



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

GIRL UP NITARA
JANKI DEVI MEMORIAL COLLEGE
UNIVERSITY OF DELHI
The Fusion of East and West: Acupressure Science (L2)

Date of Commencement- July 10, 2023

Date of Ending- October 10, 2023

1) Brief Report

“ The Fusion of East and West: Acupressure Science (L2)” course on Acupressure in association with ASPEUS, Prayagraj was launched by the Prof. Swati Pal. The course is offered by Girl up Nitara under the aegis of JDMC- IQAC Centre for Career Counselling, Career Opportunities and Skill Enhancement and was launched on July 10, 2023.

Objective- The course was offered with the purpose to offer the participants basic understanding about the meaning, causes and types of various diseases and how they can be treated using ancient technique of Acupressure.

Fee- Course was offered for a fee of Rs per person

Students Enrolled- (all out of JDM)

Students who successfully completed the course- (all out of JDM)

Course Duration- 30 hours, which was completed in a span of about 3 months, with 90 minutes classes, twice a week

Date of Commencement- July 10, 2023

Date of Ending- October 10, 2023

Classes were conducted through Zoom with the use of presentations. These presentations along with the recordings of the lectures were shared with the students on a daily basis and was uploaded on the google classroom. Practical sessions and doubt clearing sessions were conducted to resolve queries. Prof. Ramola Madnani who is associated with Acupressure Shodh Prashikshan Evam Upchar Sansthan (ASPEUS), Prayagraj was the resource person of the course which had 24 participants. Participants were evaluated through four tests covering the entire syllabus. These tests were conducted using Google Forms to check the

understanding of participants. Each participant was required to score at least 60% marks in assignments and attend minimum 70% of all the classes to qualify to be eligible for the certificate. The valedictory session was held on October 10th Prof J P Aggarwal, President, ASPEUS graced the occasion with their presence.

2. Course Objective-

The course focused on delivering basic knowledge about the fundamentals of Acupressure as a non-invasive healing modality. The course discussed how to locate various organs of the body on hands and treat them for basic routine illnesses. The course also offered basic understanding on the use of some colours and seeds to treat common illnesses.

3. Learning Outcomes

Participants will be able to identify location of various organs on hands and be able to have basic understanding of how to treat common health issues

4. 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

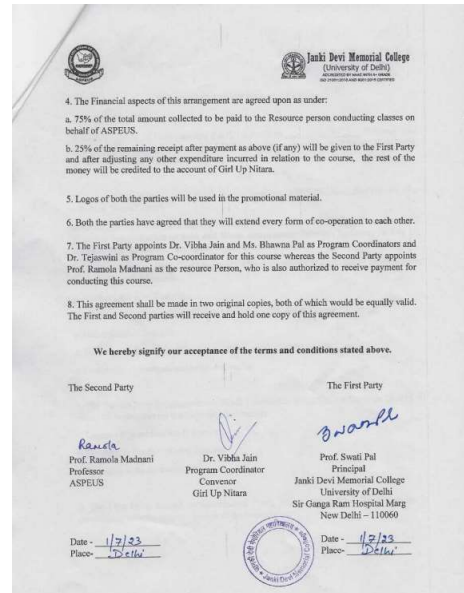
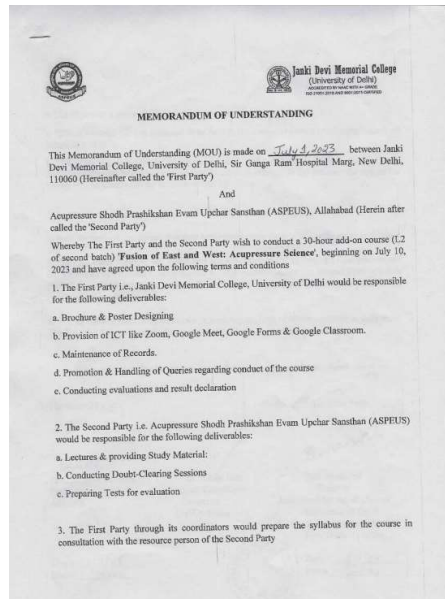
Program Co-coordinator-

Dr. Tejaswini
Assistant Professor
Department of Commerce
Janki Devi Memorial College

5. Resource Person- Prof. Ramola Madnani

Professor
Acupressure Shodh Prashikshan Evam Upchar Sansthan (ASPEUS)
Prayagraj

6. MOU-



7. 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

FUSION OF EAST AND WEST: ACUPRESSURE SCIENCE

- Course Fee is ₹3200.
- 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.**
- Interested candidates can register at the following link:
<https://tinyurl.com/L2july2023>
- **Last Date of Registration:** July 3, 2023
- **Course Commencement Date:** July 10, 2023
- **Class Schedule:** Mondays and Thursdays
- **Timings:** 3:30 PM- 5 PM

30 HOURS COURSE

Account Details

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

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

Dr. Tejaswini 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 Counselling, Career Opportunities and Skill Enhancement

Under the Aegis of Internal Quality Assurance Cell

Presents

A 30 HOURS ONLINE ADD-ON COURSE ON

Fusion of East and West: Acupressure Science

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 Chandiwal 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 acupressure 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 acupressure therapy.

