



# JANKI DEVI MEMORIAL COLLEGE UNIVERSITY OF DELHI ALUMNAE ASSOCIATION

*presents*



An online add-on course  
*on*

## ACUPRESSURE

*in collaboration with*

### ASPEUS

'Road to self care'

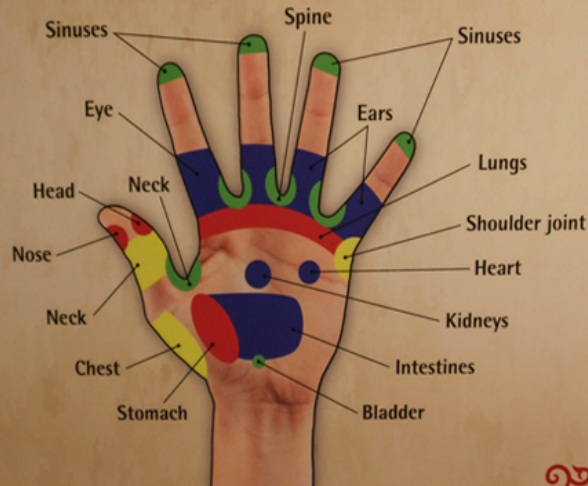


Learn to  
take care of  
yourself!!

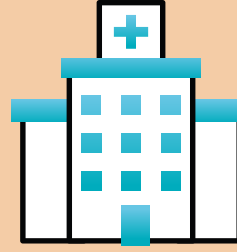


A healthy mind  
is the greatest  
treasure  
to find.

# Acupressure Points



Own Clinic



Work at MNCs



## What is the course?

This course is aimed towards teaching the students, the ancient art of 'Acupressure' that is helpful in dealing with many common ailments of day-to-day life.

## Why should you learn it?

- Learning self-healing
- Sky-rocketing medical expenses. Acupressure is inexpensive.
- Stressful life especially in pandemic
- Career Opportunities

## More Details about the Course

### WHO CAN APPLY?

Every person who wants to learn non-invasive treatment to many disorders and wishes to lead a medicine-free life is welcome to join.

### HOW WILL STUDENTS BE SELECTED?

- There are 50 seats.
- Selection will be made on first come, first serve basis.

### WHEREABOUTS OF THE COURSE

- The duration of the course is going to be 30 hours.
- Classes will be held on Google Classroom at 3:30 pm beginning 12 April 2021.
- 3 classes will be held in a week subject to minor changes.

# Contents of the Course

## Ayurvedic Acupressure:

Theory (10 Hrs.)	Practical (5Hrs.)
Agnivesh	Correspondence (External)
Bhardwaj – Tulyarthata, Correspondence of Organs, Body parts	Correspondence (Internal)
Ten Origin System	VM, LVM, RLVM
Vaat, Pitta, Kapha, Samaanya-Vishesh, Ayurvedic Biological clock & life style	HZM, LHM, RLHM
Diagnose & Treatment (10- Origin Finger & Toes, Twist, Head Regional, Seasonal, Phalanges, Pregnancy Treatment	Spiral Meridian
Rishi Chyawan (Treatments)	Spiral Meridian

## Chinese Acupressure:

Theory (10 Hrs.)	Practical (5Hrs.)
Treatise-1, what is acupressure, Five Elements	Sujok Correspondence
Five Shu, Law of Yuan Source, Distal, Influential, Xi-Cleft, Passage points	Meridians Lu, Li, Sp, St
Law of Alarm Point, Horary, First & Last Points, Root & Fruit, Organ Source Points	Meridians H, Si, K, UB
Treatment of Cervical, Endocrines, Law of Regulating Bowels, Sprains, Emotions.	Meridians P, Tw, Liv, GB
Sushrut Rang Chikista	Meridian Cv, Gv
Single Point Treatment	Byol Chart

# Resource Person



**Ramola Madnani**

She is a professor at  
Acupressure Shodh  
Prashikshan Evam Upchar  
Sansthan (ASPEUS),  
Allahabad

## 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 one and half 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 also completed a one year diploma course in interior decoration from JDMC.
- 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.

# How to Register?

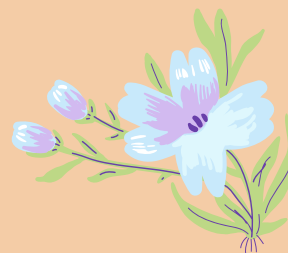
- Interested Candidates can register at the following link : <https://tinyurl.com/2b2ty68b>
- The fees of the course is Rs 1000. It includes Rs 200 for the cost of the kit & reading material that will be couriered at students' addresses.
- Fees will be collected through online banking transactions.
- Fee is non-refundable.
- Candidates must send receipt/proof of successful payment at [jdm.alumnae@gmail.com](mailto:jdm.alumnae@gmail.com) and attach it in their registration form.
- Last Date of Registration : 5 April 2021

# How will students be assessed?

- Students will be provided with an e-certificate on successful completion of the course.
- Successful Completion will comprise of
  1. Mandatory Attendance in at least 60% of the classes.
  2. Securing at least 60% marks in tests, which will be conducted through online mode.

In case of any query, write to us at [jdm.alumnae@gmail.com](mailto:jdm.alumnae@gmail.com)

Your body is your temple, your home,  
you must learn to take care of it



## Account Details

A/c Name : JDMC Alumnae  
Association

A/c No. : 8594101051815

IFSC Code : CNRB0008594

Branch : Canara Bank, Janki  
Devi Memorial College  
Sir Ganga Ram Hospital  
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