

## **Alumnae Events 2021-22**

### **1) Add-On Course on Acupressure Level-2**

**Name of the Course Coordinators -** Dr. Vibha Jain

Associate Professor, Department of Commerce,  
Janki Devi Memorial College

Ms. Mansi Anand

Assistant Professor, Department of Commerce,  
Janki Devi Memorial College

**Duration of the Course –** 30 hours

**Date of Commencement –** 19 July 2021

**Date of Completion –** 18 September 2021

**Number of Students -** 32 students

#### **Study Material**

- Classes were conducted on Google Meet with the use of presentations. These presentations along with the recordings of the lectures were shared with the students on a daily basis.
- Use of Google Classroom was made to share relevant videos and other study material with the participants.
- Practical sessions and doubt clearing sessions were conducted to resolve queries.

#### **Key Resource Person**

Prof. Ramola Madnani,

Acupressure Shodh Prashikshan Evam Upchar Sansthan (ASPEUS)

#### **Evaluation**

Four tests covering the entire syllabus were conducted using Google Forms to check understanding of participants.

**Poster of the 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**

A 30-hour online add-on course  
**ACUPRESSURE**  
in collaboration with  
**ASPEUS**

**Hurry Up!!**  
Last Date of Registration  
15 July 2021

In case of any query,  
write to us at [adonalumnae@jdm.du.ac.in](mailto:adonalumnae@jdm.du.ac.in)

**CONTACT PERSONS**

Course Coordinator Dr. Vibha Jain 9871231013 Associate Professor Department of Commerce, JDMC	Co-Coordinator Ms. Mani Anand 9990276171 Assistant Professor Department of Commerce, JDMC	Dr. Poonam Sharma President, Alumnae Association	Prof. Smiti Pal Principal, JDMC
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*Stay healthy and Strong!!*

**Highlights of the Course**

- No bar of qualification.
- Availability of recorded lectures.
- Students will be provided an e-certificate on successful completion of the course.
- Location of precise pressure points
- Learn about Vaat, Pitta & Kapha
- Gain knowledge about Yog Mudras

Detailed Brochure of the Course –

*After a successful run of first level of Acupressure,*

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

*presents*

A 30-hour online add-on course  
**ACUPRESSURE  
LEVEL 2**  
in collaboration with  
**ASPEUS**

**Hurry Up!!**  
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## ABOUT THE COURSE

Have you ever 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 Madhavi*

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 15 July 2021 on Google Classroom.

### Account Details

A/c Name : JDMC Alumnae  
Association  
A/c No. : 8594101053815  
IFSC Code : CNRB0008594  
Branch : Canara Bank, Janki  
Devi Memorial College  
Sir Ganga Ram Hospital  
Marg, New Delhi - 110060

## HOW TO REGISTER?

- Interested Candidates can register at the following link : <https://forms.gle/hhV44KzCP11Z7N1v7>
- 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](mailto:jdm.alumnae@gmail.com) and attach it in their registration form.
- Last Date of Registration : 15 July 2021



## CONTENTS OF THE COURSE

<b>Chinese Acupuncture</b> 1. Course I 2. Course II (only spinal needles) <b>Reference Books</b> • Acupuncture Hand Book I, II, III • Acupuncture Acupuncture set I		<b>Chinese Acupuncture</b> 1. Acupuncture (I) (JDMC) 2. Acupuncture (II) (JDMC) <b>Reference Books</b> • Chinese Hand Book I • Chinese Hand Book II • Acupuncture I • Acupuncture II	
<b>Course I (Pg. 1-200)</b> (100)	<b>MM (100) (JDMC)</b> (100)	<b>Course II (Pg. 201-400)</b> (200)	<b>EMC (100)</b> (100)
<b>Course I (Pg. 1-200)</b> (100)	<b>MM (100) (JDMC)</b> (100)	<b>Course II (Pg. 201-400)</b> (200)	<b>EMC (100)</b> (100)


**Why this course:**

- Safe, easy, gentle, holistic
- About cancer diseases
- Regional diseases that helps treatment
- All types of spine related diseases
- About spine
- Treatment with scientific based
- Each part of the body has different protocol with scientific
- Method of Chinese medicines
- Easy to printing program

## EVALUATION

- 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 [adddonalumnae@jdm.ac.in](mailto:adddonalumnae@jdm.ac.in)