Resource Person



Ramola Madnani

Professor at Accupressure 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 few 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 acupressure from Gujarat Ayurveda University, Jamnagar
- She has completed several diploma and certificate courses related to acupressure conducted by ASPEUS

Course Content

AYU THERAPY IN YOGIC YAM NIYAM MERIDIAN (YNM) (MOULD-1)

- OR - Subtle Power Chakra/ Cellular power
- ND - Neuro Power Chakra
- AD - Plasma Power Chakra
- Ly - Immunity Power Chakra
- LU - Respiration Power Chakra
- Tw - Hormonal Power Chakra
- SI - Absorption Power Chakra
- LI - Defecation Power Chakra
- H - Circulation Power Chakra
- Pn - Nutrition Health Chakra
- Liv - Metabolic Health Chakra
- ST - Gastro Health Chakra
- GB - Neuro Health Chakra
- SP - Immunity Health Chakra
- K - Filtration Health Chakra
- UB - Urogenital Health Chakra
- JD - Bone Health Chakra
- PB - Fibrosis Health Chakra
- SK - Skin Health Chakra
- Fat - Fat Health Chakra

TREATISE - 3

- 1) Electro Acupuncture According to Voll (E.A.V) An Introduction
- 2) Principles of Electro Acupuncture
- 3) Fundamentals of Acupuncture
- 4) Lymph Vessel (LY Meridian)
- 5) Nerve Degeneration Vessel (ND Meridian)
- 6) Allergy or Vascular Degeneration Vessel (AD Meridian)
- 7) Organ Degeneration Vessel for the Parenchymal & Epithelial Degeneration or Meridian)
- 8) Joints & Articular Degeneration Vessel (JD Meridian)
- 9) Fibroid & Interstitial Degeneration Vessel (FIB D Meridian)
- 10) Skin Degeneration Vessel (SK Meridian)
- 11) Fat Degeneration Vessel (Fat D Meridian)
- 12) Protocol for the treatment of Eye According to EAV

TREATISE - 4

Chinese Acupuncture Via a Vis EAV

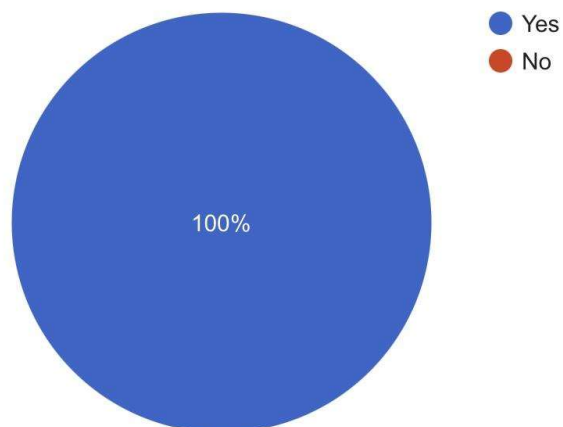
- 1) Lung Meridian (LI)
- 2) Large Intestine Meridian (LI)
- 3) Circulation Meridian (C)
- 4) Triple Burner or Endocrine Meridian (Tw)
- 5) Heart Meridian (H)
- 6) Small Intestine Meridian (SI)
- 7) Spleen Meridian (Sp)
- 8) Pancreas Meridian (Pn)
- 9) Liver Meridian (Liv)
- 10) Stomach meridian (St)
- 11) Gall Bladder Meridian (GB)
- 12) Kidney Meridian (K)
- 13) Urinary Bladder Meridian (UB)
- 14) Conception Vessel (CV)
- 15) Governing Vessel (GV)
- 16) Secondary Vessel points (SVP)

10. Feedback Form Analysis

Did you find the course useful and informative?

 Copy

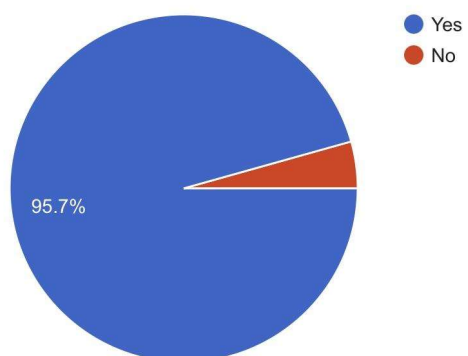
23 responses



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

 Copy

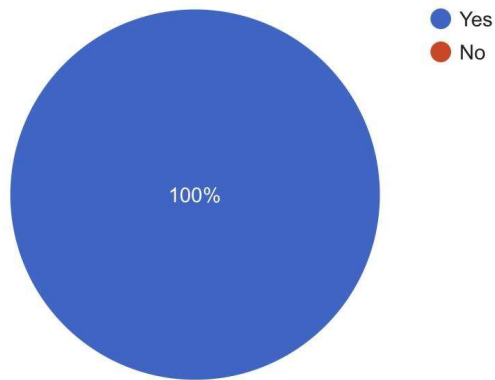
23 responses



Are you satisfied with the coverage of topics in course?



