



**After a successful run of first and second level of Acupressure course**

**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*

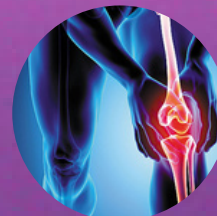
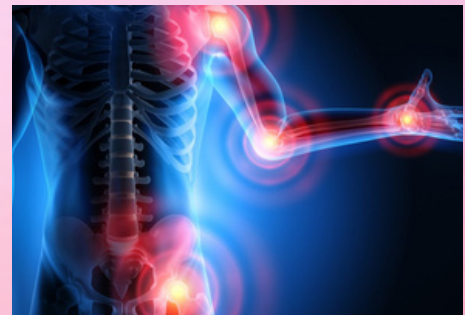
**A 30-hour online add-on course  
on**

**Ancient Techniques of  
Acupressure for Arthritis**

**(Level 3)**

**in collaboration with**

**ASPEUS**



# "Your Health is an investment, not an expense"

## 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



### 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 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.

**Ramola  
Madnani**

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

# WHAT'S NEW THIS TIME?

- The course will specially focus on **Arthritis**.
- **Arthritis** is the swelling and tenderness of one or more joints. The main symptoms of arthritis are joint pain and stiffness, which typically worsen with age.
- Apart from revising the basics, knowledge of new concepts will help participants to treat prolonged born related illness by going deeper into concepts.
- Minute details will be covered so as to enable students to locate precise pressure points.
- **Special Sessions** will be conducted before the course commences for **1st time participants**



# 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.
- 2 classes will be held in a week preferably on Monday & Thursday.
- The course will begin on February 7, 2022.
- Classes will be conducted through Google Meet and Google Classroom.

## Account Details

A/c Name : JDMC Alumnae  
Association

Bank Name - Canara Bank

A/c No. : 8594101051815

IFSC Code : CNRB0008594

Branch : Janki Devi Memorial  
College, Sir Ganga Ram Hospital  
Marg, New Delhi - 110060

# HOW TO REGISTER?

- Interested Candidates can register at the following link :  
<https://tinyurl.com/acupr3>
- The fees of the course is Rs 3000. Kit & reading material will be couriered at students' registered address.
- Fees will be collected through online banking transactions.
- Fee is non-refundable.
- Candidates must send receipt/proof of successful payment at [addonalumnae@jdm.du.ac.in](mailto:addonalumnae@jdm.du.ac.in) and attach it in their registration form.
- Last Date of Registration : January 31 , 2022



# CONTENTS OF THE COURSE

- ARTHRITIS
- What is arthritis
- About the human Body Joints
- Types of Arthritis
  - Osteo Arthritis
  - Rheumatoid Arthritis
  - Juvenile Arthritis
  - Ankylosing spondylitis
  - Lupus
  - Gout
  - Infective & reactive Arthritis
  - Psoriatic Arthritis
  - Fibromyalgia
  - Scleroderma
- Causes of Arthritis
- Risk Factors

# EVALUATION

- 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.
- Students will be provided with an e-certificate on successful completion of the course.

All queries will be taken through mail only, write to us at [addonalumnae@jdm.du.ac.in](mailto:addonalumnae@jdm.du.ac.in)

**Prof.Sandhya Garg**  
**President**  
**Alumnae Association**

**Prof. Swati Pal**  
**Principal**  
**JDMC**

# CONTACT PERSONS

## **Course Coordinator**

Dr.Vibha Jain

Associate Professor

Department of Commerce, JDMC

## **Co-Coordiators**

Ms. Bhawna Pal

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Assistant Professor

Department of Commerce, JDMC

Ms. Anuradha Goel

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Assistant Professor

Department of Commerce, JDMC

Ms. Teena Kohli

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Assistant Professor

Department of Mathematics, JDMC

## **Student Coordinator**

Khushi Wahi