



JANKI DEVI MEMORIAL COLLEGE
UNIVERSITY OF DELHI
Jdm.du.ac.in

GIRL UP NITARA
JANKI DEVI MEMORIAL COLLEGE
UNIVERSITY OF DELHI
A detailed study of Ayurvedic Acupressure (L6)

Date of Commencement- July 11, 2023

Date of Ending- October 10, 2023

1) Course Title- **A detailed study of Ayurvedic Acupressure (L6)**

2) Program Coordinators-

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

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

Program Co-coordinator-

Ms. Vaishali Narolia
Assistant Professor
Department of Commerce
Janki Devi Memorial College

3) Resource Person-

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

4) MOU-

  **Janki Devi Memorial College**
(University of Delhi)
ACCREPITATED BY UGC, NEW DELHI
REG. NO. 1001/2014 AND 1001/2015 (GATEWAY)

MEMORANDUM OF UNDERSTANDING

This Memorandum of Understanding (MOU) is made on July 1, 2023, between Janki Devi Memorial College, University of Delhi, Sir Gunga Ram Hospital Marg, New Delhi, 110060 (Hereinafter called the 'First Party')

And

Acupressure Shodh Prashikshan Evam Upchar Sansthan (ASPEUS), Allahabad (Herein after called the 'Second Party')

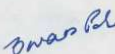
Whereby The First Party and the Second Party wish to conduct a 30-hour add-on course (L6)- "A Detailed Study of Ayurvedic Acupressure", beginning on July 11, 2023 and have agreed upon the following terms and conditions.

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 ICT like Zoom, Google Meet, Google Forms & Google Classroom.
 - c. Maintenance of Records.
 - d. Promotion & Handling of Queries regarding conduct of the course
 - e. 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:
 - a. Lectures & providing Study Material:
 - b. Conducting Doubt-Clearing Sessions
 - c. 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

  **Janki Devi Memorial College**
(University of Delhi)
ACCREPITATED BY UGC, NEW DELHI
REG. NO. 1001/2014 AND 1001/2015 (GATEWAY)

4. The Financial aspects of this arrangement are agreed upon as under:
 - a. 75% of the total amount collected to be paid to the Resource person conducting classes on behalf of ASPEUS.
 - b. 25% of the remaining receipt after payment as above will be given to the First Party and after adjusting any other expenditure incurred in relation to the course, the rest of the money will be credited to the account of Girl Up Nitara.
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 and Ms. Bhawna Pal as Program Coordinators and Ms. Vaishali Narolia as Program Co-coordinator for this course whereas the Second Party appoints Prof. Ramola Madnani as the 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 Second Party	The First Party
 Prof. Ramola Madnani Professor ASPEUS	 Prof. Swati Pal Principal Janki Devi Memorial College University of Delhi Sir Ganga Ram Hospital Marg New Delhi - 110060
 Dr. Vibha Jain Program Coordinator Convener Girl Up Nitara	
Date - <u>1/7/23</u> Place - <u>Delhi</u>	Date - <u>1/7/23</u> Place - <u>Delhi</u>



5) Poster & Brochure-

JANKI DEVI MEMORIAL COLLEGE
(UNIVERSITY OF DELHI)

GIRL UP NITARA in collaboration with

Centre for Career Counselling, Career Opportunities and Skill Enhancement
Under the Aegis of Internal Quality Assurance Cell

Presents

A Detailed Study of Ayurvedic Acupressure [L6]

- Course Fee is **₹3500**.
- Reading material will be couriered at participant's registered address.
- Fees will be collected through online banking transaction.
- Fees once paid is **non-refundable**.
- Candidates must send receipt/proof of successful payment at **addonacupressure@gmail.com** and attach it in their registration form.
- **Late admissions will not be accepted.**
- **Last Date of Registration: July 3, 2023**
- **Course Commencement Date: July 11, 2023**
- **Class Schedule: Tuesdays and Saturdays**
- **Timings: 3:30 PM- 5 PM**

