

Alumnae Events 2020-21

1) Contribution to Student Fee Assistance Account

The Alumnae Association of Janki Devi Memorial College has always believed in the development of society as a whole. The Association is committed to the improvement of society by participating in various social awareness activities. During the lockdown, many parents were unable to afford their children's education because of financial stress. Alumnae Association financially supported these students by contributing an amount of Rs. 50000/- towards Students Fee Assistance Account. The Association also appealed to its alumnae to come forward and help the girls to continue with their education by providing needy students of JDMC fee assistance and with the help of its former students Ms. Upasna Kaul, B.A. (Hons.) English, Batch-2006, Ms. Neeti Jain, B.Com (Hons.), Batch-2014, and Ms. Pratibha Malhotra, B.Com (Hons.), Batch-2014, association also made an additional contribution of Rs. 16497/- for the same cause. We are proud that our former students came forward to help educate students from modest backgrounds.

Contribution to the College's Infrastructural Development

Alumnae Association also contributed an amount of Rs. 100000/- for the setup of audio-visual rooms in the college.

2) Workshop on E-Filing of ITR for salaried Individuals

Date – March 10, 2021

Alumnae Association of JDMC organised an online certificate workshop on E-filing of ITR for salaried individuals on 10th March 2021. The resource persons for the workshop were our former students CA Shweta Gupta and Mrs. Shilpa Maggo, both working as Assistant Professors in the Department of Commerce, Janki Devi Memorial College, University of Delhi. The workshop was attended by more than 60 teaching, non-teaching staff, and students from various colleges of the University of Delhi. The session started with a welcome address of Prof. Swati Pal, Principal, Janki Devi Memorial College. Mrs. Shilpa Maggo briefed the audience about the basic terms used in income tax forms and also explained various sections where deductions can

be claimed. CA Shweta Gupta explained the TDS certificates issued by the employer and the bank. She also taught how to prepare and submit ITR-1 online. The session concluded with a vote of thanks delivered by Dr. Poonam Sharma, President, Alumnae Association. The whole session was highly interactive and productive for the audience.

Poster of the workshop



**Janki Devi Memorial College
Alumnae Association**

organises
Workshop
on
E-Filing of ITR for Salaried Individuals
For
**Teaching and Non-Teaching staff of JDMC
Resource Persons**

CA Shweta Gupta Assistant Professor Department of Commerce Janki Devi Memorial College Alumna - JDMC	Mrs. Shilpa Maggo Assistant Professor Department of Commerce Janki Devi Memorial College Alumna - JDMC
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Date: March 10 , 2021
Login Time: 11:30 AM
Session Time: 11:45 AM - 12:45 PM
Platform: Zoom

Register till 08 March , 2021
Registration Form Link: <https://forms.gle/BLxt9vyAbxZTnQgV7>

