



KAC

WELLNESS



KARNATAKA ACUPUNCTURE

COUNCIL (R) DRB3/SOR/737/2025-

26

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MESSAGE FROM KAC PRESIDENT Dr.Md.HIFZULLAH

I am really very happy to note that our Karnataka Acupuncture Council has taken off very well and nearly 550 Acupuncture Practitioners have joined the WhatsApp group. Around 400 people have paid the mandatory initial fee of Rs.500 which is being used for conducting our KAC inauguration in a big way by July 2026. The grand success of uniting the Acupuncturists from various schools was a daunting task which was done by our Advisor and present **Treasurer Dr.H.Bhojraj** who has been working tirelessly for the

development of Acupuncture in Karnataka for the past 25 years along with **Dr.Samiullah, Dr.C.K.Raju and Dr.Ravishankar**. The recently concluded National Seminar by FAST Board was a grand success and the very presence of **Dr.Rumi Beramji and Dr.Inderjit Singh** created a great impression on all participants and we are assured that our Acupuncture travel in future is in very safe hands. **Dr. Beramji assured in public that within a few months, Acupuncture will get recognition as a system from the Central Government with all the necessary corrections done for the Maharashtra Acupuncture Recognition Bill passed in Maharashtra Assembly in 2017.** This meet gave us an opportunity to know the stalwarts in Acupuncture education in many states in India and our contacts will certainly help us get the best for Karnataka.



Dr.H.Bhojraj, Dr.Ravishankar, Dr.Hareesh Babu, Dr.Hifzulla

It is really worth mentioning the efforts put in by our Mysore Team led by **Dr.Ravishankar along with Dr.Ganesh and Dr.Ramesh**. After our personal meeting in Mysore, a course recognized by the **Chamrajnagar University** has been planned and approved for implementation as Skill development under Central Government Scheme for plus two students, especially, for those who are not keen to take up higher studies. **These students who complete this course will have great opportunities to work in Private Specialty Hospitals as Assistants for Specialists. Rehabilitation program after surgical interventions is a very important area where Acupuncture can play an important role. Now, wellness centers are coming up everywhere for prevention of disease and these Acupuncture Technicians can play an important role in Wellness centers all over India. After gaining experience, these people can start their own wellness centers to help**

people for non-communicable diseases and also train them to improve their resistance power with Acupuncture to escape any virus attack. The formal announcement of the Course is being finalized by the KAC core Committee and I request you all to attend the inaugural session in Mysore.



Dr.Srikumar, Dr.Bhojraj, Dr.Hifzullah, Dr.Ravishankar, Dr.Inderjit Singh, Dr.Sathyamaurthy, Dr.Giridhar Gopal and Dr.Pradap

I am also happy to note that Research on Pre-Diabetics had taken off very well and I understand that about 30 Acupuncturists attended the inaugural session with enthusiasm. Ms.Tabassum from Mysore has already given a positive feedback to Dr.H.Bhojraj who is spearheading Acupuncture Research in our Council. Dr.Ramesh has agreed in principle to accommodate B-ARC office in his New Clinic in Mysore.

Overall, last month was a very productive month and I request all the Acupuncturists to get ready for the first Annual General Body Meeting where we will finalize our future plans based on the inputs received from our members. Kindly interact with me or the General Secretary with a written proposal if any, for implementation in future, for the recognition of Acupuncture in Karnataka. The Memorandum for the recognition of Acupuncture was withheld due to the routine transfer of Principal Secretaries and now the time has come to pursue our goal vigorously.



SOMANI COLLEGE, MYSORE

I thank every one of you for your cooperation and support. I take this opportunity to thank all Executive Committee members for taking interest and care of our Council.

Dr.Md.Hifzullah, President, KAC

KAC BANK ACCOUNT OPENED ON 2ND MAY 2026

The official bank account for Karnataka Acupuncture Council was opened on 2nd May 2026. An amount of Rs.10,000/- was deposited in the Official Account No.16911010000079 in the Union Bank of India, Jayanagar Branch with IFSC Code UBIN0816965. Mr.Reddappa, who had taken the responsibility of giving all the documents needed for opening this account, did a marvelous job in coordinating with the bank and getting the account opened within a week. The documents were given by Dr.Hifzullah and Dr.Bhojraj on 24th April. In spite of personally visiting, one more signature on the register deed copy was required. This was obtained from all the members personally by Dr. Keshavachari T Y and we would like to convey our appreciation for the physical efforts taken by him to meet the target. The QR Code also will be available shortly for easy transactions.

