



GIRL UP NITARA
JANKI DEVI MEMORIAL COLLEGE
UNIVERSITY OF DELHI

ANCIENT TECHNIQUE OF ACUPRESSURE (LEVEL 5)

Date of Commencement- January 10, 2023

Date of Ending- March 25, 2023

1. Report-

This course on Acupressure was offered by Girl Up Nitara under the aegis of JDMC-IQAC Centre for Career Counselling, Career Opportunities and Skill Enhancement in association with ASPEUS, Prayagraj was launched on January 10, 2023.

Objective- The course was offered with the purpose to offer the participants deeper understanding about the meaning, causes and types of various diseases and their diagnosis, along with possible treatment protocols in the ancient technique of Acupressure.

Fee- Course was offered for a fee of Rs 3,000 per person

Students Enrolled- 22 (all out of JDM)

Students who successfully completed the course- 15 (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

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Classes were conducted through Webex. The study material along with the recordings of the lectures were shared with the participants and was uploaded on the college YouTube channel. 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 all previous courses offered by the college. She 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 submit at least 75% of the assignments and attend minimum 70% of all the classes to qualify. A total score of 60% was required to be eligible for the certificate. The classes ended on March 25, 2023 and the valedictory session was held online via Webex on April 4, 2023, once the evaluation was completed and certificate signing process was initiated. Mr. Jagdish Prasad Aggarwal, President, ASPEUS, and Prof J P Aggarwal, ASPEUS graced the valedictory session with their presence.

2. Course Objective

Level 5 course on Acupressure focused mainly on disease diagnosis. The course was offered with the purpose to offer the participants deeper understanding about the meaning, causes and types of various diseases and their diagnosis, along with possible treatment protocols in the ancient technique of Acupressure.

3. Learning Outcomes

The course aims at helping participants learn various methods that can be used to diagnose the patient.

4. Assessment Procedure-

- a) Mandatory attendance of at least 70% of the classes
 - b) Securing at least 60% marks in tests, conducted through online mode
 - c) At least 75% of the assignments should be submitted
- 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 16 participants were able to fulfill our evaluation criteria and were able to complete the course successfully.

5. Links of Recorded Lectures-

Session 1 (Inauguration session): <https://youtu.be/c8xiLwit5wk>

Session 20 (Valedictory session): <https://www.youtube.com/watch?v=MHbNd7pnc2o>

6. Attendance Sheet Screenshot-

Attendance Sheet

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	
1	Session No.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	TOTAL	
2	Date of Session	Jan10, 23	Jan14, 23	Jan17, 23	Jan21, 23	Jan24, 23	Jan28, 23	Jan31, 23	Feb 4, 23	Feb 7, 23	Feb 11, 23	Feb 13, 23	Feb 15, 23	Feb 17, 23	Feb 20, 23	Feb 22, 23	Feb 24, 23	Mar 1, 23	Mar 3, 23	Mar 5, 23	Mar 7, 23	Mar 9, 23	Mar 11, 23	Mar 13, 23	
3	No																								
4	Name																								
5	1	Anju Khattar	P	P	P	P	P		P			P	P	P	P	P		P	P	P	P	P	P	15	
6	2	Anuradha Agarwal																						0	
7	3	Chandraprabha Singh	P	P	P	P	P	P	P		P		P		P	P	P	P		P	P	P	P	15	
8	4	Indu Jain			P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	17	
9	5	Gupta Kavita		P	P		P	P	P	P	P	P	P	P	P	P	P		P	P	P	P	P	15	
10	6	Khushboonahata	P	P	P	P	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P	18	
11	7	Kuljit Kaur								P	P								P					3	
12	8	Monika Jain																						1	
13	9	Nishi Aggarwal															P	P	P	P	P	P	P	6	
14	10	Poonam Sharma	P	P	P	P	P		P	P		P		P		P	P	P						13	
15	11	Praveen Namdev	P	P	P		P	P	P		P		P	P	P	P			P					12	
16	12	Pushpa Singh	P	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	18	
17	13	Rashmi Maheshwari	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	18	
18	14	Aggrawal	P	P																				2	
19	15	Ritu Ghai	P		P		P	P	P	P		P	P	P	P	P	P	P	P	P	P	P	P	12	
20	16	Rupender Aulakh					P		P															2	
21	17	talwar	P	P	P		P	P	P	P	P	P	P	P	P		P	P			P	P	P	16	
22	18	Sushma Bansal	P	P	P	P	P	P	P	P		P	P	P	P	P	P	P	P	P	P	P	P	18	
23	19	Vinita karira	P	P	P	P	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P	18	
24	20	Vinod Nandanwar	P	P	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	18	
25	21	Manjit Kaur				P	P	P	P	P	P	P	P	P	P	P	P	P		P	P	P	P	14	

Sheet1

7. Feedback Form Screenshots:

Feedback Form: Level 5

addnacupressure@jdm.du.ac.in [Switch account](#)

