Indian Government is in favor of having collaborative ventures with China at present. Since Dr. Inderjit Singh from Ludhiana, Punjab has very good contacts with Acupuncture Experts in China, Dr.Samiulla agreed to talk to him and get his advice before contacting foreign universities. **Dr.Bhojraj insisted the Project should be big enough to cater to thousands of patients at a time, like the Narayana Health City.**

Dr.Samiulla expressed his happiness for the visit and fruitful discussions. Dr.Bhojraj wished him all the best for the upcoming National Seminar on **24th May 2026** and wanted all our KAC members to utilize this Golden Opportunity to meet all top Acupuncture Stalwarts of INDIA at the one-day conference.

4th ACUPUNCTURE NATIONAL SCIENCE CONFERENCE

DATE : 24-05-2026

TIME : 9 AM TO 6 PM

VENUE: AMBEDKAR BHAVAN,

MILLER'S ROAD, BANGALORE

A zoom meeting of the committee members of KAC was held on 24th March, 2026, at 12:30 pm.

It was attended by:

Dr. Hifzullah, President
Dr. Ravi Shankar, Secretary
Dr. Samiullah, Vice-President
Dr. Bhojraj, Advisor and Treasurer,
Dr. Venkatesh Prasad, Jt. Secretary
Dr. Nazeer Pasha
Dr. Ramesh Babu
Dr. Ganeshan
Dr. Giridhar Gopal and Mrs. Jija Subramanian

attended as observers

- Dr. Hifzullah welcomed the members and expressed his happiness on the inclusion of his younger brother, **Dr. Zafrullah** to the Committee who has trained more than 200 acupuncturists.

He said that the **Pan Card of the Council has been obtained and efforts are on to open a bank account.**

He also informed that **Dr. Beramji**, one of the founder members of the Maharashtra Acupuncture Council and **Dr. Inderjit Singh** member of Acupuncture Science Association from Ludhiana, who are visiting Bangalore in May, should be honoured by KAC.

He invited Dr. Samiullah to brief the committee about the upcoming Conference.

- **Dr. Samiullah** was happy that the committee is putting in lot of effort to get registration for its members from the Government.

He informed that FAST Board, in collaboration with KAC and KUG Oriental Academy, Kerala will be conducting their 4th National Conference at Millers Road on 24th May, 2026.

Guests include Speakers from the National Level, namely, Dr. Beramji and Dr. Inderjit Singh. Both of them have expressed their willingness to help get recognition for Acupuncture in Karnataka. Both speakers, with their vast experience in the field of Acupuncture and its fight for recognition will be very useful resources for our efforts in Karnataka, he said.

- **Dr. Bhojraj suggested that the President and Secretary of KAC meet them the day before the conference, rather than at the conference.** This will enable a detailed and focused discussion on our approach and

activities so far based on which they can make suggestions and guide us.

He informed the members that 3 pages of KAC's first Newsletter is ready and invited everyone to contribute articles for the same. He requested **Dr. Ganesan** to give at least 5 case histories of the Kidney problems that he had treated. **Committee members were also requested to submit a write up about themselves for the News Letter.**

Regarding research activities of the Council, Dr. Bhojraj said that, to start with, he is planning **to invite 30 Practitioners and give them a protocol for Diabetes and Pre-Diabetes.**

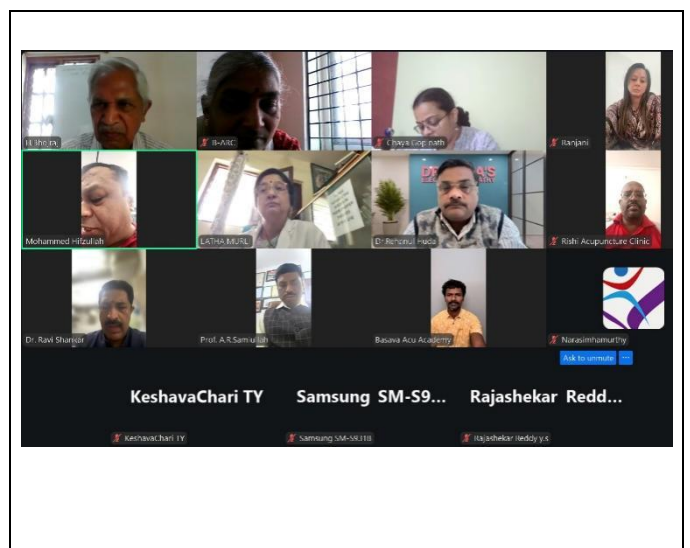
- Regarding the opening of a bank account, Dr. Venkatesh Prasad informed that the council has got the PAN card, but most banks are asking for a Darpan ID card which may take another 40 days. But, Union Bank of India requires only signed copies of the Adhar Card of the 8 original Council Members. All members signed the Registration Certificate should be present in the Bank and sign the Bank Document again. Date will be announced shortly.