The amount paid by KAC members to AAA account has been transferred and the Accounts Statement will be submitted in the next General Body Meeting in July.

FREE ON-LINE TRAINING FOR EYE SIGHT IMPROVEMENT FOR THOSE WHO POSSESS THE BOOK WRITTEN BY Dr.H.BHOJRAJ

Based on the input received after the practical session by Dr.H.Bhojraj, many people have shown keen interest to buy the book and practice it themselves to improve their eyesight. Bhojraj Acupuncture Research Center (BARC) decided to conduct free on-line classes by our Research Team every Saturday at 12:30 PM tentatively and monitor their progress for our research. Kindly contact me by WhatsApp to join the free practical training.

Mrs.JIja Subramanian, Director, B-ARC 99861 68181

GRAND SUCCESS OF 4TH NATIONAL ACUPUNCTURE SCIENCE CONFERENCE

By:Dr.Bhojraj and Dr.C.K.Raju



The 4th National Acupuncture Conference was conducted on 24th May, 2026, at Dr.Ambedkar Bhavan, Millers Road, Bangalore. It was attended by about 500 participants from Karnataka, Kerala and

Tamil Nadu. The meeting was presided over by **Dr. Rumi F.Beramji, Founder Chairman of Maharashtra Acupuncture Council** who had come all the way from Mumbai. **Dr.Inderjit Singh, Secretary, ASA** from Ludhiana also attended the conference and presented a paper on treating Allergic Rhinitis with Acupuncture with case studies.



The meeting started with silent prayer followed by the National anthem and welcome address by **Dr.Anees Fathima. Dr.Samiullah**, Chairman, Fast Board, formally welcomed and introduced the Guests of Honor and other dignitaries to the audience including the graduates. The function started with Dr.Beramji's talk on the **present status of Acupuncture in India**, particularly in Maharashtra. He clearly explained that Acupuncture had been recognized in Maharashtra as an independent system which has been working efficiently for the past three years and almost all the requirements for registering the **Practicing Acupuncturists** had been completed. He mentioned that out of nearly 8000 people who applied for

registration, nearly 5000 people have been given registration **after training and conducting uniform examination** by the council for all practitioners. The process to identify the faculties and training them for taking classes are about to be completed so that a few Acupuncture colleges can be started in Maharashtra.



Regarding the Central Government order of **recognizing Acupuncture as an Allied Therapy**, it is being modified by Central Government based on further clarifications in a high level committee meeting with the Union health minister and **within few weeks or months; Acupuncture will be recognized as a system in India**. State Governments can then adopt the same for implementation. He assured our Practitioners in Karnataka that his experience in Maharashtra will be completely available to KAC for implementation in Karnataka. He also **lauded the service of Dr.Samiullah** to popularize Acupuncture in Karnataka and expressed his whole hearted support to Karnataka Acupuncture Council for its actions to get it recognized as a system in Karnataka also.

Dr.Harish Babu, in his address, expressed his satisfaction on the progress of Acupuncture education in Karnataka and wanted all Training Institutions to **follow the syllabus approved by the UGC** with a



minimum duration of one year for the Diploma course. He explained the Government's constraint in providing a formal License to practice Acupuncture in Karnataka.

Shri I.G.Sanadhi, Ex M.P explained how his Asthma was cured by Acupuncture 50 years back. He had come all the way from Gulbarga to attend this seminar and bless Dr.Samiullah. He also told that he would support KAC along with **Shri Roshan Baig Ex.MLA** to get proper recognition for Acupuncture in Karnataka.



Then the technical presentations by Senior Acupuncturists started with **Dr.H.Bhojraj, EX-ISRO Scientist and Acupuncture Specialist** with the topic of Vision Improvement with Acupuncture or Acupressure. Before the presentation he again welcomed all the Guests of honor and thanked **Dr.Rumi Beramji and Dr.Inderjit Singh** for their yeoman service to the Nation with Acupuncture therapy for the past 50 years and requested the audience to give a standing ovation to these two national stalwarts. He also praised the achievements of KAC which is operated by **Dr. Md Hifzullah and Dr.Md Samiullah** and requested them to continue the good work in consultation with Dr.Beramji.



