

Acupressure - 2



JANKI DEVI MEMORIAL COLLEGE

(University of Delhi)
ALUMNAE ASSOCIATION
ADD-ON COURSE
2021-22

‘Acupressure 2’

(Under the aegis of JDMC-IQAC Centre for Career Counselling, Career Opportunities & Skill Enhancement)

1. Report

Alumnae Association, Janki Devi Memorial College conducted a 30-hour online add-on course called ‘Acupressure 2’, which was the next level of Acupressure, conducted by the Alumnae Association earlier. The course commenced on 19/July/2021 and completed on 18/September/2021. The participants of the course belonged to various age groups ranging from 30 years to 60 years. Classes were conducted on Google Meet with the use of presentations. These presentations along with the recordings of the lectures were shared with the students on a daily basis. Use of Google Classroom was made to share relevant videos and other study material with the participants. Practical sessions and doubt clearing sessions were conducted to resolve queries.

Acupressure is a non-invasive art of treating numerous common ailments. It is an ancient art that enables you to take care of your body reducing the fuss of running to the doctor everytime. The course touched upon 8 new tissue meridian by Dr. Voll (a world famous German physician!)

Apart from revising the basics, knowledge of new concepts was also imparted to help participants to treat prolonged illness by going deeper into concepts. Minute details were covered so as to enable students to locate precise pressure points. There were lessons covering yoga mudra.

The course was an attempt to provide a glimpse of non-invasive treatment methods and spread awareness about it. The key resource person for the course was Prof. Ramola Madnani, Professor at Acupressure Shodh Prashikshan Evam Upchar Sansthan (ASPEUS). She did her graduation in 1979-1982 from Janki Devi Memorial College (JDMC), University of Delhi. She has also completed a one-year diploma course in interior decoration from JDMC. She has done a certificate course related to Acupressure from Gujarat Ayurveda University, Jamnagar. She initiated and has been teaching acupressure at JIMS, Rohini, New Delhi, since last two years. She has her own Therapy Centre in Mansarovar Garden, New Delhi.

Regular evaluation using online tests was also conducted to assess the understanding of participants. At the end of the course, feedback was collected from them to seek their comments for further improvement.

Key Resource Person



2. *Outline and output of course*

The course was conducted for a duration of 30-hours in online format using Google Meet. The recordings of the lectures were also provided to enable participants to revise the course learnt in classes.

The major objective of the course was to familiarise the participants with the newer treatment forms of Acupressure to provide them with inexpensive facilities to cure numerous common ailments at home. Many participants observed improvement in their health after practicing the course and suggested the same to their friends and relatives. So, the outcome of the course was successfully achieved.

3. *Evaluation Method*

Four tests covering the entire syllabus were conducted using Google Forms to check understanding of participants through the use of Google Forms. Grades were given to students on the basis of their performance of the course. E-certificates were provided to the successful candidates.

4. *Lecture Recording Link –*

<https://drive.google.com/drive/u/1/folders/1kq3Z-cDbA8GDFw056gK1ncvf0zWgnOGI>

5. *Feedback*

Feedback of students has also been collected in the form of a Google Form to enable them to share their experience of the course.

Link of Feedback Form - <https://forms.gle/JEGsUG4bKukt9W7j8>

Attendance Link -

<https://drive.google.com/drive/u/1/folders/1kq3Z-cDbA8GDFw056gK1ncvf0zWgnOGI>

6. *Strong & Weak Points of Course*

The course was well-designed to equip participants with the intricacies of Acupressure. Doubt-clearing sessions were held to resolve all the queries trying to give everyone personal attention. The kits required for the course were also sent to the participants to

provide them with a hands-on experience. Although, if the course would have taken place in physical format, it would have been easier to make the course more personalized for them.