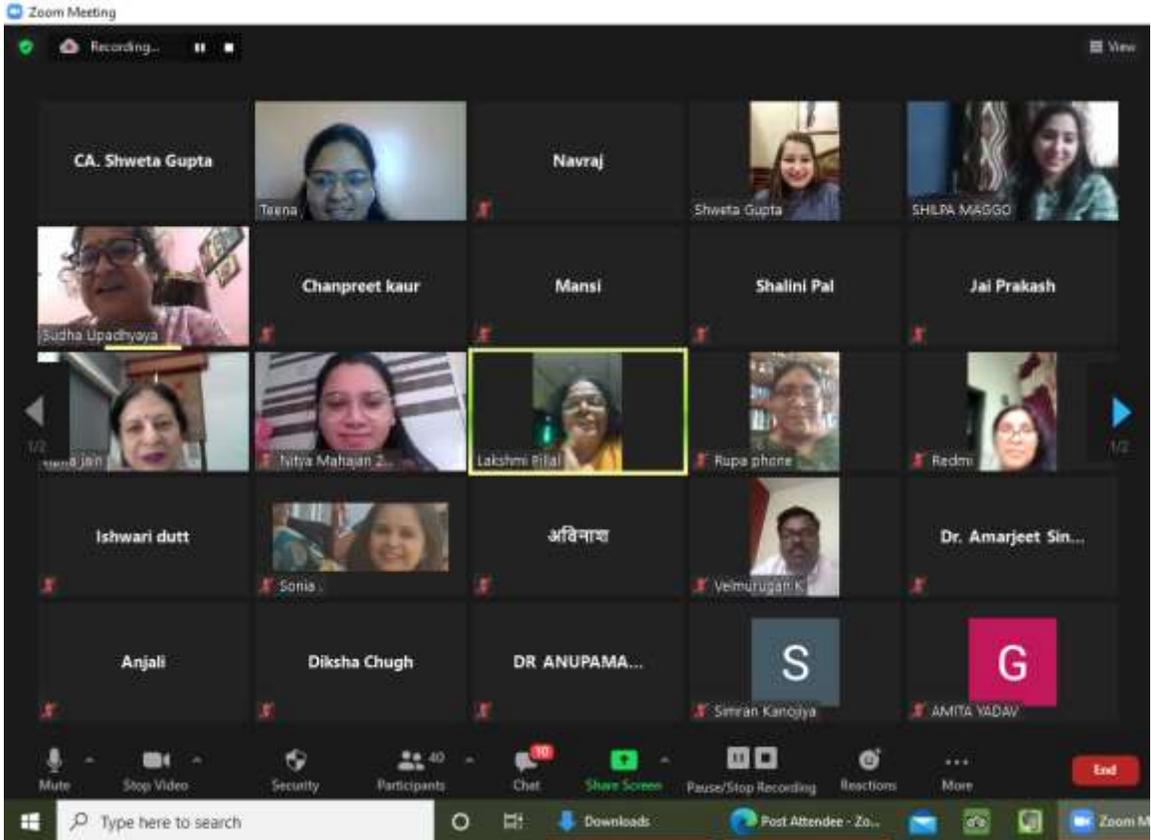
Zoom meeting link: <https://zoom.us/j/93692708968?pwd=eTJpcFJTInJlBCHR5b2NULy9aSE1Ddz09>
Meeting Id: 93692708968 Passcode: Returns

E-Certificates will be given to all participants.
For any queries write to us at jdm.alumnae@gmail.com

Dr. Poonam Sharma President, Alumnae Association	Prof. Swati Pal Principal (Patron)
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Pictures of the workshop







3) National Webinar on Polycystic Ovarian Disease (PCOD) in Adolescents

Date- March 18, 2021

The Alumnae Association of JDMC organised an online National Webinar on Polycystic Ovarian Disease (PCOD) in Adolescents on 18th March 2021 in collaboration with Forum for Democracy (FFD), a Delhi based non-governmental organization which works for creating a safe place for women to approach and access reproductive health services. PCOD is a major disease affecting a large portion of young women in India right now. The webinar speaker was Dr. Anjana Khare from Medanta Hospital, Lucknow. She is among the heroes who served her patients throughout the pandemic and continues to provide high-quality care to all patients. The webinar was attended by over 283 participants, including teachers and students from various colleges of the University of Delhi. Dr. Anjana Khare described the diagnostic measures and treatment modalities for adolescents suffering from PCOD. She also explained how changes in diet and lifestyle contribute to reducing the PCOD problem. She concluded her session by answering questions from attendees. The session ended with a vote of gratitude from Dr. Poonam Sharma, President of the Alumnae Association. The webinar was highly informative and insightful.

