

Acupressure Level 3



**ALUMNAE ASSOCIATION
JANKI DEVI MEMORIAL COLLEGE
UNIVERSITY OF DELHI
ANCIENT TECHNIQUES OF ACUPRESSURE FOR ARTHRITIS (LEVEL
3)**

Date of Commencement- February 7, 2022

Date of Ending- April 23, 2022

1. Report

The third course on Acupressure was offered by the Alumnae Association under the aegis of JDMC-IQAC Centre for Career Counselling, Career Opportunities and Skill Enhancement in association with ASPEUS, Prayagraj was launched by Alumnae Association, Janki Devi Memorial College on February 7, 2022.

The course was offered with the purpose to offer participants understand the meaning, causes and types of Arthritis along with possible treatment protocols in the ancient technique of Acupressure. The course also proposed to discuss the associated risk factors and necessary precautions that can ease the pain and discomfort that comes along with Arthritis.

Two special sessions were conducted before the course commences for the first-time participants on the 3rd and 4th February, 2022. Classes were conducted through webex. These presentations along with the recordings of the lectures were shared with the participants and was uploaded on the google classroom.

Prof. Ramola Madnani who is associated with Acupressure Shodh Prashikshan Evam Upchar Sansthan (ASPEUS), Prayagraj was the resource person of the course which had 31

participants. She was also the resource person of previous two courses offered by the Alumnae Association and is also an alumna of the college.

During the course, all the participants were evaluated and assessed through four tests covering the entire syllabus. These tests were conducted using Google Forms and were spread evenly to cover the entire course duration. Each participant was required to score at least 60% marks in assignments and attend minimum 60% of all the classes to qualify to be eligible for the certificate. All the participants who fulfilled the evaluation criteria were issued e-certificates. The classes ended on April 23, 2022 and the valedictory session was held online via zoom on May 14, 2022, once the evaluation was completed and certificate signing process was initiated. Prof J P Aggarwal, President, ASPEUS and Mr. S K Goyal, National Coordinator and Vice Principal, ASPEUS graced the valedictory session with their presence.

2. Outline and Output of Course

Level 3 course on Acupressure focused on Arthritis only. The course helped participants learn the reasons, causes and types of bone related problems through this course. They also learnt various treatment protocols for different bone related problems and basic exercises that help make the bones stronger and delay the onset and progression of arthritis.

3. Evaluation Method

- a) Mandatory attendance of at least 60% of the classes
- b) Securing at least 60% marks in tests, conducted through online mode Four tests were conducted using google forms. The first three tests were of 20 marks each and last test was of 40 marks. This made total evaluation out of 100 marks for each participant. The tests included MCQ type questions only.

Assignment Links

https://docs.google.com/spreadsheets/d/11ztEJEipm88Ji7A_wJ7cKs19I25OY6zqcZqT3gsQ5_c/edit#gid=0

1. Links of Recorded Lectures

<https://docs.google.com/spreadsheets/d/1F98yyNkA9tpaHdbx9xUaLw2mFxfmEMyx3aGvTFR-dE/edit?usp=sharing>

5. Attendance Sheet Link

https://docs.google.com/spreadsheets/d/12qdLJoy47UDMafIptielzMhITQm_N6VAd_eSBWwHbVJs/edit#gid=0

Feedback Link

<https://forms.gle/53d6jAAXcsQ2H7UX6>

6. Strong and weak points

Strong Points

- a) Non-invasive and pocket friendly therapy that can be learnt and practiced from the comfort of home
- b) No medicines to be consumed, so no possibility of side effects of consuming medicines
- c) Doubt clearing sessions to resolve queries of all the participants.

