



ALUMNAE ASSOCIATION
JANKI DEVI MEMORIAL COLLEGE
UNIVERSITY OF DELHI

ANCIENT TECHNIQUES OF ACUPRESSURE (LEVEL 4)

Date of Inauguration & Course Commencement- June 21, 2022

Date of Ending- September 1, 2022

Date of Valedictory Session- September 10, 2022

1. Report-

The Level 4 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 and was launched by Alumnae Association, Janki Devi Memorial College on June 21, 2022.

The course was offered with the purpose to offer participants understand the concepts of Six chi, Colour & Number Therapy, Chinese meridian in Ayurvedic Mould along with learning about developing treatment protocols in the ancient technique of Acupressure.

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. There were 33 participants in Level 4 course. Prof. Ramola Madnani who is associated with Acupressure Shodh Prashikshan Evam Upchar Sansthan (ASPEUS), Prayagraj was the resource person of the course. She was also the resource person of previous three 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 September 1, 2022 and the valedictory session was held online via zoom on September 10, 2022, once the evaluation was completed and certificate signing process was initiated.

2. Course Objective-

Level 4 course on Acupressure focused on the concepts of Six chi, Colour & Number Therapy, Chinese meridian in Ayurvedic Mould- symptoms of every organ, treatment protocols for various diseases and multiple organs.

3. Learning Outcome-

The course helped participants learn how to apply these concepts and build protocols for various ailments.

4. Assessment Procedure-

- 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.

Assessment Outcome- At the end 21 participants were able to fulfill our evaluation criteria and were able to complete the course successfully.

5. Links of Recorded Lectures-

Session No	Link
1	Inaugural and 1 st session held on same day https://drive.google.com/file/d/1sPfaYo2Io1hziNNrFv0ftRvxTGCKjv0I/view https://drive.google.com/file/d/1xz6mpR9hLxBHvbEFA7MLW6DsN5cyEsj-/view
20	https://www.youtube.com/watch?v=0v0jPff_bi4

6. Attendance Sheet-

Attendance Sheet

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V
	Name	June 21, '22	23-Jun	25-Jun	30-Jun	###	7-Jul	9-Jul	14-Jul	16-Jul	21-Jul	23-Jul	28-Jul	4-Aug	6-Aug	12-Aug	18-Aug	20-Aug	25-Aug	27-Aug	1-Sep	TOTAL ATTENDANCE
1	Anju Khattar	P	P	P	P	P	P	P			P	P	P			P		P	P	P		14
2	Chandraprabha	P	P	P				P	P	P	P	P	P	P	P			P	P	P	P	18
4	Deepa Bhargava			P	P	P	P		P	P	P	P		P	P		P	P				12
5	Gagandeep kaur				P	P		P	P	P	P	P	P	P	P						P	10
6	Indu Jain	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19
7	Karuna Gupta	P	P	P	P	P	P	P			P	P					P	P			P	13
8	Kavita Khandelwal	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	20
9	M K Sawant		P	P		P																3
	Manjeet Kaur Ahluwalia	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	20
11	Meenakshi			P																		1
12	Neha Agarwal	P	P	P	P	P	P	P				P				P	P	P			P	14
13	Nipun Juneja				P																	1
14	Nishi Aggarwal			P	P	P	P	P	P		P					P	P	P	P		P	12
15	Poonam Bajaj	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	20
16	Poonam Sharma	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		P	P	P	18
17	Pushpa Singh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		P	P	18
18	Rachmi	P	P	p(farm nt)	P	P	P	P	P	P	P	P	P	P	P	P	P		P	P	P	18
19	Ritu Aggarwal	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	16
20	Ritu Ghai	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P			P	19
21	Rupinder Aulakh		P		P		P		P	P	P	P	P	P	P	P	P				P	13
22	Shivani G.			P															P	P	P	5
23	Shivani Talwar	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P		P	P	P	18
24	Srijan bhatnagar										P	P	P	P	P	P	P	P				1
25	Sudershan Juneja			P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	16
26	Sushma Bansal	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	20
27	Swati Sehgal			P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P			18
28	Tripta Bhatia	P	P	P	P	P	P	P	P	P			P									8
29	Vibha Jain	(farm nt)	P	P	P	(farm nt)			P	P	P			P	P	P	P				P	14
30	Vinita karira	P	P	P	P			P	P	P	P	P	P	P	P	P	P	P	P	P	P	19
31	Vinod Nandsanwar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		p(farm nt)	P	P	19
32	Monika Jain					P			P	P	P	P				P						5
33	Subhash Chauhan	-	-	-	-			P	P	P	P	P	P			P	P	P		P	P	11
34	Shakuntala	-	-	-	-	-	-	-	-	-	-	-	-	P	P	P	P	P	P	P	P	8
35																						
36																						

