



GIRL UP NITARA
JANKI DEVI MEMORIAL COLLEGE
UNIVERSITY OF DELHI
Ancient Technique of Acupressure (Level-1)

Date of Commencement- December 5, 2022

Date of Ending- April 5, 2023

1. Report

The Level 1 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 on December 5, 2022. Special sessions were conducted before the course commences for the first time participants on the 18 November, 2022.

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 3,200 per person

Students Enrolled- 24 (all out of JDM)

Students who successfully completed the course- 16 (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- December 5, 2022

Date of Ending- April 5, 2023

Classes were conducted through webex 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 conducted using Google Forms to check 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 April 5, 2023. 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 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. Assessment Procedure-

- i. Assessment will be done through 4 assignments
- ii. At least 75% of the assignment should be submitted
- iii. Minimum 70% attendance is mandatory
- iv. A total score of 60% is required to be eligible for the certificate

Assessment Outcome- At the end 15 participants were able to fulfill our evaluation criteria and were able to complete the course successfully.

5. Links of Recorded Lectures of inauguration and valedictory -

Session 1 (Inauguration session): <https://youtu.be/m7t5eY9Km1k>

Session 23 (Valedictory session): <https://youtu.be/8S2hCY6mqGk>

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	9	10	11	12	13	14	15	16	17	18	20	21	22			
2	Date of Session		Dec5,22	Dec8,22	Dec12,22	Dec15,22	Dec19,22	Dec22,22	Dec26,22	Jan2,23	Jan5,23	Jan9,23	Jan12,23	Jan16,23	Jan19,23	Jan26,23	Feb2,23	Feb6,23	Feb9,23	Feb13,23	Feb16,23	Feb20,22	TOTAL		
3	No	Name																							
4	1	Ashima Gupta	P	P	P	P	P		P		P	P	P	P	P	P	P	P		P	P	P		20	
5	2	Bharti Menghani		P	P		P		P	P	P	P	P	P	P	P	P	P	P	P	P	P		20	
6	3	Devyani Kavathekar	P	P	P	P	P			P	P	P	P	P	P	P	P	P	P	P	P	P		21	
7	4	Geeta Mudgal	P	P	P	P			P	P	P	P	P	P	P	P	P	P	P	P	P	P		22	
8	5	Geeta Yadav	P		P		P		P	P	P	P	P	P	P	P	P							16	
9	6	Hitesh Dua	P	P	P	P	P		P	P	P	P	P	P	P	P					P			17	
10	7	Lata Bhatia	P	P	P	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P		21	
11	8	Meenakshi Agrawal	P							P			P	P	P	P								9	
12	9	Mukesh Jain	P	P		P	P				P	P	P	P	P	P	P	P	P	P	P	P		13	
13	10	Neha Singla	P	P	P	P	P			P						P								10	
14	11	Nipun Juneja	P		P		P									P					P			8	
15	12	Nitin V Kotak	P	P	P	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P		21	
16	13	Parnika Mendiratta		P	P		P			P	P	P	P	P	P	P	P			P	P	P		15	
17	14	Ritu Ghai	P	P	P	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P		22	
18	15	Renuka Singh			P		P			P		P	P	P	P	P								11	
19	16	Savita Pandey	P	P	P	P	P			P	P	P	P	P	P	P	P	P		P		P		18	
20	17	Sonali Sharma	P	P	P	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P		21	
21	18	Shweta gupta	P	P	P	P	P		P		P	P	P	P	P	P	P	P	P	P	P	P		21	
22	19	Sukhvinder Kaur	P	P	P	P	P			P	P	P	P	P	P	P	P	P	P	P	P	P		21	
23	20	Suman Sadana	P	P										P		P								8	
24	21	Tamanna	P	P	P	P	P			P	P	P	P	P	P	P	P	P	P	P	P	P		21	
25	22	Tulika Agrawal	P	P	P	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P		21	
26	23	Vinod Nandanwar	P	P	P	P	P		P	P	P	P	P	P	P	P			P	P	P	P		20	
27	24	Dr. Ravi Bhashan														P								1-Jan	
28																									
		<	>	Level 5		Level 1																			