Weak Points

- a) Practical classes not conducted due to risk of spread of covid
- b) Sometime network issue may disrupt the online session
- c) No face to face interaction with resource person

7. No. of enrolled participants- 31

S.No	Participant Name
1	Ms. Kavita Khandelwal
2	Ms. Chandraprabha Singh
3	Ms. Meenakshi Agrawal
4	Ms. Sushma Bansal
5	Ms. Tanveer Fatima Ansari
6	Ms. Poonam Bajaj
7	Ms. Rashmi Maheshwari
8	Ms. Manjeet Kaur Ahluwalia

9	Ms. Vinita Karira
10	Dr. Indu Jain
11	Ms. Karuna Gupta
12	Ms. Deepa Bhargava
13	Dr. Vibha Jain
14	Mr. Nipun Juneja
15	Ms. Pushpa Singh
16	Ms. Madhuri Verma
17	Ms. Swati Sehgal
18	Ms. Anju Khattar
19	Ms. Shakuntala Sukhlani
20	Dr. Poonam Sharma
21	Ms. Gauri Gupta
22	Capt.V P Singh
23	Ms. Neha Agarwal
24	Mr. Subhash Chander Chauhan
25	Ms. Himanshi
26	Ms. Rupender Aulakh
27	Ms. Parul
28	Ms. Shivani Talwar
29	Ms. Parul Choudhary
30	Ms. Nishi Aggarwal
31	Ms. Ritu Ghai

8. Course Fee

Rs 3,000/- per person

Total Amount Collected –

Rs 93,000/- [Rs. 3,000 each from 31 participants]

9. Resource Person



Prof. Ramola Madnani
Professor
Acupressure Shodh Prashikshan Evam Upchar Sansthan
(ASPEUS) Prayagraj

10. Course Coordinator



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

Course Co-coordinators-



Ms. Teena Kohli
Assistant Professor
Department of Mathematics
Janki Devi Memorial College



Ms. Bhawna Pal
Assistant Professor
Department of Commerce
Janki Devi Memorial College



Ms. Anuradha Goel
Assistant Professor
Department of Commerce
Janki Devi Memorial College

11. Course 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
***Ancient Techniques of Acupressure for Arthritis
(LEVEL 3)***

**30 Hours
Course**

- Special sessions will be conducted before the course commences for FIRST TIME PARTICIPANTS
- Interested Candidates can register at the following link :
<https://tinyurl.com/acupr3>
- 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 addonalumnae@jdm.du.ac.in and attach it in their registration form.
- Last Date of Registration : January 31 , 2022
- The Course will begin on February 7, 2022

Account Details

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

**Prof. Swati Pal
(Principal)**

**All queries will be taken through mail only,
write to us at addonalumnae@jdm.du.ac.in**

Khushi Wahi (Student Coordinator)	Ms. Anuradha Goel (Co-Coordinator)	Ms. Bhawna Pal (Co-Coordinator)	Ms. Teena Kohli (Co-Coordinator)	Dr. Vibha Jain (Coordinator)
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Course Brochure-



After a successful run of first and second level of Acupressure course

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

Ancient Techniques of Acupressure for Arthritis
(Level 3)
in collaboration with
ASPEUS



"Your Health is an investment, not an expense"

ABOUT THE COURSE

Have you even 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
Madnani**

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 done a certificate course related to Acupressure from Gujrat 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 specially focus on **Arthritis**.
- **Arthritis** is the swelling and tenderness of one or more joints. The main symptoms of arthritis are joint pain and stiffness, which typically worsen with age.
- Apart from revising the basics, knowledge of new concepts will help participants to treat prolonged born related illness by going deeper into concepts.
- Minute details will be covered so as to enable students to locate precise pressure points.
- **Special Sessions** will be conducted before the course commences for **1st time participants**



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.
- 2 classes will be held in a week preferably on Monday & Thursday.
- The course will begin on February 7, 2022.
- Classes will be conducted through Google Meet and Google Classroom.

HOW TO REGISTER?