30 HOURS COURSE

Account Holder's Name:
JDM S S ACCOUNT
Account Number: 8594101050003
IFSC Code: CNRB0008594
Bank Name: Canara Bank
Branch: Janki Devi Memorial College,
Sir Ganga Ram Hospital Marg,
New Delhi- 110060

Or

Use the QR Code for the payment of the Course

27998504050003@cnrb

Interested candidates can register at the following link:
<https://tinyurl.com/L6july2023>

For any queries write to us at addonacupressure@gmail.com

Ms. Vaishali Narolia Program Co-Coordinator Assistant Professor Department of Commerce	Ms. Bhawna Pal Program Coordinator Assistant Professor Department of Commerce	Dr. Vibha Jain Program Coordinator Associate Professor Department of Commerce	Prof. Payal Nagpal IQAC Coordinator Janki Devi Memorial College	Prof. Swati Pal Principal Janki Devi Memorial College
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Brochure-



Janki Devi Memorial College (University of Delhi)

Girl Up Nitara in collaboration with
Centre for Career Counseling Career Opportunities and Skill Enhancement

Under the Aegis of Internal Quality Assurance Cell
presents

A 30- hour Online Add-On Course on A Detailed Study of Ayurvedic Acupressure [L6]

In collaboration with
**Accupressure Shodh Prashikshan Evam Upchar Sansthan
(ASPEUS)**



About Janki Devi Memorial College

Janki Devi Memorial College, a premier women's college of University of Delhi was founded in 1959 by the famous Gandhian Shri Brij Krishan Chandiwalla in memory of his mother, Smt. Janki Devi. JDMC aims to provide quality education to young women and empower them to become economically self-reliant, have the confidence to face the vicissitudes of a challenging society, contribute meaningfully to the society at large and acquire the capability to think, lead and change the world.

About ASPEUS

Accupressure Research, Training and Treatment Sansthan was founded at Allahabad, India on March 26, 1995 as an organisation of selfless volunteers with the main objective of serving humanity through free accupressure treatment to the sick and ailing. The Sansthan had a humble beginning and started off on a modest scale with a group of seven volunteer men treating 12 patients free of cost in a borrowed building. The sapling planted in the year 1995 has today become a Banyan tree and the small Allahabad group of seven has turned into a large country wide cohesive group of countless thousands. As the name of the Sansthan suggests, it is also very actively involved in research and training activities pertaining to accupressure therapy.

Resource Person

Ramola Madnani

Professor at Accupressure Shosh
Prashikshan Evam Upchar Sansthan
(ASPEUS), Prayagraj



Work Experience

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

Educational Qualifications

She did her graduation from Janki Devi Memorial College, University of Delhi (1979-82)
She has done a certificate course related to accupressure from Gujarat Ayurveda University, Jamnagar
She has completed several diploma and certificate courses related to accupressure conducted by ASPEUS

Course Content

1. Dhanvantary – based on circulatory system
 - Heart circulation
 - Brain circulation
 - Leg circulation
 - Arm circulation
 - Trunk circulation
2. Charak -1
 - Six components (Samaanya-Vishesh, Samvaay, Gun, Karma and Dravya)
 - Trisutra
 - Elements
 - Dosh, Dhatu and Mal
 - Chakra
 - Regional Division

3. Aatrey – based on mega meridian
 - Silent features of Ayurvedic accupressure
 - Mega meridians
 - Structure and Acu-points of mega meridian
 - Regions of impact of mega meridian
 - Relation between human body and mega meridian
 - Three dimensional from mega meridian
4. Ayurvedic Handbook- 2
 - Specially – Time accupressure
 - Different method of teeth treatment
5. Ayurvedic meridians (Normal and opposite flow)

Who can join the course?

- Course is open for anyone who has good understanding of basics of Accupressure and Ayurveda Accupressure.
- This is an advanced level course and is not for beginners.
- Two classes will be held in a week, preferably Tuesday and Saturday from 3:30 p.m. to 5:00 p.m.
- The course will begin from July 11, 2023
- Classes will be conducted through online mode

How to Register?

