



After a successful run of first level of Acupressure,

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

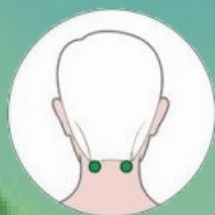
A 30-hour online add-on course

on

ACUPRESSURE (LEVEL 2)

in collaboration with

ASPEUS



ABOUT THE COURSE

Have you even been scared of taking a medicine for the fear of its side effects?

If yes, then get introduced to a non-invasive art of treating numerous common ailments. Acupressure is an ancient art that enables you to take care of your body reducing the fuss of running to the doctor everytime.



RESOURCE PERSON



Ramola Madhani

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 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.

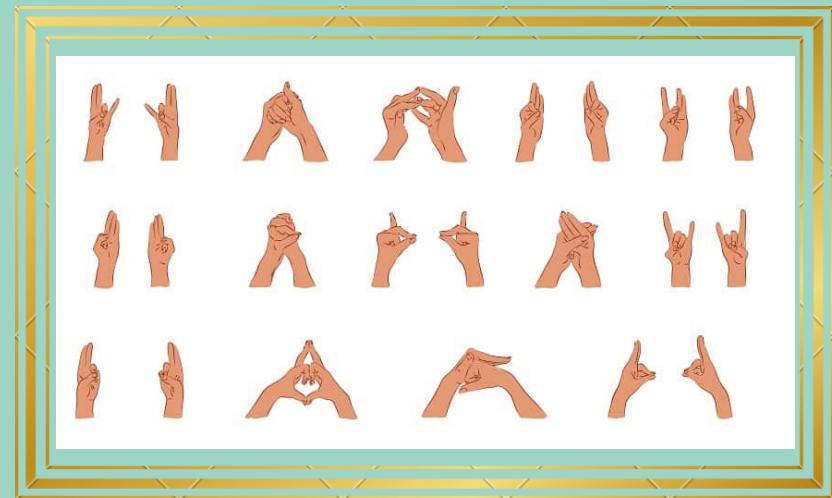
Educational Qualifications

- She did her graduation in 1979-1982 from Janki Devi Memorial College (JDMC), University of Delhi.
- She has 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.



WHAT'S NEW THIS TIME?

- The course will touch upon 8 new tissue meridian by Dr. Voll (world famous German physician!)
- Apart from revising the basics, knowledge of new concepts will help participants to treat prolonged illness by going deeper into concepts.
- Minute details will be covered so as to enable students to locate precise pressure points.
- Learn about yog mudra



WHO CAN JOIN THE COURSE?

Any curious head who wants to learn the art is welcome to join. No bar of qualification.

- There are 50 seats. Selection will be made on first come, first serve basis.
- 4 classes will be held in a week subject to minor changes.
- The course will begin on 19 July 2021 on Google Classroom.

HOW TO REGISTER?

- Interested Candidates can register at the following link : <https://forms.gle/hnhs4sKdCP1tZfNh7>
- The fees of the course is Rs 3000. Kit & reading material will be couriered at students' registered 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 and attach it in their registration form.
- Last Date of Registration : 15 July 2021

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

Marg, New Delhi - 110060



CONTENTS OF THE COURSE

Ayurvedic Acupressure 1. Charak-1 2. Charak-3 (only spinal section) Reference Books <ul style="list-style-type: none">Ayurvedic Hand Book 1, 2, 3Ayurvedic Acupressure vol-1		Chinese Acupressure 1. Treatise-III (EAV) 2. Treatise-IV (EAV) 3. Single point-III Reference Books <ul style="list-style-type: none">Chinese Hand Book-1Chinese Hand Book-2Treatise-VTherapist Hand Book	
Charak-1 (Pg. 1-200)	VM, LVM, RLVM, Hzm, LHM	Treatise-III (Pg. 11-93)	EAV meridian
Charak-3 (Pg. 71-141)	RLHM, SPR	Treatise-IV (Pg. 8-241)	EAV meridian

Why this course:

- Know vaat, pitta, kapha
- About seven tissues
- Regional division that helps treatment
- All types of spine related diseases
- About spine
- Treatment with scientific based
- Each part of the body has different protocol with scientifically
- Redefined of Chinese meridians
- Easy to plotting magnets

Vata Dosha
Energetic
Creative
Flexible

Pitta Dosha
Precise
Sharp-pointed
Direct

Kapha Dosha
Loyal
Patient
Supportive

EVALUATION

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

In case of any query,
write to us at addonalumnae@jdm.ac.in



*Your Health is an investment,
not an expense*

CONTACT PERSONS

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Dr. Poonam Sharma
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Alumnae Association

Prof. Swati Pal
Principal,
JDMC