He also made a few suggestions regarding the proposed State level conference.

- **Dr. Bhojraj replied that Dr. Hifzullah should form a committee to plan and execute the event.**

He suggested that a 1year Diploma Course can be offered in Mysore, based on the Central Government's recognition of Acupuncture. **He asked the team from Mysore to prepare a project report at the earliest.**

- The meeting ended with Dr. Ravi Shankar thanking everyone for participating and the multi-dimensional discussion that took place in the meeting.



THE ACADEMY for ACUPRESSURE and ACUPUNCTURE CELEBRATES ITS' 15TH ANNIVERSARY ON 29TH MARCH, 2026

The Academy for Acupressure and Acupuncture (AAA) was registered by our Trust Members under the Chairmanship of Dr.H.Bhojraj, Ex ISRO Scientist. who retired in 2011. In the past 15 years, the Academy had conducted various training programs, seminars, workshops, panel discussions, conferences and systematic studies and collected data for Type II Diabetes, Migraine, Eye problems and Hearing problems. The Academy also brought out Newsletters, initially quarterly and later. monthly issues, recording all the research data with case histories and the same was uploaded in our website <https://bhojraj.tripod.com>, for the benefit of the common man.



For many years, AAA interacted with the Acupuncture Science Association (ASA), Calcutta, Karnataka Acupuncture Association and FAST Board for the recognition of Acupuncture at the All India level by the Central Government and also in Karnataka State based on the approval by the Central Government as an Allied Healthcare System like Physiotherapy.



The Academy not only cooperated with all the trainers of Acupuncture in Karnataka but also initiated the move to bring all Acupuncturists trained in various institutions, under one Forum called Karnataka Acupuncture Council under the leadership of Dr.Md.Hifzullah. He has been training and treating patients for 25 years in Jayanagar very successfully. The Governing Body was formed with 14 Experts in this field who have been training people in Acupuncture Science not only in Bangalore but also in Mysore and other parts of Karnataka.

With the cooperation of all experts in this field, and regular meetings held over the past one year. a proper memorandum was prepared requesting for the recognition of Acupuncture by the Karnataka Government as an Allied Therapy as has already been notified in the Central Gazette. If approved by the Principal Health Secretary, these 600 members of Karnataka Acupuncture Council will be notified as Allied Health Therapists and they can find employment in any Primary Health Centers in Karnataka. KAC has also planned to train all these 600 professionals with a uniform Acupuncture Syllabus and conduct mandatory tests for admitting in the council as Registered Members. They will be notified and yearly inspection will be conducted in collaboration with Health Inspectors to maintain proper hygiene and medical waste disposal as per Pollution Control Board norms.



AAA's latest batch 6 students of Advance Acupuncture Course conducted in the year 2025-26 got their certificates of merit from Dr.Surendra Pal, Distinguished Scientist, Ex ISRO and Ex.Vice Chancellor, Defence University PUNE on 29th March 2026. Mrs. Jija Subramanian, Director,

Bhojraj-Acupuncture Research Centre (B-ARC) welcomed the small gathering and read the Annual Report for the year 2025-26. All graduating students expressed their experience of learning and treating few of their family members very successfully with acupuncture which has given them confidence in the system.

Trustees Dr. Giridhar Gopal, Electro Homeopath and Quantum Healer, Mr.Nagulan Joghee, Mr.Sundramurthy, Mr.Suresh Palyam also addressed the gathering and wished the graduates a grand success in their healing journey. Dr.Surendra Pal in his Presidential Address admired the resilience of the Academy for achieving the goals set 15 years back due to the effective leadership. He wished the graduates grand success in their new venture of healing with Acupuncture and distributed the Certificates to all Students.