7. Feedback Form Screen shots-

Feedback Form Acupressure Level 4 ☆

Questions Responses 18 Settings

Feedback For Acupressure 4

Description

Email *

Valid email

This form is collecting emails. [Change settings](#)

Name (Please write as you want it to be printed on the certificate) *

Short answer text

Designation

Short answer text

Feedback Form Acupressure Level 4 ☆

Questions Responses 18 Settings

Email id *

Short answer text

Did you find the course useful and informative? *

☐ Yes

☐ No

Are you satisfied with the teaching methodology used by speakers? *

☐ Yes

☐ No

Feedback Form Acupressure Level 4

Questions Responses 18 Settings

Are you satisfied with the teaching methodology used by speakers? *

☐ Yes

☐ No

Are you satisfied with the coverage of topics in course? *

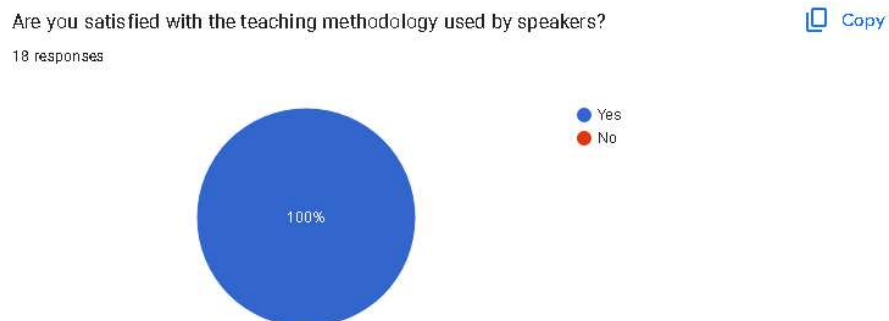
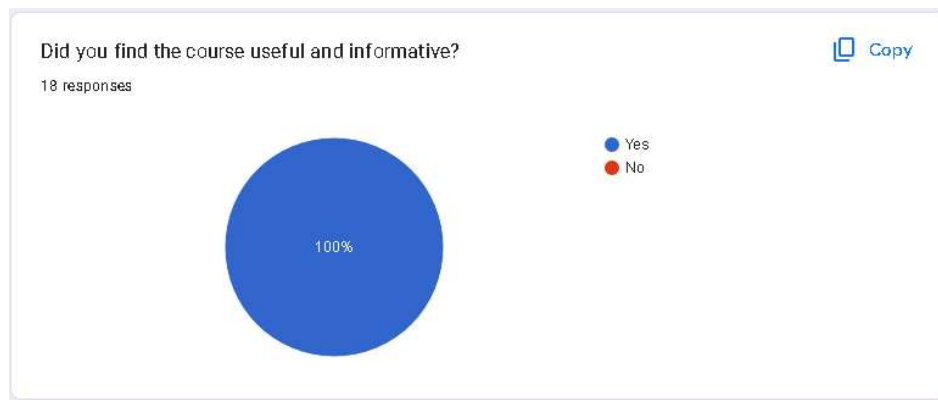
☐ Yes

☐ No

Any suggestions or feedback

Short answer text

Feedback Form Analysis-



Are you satisfied with the coverage of topics in course?