- Interested Candidates can register at the following link : <https://tinyurl.com/acupr3>
- The fees of the course is Rs 3000. Kit & reading material will be couriered at students' registered address.
- Fees will be collected through online banking transactions.
- Fee is non-refundable.
- Candidates must send receipt/proof of successful payment at addonalumnae@jdm.du.ac.in and attach it in their registration form.
- Last Date of Registration : January 31, 2022

Account Details

A/c Name : JDMC Alumnae
Association

Bank Name - Canara Bank

A/c No. : 8594101051815

IFSC Code : CNRB0008594

Branch : Janki Devi Memorial
College, Sir Ganga Ram Hospital
Marg, New Delhi - 110060



CONTENTS OF THE COURSE

- ARTHRITIS
- What is arthritis
- About the human Body Joints
- Types of Arthritis
 - Osteo Arthritis
 - Rheumatoid Arthritis
 - Juvenile Arthritis
 - Ankylosing spondylitis
 - Lupus
 - Gout
 - Infective & reactive Arthritis
 - Psoriatic Arthritis
 - Fibromyalgia
 - Scleroderma
- Causes of Arthritis
- Risk Factors

EVALUATION

- 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.
- Students will be provided with an e-certificate on successful completion of the course.

All queries will be taken through mail only, write to us at addonalumnae@jdm.ac.in

Prof.Sandhya Garg
President
Alumnae Association

Prof. Swati Pa
Principal
JDMC

CONTACT PERSONS

Course Coordinator

Dr.Vibha Jain

Associate Professor

Department of Commerce, JDMC

Co- Coordinators

Ms. Bhawna Pal

9999563640

Assistant Professor

Department of Commerce, JDMC

Ms. Anuradha Goel

9868800909

Assistant Professor

Department of Commerce, JDMC

Ms. Teena Kohli

9871171446

Assistant Professor

Department of Mathematics, JDMC

Student Coordinator

Khushi Wahi

12. Future planning and Scope

Acupressure is a very wide ancient technique of healing. Hence, after the level 3 course, we will work on level 4 course which will be an advanced level course and will be made open only for those participants who understand the basics of acupressure therapy.

The proposed Level 4 course will include concepts like number therapy, colour therapy, concept and treatment through six chi, Chinese meridian in Ayurvedic Mould symptoms of every organ, treatment protocols for various diseases and multiple organs.

13. MOU-

Level 3- Course MOU

जानकी देवी मेमोरियल कॉलेज
(Janki Devi Memorial College)
JANKI DEVI MEMORIAL COLLEGE
University of Delhi
एन. गंगा राम अस्पताल मार्ग, नई दिल्ली-110080
दूरभाष : 24345124, 24345125
E-mail : jdmcollege@hotmail.com, http://jdm.du.ac.in

Ref No: _____ Date: _____

MEMORANDUM OF UNDERSTANDING (MOU)

This Memorandum of Understanding (MOU) is made on 2nd February 2022 between Janki Devi Memorial College, University of Delhi, Sir Ganga Ram Hospital Marg, New Delhi-110080 (hereinafter called the "First Party") through its Principal Professor Jeevi Pal and

Acapmure Shree Prashant Kumar (Acapmure Shree Prashant Kumar), who is also called the "Second Party", through its President, Dr. J. P. Agrawal

Whereby The First Party and the Second Party wish to conduct a 30-hour additional course (second level) - Acapmure S, beginning on 17th Feb 2022 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:
 - a. Brochure & Poster-Designing
 - b. Provision of ICF via Google Meet, Google Forms & Google Classroom.
 - c. Maintenance of Records
 - d. Promotion & Handling of Queries regarding conduct of the course
 - e. Conducting evaluation and result declaration
2. The Second Party i.e., Acapmure Shree Prashant Kumar (Acapmure Shree Prashant Kumar) would be responsible for the following deliverables:
 - a. Content and providing Study Material
 - b. Conducting Shree Chakra Sessions
 - c. Preparing Tests for evaluation

जानकी देवी मेमोरियल कॉलेज
(Janki Devi Memorial College)
JANKI DEVI MEMORIAL COLLEGE
University of Delhi
एन. गंगा राम अस्पताल मार्ग, नई दिल्ली-110080
दूरभाष : 24345124, 24345125
E-mail : jdmcollege@hotmail.com, http://jdm.du.ac.in