Dr.Bhojraj, in his concluding address thanked all his ISRO colleagues particularly Dr.Surendra Pal, Mr.Sundramurthy and Mr.Narendra Borwankar for their solid backing and support for more than few decades starting from 1980s. He also thanked the Trustees for their encouraging words and deeds for the success of our Academy. Dr.Bhojraj also praised Mrs.Jija Subramanian for her tireless work to make not only the function but also the Research Academy a grand success which has been adopted by KAC. The research funds for Acupuncture research will be routed through KAC in future and many Doctorates are coming together to submit their proposals for research

funding by ICMR or Corporates in the coming months. Dr. Bhojraj also declared that an Acupuncture College with WHO syllabus is being planned in Mysore and the Committee headed by Dr.Ravishankar is preparing a Detailed Project Report within next three months for KAC approval.

The meeting ended with vote of thanks by Mrs.Jija Subramanian followed by a nice lunch.



Report by Mrs.Sujatha Rajenranath, 67 Yrs, Acupuncture Graduate

CASE HISTORIES

CATARACT IMPROVED TREMENDOUSLY WITH ACUPUNCTURE AND SELF ACUPRESSURE

By.Mr.Yuvaraj, Quantum Healer, Coimbatore

I was diagnosed with cataract in both the eyes during a routine checkup in Coimbatore and the Doctor suggested that I undergo cataract surgery on both the eyes. As I have done the Advance Acupuncture Course with Dr.Bhojraj, **I visited Bangalore exclusively to meet him with my PMA instrument for Pulse Diagnosis.** He was kind enough to check my 12 pulses with Dr.Fedatov's PMA system and found my Liver wind was less as per the Pulse Analysis. He increased the Liv 1 point with needle and asked me to come the next day to his Academy. **He activated acupuncture points for the eyes with needles for 15 minutes and asked me to read the chart.** To my surprise I could read one line extra on the same day after the treatment.

He also taught me the points for eye sight improvement and asked me to give acupressure for 5 minutes every day morning and evening. I religiously followed it for 3 months and I was able to see much better, **my eyes which were cloudy earlier have become clear and I was able to drive**

my car even in the night. I was very happy and wanted to check with the same Doctor again to make sure if there is any improvement in my cataract condition. **The doctor also confirmed the improvement after a thorough check up and asked me to come after one year. He said that Cataract surgery not needed as of now.**



I am really grateful to Dr.Bhojraj for giving me this simple and effective technique to postpone my Cataract surgery.

Case Histories by Acupuncture graduates.

Knee Pain Cured

Patient's Name: Mrs. Shuba Dash Age 44
She is a housewife, from Nagercoil, Tamil Nadu.
In the month of November 2024, she developed severe knee pain and was unable to do her household activities. She was taught some acupressure points through the WhatsApp messages, and daily walk for half an hour. She was faithful in doing her exercises and acupressure points. **After a week she experienced wonderful improvement from her knee pain.**
Points Activated are St36, Bl 40, Sp6, Sp9, and liv3.

Sinus Issues Cured

Patient's Name: Mr. Maria James age 40
Mr. Maria James was having **headache and blocked nose** for two years. After learning about the acupressure techniques, I taught him to do the points twice a day morning and evening. **He is cured of his problems and for the good health he is doing the pressure points daily.**
Points Activated are LI 4, LI 11, LI 20, BL2, GB20 also he does Liv1, P6, SP6, Ht 7 and Lu7 for good health.

Cured from High Prolactin Issues

Patient's name Mrs. Princy Rani Age 36
Mrs. Princy Rani was suffering from **high prolactin and milk formation for the past 5years.** She was unable to mingle with others and relate to others. She met the gynaecologist for her health issues. According to the advice of the doctor, she consumed tablets for months. But she did not feel good and had several side effects. After meeting her and listening to her history, I encouraged her to do the acupressure points and have change in her diet habits. **She is completely cured from her problems.**
Points activated - GB20, Sp6, LI 4, Pc6 and EX-HN3

Cured from Bloating and Digestive Issues

Patient's name Anushila, Age 50 Yrs
She was having **bloating and gastric problems** and improper digestion for a period. I advised her to do the acupressure points twice a day. **After a week she informed that she is feeling much better,** so I encouraged her to do the points daily.
Points activated are St36, St25, Sp6, Liv3 LI4, Pc6.