Dr.Bhojraj, in his technical presentation explained how **Dr.Jiten Bhat of Baroda** motivated him with a single point solution for headache. He thanked the **Late Prof.Palanisamy from Coimbatore** for teaching him a simple technique to improve eyesight, which has become a flagship research program for past 7 years. **He explained the Acupuncture points B-1, B-2, St-1,**

St-2, GB-1, TW-23 and Extra point in the middle of the eyebrow which was practically demonstrated by **Mrs.Jija Subramanian, Director of B-ARC**. The participants were highly satisfied with the demo and many of them decided to start the practice every day and give their feedback to the Director. The eye sight improvement book was also sold at the Counter for Rs.800 which includes a free training session by Zoom meeting for a week or two.



Dr.Inderjit Singh made a presentation on Allergic Rhinitis and **Dr.Shi Tianjin** from China, on TCM and Orthodox treatment of Cancer. The patients after conventional treatment recovered very fast with Acupuncture therapy as per her conclusion and she wants to try it in all Cancer hospitals in Bangalore. **Ph.80508 63265**

Dr.Nilesh Patel from Indore talked on Management of Obesity with a lot of case histories of over five years with photographs.

Dr.Srikumar from Coimbatore talked on Effectiveness of Acupuncture in Chores-Tremors Disorders which the audience listened to with keen interest.



Dr.C.K.Raju released his latest book, **Five Physiologies of Acupuncture Treatment**. It was sold at a discounted price Rs.500 as against a printed price of Rs.625.

As a final icing on the cake, Dr.Samiullah demonstrated **how to insert needles on specific points and how to activate it for curing Post Stroke Motor Aphasia and Childhood Apraxia**. It was a thrilling moment for the Graduates and every one of them appreciated the deftness with which their

Master activated the points along with technical explanation.



After the afternoon session, the dignitaries Shri Roshan Baig, Ex M L A, Ms.Hamsa Narayanaswamy, Actress, Dr.Eashwar, Dr.Sathyamuathy, Dr.Umer Gurukal, Dr.Basavaraj, Dr.Ravishankar, Smt Kausar Nissa, Dr.Hifzullah, Dr.H.Bhojraj, Dr.Sirajudaula and Dr.Sugath Kotinaduva and Dr.Roshan Sampath Perera joined the award ceremony in the traditional dress and awarded the degrees to all the 250 students, beginning with **Dr.Ambika R**, Dy. Director, B-ARC, who **received her PhD from Dr.Sugath and Dr.Roshan from Sri Lanka.**

The grand event ended with a Group photo which they will remember lifelong.

GOOD NEWS FOR MYSOREANS

GOVERNMENT RECOGNIZED ACUPUNCTURE DIPLOMA COURSE TO START IN MYSORE

By **Dr.Ravishankar and Dr.H.Bhojraj**



Under the NCVET Central Scheme for empowering skill-based employment education, the

Karnataka Acupuncture Council has planned to introduce a Three Months Diploma Course in Acupuncture as per the norms of Allied Healthcare Education and Skill development. The program is being launched in association with the Chamrajnagar University and will commence next month at Somani College, MYSORE.

The course has been recognized by the Government of Karnataka and is designed to promote employability

and self-employment opportunities in the field of Acupuncture Therapy and Wellness support services. Officials stated that this is one of the first organized, Government recognized skill development programs in Acupuncture education in Karnataka.



According to the Organizers, the Diploma program aims to train students as Acupuncture Therapy Assistants, Wellness Maintenance Supporters and Self-Employed Practitioners in the alternative healthcare sectors. The program is being conducted under the framework of the Central Government skill development initiative.

The academic structure of the course includes 8 theory credits and 4 practical credits. The theory examination will carry 100 marks, comprising objective -type questions, short notes, and long answer questions. Practical Exam will carry 50 marks. The Authorities further clarified that 75% attendance is compulsory for all students. Theory classes will be conducted both online and off-line, while attendance for practical training will be mandatory. The examination will be conducted by the University and evaluated according to the norms and conditions prescribed under the Central skill development and education frame work. Students and health care aspirants interested in skill-based medical and wellness education have been requested to utilize this opportunity and enroll in the program. There is no age bar and the minimum qualification required is Plus 2. The first batch is restricted to 100 and the date of starting will be finalized soon.