- Interested candidates can register at the following link:
<https://tinyurl.com/L6july2023>
Last Date to Register is July 3, 2023
- Course fee is Rs. 3500/-
Reading material will be delivered to participants' registered address
- Fees will be collected through online banking transactions and is non- refundable
- Candidates must send a receipt/proof of successful payment to addonacupressure@gmail.com and attach it to their registration form
Late admissions will not be accepted

Evaluation

- Assessment will be done through 4 assignments
- Minimum 70% attendance is mandatory
- A total of 60% score is required to be eligible for the certificate

Account Details

A/c Holder's Name : JDM S S Account
Bank Name : Canara Bank
A/c No. : 8594101050003
IFSC Code : CNRB0008594
Branch: Janki Devi Memorial College,
 Sir Ganga Ram Hospital Marg, New Delhi - 110060



Organising Team

Dr. Jayanti P. Sahoo Add On Course, Convenor Janki Devi Memorial College University of Delhi	Prof Poonam Bewtra Director, CCCCOSE Janki Devi Memorial College University of Delhi
Muskan Tina Samanta Sowparnika M S Minal Gaur (Student's Team)	Ms. Vaishali Narolia Program Co-Coordinator Janki Devi Memorial College University of Delhi
Dr. Vibha Jain Program Coordinator Janki Devi Memorial College University of Delhi	Prof. Payal Nagpal IQAC, Coordinartor Janki Devi Memorial College University of Delhi
	Ms. Bhavna Pal Program Coordinator Janki Devi Memorial College University of Delhi
	Prof. Swati Pal Principal Janki Devi Memorial College University of Delhi

6) Brief Report

- Objective- In this advanced course of acupressure, the focus was on detailed study and understanding of Ayurveda inspired acupressure for correct diagnosis and treatment. This course aims at giving participants a deeper understanding of Acupressure and Ayurveda.
- Fee of the Course was Rs 3,500 per person
- Number of Students enrolled- 21
- Number of Students from JDMC enrolled- Nil
- Number of the Students who completed the course successfully-
- Number of the Students from JDMC who completed the course successfully- Nil
- Duration of the Course, Number of hours, Date of Commencement and End
- Feedback of the Course-

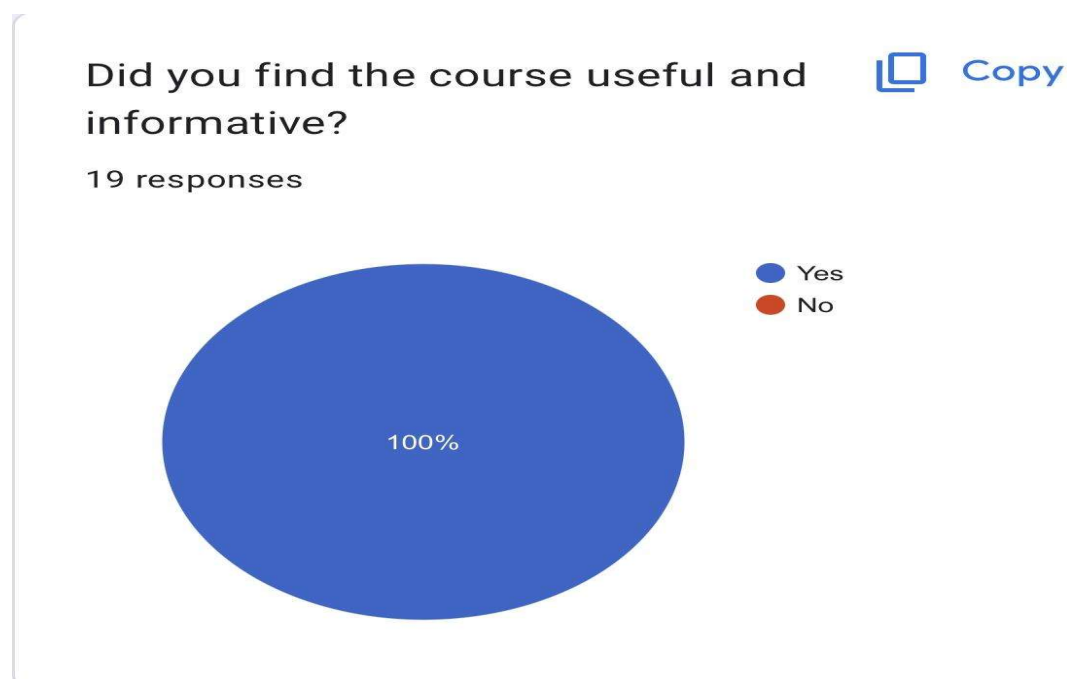
It is a 30 hour course. 20 classes of 90 minutes were held. Course commenced on July 11, 2023. The course ended on October 10, 2023.