7. Number of Students - 32 students

List of Enrolled students

Acupressure - Level 2	
S.No	Name
1	Bhawna Pal
2	Sushma Bansal
3	Meenakshi Agrawal
4	Saroj Gupta
5	Shakuntala Sukhlani
6	Kavita Khandelwal
7	Sushma Tanvani
8	Dr. Indu Jain
9	Chandraprabha Singh
10	Tripta Bhatia
11	Deepa Bhargava
12	Nishi Aggarwal
13	Dr.Vibha Jain
14	Radha Chaudhury
15	Hina Nandrajog
16	Dr. Annu Mudgal
17	Manjeet Kaur Ahluwalia
18	Monica Udaiwal
18	Nitin V. Kotak
20	Rashmi Maheshwari
21	Anju Khattar
22	Anita Jain
23	Puja Kumar
24	Vinita Karira
25	Shubhra Sharma
26	Nipun Juneja
27	Aarti Sharma
28	Pameet Sodhi
29	Shivani Varmani
30	Dr Poonam Sharma
31	Sudershan Juneja
32	Deepti Tulsiani

8. *Fees of the Course* – Rs 3,000

Total Money Collected - $32 \times 3,000 = 96,000$

+ 1,000 (for extra study material)

Rs 97,000

9. *Poster*

JANKI DEVI MEMORIAL COLLEGE
(UNIVERSITY OF DELHI)
ALUMNAE ASSOCIATION

Under the Aegis of
JDMC - IQAC Centre for Career Counselling, Career Opportunities,
and Skill Enhancement

presents

A 30-hour online add-on course
on
ACUPRESSURE

in collaboration with
ASPEUS

Hurry Up!!

Last Date of Registration
15 July 2021

In case of any query,
write to us at addonalumnae@jdm.du.ac.in

CONTACT PERSONS

Course Coordinator Dr. Vibha Jain 9871216103 Associate Professor Department of Commerce, JDMC	Co-Coordinator Ms. Mansi Anand. 9999275171 Assistant Professor Department of Commerce, JDMC
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*Stay healthy
and Thrive!!*

Highlights of the Course

- No bar of qualification.
- Availability of recorded lectures.
- Students will be provided an e-certificate on successful completion of the course.
- Location of precise pressure points
- Learn about Vaat, Pitta & Kapha
- Gain knowledge about Yog Mudras

Dr. Poonam Sharma
President,
Alumnae Association

Prof. Swati Pal
Principal,
JDMC

KAPHA **PITTA** **VATA**

ABOUT THE COURSE

Have you ever been scared of taking a medicine for the fear of its side effects? If yes, then get introduced to a non-invasive art of treating numerous common ailments. Acupressure is an ancient art that enables you to take care of your body reducing the fuss of running to the doctor everytime.



RESOURCE PERSON



Ramola Madhani

Professor at
Acupressure Shodh
Prashikshan Evam
Upchar Sansthan
(ASPEUS),
Allahabad

Work Experience

- She has been a coordinator in Delhi for ASPEUS, Allahabad.
- She initiated and has been teaching acupressure at JIMS, Rohini, New Delhi, since last two years.
- She has her own Therapy Centre in Mansarovar Garden, New Delhi.
- She has trained close to 5000 students till date, many of whom are practicing independently.

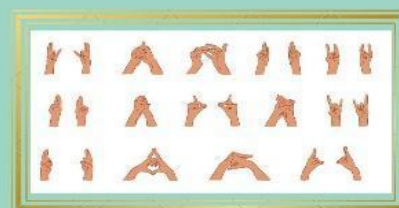
Educational Qualifications

- She did her graduation in 1979-1982 from Janki Devi Memorial College (JDMC), University of Delhi.
- She has also completed a one year diploma course in interior decoration from JDMC.
- She has done a certificate course related to Acupressure from Gujarat Ayurveda University, Jamnagar.
- She has completed several diploma and certificate courses related to Acupressure conducted by ASPEUS.



WHAT'S NEW THIS TIME?

- The course will touch upon 8 new tissue meridian by Dr. Voll (world famous German physician!)
- Apart from revising the basics, knowledge of new concepts will help participants to treat prolonged illness by going deeper into concepts.
- Minute details will be covered so as to enable students to locate precise pressure points.
- Learn about yog mudra



WHO CAN JOIN THE COURSE?

Any curious head who wants to learn the art is welcome to join. No bar of qualification.

- There are 50 seats. Selection will be made on first come, first serve basis.
- 4 classes will be held in a week subject to minor changes.
- The course will begin on 19 July 2021 on Google Classroom.

HOW TO REGISTER?