Poster of the workshop



**Janki Devi Memorial College
Alumnae Association
presents
National Webinar
on
Polycystic Ovarian Disease (PCOD) in
Adolescents
in collaboration with
Forum For Democracy**

**Speaker - Dr. Anjana Khare
Medanta Hospital, Lucknow**

Date: March 18, 2021
Login Time: 12:15 PM
Session Time: 12:30 PM - 1:30 PM
Platform: Zoom

Registration Form Link :
<https://forms.gle/f37o49xKtjLEXfvP8>

Zoom meeting link - <https://zoom.us/j/98546900559?pwd=azlpNkFhMUJFRVFsRndBRDIBQjIMdz09>

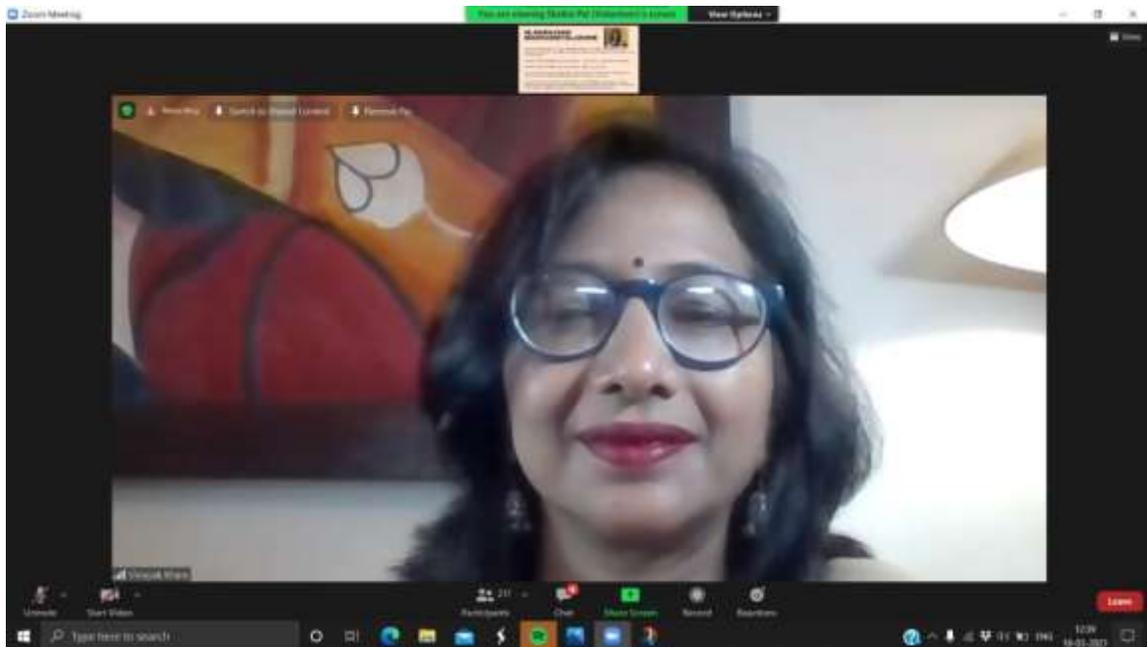
Meeting ID: 98546900559 Passcode: Alumnae

For any queries write to us at jdm.alumnae@gmail.com

Dr. Poonam Sharma
President, Alumnae Association

 **Prof. Swati Pal**
Principal (Patron)

Pictures of the event



4) Webinar on Acupressure

Date – April 3, 2021

An online webinar on Acupressure in collaboration with Acupressure Shodh Prashikshan Evam Upchar Sansthan (ASPEUS), Prayagraj, Uttar Pradesh was organised by Alumnae Association of Janki Devi Memorial College on April 3, 2021. The event began with the brief introduction of Prof. Swati Pal, Principal, Janki Devi Memorial College and Mr. A.P. Singh, Principal, Mata Prasad Khemka College, which was followed by the address of Mr. A. P. Singh. The speaker was Prof. Ramola Madani of ASPEUS who is also our former student from batch 1979-82. She pointed out that acupressure is like a first aid box through which the first treatment for major illnesses can be done on one's own. She explained pressure points in the arms, wrists, palms and fingers for treating headache, blood pressure, thyroid, sugar, heart, liver and kidney diseases. She suggested that participants should not use drugs immediately for any illness. She stated that treating epidemics like corona could also be possible through acupressure. According to her person of all ages can remove the illnesses of eyes, head, throat, chest, back and waist through acupressure without any side effects. Over 150 beneficiaries took part in this webinar, including Prof. Madhu Pruthi, Principal, Keshav Mahavidyalaya, Prof. Sumat Aggarwal, Principal, Ramanujan College, faculty members from different colleges of the University of Delhi, retired faculty members and students. The webinar was organised and managed by Dr. Vibha Jain, Associate Professor, Department of Commerce, Janki Devi Memorial College. She also informed the participants about the upcoming 30 hours online Add-On course on acupressure scheduled from 12th April 2021. The session concluded with a vote of thanks by Dr. Poonam Sharma, President of the Alumnae Association.