7. Feedback Link Screenshots-

Feedback Form: Level 1
Send

Questions
Responses 13
Settings

Feedback Form: Level 1

Form 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

Please mention your contact number *

Short answer text

Feedback Form: Level 1

Send

Questions

Responses 13

Settings

Did you find the course useful and informative? *

Yes

No

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

Yes

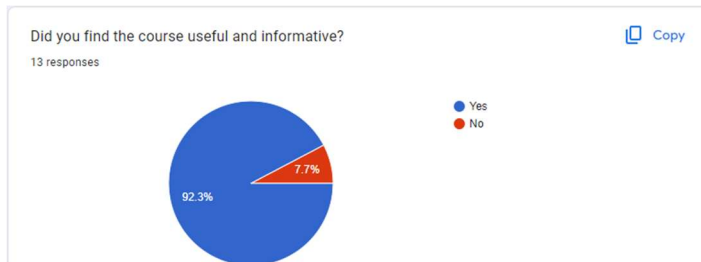
No

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

Yes

No

Feedback Form Analysis-



8. No. of Enrolled Participants-

S. No	Name
1.	Neha Singla
2.	Ritu Ghai
3.	Devyani Kavathekar
4.	Nitin V Kotak
5.	Vinod Rambhau Nandanwar
6.	Parnika Mendiratta
7.	Geeta Yadav
8.	Savita Pandey
9.	Lata Bhatia
10.	Hitesh Dua
11.	Geeta Mudgal
12.	Sukhvinder Kaur
13.	Tamanna
14.	Tulika Agrawal
15.	Shweta Gupta
16.	Sonali Sharma
17.	Bharti Menghani
18.	Mukesh Jain
19.	Ashima Gupta
20.	Nipun Juneja
21.	Renuka Singh
22.	Meenakshi Agrawal
23.	Suman Sadana
24.	Dr. Ravi Bhushan

9. **Course Fees :**

Rs. 3200 (inclusive of reading material) per person

Total Amount Collected:

Rs 76,800/-

10. **Resource Person:**

Prof. Ramola Madnani

Professor

Acupressure Shodh Prashikshan Evam Upchar Sansthan (ASPEUS)

Prayagraj

11. Course 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

12. Course Co-coordinator

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-RJMC Centre for Career Counselling, Career Opportunities and Skill Enhancement

Presents
Ancient Techniques Of Acupressure | LEVEL 1|

30 HOURS COURSE

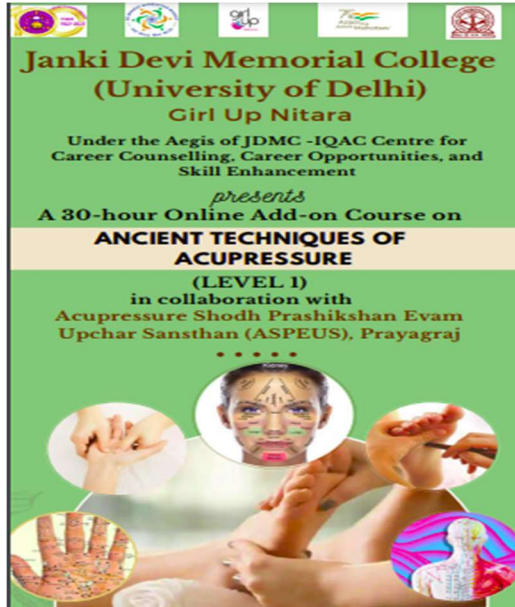
Account Details
Account Holder's Name:
JDMC'S ACCOUNT
Account Number: 808412150003
IFSC Code: CARI0000004
Bank Name: Canara Bank
Branch: Janki Devi Memorial College,
Sir Ganga Ram Hospital Marg,
New Delhi-110006

Use the QR Code for the payment of the Course

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

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

Course Brochure:

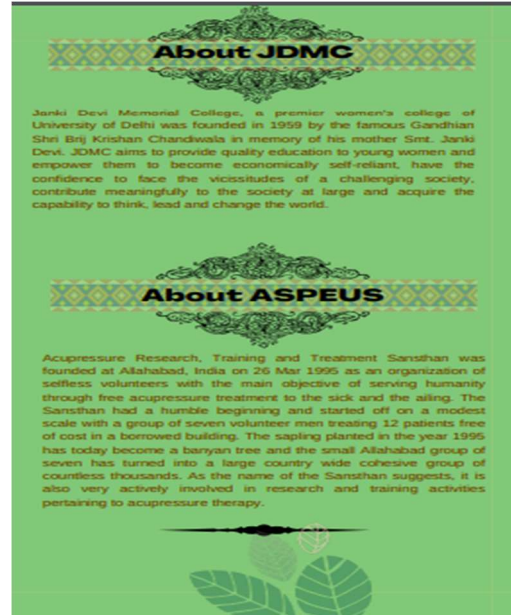


The cover of the course brochure features a green background with a decorative border at the top. It includes logos of Janki Devi Memorial College, University of Delhi, and IQAC. The text is centered and reads: "Janki Devi Memorial College (University of Delhi) Girl Up Nitara Under the Aegis of JDMC -IQAC Centre for Career Counselling, Career Opportunities, and Skill Enhancement presents A 30-hour Online Add-on Course on ANCIENT TECHNIQUES OF ACUPRESSURE (LEVEL 1) in collaboration with Acupressure Shodh Prashikshan Evam Upchar Sansthan (ASPEUS), Prayagraj". Below the text are four circular images showing acupressure techniques: a hand being pressed, a face with points marked, a hand being pressed, and a hand being pressed.

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
A 30-hour Online Add-on Course on
ANCIENT TECHNIQUES OF
ACUPRESSURE
(LEVEL 1)
in collaboration with
Acupressure Shodh Prashikshan Evam
Upchar Sansthan (ASPEUS), Prayagraj



This section contains two decorative headings. The first is "About JDMC" followed by a paragraph about Janki Devi Memorial College. The second is "About ASPEUS" followed by a paragraph about Acupressure Research, Training and Treatment Sansthan.

About JDMC

Janki Devi Memorial College, a premier women's college of University of Delhi was founded in 1959 by the famous Gandhian Shri Brij Krishan Chandiwala 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

Acupressure Research, Training and Treatment Sansthan was founded at Allahabad, India on 26 Mar 1995 as an organization of selfless volunteers with the main objective of serving humanity through free acupressure treatment to the sick and the 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.



This section contains three decorative headings. The first is "Who Can Join The Course?" followed by a list of bullet points. The second is "Evaluation" followed by a list of numbered points. The third is "How to Register?" followed by a list of bullet points.

Who Can Join The Course?

- Every person who wants to learn non-invasive treatment to treat many disorders and wishes to lead a medicine-free life is welcome to join.
- There are 50 seats.
- Selection will be made on first come, first serve basis.

Evaluation

- 1) On successful completion of the course, participants will be given E- Certificates.
- 2) Assessment will be done through 4 assignments
- 3) Atleast 75% of the assignments should be submitted
- 4) Minimum 70% attendance is mandatory
- 5) A total score of 60% is required to be eligible for the certificate.

How to Register?

- Interested candidates can register at the following link:
<https://tinyurl.com/asulevel1>
- **Last Date of Registration: November 30, 2022**
- Late admissions will not be accepted.
- 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.
- Course Commencement Date: December 5, 2022
- Class Schedule: Monday and Thursday
- Timings: 3:30 PM- 5 PM



This section contains three decorative headings. The first is "Resource Person" followed by a portrait of Prof. Kamini Mishra. The second is "Work Experience" followed by a list of bullet points. The third is "Educational Qualifications" followed by a list of bullet points.

Resource Person

Prof. Kamini Mishra
Professor at Acupressure Shodh Prashikshan
Evam Upchar Sansthan (ASPEUS),
Prayagraj

Work Experience

- 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 Gujarat Ayurveda University, Jamnagar.
- She has completed several diploma and certificate courses related to Acupressure conducted by ASPEUS.

Educational Qualifications

- She has been a coordinator in Delhi for ASPEUS, Allahabad.
- She initiated and has been teaching acupressure at JIMS, Rohini, New Delhi.
- 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.

- What is Accupressure
- Five elements, Sujok
- Five shu point
- Laws of Yau Source, Distal, Influential, Xi-cleft, Passage Point, Alarm Point, Horary Point, First and Last, Root and Fruit, Source Point
- Introduction to Meridians
- Ayurvedic Accupressure
- Tulyaratna correspondence of organ, body parts, Vata, Pitta, Kapha
- Ayurvedic Biological Clock and Lifestyle

Ayurvedic Acupressure:	
Theory (10 Hrs.)	Practical (5Hrs.)
Agrivesh	Correspondence (External)
Bhargdawaj – Tulyarthata, Correspondence of Organs, Body parts	Correspondence (Internal)
Tem Origin System	
Vaat, Pitta, Kapha, Samanya-Vishesh, Ayurvedic Biological clock & life style	VLM, LVM, RLVM, HZM, LHM, RLHM
Diagnose & Treatment (10- On Finger & Toes, Twist, Head Regional, Seasonal, Phalanges, Pregnancy Treatment	Spiral Meridian
Rishi Chyawan (Treatments)	Spiral Meridian