- Interested Candidates can register at the following link : <https://forms.gle/hnhs4sKdCP1tZfNh7>
- The fees of the course is Rs 3000. Kit & reading material will be couriered at students' registered addresses.
- Fees will be collected through online banking transactions.
- Fee is non-refundable.
- Candidates must send receipt/proof of successful payment at jdm.alumnae@gmail.com and attach it in their registration form.
- Last Date of Registration : 15 July 2021

Account Details

A/c Name : JDMC Alumnae
Association
A/c No. : 8594101051815
IFSC Code : CNRB0008594
Branch : Canara Bank, Janki
Devi Memorial College
Sir Ganga Ram Hospital
Marg, New Delhi - 110060



CONTENTS OF THE COURSE

Ayurvedic Acupressure 1. Charak-1 2. Charak-3 (only spinal section) Reference Books • Ayurvedic Hand Book 1, 2, 3 • Ayurvedic Acupressure vol-1		Chinese Acupressure 1. Treatise-III (EAV) 2. Treatise-IV (EAV) 3. Single point-III Reference Books • Chinese Hand Book-1 • Chinese Hand Book-2 • Treatise-V • Therapist Hand Book	
Charak-1 (Pg. 1-200)	VM, LVM, RLVM, Hzm, LHM	Treatise-III (Pg. 11-93)	EAV meridian
Charak-3 (Pg. 71-141)	RLHM, SPR	Treatise-IV (Pg. 8-241)	EAV meridian

Why this course:

- Know vaat, pitta, kapha
- About seven tissues
- Regional division that helps treatment
- All types of spine related diseases
- About spine
- Treatment with scientific based
- Each part of the body has different protocol with scientifically
- Redefined of Chinese meridians
- Easy to plotting magnets

EVALUATION

- Students will be provided with an e-certificate on successful completion of the course.
- Successful Completion will comprise of
 1. Mandatory Attendance in at least 60% of the classes.
 2. Securing at least 60% marks in tests, which will be conducted through online mode.

In case of any query,
write to us at adddonalumnae@jdm.ac.in

Your Health is an investment,
not an expense

Dr. Poonam Sharma
President,
Alumnae Association

Prof. Swati Pal
Principal,
JDMC

10. Future Planning & Scope

Due to the successful response, the course can be carried on to newer levels covering advanced level of content since acupressure is a very wide topic and needs time, continuous practice and hands-on experience to get a good hold. There were various techniques and forms of acupressure which can be covered in the next levels. Many participants have also shown interest in joining further courses.

11. Sample Copy of Certificates & MOUs



JANKI DEVI MEMORIAL COLLEGE
(University of Delhi)



Alumnae Association

Under the Aegis of

JDMC -IQAC Centre for Career Counselling, Career Opportunities, and Skill Enhancement

In Collaboration with

Acupressure Shodh Prashikshan Evam Upchar Sansthan (ASPEUS)



CERTIFICATE OF COMPLETION

This is to certify that

Aarti Sharma

has participated and successfully completed the 30-hour online add-on course 'Acupressure Level 2',
offered by Alumnae Association, Janki Devi Memorial College in collaboration with ASPEUS.

The course was conducted from 19/July/2021 to 18/September/2021 .

He/She has obtained Grade A+.

Dr. Vibha Jain
Course
Coordinator

Prof. Ramola Madnani
Coordinator,
ASPEUS

Dr. Shilpa Chaudhary
IQAC
Coordinator

Dr. Jayanti P. Sahoo
Add-on Course
Coordinator

Prof. Swati Pal
Principal
JDMC

This certificate does not authorize the recipient to practice and prescribe any treatment and medicine



जानकी देवी मेमोरियल कॉलेज
(दिल्ली विश्वविद्यालय)
JANKI DEVI MEMORIAL COLLEGE
(University Of Delhi)

सर गंगा राम अस्पताल मार्ग, नई दिल्ली-११००६०
Sir Ganga Ram Hospital Marg, New Delhi-110060
दूरभाष : ४६८७६६३०, Tel. : 49876630
E-mail : jdmcollege@hotmail.com, http://jdm.du.ac.in

संदर्भ संख्या/Ref. No.....