Course Fee will be Rs. 15,000/- per month for 3 months, payable before the 7th day of every month.



ADMISSION OPEN!
ENROLL TODAY FOR A NEW CAREER!

COURSE HIGHLIGHTS	CAREER OPPORTUNITIES
- Basic Acupuncture Training & Clinical Observation - Meridian & Acupoint Knowledge - Practical Skill Development - Pain Management Techniques - Professional Ethics & Discipline - Employability Oriented Skill Program	- Acupuncture Therapy Assistant - Wellness Therapist - Holistic Health Assistant - Community Health Skill Practitioner
ELIGIBILITY	RULES & REGULATIONS
SSLC / PUC / Degree / Equivalent Qualification	- Minimum 75% Attendance Compulsory - Practical Training Mandatory - Discipline & Ethical Conduct Required - Certificate Issued After Successful Completion
DURATION	CONTACT FOR ADMISSIONS
3 Months	Dr. R. Ravishankar +91 9844136070 dr.ravi.acupuncture@gmail.com Dr. Ramesh: +91 99865 89888 Dr. Ganesh: +91 95665 04571

Council Committee:
 President - Dr. Mohd Hizzula | Vice President - Dr. Samulah
 Treasurer - Dr. Bhojraj | Secretary - Dr. R. Ravishankar
 Joint Secretary - Dr. Venkatesh Murthy | Convener - Dr. Keshavachar
 Administration Section - Dr. Jja
 Chief Mentor & Adviser - Dr. C. K. Raju

VENUE
Somani College,
Kuvempunagar,
Mysore, Karnataka

LIMITED SEATS AVAILABLE - CONTACT NOW!

After practicing acupressure as per the guidance given in the eye book, the clarity in his eyes started improving from day one and now, after 10 months of practice, he is not using glasses for reading as well as for normal activities. **Earlier he had undergone an operation for retinal detachment. For years, he was unable to see clearly and he had no courage to go outside independently.** From the day he started activating the points his eyesight gradually improved and he travelled independently from Shimoga without any fear. He said his right eye, which had no vision at all before starting the exercise, has become almost normal.

He has sent the book to his daughter in Australia and motivated her to practice regularly. **He plans to create awareness about the new book among all his friends in Shimoga. He also plans to organize a training program in Shimoga for which he will be inviting Dr.Kirankumar.**

DIABETIC FORMULA WORKED FOR MY PATIENT

SAYS TABASSUM, ACUPUNCTURE PRACTITIONER IN MYSORE Ph.99862 26467

The Research Group met on 26th April, 2026, at Gandhi Bhavan and all the points required for Diabetes cure were discussed and clarified by me. Again, it was a pleasant surprise when Ms. Tabassum met me during the lunch time of the National Conference conducted on 24th May and told me that this formula worked like a miracle for a diabetes patient whose blood glucose level was above 450 mg/dL. After 15 days of acupuncture treatment, it came down to below 160mg/dL. She said that his HbA1c also had come down to 7 and she started has treating more patients for Diabetes with this formula. She is ready to share her findings in our next Research Team Zoom Meeting. Note: Diabetic Patients, especially pre-diabetics in the age group of 30 to 50 years can utilize her services in Mysore. We are also planning to have a session at the Infosys Campus after formally getting their approval for a talk on “Acupuncture for prevention of diseases”.



CASE HISTORIES

EYE SIGHT IMPROVED WITH ACUPRESSURE (Report by Dr.Bhojraj)

Says **Mr.Virupakshappa**, 69 years, Rtd. State Government Official. **Ph 9964950916**



It was a great moment in my life when Mr.Virupakshappa, from Shimoga, a **relative of Dr.Kiran Kumar, Ex-ISRO Chairman**, visited me with the good intention to thank me for my guidance of Acupressure points when he visited 10 months back. Of course, it

was a surprise for me when he said that he had not come for treatment, but only to thank me.