Poster of Webinar

**JANKI DEVI MEMORIAL COLLEGE
UNIVERSITY OF DELHI
ALUMNAE ASSOCIATION**

presents
**Webinar
on
'Acupressure'**
in collaboration with
ASPEUS

Learn the art of self-healing by

Speaker :
Ramola Madhani

Professor at
Acupressure Shodh
Prashikshan Evam
Upchar Sanshan
(ASPEUS), Allahabad

Webinar Details

- Date : 3 April 2021
- Time : 12:30 pm Login Time : 12:15 pm
- Platform : Google Meet
- Registration Link : <https://forms.gle/ciYeDM6sZARCA7mV8>
- Meeting Link : <https://us02web.zoom.us/j/8803763152?pwd=d0s1T0tlUW85RDVJWddYenVWOUduZz09>
- Meeting ID: 880 376 3152 Passcode : 861345
- E-certificates of participation will be provided to all participants.
- There is no fees for attending the webinar.

Benefits of Webinar

- Learn how to treat a wide range of ailments
- Learn about career-building opportunities in Acupressure from the experts
- Learn to fight the stress associated with the pandemic.

For any queries, write to us at jdm.alumnae@gmail.com

Dr. Poonam Sharma
President, Alumnae Association

Prof. Swati Pal
Principal (Patron)

Some glimpses of the webinar

Zoom Meeting You are viewing a screen shared by the host.

Recording... View Options

Participants (13/17)

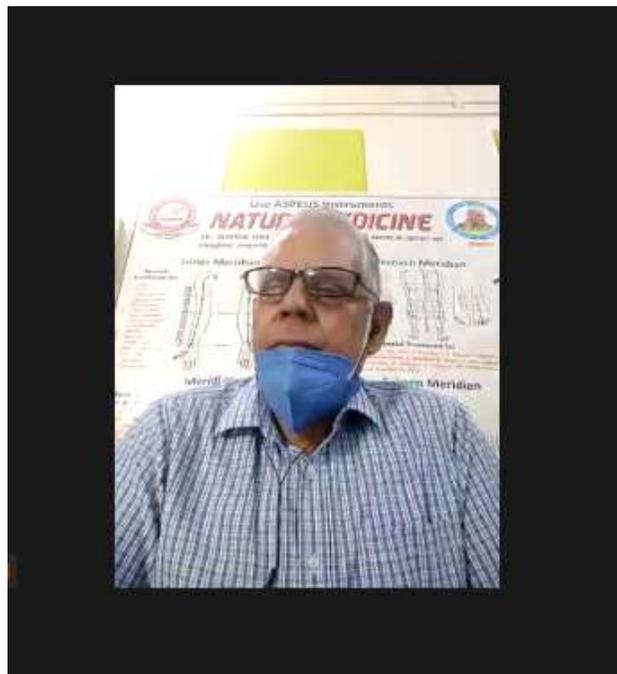
Find a participant

Waiting Room (1) Message

Participants in the Meeting (13/17):

- Tanya (Co-host) (M)
- U.S. Shweta Gupta (Host)
- Pragathi S... (Co-host)
- Ramola Madhani (Co-host)
- Witha Jain (Co-host)
- Sonal (Co-host)
- Lakshmi Dhar (Co-host)
- Harika Madhavi (V...) (Co-host)
- Shweta Pal (Co-host)
- Vidyaanand Singh (Co-host)