Relief from Migraine (one side headache)

Patient's name Nitish Age 22
Mr. Nitish was suffering from **Migraine** for a period. After hearing his history, I taught him to do the acupressure points twice a day. **Now he experienced the healing from the headache and can function normally.**
Points activated are GB1, UB2, ST8, GB20

My history and intention of learning acupressure and acupuncture

I am **Sister Vijita Mary**, belonging to a religious group and professionally working as a health person in allopathy, alternative system of medicine, counsellor and NAET. My desire is to spread the awareness among the people about healing themselves by activating the pressure areas. So, I needed a direction to go about it. **With the help of Dr. Bhojraj and Mrs. Jija, I could accomplish this task of acquiring knowledge and practical tips which are very useful and valuable for me to give good care to oneself and others.** I too had some issues with digestion. With our body balancing method, I was able to overcome the problem I had. I am grateful to **Sister Naina, SND** who initiated me to be part of this movement.



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Karnataka Acupuncture Council
Registered No. : DRB3/SOR/737/2025-2026.
172/173, 1st Floor, 32nd E Cross Rd, Opp. Rajiv Gandhi University of Health Sciences,
4th T Block East, Jayanagar, Bengaluru - 560041. KARNATAKA.

COMMITTEE MEMBERS

1. Dr. Md. HIFZULLAH, PRESIDENT
2. Dr. RAVISHANKAR, SECRETARY
3. Dr. SAMIULLAH, VICE PRESIDENT
4. Dr. H. BHOJRAJ, TREASURER CUM ADVISOR
5. Dr. VENKATESH PRASAD, JOINT SECRETARY
6. Dr. KESHAVACHARI TY, DIRECTOR
7. Dr. NAZEER PASHA, DIRECTOR
7. Dr. HUDA, DIRECTOR
8. Dr. BASAVARAJ, DIRECTOR
9. Dr. RANJINI P, DIRECTOR
10. Dr. LATHA MURALI, DIRECTOR
11. Dr. RAMESH, DIRECTOR
12. Dr. GANESH, DIRECTOR
13. Dr. NAZRULLAH, DIRECTOR
14. Mrs. JIJA SUBRAMANIAN, DIRECTOR



KAC EXECUTIVE COMMITTEE MEETING HELD ON 14TH APRIL 2026

REPORT BY Mrs. JIJA SUBRAMANIAN AND Dr. VEKATESH PRASAD

A zoom meeting of the committee members of KAC was held on 14th April, 2026, at 12:30 pm. It was attended by:

- Dr. Ravi Shankar, Secretary
- Dr. Samiullah, Vice-President
- Dr. Bhojraj, Advisor and Treasurer,
- Dr. Venkatesh Prasad, Jt. Secretary
- Dr. Nazeer Pasha
- Dr. Keshavachari
- Mrs. Jija Subramanian

Dr. Hifzullah and Dr. Zafrulla could not attend.

Dr. Ravi Shankar welcomed the members, citing it was an auspicious day in many parts of India.

Dr. Bhojraj read out the minutes of the previous meeting and the same was adopted.

He added that last week, he met Mr. Redappa at Dr. Hifzulla's office and the Bank Account will be opened in a day or two. He personally contributed a sum of Rs. 10,000 to open the Account. It was decided that for now, the authorised signatories to operate the account would be the President and the Treasurer.

Also present were Dr. Mohammed Rizwan and Dr. Syed Ameen who will be joining the Research program.

The Accounts as on 31st March 2026, was presented and approved. Balance available as on 14th April Rs 2564 Cash and Rs.174617 in the AAA Bank account which will be transformed to KAC account as soon as we get the account number.

Regarding the process of registration/recognition, as hinted by Shri. S V Ranganath, Mr. Harsh Gupta has been transferred and Mr. Ritwik Ranjan Panday has taken his place. Therefore, our efforts will soon be renewed.

Dr. Venkatesh Prasad informed that the Hall for the physical meeting has not yet been confirmed. He formed a 5 member committee including the President, Dr. Keshavachari, Dr. Nazeer Pasha, Mrs. Jija Subramanian and himself.

Dr. Samiullah said that it was good news that a new Health Secretary has taken charge and we must make the most of this opportunity since there won't be a transfer for at least 2 years.

He invited all the committee members to FAST Board's upcoming 4th National Conference and Graduation function. The 2 Guests of Honor, Dr. Beramji and Dr. Inderjeet Singh will be arriving on 23rd night. Dr. Bhojraj suggested that Dr. Hifzullah and Dr. Ravi Shankar stay in the same hotel for easy and maximum interaction with them. Their expenses will be borne by KAC.