Cervical Spondylosis cured in 4 sittings of Acupuncture and waist size reduced one inch with two months of Acupuncture treatment for weight reduction- says Mrs.Sujatha Raju 54 years Ph.9964658578

In February 2026, I had radiating pain, tingling sensation and numbness in my left hand and severe neck pain. After the usual tests, it was declared as Cervical Spondylosis and I was asked to go for physiotherapy which didn't help me. I also tried Ayurveda massage therapy which gave me slight relief. I remembered Acupuncture Therapy for a similar problem 8 years back and immediately rushed to Dr. Bhojraj's research center in Rajajinagar. The relief I got on the first day was unbelievable and I felt almost normal after 30 minutes of treatment. The treatment continued for 4 sittings. I never took any tablets for pain and my neck movements became almost normal. I was able to do all my work and most importantly I could drive my car from Yelahanka to Rajajinagar myself without any strain. All the Acupressure points taught by Dr.Bhojraj were very useful and I could even cure the mild pain with this self-treatment.

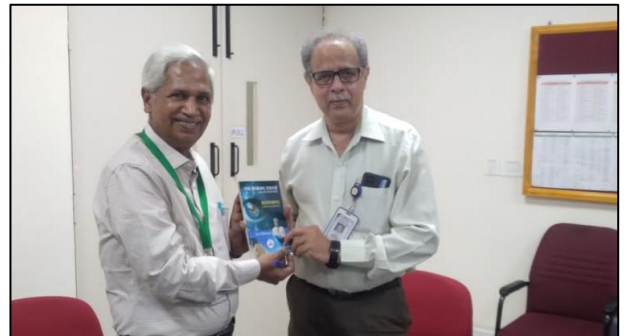
After two months, Doctor suggested to take treatment from Mrs.Jija for weight reduction, weekly once for two months after measuring the hip and waist. It worked for me and my waist size reduced by one inch. My family members also confirmed the reduction in hip size by their observation after a month. As of today, I am practicing all the preventive points regularly and have started walking for one hour without getting tired. Thank you Dr.Bhojraj and Mrs.Jija for your treatment and advice for preventive health care.

EYE SIGHT IMPROVEMENT BOOK PRESENTED TO Dy. DIRECTOR OF URSC AND GROUP DIRECTOR OF THERMAL SYSTEMS GROUP ON 19TH MAY, 2026, BY Dr.H.BHOJRAJ

I visited the Thermal Fabrication Division at URSC - MARATHAHALLI CAMPUS where I served as an Engineer for 30 years. In that Division, we developed the Flexible Thermofoil Heater and Rigid Optical Solar reflectors for Satellite thermal control. Our team was awarded the best development in 1990 and 1999 by National Research and Development Council. Both the components are now indigenized and productionized by private agencies.



Mr.Raghavendra, Group Director, TSG



Mr.Rajendran, Dy.Director, MSA(Outstanding Scientist)

The present Head and the Dy. Director called me to show their latest development in heater development which has one more circuit to control the temperature by itself by programming the system. After discussing this wonderful development, I gave a pep talk on how I removed my spectacles with Acupressure, since 9 out of 10 Engineers were wearing spectacles. They listened to me curiously and after presenting the book to Mr.Rajendran, Dy. Director, MSA and Mr.Ragavendra, Group Director, TSG, 20 books were given for practice for the whole group with initial eye test. They promised to call me again after 3 months and give me their feedback on their own experience. Since they are ISRO Engineers, their feedback will have value and we can take it seriously for our further research.

Dr.Md.HIFZULLAH, PRESIDENT, KAC



After his graduation **Dr.Hifzullah** took Acupuncture seriously based on the research articles **of the Late Dr.Siddique Jamal and the Late Dr.Fazlur Rehman**. Known as Doctor Brothers, they created waves in Tamil Nadu on Acupuncture Healing Science. As MBBS, MD Doctors, they understood the modern medicine and the Acupuncture system. They openly wrote articles on the shortfalls of the Modern Medical System while treating patients. The medical community was totally taken aback by their bold exposure of the flaws in the medical system and they could not answer their questions in a convincing way. **Dr.Hifzullah attended one of their talks and was convinced that Acupuncture would be his first preference.** He was convinced with the theory of the Dr. Brothers who had written many books in Tamil. Dr.Hifzullah joined the Sri Lanka Open University Medicina Alternativa Institue and got his Acupuncture Degree in the year 2000 from the Late **Dr.Jayasurya** who was a world-renowned Acupuncture Trainer and Practitioner at that time.