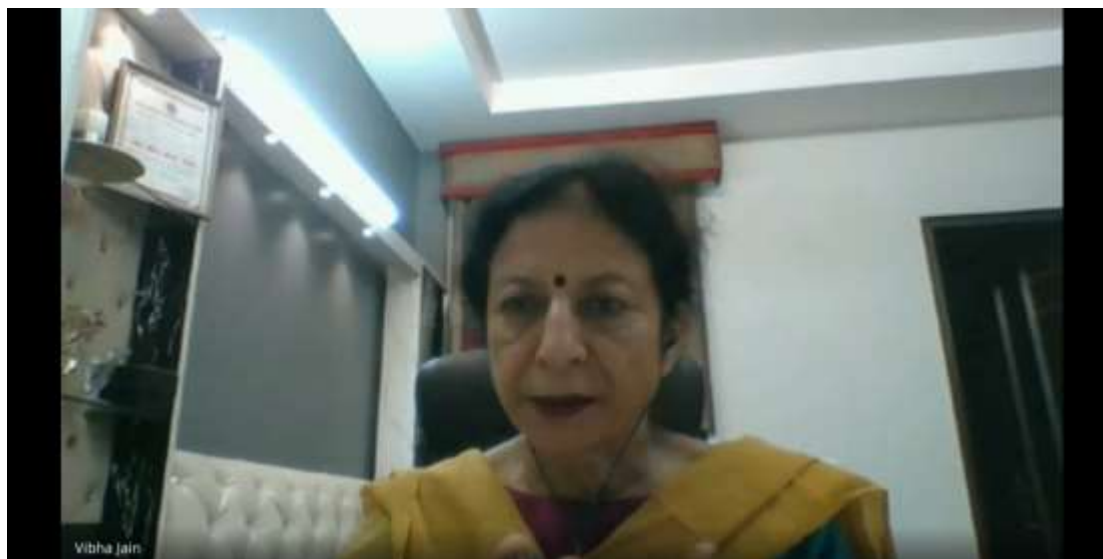
*Your Health is an investment, not an expense*

**Dr. Poonam Sharma**  
President,  
Alumnae Association

**Prof. Swati Pal**  
Principal,  
JDMC

Images of the Course –



ST - STOMACH (ZELODEC)

intention to take course  
maria.gottlieb@gmail.com

Alij Muham Saad

Thumb is Head

Penina Maynes





## **2) Alumna Talk on ‘Career Counselling in the Field of Academics’**

**(Under Mentoring Session Series)**

**Date-12-01-2022**

The Alumni Association and Economics Department of JDMC organized an **Alumni Talk on ‘Career Counselling in the Field of Academics’** under **Mentoring Session Series** for the

department students on January 12, 2022 on Google Meet. The speaker for the session was **Ms. Sayantani Chakravarty**, alumni of Economics department JDMC. She is presently a Ph.D. scholar at ESADE Business School, Spain.

Ms. Chakravarty commenced the session with a discussion about several career opportunities that can be opted for after completing the Bachelor's degree. She discussed about various career paths chosen by her batch mates and are successful today. She kept answering all questions/queries that were raised by participants such as skills required to participate in group discussion, facing a personal interview etc.. Further she gave an overview of the of different universities across the globe and in India, the relevant courses which can be opted for pursuing Masters, the admission procedure and pros and cons of taking admissions in international universities.

It was an extremely interactive session. The talk was attended by 80 students of the department. The session ended with a Vote of thanks from the Economics association.

### **Poster of the event**







### 3) ALUMNAE MEET 2021-22

Date of Event: January 22, 2022

Platform: Online, Zoom

Janki Devi Memorial College Alumnae Association hosted the Annual Alumnae Meet on 22nd January 2022 on Zoom. The programme began at 3 p.m. with a brief introduction from Dr. Sudha Upadhyaya which was followed by lighting of the lamp.

Lamp Lighting was then followed by the College Prayer. Dr. Madhu Gupta warmly welcomed the college Principal Prof. Swati Pal to the meeting. Prof. Pal expressed that she was proud of each and every student of JDMC and even thanked the Alumnae for their contribution towards the college.

Professor Pal introduced the book '*All our yesterday's*' to the Alumnae and talked about the nostalgic journey of JDMC that the book takes one on.