Dr. Ravi Shankar updated the committee about the meeting held at Mysore. Along with Dr. Ramesh Babu and Dr. Ganesan, they are on the lookout for a place for rent. Once finalised, a Diploma course will be announced. He invited all the members with their families for the inauguration.

Dr. Bhojraj advised him to dream big since it is possible to get a grant of crores of rupees provided, we have an impressive and detailed project report.

He proposed to induct Mrs. Jija Subramanian as a Committee member. All the members agreed.

She was asked to organise a physical meeting at Gandhi Bhavan for KAC's research project.

Dr. Nazeer Pasha and Dr. Keshavachari, both, expressed happiness at the progress made by KAC and assured their full support.

Dr. Ravi Shankar suggested that Dr. Keshavachari join the research team considering his vast knowledge and experience which can be used to investigate and publish research data. Dr. Bhojraj supported this recommendation since youngsters will be a big asset for this project.

Dr. Samiullah wondered if it was a good idea to invite **Mr. Hareesh Babu** to the conference. All members agreed since he was a supporter of our cause.

Dr. Samiullah requested for a logo of KAC for inclusion in the Flyers.

10 Exhibition stalls will be available at the conference if anyone is interested.

Dr. Bhojraj informed that KAC's 8 page Newsletter will be released by the end of the month, in Kannada and English.

The meeting ended with a vote of thanks from Mrs. Jija Subramanian.



4th NATIONAL ACUPUNCTURE SCIENCE CONFERENCE
at **Dr. B.R AMBEDKAR BHAVAN**
Vasanth Nagar Bengaluru

Dated on
24.05.2026
9.00 AM to 6.00 PM

Federation of Acupuncture System of Therapy Board (FAST Board)
And
M.K University
UGC Recognized

In collaboration with
Xiyuan Hospital of the China Academy of Chinese Medical Sciences
Intercultural University of the State of Mexico
Kazakh National Medical University -Kazakhstan
KUG Oriental Academy
Karnataka Acupuncture Council
Acupuncture Federation - Kerala

Registration Fee.
Normal Registration Fee: ₹1,500
Student Registration Fee: ₹1,200
Last date: **30th April**

With Conference Kit and Lunch, Snacks will be Provided

Contact No : 91102324932 / 9961046666
Address: Milers Rd, near Bhagwan Mahaveer Jain Hospital, Kaverappa Layout, Vasanth Nagar, Bengaluru, Karnataka 560001

Email: info@fatb.ac.in
Web: www.fastb.ac.in



4th NATIONAL ACUPUNCTURE SCIENCE CONFERENCE

Guest Speakers

Dr. Rumi F. Beramji
Chairman – Maharashtra Council of Acupuncture

Dr. Hareesh Babu C - Registrar Karnataka Ayurveda, Unani Practitioner Board, Government of Karnataka

Dr. Inderjit Singh
Director, Dr. D.N. Kotnis Institute of Ayurveda Health & Education
Executive Member – World Federation of Acupuncture-Moxibustion Societies (China)

Dr. H. Bhojraj
Treasurer – Karnataka Acupuncture Council
Chairman - Academy for Acupuncture & Acupressure

Dr. Sushmita Roy
Director – Sushmita Acupuncture Institute (Assam)

All in One BHIM UPI QR
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PRE-DIABETES RESEARCH PROGRAMME
FIRST MEETING OF KAC RESEARCHERS
ON 26TH APRIL 2026.
KASTURBA HALL IN GANDHI BHAVANA,
SESHADRIPURAM

10:30 AM REGISTRATION AND TEA
11:00 AM INAGURAL ADDRESS BY Dr.HIFZULLAH,
PRESIDENT, KAC
11:30 AM THE NEED FOR PRE-DIABETIC
RESEARCH BY Dr.H.BHOJRAJ, ADVISOR, KAC
11:45 AM INTRODUCTION OF PARTICIPANTS
12:15 PM FINALIZING PRE-DIABETICS RESEARCH
PROPOSAL
1:00 PM CONCLUDING REMARKS

EDITORIAL TEAM

Dr.H.BHOJRAJ
Dr.RAVISHANKAR
Dr.VENKATESH MURTHY
Mrs.JIJA SUBRAMANIAN
Dr.AMBIKA