दिनांक/Dated.....¹⁷ July 2021

MEMORANDUM OF UNDERSTANDING (MOU)

This Memorandum of Understanding (MOU) is made on ¹⁷ July between Janki Devi Memorial College, University of Delhi, Sir Ganga Ram Hospital Marg, New Delhi, 110060 (Hereinafter called the 'First Party') through its Principal Dr. Swati Pal

And

Acupressure Shodh Prashikshan Evam Upchar Sansthan (ASPEUS), Allahabad (Herein after called the 'Second Party'), through its President, Sh. J. P. Agrawal

Whereby The First Party and the Second Party wish to conduct a 30-hour add-on course (second level)- 'Acupressure 2' beginning 19 July 2021 and have agreed upon the following terms and conditions

1. The First Party i.e., Janki Devi Memorial College, University of Delhi would be responsible for the following deliverables:

- Brochure & Poster Designing
- Provision of ICT like Google Meet, Google Forms & Google Classroom.
- Maintenance of Records.
- Promotion & Handling of Queries regarding conduct of the course
- Conducting evaluations and result declaration

2. The Second Party i.e. Acupressure Shodh Prashikshan Evam Upchar Sansthan (ASPEUS) would be responsible for the following deliverables:

- Lectures & providing Study Material:
- Conducting Doubt-Clearing Sessions
- Preparing Tests for evaluation

3. The First Party through its coordinators would prepare the syllabus for the course in consultation with the resource person of the Second Party



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E-mail : jdmcollege@hotmail.com, http://jdm.du.ac.in

संदर्भ संख्या/Ref. No.....

दिनांक/Dated... 11th July 2021

4. The Financial aspects of this arrangement are agreed upon as under:
 - a. Rs. 60,000 to be paid to the Resource person conducting classes on behalf of ASPEUS.
 - b. 20% of the remaining receipt after payment as above (if any) will be given to the First Party while the rest of the money will be credited to the Alumnae Association account.
 - c. In case the total receipts being less than the fee paid to the resource. person, the same would be met by the Alumnae Association of the First Party.
5. Logos of both the parties will be used in the promotional material.
6. Both the parties have agreed that they will extend every form of co-operation to each other.
7. The First Party appoints Dr. Vibha Jain & Ms. Mansi Anand as Coordinators for this course whereas the Second Party appoints Prof. Ramola Madnani as resource Person, who is also authorized to receive payment for conducting this course.
8. This agreement shall be made in two original copies, both of which would be equally valid. The First and Second parties will receive and hold one copy of this agreement.

We hereby signify our acceptance of the terms and conditions stated above.

The First Party

The Second Party

Swati Pal
Prof. Dr. Swati Pal
Principal
Janki Devi Memorial College,
University of Delhi
Sir Ganga Ram Hospital Marg
New Delhi - 110060
Date - 11th July 2021



Ramola
Shri J.P. Agrawal
President
ASPEUS
(Prof. Ramola Madnani signing for
Shri J.P. Agrawal)
Date - 11th July 2021.