 Copy

18 responses



● Yes
● No

8. No. of enrolled participants- 33

S. No	Participant Name
1	Anju Khattar
2	Chandraprabha Singh
3	Deepa Bhargava
4	Gagandeep kaur
5	Indu Jain
6	Karuna Gupta
7	Kavita Khandelwal
8	M K Sawant
9	Manjeet Kaur Ahluwalia
10	Meenakshi Agrawal
11	Neha Agarwal
12	Nipun Juneja
13	Nishi Aggarwal
14	Poonam Bajaj
15	Poonam Sharma
16	Pushpa Singh
17	Rashmi Maheshwari
18	Ritu Aggarwal
19	Ritu Ghai
20	Rupinder Aulakh

21	Shivani G. Varmani
22	Shivani Talwar
23	Srijan bhatnagar
24	Sudershan Juneja
25	Sushma Bansal
26	Swati Sehgal
27	Tripta Bhatia
28	Vibha Jain
29	Vinita karira
30	Vinod Nandanwar
31	Monika Jain
32	Subhash Chauhan
33	Shakuntala Sukhlani

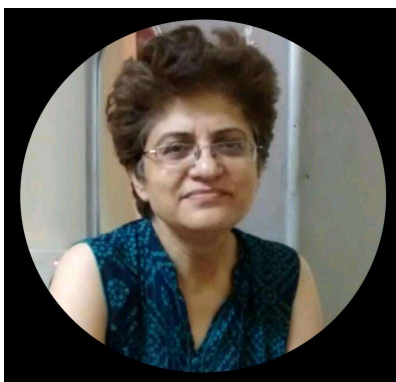
9. Course Fee-

Rs 3,000/- per person

Total Amount Collected –

Rs 99,000/- [Rs. 3,000 each from 33 participants]

10. Resource Person-



Prof. Ramola Madnani

Professor

Acupressure Shodh Prashikshan Evam Upchar Sansthan (ASPEUS)

Prayagraj

11. Course Coordinator-

COURSE COORDINATORS: LEVEL 4



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



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



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

12. Course Poster-

JANKI DEVI MEMORIAL COLLEGE
UNIVERSITY OF DELHI
ALUMNAE ASSOCIATION

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

Presents
Ancient Techniques Of Acupressure [LEVEL 4]

- The course is open only for those who know basics of acupressure.
- Course Fee is Rs 3000. Reading material will be couriered at participant's registered addresses.
- Fees will be collected through online banking transactions.
- Fees once paid is non-refundable.
- Candidates must send receipt/proof of successful payment at addonalumnae@jdm.du.ac.in and attach it in their registration form.
- Interested candidates can register at the following link:
<https://forms.gle/8yKmiTVFogC3khfV8>
- Last Date of Registration : June 14, 2022
- Course commencement date : June 16, 2022

30 Hours Course

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

For any query write to us at addonalumnae@jdm.du.ac.in

Ms. Bhawna Pal (Co-Convenor)	Ms. Teena Kohli (Co-Convenor)	Dr. Vibha Jain (Convenor)	Prof. Swati Pal (Principal)
---------------------------------	----------------------------------	------------------------------	--------------------------------

13. Course Brochure-







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

(LEVEL 4)

in collaboration with




**Acupressure Shodh
Prashikshan Evam Upchar
Sansthan (ASPEUS),
Prayagraj**

Course Content

- Chinese Meridian in Ayurvedic Mould
 - Symptoms of every organ
 - Treatment protocol for different diseases
 - Treatment by multiple organs
- Six Qi
- Colour therapy
- Number therapy



Resource person



Ramola Madnani

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



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.

Who Can Join the Course?

- Any curious head who has basic knowledge of acupressure can join.
- There are 50 seats. Selection will be made on a first-come, first-serve basis.
- 3 classes will be held in a week preferably on Tuesday, Thursday & Saturday.
- The course will begin on June 16, 2022.
- Classes will be conducted through Online Mode

How to Register?

Interested Candidates can register at the following link:
<https://forms.gle/8yKmiTVFogC3khfV8>

- Course fee is Rs 3000.
- Reading material will be delivered to participants' registered addresses.
- Fees will be collected through online banking transactions.
- Fee once paid is non-refundable.
- Candidates must send a receipt/proof of successful payment to addonalumnae@jdm.du.ac.in and attach it to their registration form.

Last Date to Register: June 14, 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

Evaluation

- On successful completion of the course, participants will be given E- Certificates.
- Successful completion criteria-
 - Mandatory Attendance of 60% of the classes.
 - Securing at least 60% marks in tests/assignments, which will be conducted online.
 - Submission of all 4 assignments is mandatory.