7) Photos of Attendance Sheets/ Excel Sheet of every session

	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	AA	AB	AC	AD	AE	AF	AG	AH		
2	ssion	Jul 11, 2	Jul 15,	Jul 18	Jul 22	Jul 25	Jul 2	Aug 5,	23	Aug	Aug	Aug	Aug	Aug	Sep	Sep	18	S	21	Sr	25	26	27	28	29	30	Oct	Attendance	Date of floating ti	August 1, 2023			
3	y	Muskan	Sowpe	Minal	Tina	Tina	Musi	Tina	TINA	Tina	Musi	Musi	Sow	Minal	Minal	Minal	Minal	Minal	Sov	Mus	Sow	Mini	Muskan					Max Marks	20	20	20	20	
4																																	
5	Course Joining Date																										Name						
6	July 11, 2023	P	P	P	No Class					P	P				P	P	P	P	P	P	P	P	P		13	Monika goyal	15	17	20	40			
7	July 11, 2023	P	P	P	No Cl	P					P		P												6	Nishi Aggarwal	18	18	16	34			
8	July 11, 2023	P	P	P	No Cl	P	P	P	P			P	P	P	P	P	P	P	P	P	P	P	P	P	19	Karuna Gupta	20	19	18	36			
9	July 11, 2023	P	P	P	No Cl	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	22	Rashmi Maheshv	19	18	19	39			
10	July 11, 2023	P	P	P	No Cl	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	20	Kavita Khandelw	19	20	16	38			
11	July 11, 2023				No Class												P	P	P	P				3	MUKESH JAIN	Ab	Ab	Ab	Ab				
12	July 11, 2023	P	P	P	No Cl	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	18	SHIVANI TALWA	20	19	20	37				
13	July 11, 2023	P	P	P	No Cl	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	15	Ritu Ghai	18	20	17	36				
14	July 11, 2023	P	P	P	No Cl	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	22	Sushma Bansal	19	19	19	35				
15	July 11, 2023	P	P	P	No Cl	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	22	Dr.Indu Jain	19	19	20	36				
16	July 11, 2023	P	P	P	No Cl	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	16	Alpana sehwat	19	20	19	33				
17	July 11, 2023	P	P	P	No Cl	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	21	Tamanna	17	20	17	28				
18	July 11, 2023	P	P	P	No Cl	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	20	REENA BHALLA	19	20	19	40				
19	July 11, 2023	P	P	P	No Cl	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	18	Dr Poonam Shar	20	20	19	38				
20	July 11, 2023	P	P	P	No Cl	out of India for two months																				3	Vinita karira	19	19	18	37		
21	July 11, 2023	P	P	P	No Cl	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	22	Dr Vinod Nandar	17	19	19	19	29			
22	July 11, 2023	P	P	P	No Cl	P					P				P	P	P	P	P	P				10	Monika Jain	Ab	17	15	Ab				
23	July 11, 2023	P	P	P	No Cl	P		P									P	P			P		P	10	Sukhvinder Kaur	15	Ab	11	31				
24	July 11, 2023	P	P	P	No Cl	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	22	Pushpa Singh	18	20	20	37				
25	July 11, 2023	P	P	P	No Cl	P					P		P	P	P	P	P	P	P	P	P	P	P	19	Anju Khattar	18	20	13	34				
26	July 11, 2023	P	P	P	No Cl	P	P	P	P	P	P	P	P				P	P	P	P	P			15	Harsimaran Kaur	20	17	19	30				