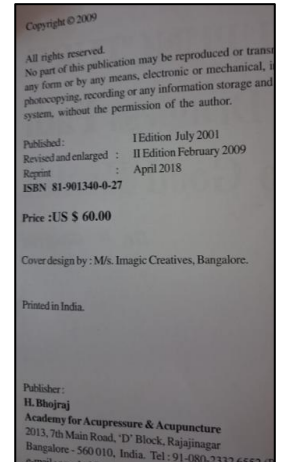
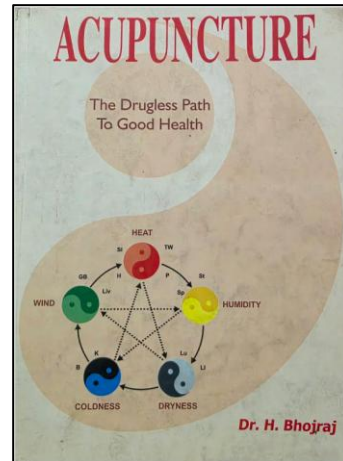
He gradually has been practicing and training students since 20 years and today there are hundreds of them practicing Acupuncture all over the world, particularly in Bangalore. He is the Executive member of the National Committee for Skill Development and has trained thousands of people in various skills at the national level, particularly in Karnataka.

As a Kannadiga from Mysore, whose forefathers were attached to the Royal Family, he gives great respect for the Kannada language and talks fluently in Kannada without mixing any word in English. He was honored by many organizations in Karnataka and Tamil Nadu. He is also known as MGR of Karnataka, not because of his looks but he has the same attitude of serving the society like MGR.

Dr.Hifzullah is the founding President of the Karnataka Acupuncture Council which has about 550 Acupuncture Practitioners from Karnataka. He is taking serious efforts to get Acupuncture recognized as a system in Karnataka like Maharashtra and has the support of the Executive Committee consisting of 14 Trainers in Acupuncture with their own syllabus. KAC will bring uniformity in training and monitor all the institutions associated with KAC.

BOOKS FOR SALE

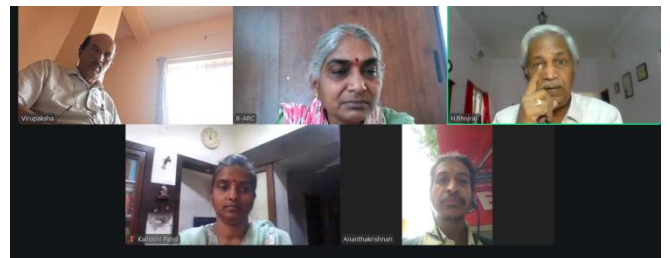
The book written by Dr.H.Bhojraj based on the Doctor Brothers method, with scientific explanation has been printed on demand from abroad with a price of US\$ 60/- and a few copies are now available for sale at Rs.2500/- to our KAC members. Those who are interested in buying the book may kindly contact Mrs.Jija Subramanian.Ph.9986168181.



EYE SIGHT IMPROVEMENT RESEARCH

FREE REVIEW CLASS EVERY SATURDAY FROM 12:30 TO 1PM.

FOR ALL REGULAR PRACTITIONERS BY ZOOM, CONDUCTED BY Mrs JIJA SUBRAMANIAN, DIRECTOR B-ARC AND Mrs.KALLOLINI, RESEARCH DIRECTOR



IT WAS INAUGURATED ON 30TH MAY BY Dr.H.BHOJRAJ AT 12:30PM. KINDLY JOIN OUR WHATSAPP GROUP IF YOU ARE REALLY INTERESTED IN IMPROVING YOUR EYESIGHT. VIDEOS WILL BE UPLOADED TO ALL PARTICIPANTS.

EDITORIAL TEAM

Dr. H.BHOJRAJ
Dr. RAVISHANKAR
Dr. VENKATESH PRASAD K N
Mrs. JIJA SUBRAMANIAN
Dr. AMBIKA R