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

PROF. SANDHYA GARG

PRESIDENT

ALUMNAE ASSOCIATION

PROF. SWATI PAL

PRINCIPAL

JDMC

CONTACT PERSONS

Course Convenor
Dr. Vibha Jain
Associate Professor
Department of Commerce, JDMC

Co-Convenors

Ms. Bhawna Pal Assistant Professor Department of Commerce, JDMC	Ms. Teena Kohli Assistant Professor Department of Mathematics, JDMC
--	--

Student Coordinators

Saakshi Ranjan, Muskan, Nikita Sangwan, Gurjan Chugh, Tanisha, Niharika, Harshita Gupta, Mittali Bareja

जानकी देवी मेमोरियल कॉलेज
(यूनिवर्सिटी ऑफ़ देली)
JANKI DEVI MEMORIAL COLLEGE
(University Of Delhi)
सर गंगा राम अस्पताल मार्ग, नई दिल्ली-110060
Sir Ganga Ram Hospital Marg, New Delhi-110060
दूरभाष : ४६७६६३०, Tel. : 49876630
E-mail : jdmcollege@hotmail.com, http://jdm.du.ac.in

संदर्भ संख्या/Ref. No. _____ दिनांक/Dated.....10/6/22.....

MEMORANDUM OF UNDERSTANDING (MOU)

This Memorandum of Understanding (MOU) is made on 10/6/22 between Janki Devi Memorial College, University of Delhi, Sir Ganga Ram Hospital Marg, New Delhi, 110060 (Hereinafter called the 'First Party') through its Principal Professor 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 4, beginning on 16th June, 2022 and have agreed upon the following terms and conditions

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

जानकी देवी मेमोरियल कॉलेज
(यूनिवर्सिटी ऑफ़ देली)
JANKI DEVI MEMORIAL COLLEGE
(University Of Delhi)
सर गंगा राम अस्पताल मार्ग, नई दिल्ली-110060
Sir Ganga Ram Hospital Marg, New Delhi-110060
दूरभाष : ४६७६६३०, Tel. : 49876630
E-mail : jdmcollege@hotmail.com, http://jdm.du.ac.in

संदर्भ संख्या/Ref. No. _____ दिनांक/Dated.....10/6/22.....

- The Financial aspects of this arrangement are agreed upon as under:
 - 75% of the total amount collected to be paid to the Resource person conducting classes on behalf of ASPEUS.
 - 10% of the amount collected to be paid to JDMC-IQAC Centre for Career Counselling, Career Opportunities, and Skill Enhancement
 - Remaining (15%) of the amount collected will remain in Alumnae Association account.
- Logos of both the parties will be used in the promotional material.
- Both the parties have agreed that they will extend every form of co-operation to each other.
- The First Party appoints Dr. Vibha Jain as Convenor and Ms. Bhawna Pal & Ms. Teena Kohli as co-convenors 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.
- 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
Prof. Swati Pal
Principal
Janki Devi Memorial College,
University of Delhi
Sir Ganga Ram Hospital Marg
New Delhi - 110060
Date - 10/6/22

The Second Party
Dr. Vibha Jain
Convenor
Acupressure 4
Prof. Ramola Madnani
Professor
ASPEUS
Date - 10/6/22

15. Certificate Template-

JANKI DEVI MEMORIAL COLLEGE
(UNIVERSITY OF DELHI)

ALUMNAE ASSOCIATION
And
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 certificate is awarded to Name for the participation and completion of 30 hours online Add-On Course on Ancient Techniques of Acupressure (Level 4) offered by JDMC Alumnae Association, University of Delhi in collaboration with Acupressure Shodh Prashikshan Evam Upchar Sansthan (ASPEUS) from June 21 - Sep 1, 2022.

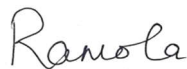
He/She has obtained Grade _____

Dr. Vibha Jain Dr. Shilpa Chaudhary Prof. Ramola Madnani Dr. Jayanti P. Sahoo Prof. Swati Pal
Course Coordinator IQAC Coordinator Coordinator, ASPEUS Add-On Course Coordinator Principal, JDMC

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



Dr. Vibha Jain
(Course Coordinator)



Prof. Ramola Madnani
(Resource Person)



Prof. Swati Pal
(Principal)



Ms. Teena Kohli
(Course Co-Coordinator)



Ms. Bhawna Pal
(Course Co-Coordinator)