8) Feedback Form <https://forms.gle/scWnFY7JKqtAUGe8A>

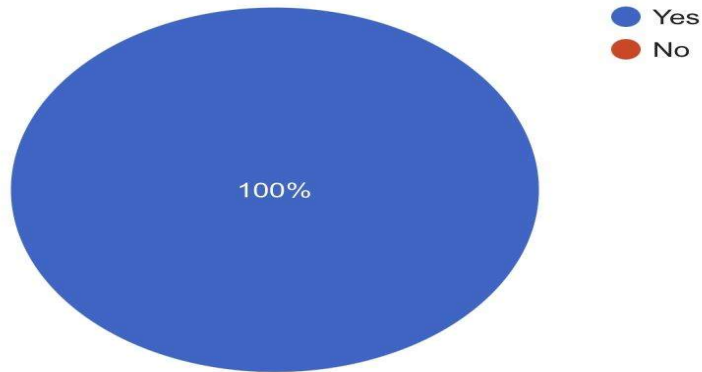
9) Feedback Form Analysis



Are you satisfied with the teaching methodology used by the resource persons?

 Copy

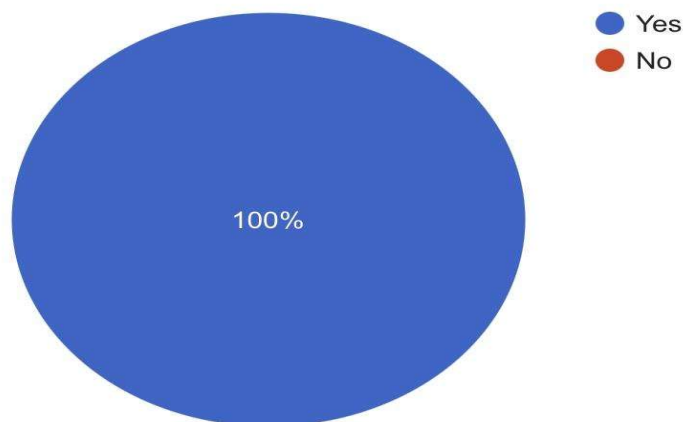
19 responses



Are you satisfied with the coverage of topics in course?