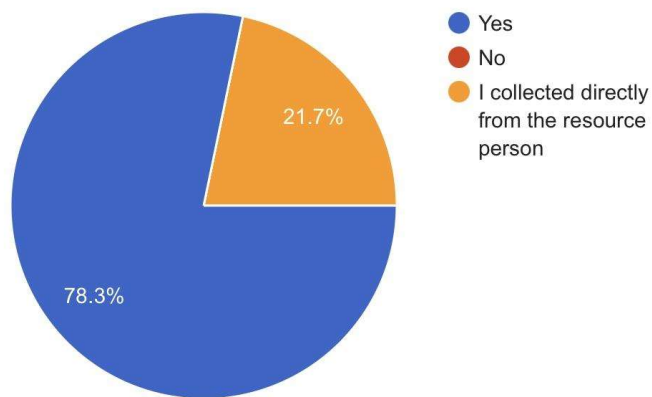
23 responses



Did you receive the books/kit/study material on time



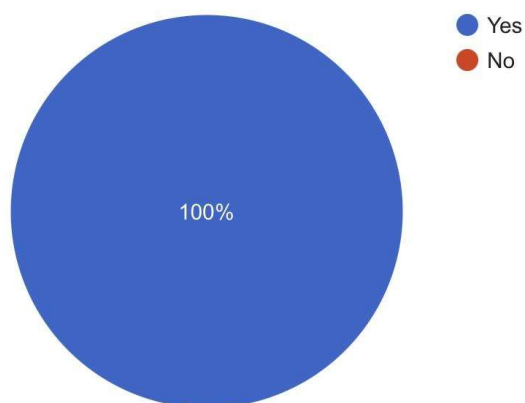
23 responses



Did you receive the class links on time

 Copy

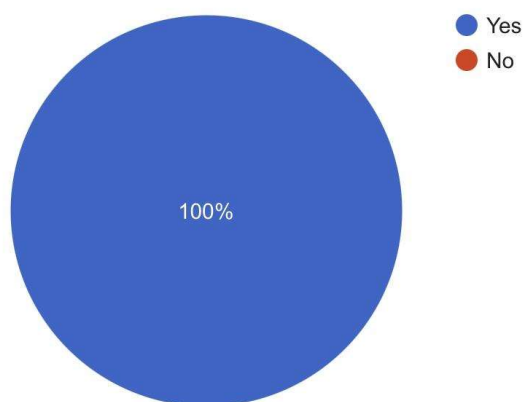
23 responses



Are the recordings of classes provided to you on time?

 Copy

23 responses



11. Assessment Procedure and Outcome

Assessment will be done through 4 assignments

All assignment should 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/2Z4KLAGngy5pnzFe7>
 Assignment 2- <https://forms.gle/vRPm4pMUbKD46B6d9>
 Assignment 3- <https://forms.gle/RBCXgZjd9u2fUwwk7>
 Assignment 4- <https://forms.gle/nC7ucgrFPdNC6sWA>

Attendance Links-

<https://docs.google.com/spreadsheets/d/10GkXFcr-hbD4PfkXZJaPjud7o47n-K6uKqjMlkVN8vk/edit#gid=0>

Form Number	Attendance Form Links
Form 1	https://forms.gle/XxR4ArmfindjvCx4P8
Form 2	https://forms.gle/RyFAycjwnN1Yz3H48
Form 3	https://forms.gle/K8aom52qok5yFwEfA
Form 4	https://forms.gle/S8THoJ4DUyz9AA1N8

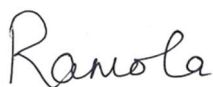
12. A Copy of the Certificate Awarded



13. No. of the certificates given, copies of all the certificates given – 17



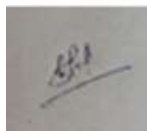
Dr. Vibha Jain
(Course Coordinataor)



Prof. Ramola Madnani
(Resource Person)



Prof. Swati Pal
(Principal)



Ms. Bhawna Pal
(Course Coordinator)



Dr. Tejaswini
(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 फ़ैक्स : 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 - 2

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

Program Co-coordinators: Dr. Tejaswini

Duration: 4 months

No. of Hours: 30 Hours

Money Collected: ₹ 70,400 **No. of students enrolled:** 22 **Fee per student:** ₹ 3,200

Utilization of Funds:

Payment made to the Resource Person: Prof. Ramola Madnani = Rs. 52,800 (75% of the amount collected)

Payment made to the Office Assistants:

Mr. Manpreet = Rs. 1000/-

Mr. Deepak = Rs. 1000/-

Others:

Students: Rs 1000 (500*2 each)

Physical Certificates : Rs 240

Balance left: Rs 14360

Names and Signatures of Course Coordinators:

Dr Vibha Jain
(Program Coordinator)

Ms. Bhawna Pal
(Program Coordinator)

Dr. Tejaswini
(Program Co-coordinator)

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

Prof. Payal Nagpal
(IQAC Coordinator)

Prof Swati Pal
PRINCIPAL