Chinese Acupuncture:	
Theory (10 Hrs.)	Practical (5Hrs.)
Treatise-1, what is acupuncture, Five Elements	Subject Correspondence
Five Shu, Law of Yuen Source, Distal, Influential, Xi-Clairs, Passage points	Meridians Lu, Li, Sp, St
Law of Alarm Point, Hearty First & Last Points, Root & Fruit, Organ Source Points	Meridians H, St, K, UB
Treatment of Circulatory, Endocrines, Law of Relating Yin/Yang, Spirans, Emotions	Meridians P, Tw, LV, GB
Sushrut Rang Chikista	Meridian Cv, Gv
Single Point Treatment	Byod Chart

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



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

Ms. Bhawna Pal
Assistant Professor
Department of Commerce, JDMC

Ms. Amita Yadav
Assistant Professor
Department of Commerce, JDMC

Dr. Vibha Jain	Ms. Mansi Anand
Associate Professor	Assistant Professor
Department of Commerce, JDMC and	Department of Commerce, JDMC and
Convener, Girl Up Nitara	Convener, Girl Up Nitara

Prof. Swati Pal
Principal
JDMC

ज्ञानदेवी मेमोरियल कॉलेज
(महिले विश्वविद्यालय)
JANKI DEVI MEMORIAL COLLEGE
(University of Delhi)
राज गंगा राम अस्पताल मार्ग, नई दिल्ली-110060
Sir Ganga Ram Hospital Marg, New Delhi-110060
दूरभाष : 47654131, Tel : 49876630
E-mail : jkpmemorial@rediffmail.com <http://idm.du.ac.in>

word stem2ref No

References

MEMORANDUM OF UNDERSTANDING (MOU)

This Memorandum of Understanding (MOU) is made on **NOVEMBER 4, 2022**, between Janki Devi Memorial College, University of Delhi, Sir Ganga Ram Hospital Marg, New Delhi, 110060 (Hereinafter called the 'First Party') through its Principal Dr. Swati Pal

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 (LEVEL 1) - 'Acupressure', beginning **December 1, 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:

- 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

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

जानकी देवी मेमोरियल कॉलेज
(हिलरी विद्यापीठमार्ग)
JANKI DEVI MEMORIAL COLLEGE
(University Of Delhi)
सर गंगा राम अस्पताल मार्ग, नई दिल्ली-११००६०
Sir Ganga Ram Hospital Marg, New Delhi-110060
दूरभाष : ४६८९६६०, Tel : 49676630
E-mail : jdmcollege@hotmail.com, <http://jdm.du.ac.in>

wind vnm/Ref. No. _____

Study Date:

1. The First Party Through its coordinators will prepare the syllabus for the course in consultation with the Resource person of the Second Party
2. The Financial aspects of this arrangement are agreed upon as under:-
- a. 75% of the revenue generated will be paid to the Resource person conducting classes on behalf of ASPK
- b. 25% of the remaining receipt after paying a share of 10% will be given to the First Party while the rest of the money will be credited to the Girl's Hostel account.
3. Logos of both the parties will be used in the promotional material.
4. Both the parties have agreed that they will extend every form of co-operation to each other.
5. The First Party appoints Dr. Vibha Jain as Convener, Ms. Bhawana Pal and Mrs. Amiya Yadav as Co-Convener for this course whereas the Second Party appoints Prof. Ramula Madhava as Resource person who is also authorized to receive payment for conducting this course.
6. This agreement shall be made in two original copies, both of which would be equally valid. The First

We hereby signify our acceptance of the terms and conditions stated above

The First Party

The Second Party

Dr. Swati Pal
Principal
Janaki Devi Memorial College,
University of Delhi
Sir Ganga Ram Hospital Marg
New Delhi - 110060
Date - November 4, 2022

Dr. Vibha Jain
Convenor
Acupuncture Level 1

Shri J.P. Agrawal
President
ASPEUS
Prof. Ramola Madnani signing
for Shri J.P. Agrawal

Date - November 4, 2022



15. Certificate Template-



16. Recording Links

Session 1 (Inauguration session): <https://youtu.be/m7t5eY9Km1k>

Session 23 (Valedictory session): <https://youtu.be/8S2hCY6mqGk>

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)