Zoom Meeting 1:18 PM 4/3/2021



5) Add-On Course on Acupressure

Duration – April 12, 2021- May 25, 2021

The Alumnae Association of Janki Devi Memorial College, University of Delhi in association with The Acupressure Shodh Prashikshan Evam Upchar Sansthan (ASPEUS), Allahabad, Uttar Pradesh, organised a 30 hours Online Add-On Course on “Acupressure” which was conducted over a period of one-and-a-half months. The Course was inaugurated by Professor AP Singh of the Acupressure Shodh Prashikshan Evam Upchar Sansthan (ASPEUS) and Professor Swati Pal, Principal, Janki Devi Memorial College, University of Delhi on April 12, 2021 at 3:30 pm.

About 65 participants took part in this Add-on Course which included known people of diverse fields like College Principal, University Teachers, Scientists, business owners, eminent doctor from reputed health institutions like AIIMS, who were Covid experts, Practising Acupuncturist, Suzok Therapist, Social Activist, Bank Manager, retired people and many more.

The resource persons of the Add-On Course were Professor Ramola Madnani, Mr. Brajmohan Saini both from Acupressure Shodh Prashikshan Evam Upchar Sansthan (ASPEUS) and Dr. Ambiba Pandey, Senior Physiotherapist, who explained the important aspects of Ayurvedic Acupressure during this spectacular Add-On Course.

Professor AP Singh said in his statement that during these unprecedented times, the importance of a course related to acupressure increases manifold. He also made the audience aware of Acupressure Shodh Prashikshan Evam Upchar Sansthan (ASPEUS) Allahabad, an institution which is constantly working towards the promotion and propagation of Acupressure. He also emphasised on the benefits of Acupressure in everyday life.

On this occasion, Professor Swati Pal, Principal, Janki Devi Memorial College, University of Delhi congratulated everyone on organising such an enriching and successful Add-On Course and mentioned that in these difficult times, a self-treatment system like Acupressure will help people in fighting diseases. The biggest truth today is to be vigilant. One who is conscious, is healthy and one who is healthy, is safe. It is also noticeable that about three generations will be benefitted from this Add-On Course.

The Course emphasized upon the importance of palms and soles of feet in our body. In Acupressure, what are the important points of the palms and soles of the feet, what happens in the body by pressing those points, etc. and how the body reacts to the same were explained in the initial lectures.

Professor Ramola Madnani said during the Course that Acupressure is like a “First Aid Box”. She explained the basic meaning of Acu-pressure i.e. “Acu” means point and pressure means applying force. She also emphasised that the primary treatment of most of the diseases can be done by us through applying the techniques of Acupressure. Professor Ramola Madnani identified every pressure point and explained its benefits in detail during the entire duration of the Course. She explained the primary cures for specific diseases or illness by pressing certain points in great detail. Treatment of problems like headache, body pain, blood pressure, thyroid, sugar, heart, liver, kidney diseases, etc can be done by pressing certain pressure points in both arms, wrists, palms and fingers. Also, many diseases can be cured by pressing and massaging the necessary points in the head, ear, back of the ear, neck and toes.

During the Add-On Course, it was also claimed that treatment of a pandemic like Covid-19 is also possible with Acupressure. The necessary points needed for the treatment of diseases were described with the help of making dots on the fingers with black, blue, yellow and orange colours. It was also explained that the network of nerves and veins in the human body is actually capable of treatment of primary physical diseases by applying pressure to specific points. People were motivated to self-treat themselves. Acupressure can also be used for treatment of chronic diseases. It has no side effects at all. Also, a person of any age, gender, etc can apply this technique for treatment of several problems.