 Copy

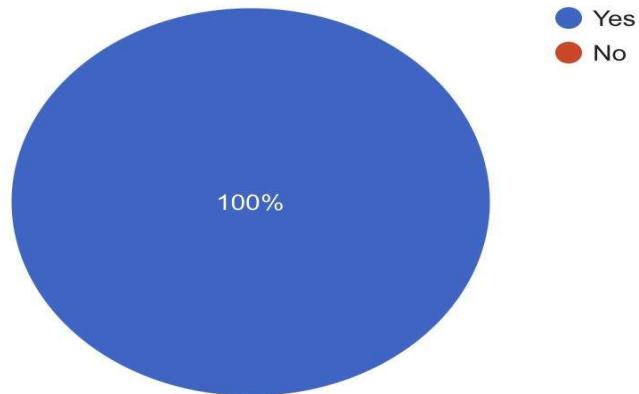
19 responses



Did you receive the class links on time

 Copy

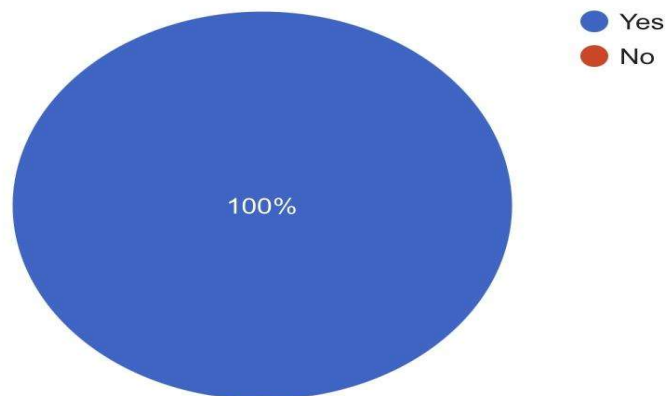
19 responses



Did you receive the class links on time

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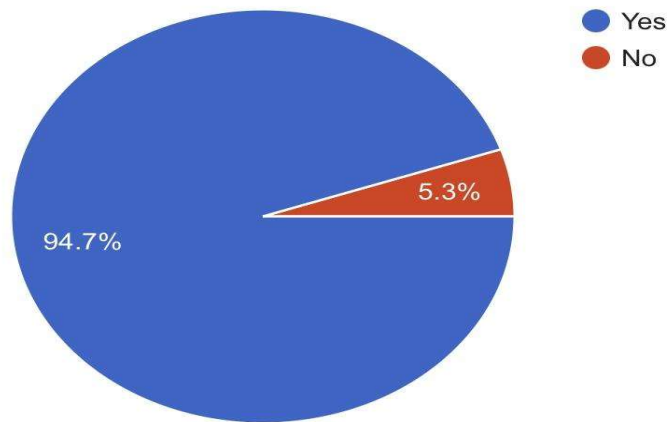
19 responses



Are the recordings of classes provided to you on time?



19 responses



10) Assessment Procedure and Outcome

Assessment was done through 4 assignments

All assignment had to be submitted

Minimum 70% attendance is mandatory

A total score of 60% is required to be eligible for the certificate

Assignment Links-

Assignment 1- <https://forms.gle/BqVy12i1XC8VErQY8>

Assignment 2- <https://forms.gle/7aD7fPMULaZVUNUGA>

Assignment 3- <https://forms.gle/c84p1p6eqrRuBw6NA>

Assignment 4- <https://forms.gle/hbRykHwnjAsfCJ1X6>

Attendance Links-

<https://docs.google.com/spreadsheets/d/1St3QXbvxBNHdtBwBjxzmQBzA2D1wyFWZXX7DGBLvfeo/edit>

Form Number	Attendance Form Links
Form 1	https://forms.gle/UV7aAiR6SAkk6xS58
Form 2	https://forms.gle/ww0J8m12TqPufBLq7
Form 3	https://forms.gle/zvZrqnddPUQyucDp8
Form 4	https://forms.gle/aJYqCEDQURqXWvZg9

11) A Copy of the Certificate Awarded



12) No. of the certificates given, copies of all the certificates given- 18



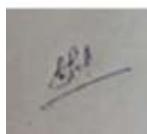
Dr. Vibha Jain
(Course Coordintaor)



Prof. Ramola Madnani
(Resource Person)



Prof. Swati Pal
(Principal)



Ms. Bhawna Pal
(Course Coordinator)



Ms. Vaishali Narolia
(Course-Co-Coordinator)



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 : २५७८७७५४ फैक्स : २५७९०८३२
Tel. : 25787754, Fax : 25710832
E-mail : jdmcollege@hotmail.com, <http://jdm.du.ac.in>

Reference No.:

Dated:

Name of the Course: A detailed study of Ayurvedic Acupressure: Level - 6

Program Coordinators: Dr. Vibha Jain; Ms. Bhawna Pal

Program Co-coordinators: Ms. Vaishali Narolia

Duration: 4 months

No. of Hours: 30 Hours

Money Collected: ₹ 70,000 **No. of students enrolled:** 20 **Fee per student:** ₹ 3,500

Utilization of Funds:

Payment made to the Resource Person: Prof. Ramola Madnani = Rs. 52,500 (75% of the amount collected)

Payment made to the Office Assistants:

Mr. Manpreet = Rs. 1000/-

Mr. Deepak = Rs. 1000/-

Others:

Students: Rs 1,000 (500*2 each)

Physical Certificates : Rs 400/-

Balance left: Rs 14,100

Names and Signatures of Course Coordinators:

Dr Vibha Jain
(Program Coordinator)

Ms. Bhawna Pal
(Program Coordinator)

Ms. Vaishali Narolia
(Program Co-coordinator)

Dr. Jayanti P. Sahoo
(Convenor, Add-On Courses)

Prof. Payal Nagpal
(IQAC Coordinator)

Prof. Swati Pal
PRINCIPAL