Dr. Poonam Sharma, President of JDMC Alumnae Association was invited by Dr. Madhu Gupta. Dr. Poonam Sharma apprised the alumna of the various relevant webinars and add on courses organised by the JDMC Alumnae Association. Dr. Sharma also talked about STP (Sewage Treatment Plan) Project that the college is working upon for a green environment. The alumnae were encouraged to donate generously for the STP Project. Changes in the office bearers of the Executive Body of the JDMC Alumnae Association were also recorded in the Annual Alumnae Meet.

Dr. Sudha Upadhyaya took over to explain the meaning of Amrit Mohatsav, something that can be incorporated into our daily lives by standing together as one. Dr. Sharda Gautam made sure

that there was not a dry eye in the house by taking everyone on a trip to the college with a song sung by her. Jhankar members put on an energetic and flawlessly executed performance that received praise from the alumnae. After the energetic performance, a mesmerising gazal by Nayan left everyone teary eyed. The alumnae meet was illuminated by yet another performance from the Western dance society of JDMC - Nritya who moved to the beat of multiple Bollywood songs and kept the energy high. Before ending the meeting Professor Pal opened the floor to the Alumna, many of whom recounted their fond memories of college. Ms. Preeti , Ms. Pooja , Ms Sangeeta , Ms. Bhavya , Ms. Heena and Ms. Mani expressed their gratitude to the college and its teachers for the unconditional support and thanked Professor Pal for taking them down towards the memory lane. Towards the end, Professor Sandhya Garg delivered the vote of thanks to the Audience for their wholehearted participation. The programme was well attended by more 100 alumna of the college.

### Poster of the Meet



 **JANKI DEVI MEMORIAL COLLEGE**  
(University of Delhi)  
JDMC, Alumnae Association  
*Invites you to*



**ANNUAL  
ALUMNAE MEET**

**January 22, 2022**

- Time: 3:00 p.m.
- Login Time: 2:30 p.m.
- Platform: ZOOM
- Meeting Link will be shared with registered participants only.
- No Registration Fee
- **Registration Link:**  
<https://forms.gle/pKrqrvrnigH6hQ289>

**Bank Details:-**

Account Name: JDMC Alumnae Association  
Account No.: 8594101051815  
IFSC Code: CNRB0008594  
Branch: Canara Bank, Janki Devi Memorial College  
Sir Ganga Ram Hospital Marg, New Delhi (110060)

Kindly donate generously towards fundraising for Sewage Treatment Plant. Bank details are as above.  
Queries to be mailed to [jdm.alumnae@gmail.com](mailto:jdm.alumnae@gmail.com)

**Dr. Poonam Sharma**  
President

**Prof. Swati Pal**  
Principal

# Images of the Meet




The image displays a Zoom meeting window. The main video area shows a group of five women in traditional Indian attire, including colorful saris and shawls, performing a dance on a grassy field. The background consists of trees and a clear sky. The Zoom interface includes a control bar at the bottom with icons for Mute, Stop Video, Participants, Chat, Video On/Off, Screen, and Settings. On the right side, there is a list of participants, with the name 'Jahnavi Sheteja' visible. Below the participant list, there are several small video thumbnails of other participants. A 'Leave' button is located at the bottom right of the meeting window.