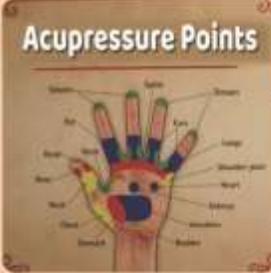
The main aim of this Add-On Course, which lasted about one and a half months, was to build the importance of Acupressure in our daily life. The people participating in this Course were not only given information to treat themselves, but were also equipped to use Acupressure on any needy person and establish a disease-free society. Those who do not have money can also be completely healthy by using these simple techniques of Acupressure.

The participants of the Course were really delighted to be a part of such an enriching Course. Some participants asked for more of such Courses and Workshops to be organised in the near future, while others said that due to acupressure, everyone can be guaranteed to be healthy.

The Add-On Course was organized by Dr. Vibha Jain, Secretary General, Janki Devi Memorial College Alumnae Association with the help of other members of the Executive Body of Janki Devi Memorial College Alumnae Association. Professor Swati Pal, Principal, Janki Devi Memorial College, congratulated the members of the Alumnae Association for organisation of such a successful Course which saw huge enthusiasm amongst the participants to learn the techniques of Acupressure. She said that when the entire country is in the grip of Covid19 pandemic, organising an Acupressure Add-On Course will certainly be very helpful in keeping the common people healthy. Dr. Poonam Sharma, President, Janki Devi Memorial College Alumnae Association, extended her greetings and thanks to everyone at the conclusion of the Course. Special thanks was also conveyed to the members of the technical team for hassle free conduct of classes. This initiative of Janki Devi Memorial College was a commendable step during these special circumstances of lockdown. It was possible to conduct such a Course since our Principal Professor Swati Pal has always been optimistic about the endeavours that can be put in during adversity and challenging times. She has always been a source of constant motivation and inspiration to handle things in the most positive way. Many congratulations and best wishes to Alumnae Association for conducting more such Courses in the future as well.

Poster of the Course





Acupressure Points



Own Clinic



Work at MNCs

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.
- 3 classes will be held in a week subject to minor changes.

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

Contents of the Course

Ayurvedic Acupressure:	
Theory (10 Hrs.)	Practical (10Hrs.)
Agrivash	Correspondence (External)
Bhawanj - Tulyantika, Correspondence of Organs, Body parts	Correspondence (Internal)
Ten-Organ System	UM, UYU, SLVUM
Vaia, Pilla, Kaphe, Sansarna-Vidroh, Ayurvedic Biological clock & life style	H2M, UVM, RUMH
Diagnose & Treatment (10- Organ Finger & Tone, Twist, Head Regional, Seasonal, Challenges, Pregnancy Treatment, Risk Chyawan (Treatments)	Spiral Meridian
	Spiral Meridian

Chinese Acupressure:	
Theory (10 Hrs.)	Practical (10Hrs.)
Treatise-1, what is acupressure, Five Elements	Suwei
Five Shu, Law of Yuan Source, Distal, Inferior, 10-Orb, Passage points	Correspondence
Law of Alarm Point, Heave, First & Last Points, Root & Fruit, Organ Source Points	Meridian Lu, Li, Sp, SI
Treatment of Cervical, Endocrine, Law of Regulating Bowels, Sprains, Emotions	Meridian H, Si, K, UB
Sushru Rang Chakras	Meridian P, Tw, Liv, GB
Single Point Treatment	Meridian Cu, Wa
	Eye Chart

Resource Person



Ramola Madrani
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 JMS, 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 Gujarat 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/zbtzy08b>
- The fee 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 and attach it in their registration form.

How will students be assessed?

- 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 50% marks in tests, which will be conducted through online mode.

In case of any query, write to us at 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. : 8594301053815
IFSC Code : CNRB0008594
Branch : Canara Bank, Jirai
Devi Memorial College
Sir Ganga Ram Hospital
Marg, New Delhi - 110050

Contact Person

Course Coordinator
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9871216103
Associate Professor
Department of Commerce, JDMC

Ms. Shilpa Magoor
9818216693
Assistant Professor
Department of Commerce, JDMC

Dr. Poonam Sharma
President, Alumnae Association

Prof. Swati Patil
Principal, JDMC (Patron)

Photographs of event