12. Course Coordinators



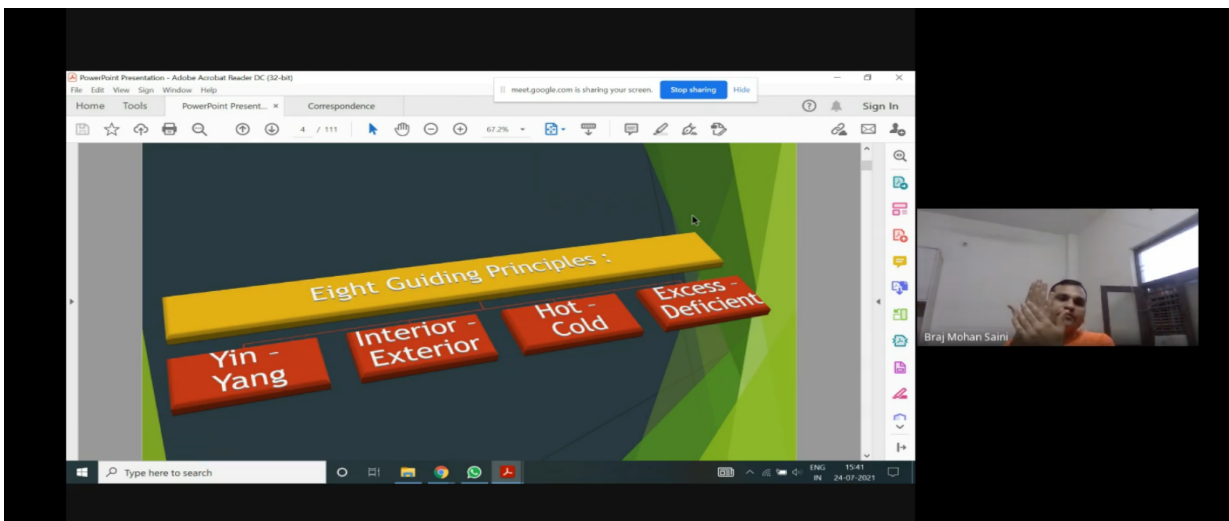
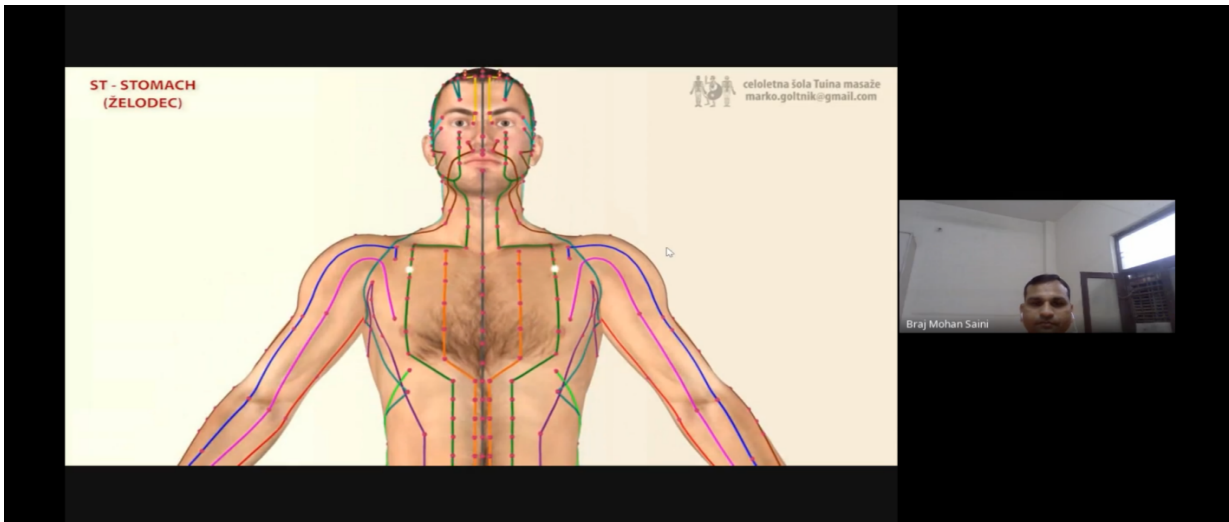
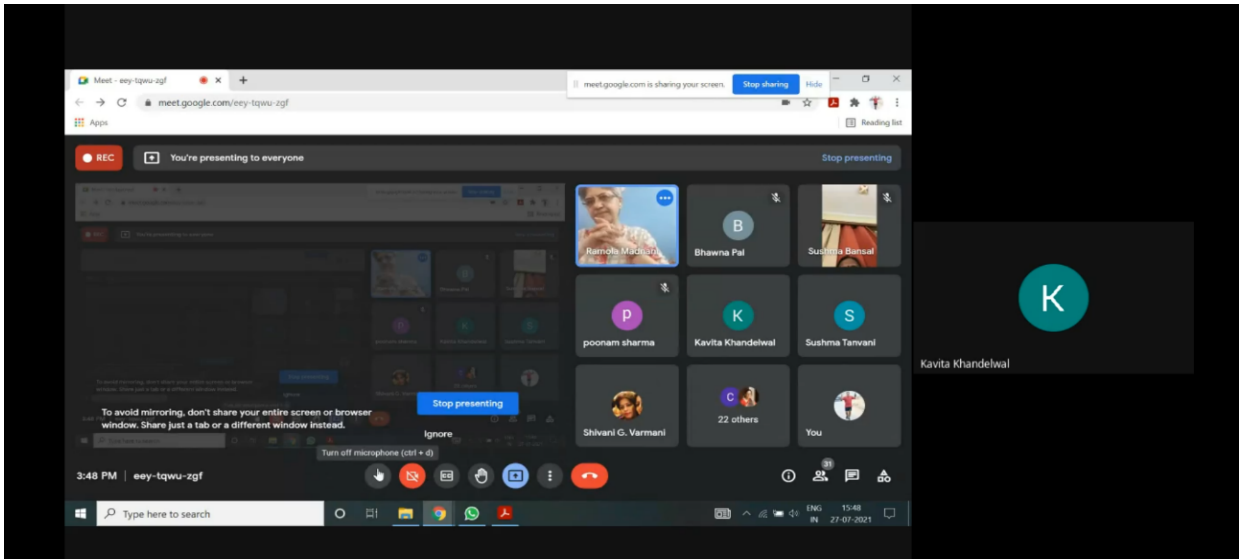
Dr. Vibha Jain
Associate Professor, Department of Commerce,
Janki Devi Memorial College