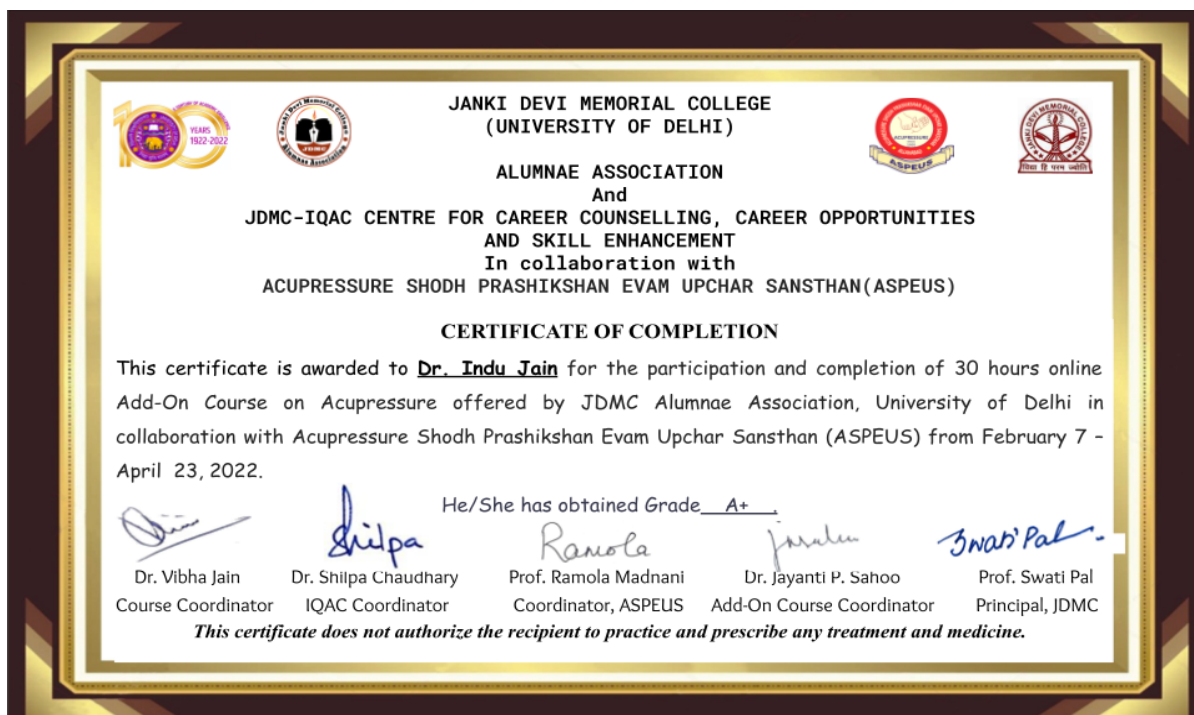
Ref No: _____ Date: 2nd Feb 22

3. The First Party through its coordinators would prepare the syllabus for the course in consultation with the resource person of the Second Party
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 JDMCL.
 - b. 30% 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 Alumni 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 Alumni 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. Vidya Jain as Coordinator and Ms. Shweta Pal, Ms. Anuradha Goyal and Ms. Teena Gahl as co-coordinators for this course whereas the Second Party appoints Prof. Ramola Mishra 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 <i>Jeevi Pal</i> Prof. Jeevi Pal Principal Janki Devi Memorial College, University of Delhi Sir Ganga Ram Hospital Marg, New Delhi - 110080 Date: <u>2nd Feb 2022</u>	The Second Party <i>Ramola Mishra</i> Prof. Ramola Mishra Professor MPLUS Date: <u>2nd February 2022</u>
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14. Certificate Template



Dr. Vibha Jain
(Course Coordinator)

Prof. Swati Pal
(Principal)

Ms. Teena Kohli
(Course Co-Coordinator)

Ms. Bhawna Pal
(Course Co-Coordinator)

Ms. Anuradha Goel

(Course Co-Coordinator)