* Indicates required question

Email *

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

Please mention your contact number *

Did you find the course useful and informative? *

☐ Yes

☐ No

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

☐ Yes

☐ No

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

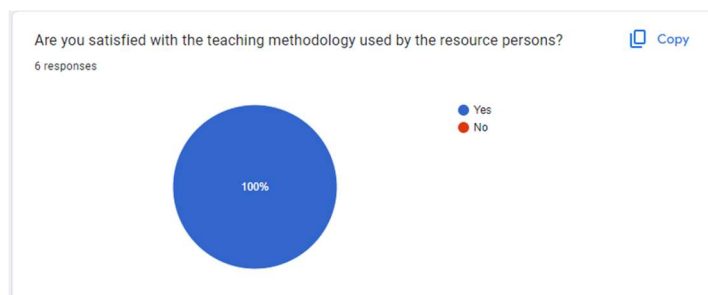
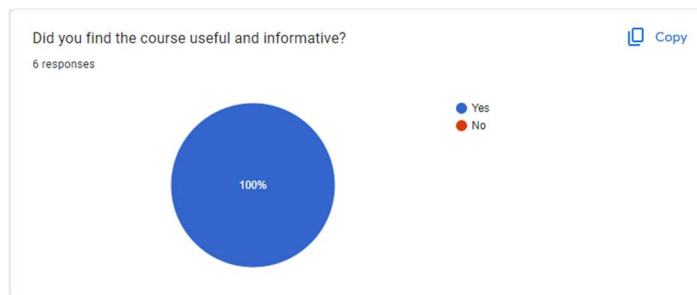
☐ Yes

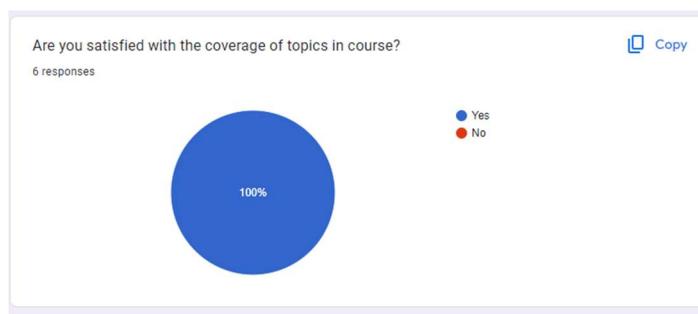
☐ No

Any suggestions or feedback

Your answer

8. Feedback Form Analysis





9. Names of enrolled participants-

S.No	Participant Name
1	Anju Khattar
2	Anuradha Agarwal
3	Chandraprabha
4	Indu Jain
5	Karuna Gupta
6	Kavita Khandelwal
7	Khusboo Nahata
8	Kuljit Kaur
9	Monika Jain
10	Nishi Aggarwal
11	Poonam Sharma
12	Praveen Namdev Devare
13	Pushpa Singh
14	Rashmi Mahesh
15	Ritu Aggrawal
16	Ritu Ghai
17	Rupender Aulakh
18	Shivani Talwar
19	Sushma Bansal
20	Vinita Karira
21	Vinod Rambhau Nandanwar
22	Manjit Kaur

10. Course Fee- Rs 3,000/- per person

Total Amount Collected – Rs 66000/- [Rs. 3,000 each from participants]

11. Resource Person-

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

12. Course Coordinator-

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

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

Course Co-coordinators-

Ms. Amita Yadav
Assistant Professor
Department of Commerce
Janki Devi Memorial College

13. Course Poster-

JANKI DEVI MEMORIAL COLLEGE
UNIVERSITY OF DELHI
GIRL UP NITARA
Under the aegis of JDMC-IQAC centre for Career Counselling, Career Opportunities and Skill Enhancement
Presents
Ancient Techniques Of Acupressure [LEVEL 5]

- Course is open only for those who know the basics of Acupressure
- Course fee is 3000
- Reading material will be couriered to 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 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/aculevel5>

Class Schedule: Tuesday and Saturday
Class Timings : 3:30pm to 5:00pm
Last Date of Registration: December 31, 2022
Course Commencement Date: January 10, 2023

30 HOURS COURSE

ACCOUNT DETAILS
A/C 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

Use QR Code for the payment of the course

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

Ms. Amita Yadav (Co-Convenor)	Ms. Bhawna Pal (Co- Convenor)	Dr. Vibha Jain (Convenor)	Prof. Swati Pal (Principal)
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14. Course Brochure-






Janki Devi Memorial College (University of Delhi)

Girl Up Nitara
Under the Aegis of JDMC-IQAC centre for Career
Counseling Career Opportunities and Skill
Enhancement
presents
A 30- hour Online Add-On Course on

ANCIENT TECHNIQUES OF ACCUPRESSURE Level 5

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 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 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

- Principles of Diagnosis
- Yin Yang - concept and imbalance
- Diseases related to Blood and Body Fluids
- Essence
- Diagnosis by looking, hearing and smelling, asking and feeling
- Tongue Diagnosis and Pulse Diagnosis
- Five Element Diagrams
- Five elements and first therapy
- Diagnosis
- Right principles of diagnosis of disease
- Six extra ordinary yang organs
- Four levels of Qi and patterns of disease

Who can join the course?

- Any curious head who has the basic knowledge of accupressure can join
- 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 January 10, 2023
- Classes will be conducted through online mode

How to Register?

- Interested candidates can register at the following link:
<https://tinyurl.com/aculevel5>
Last Date to Register is December 31, 2022
- Course fee is Rs. 3000/-
- 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 addonaccupressure@gmail.com and attach it to their registration form
Late admissions will not be accepted

Evaluation

- Assessment will be done through 4 assignments
- Atleast 75% assignments should be submitted
- Minimum 70% attendance is mandatory
- A total of 60% score is required to be eligible for the certificate

16. Certificate Template-



Dr. Vibha Jain
(Course Coordinator)

Prof. Ramola Madnani
(Resource Person)

Prof. Swati Pal
(Principal)

Ms. Bhawna Pal
(Course Coordinator)

Ms. Amita Yadav
(Course Co-Coordinator)