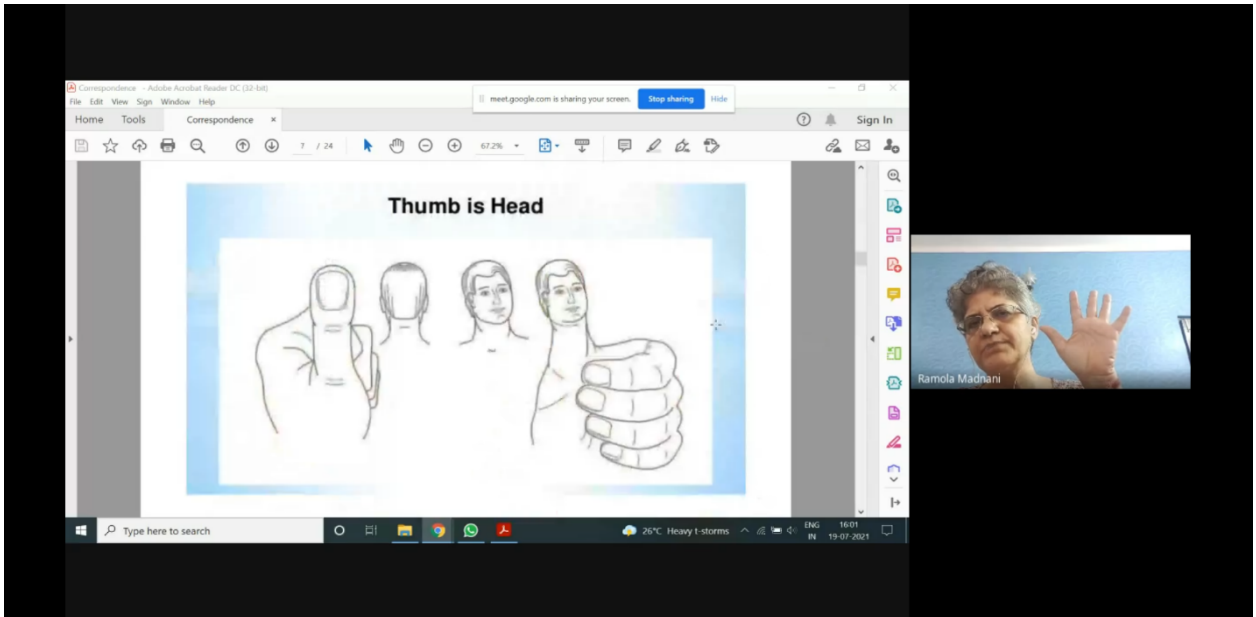


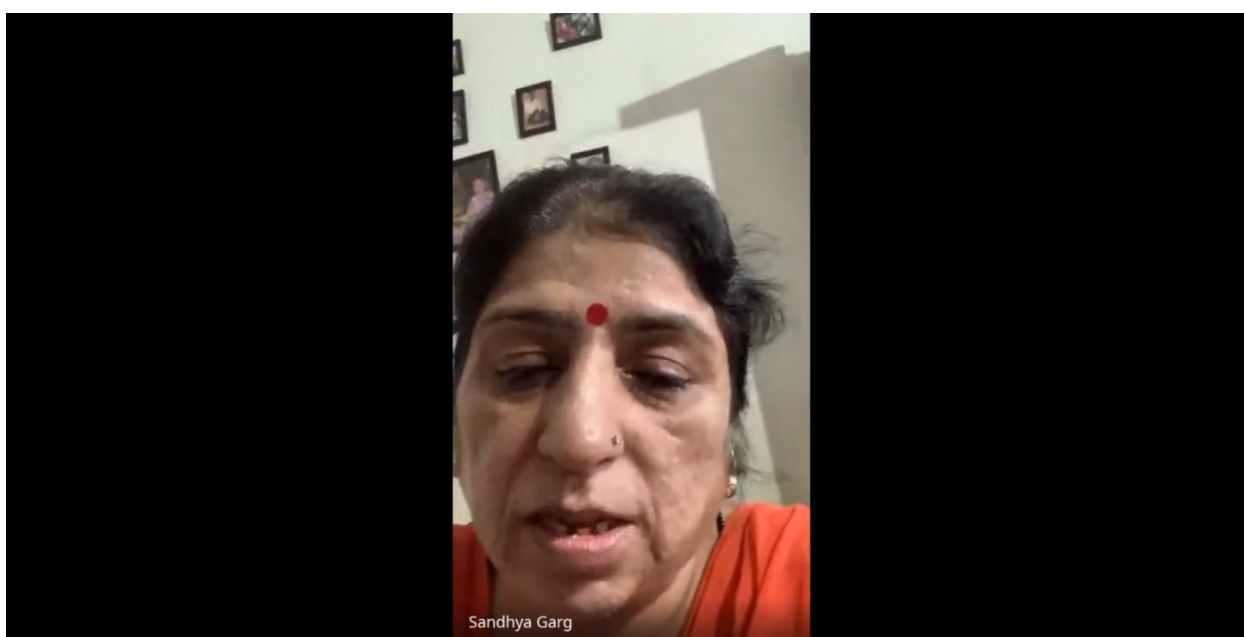
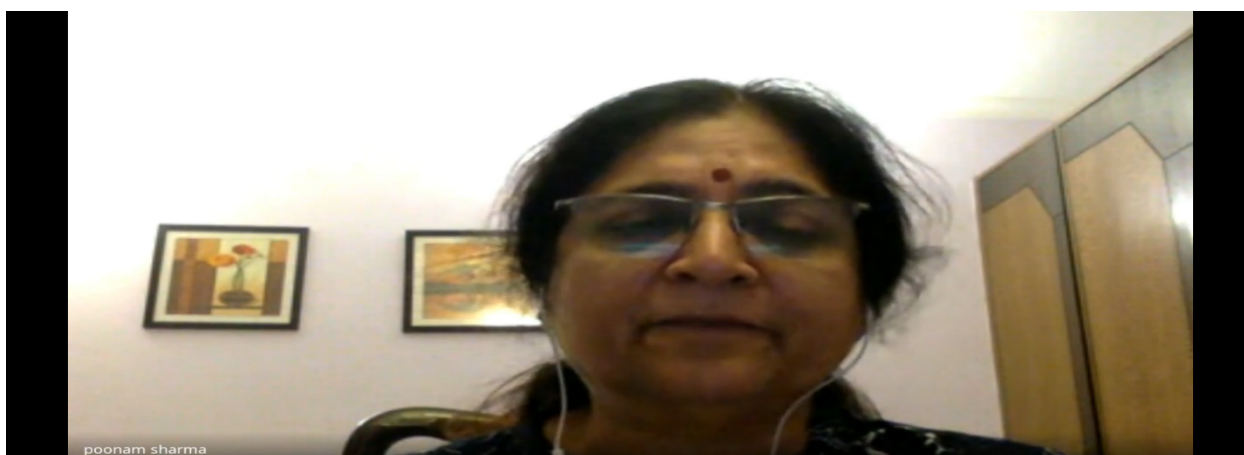
Ms. Mansi Anand
Assistant Professor,
Department of Commerce,
Janki Devi Memorial College

13. Images of the Course









Dr. Jayanti P. Sahoo & Dr. Sipu Jaiswal
(Add-on Course Convenors)

Prof. Swati Pal
Principal