## PRINCIPAL

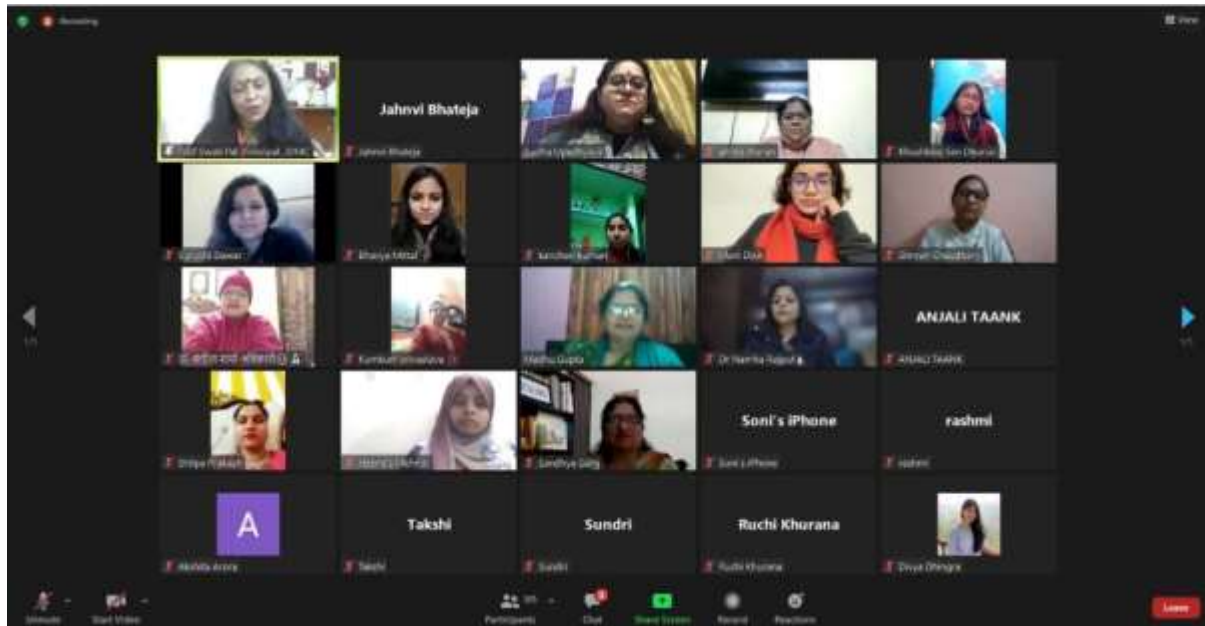


**Prof Swati Pal,**  
*(Principal of Janki Devi Memorial College, University of Delhi.)*

Prof Pal has been a Charles Wallace Scholar as well as the first Asian to receive the John McGrath Theatre Studies Scholarship at Edinburgh University. She has authored several books on Theatre, creative and academic writing. Prof Pal is the Vice President of the Indian Association for Commonwealth Literature and Language Studies (IACLALS) and an Executive Body Member of the Indian Association for the Study of Australia (IASA).



A Zoom meeting interface showing a video of Prof Swati Pal. The Zoom control bar at the bottom includes icons for Mute, Start Video, Participants, Chat, Share Screen, Screen, and Reactions, along with a 'Leave' button.



#### **4) Add-On Course on Acupressure Level-3 (Arthritis)**

**Date – February 7, 2022 – April 16, 2022**

**Name of the Course Coordinator - Dr. Vibha Jain**

Associate Professor, Department of Commerce,  
Janki Devi Memorial College

Co-Coordinator - Ms. Bhawna Pal

Assistant Professor, Department of Commerce,  
Janki Devi Memorial College

Co-Coordinator - Ms. Teena Kohli

Assistant Professor, Department of Mathematics,  
Janki Devi Memorial College

**Duration of the Course – 30 hours**

**Date of Commencement – 7 February 2022**

**Date of Completion – 23 April 2022**

**Number of Students - 31 students**

After a successful run of first and second level of Acupressure course, Alumnae Association, Janki Devi Memorial College, University of Delhi, under the aegis of JDMC-IQAC Centre for Career Counselling, Career Opportunities and Skill Enhancement, in collaboration with ASPEUS, launched a 30-hour online add-on course on Ancient Techniques of Acupressure for Arthritis (Level 3) from 7th February, 2022. The course specifically focused on Arthritis. Mrs. Ramola Madnani, Mr. Braj Mohan and Mr. Pandey who all are associated with Acupressure Shodh Prashikshan Evam Upchar Sansthan (ASPEUS), Prayagraj were the resource persons of the add-on course which had 31 participants. Special sessions will be conducted before the course commences for the first time participants on the 3rd and 4th February, 2022. 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. 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 60% of all the classes to qualify to be eligible for the certificate. The valedictory session was held on May 14, 2022. Prof J. P. Aggarwal, President, ASPEUS and Mr. S. K. Goyal, National Coordinator and Vice Principal, ASPEUS graced the occasion with their presence.

**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*  
**Ancient Techniques of Acupressure for Arthritis  
(LEVEL 3)**

**30 Hours Course**

- Special sessions will be conducted before the course commences for **FIRST TIME PARTICIPANTS**
- 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 addresses.
- 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
- The Course will begin on February 7, 2022

**Account Details**

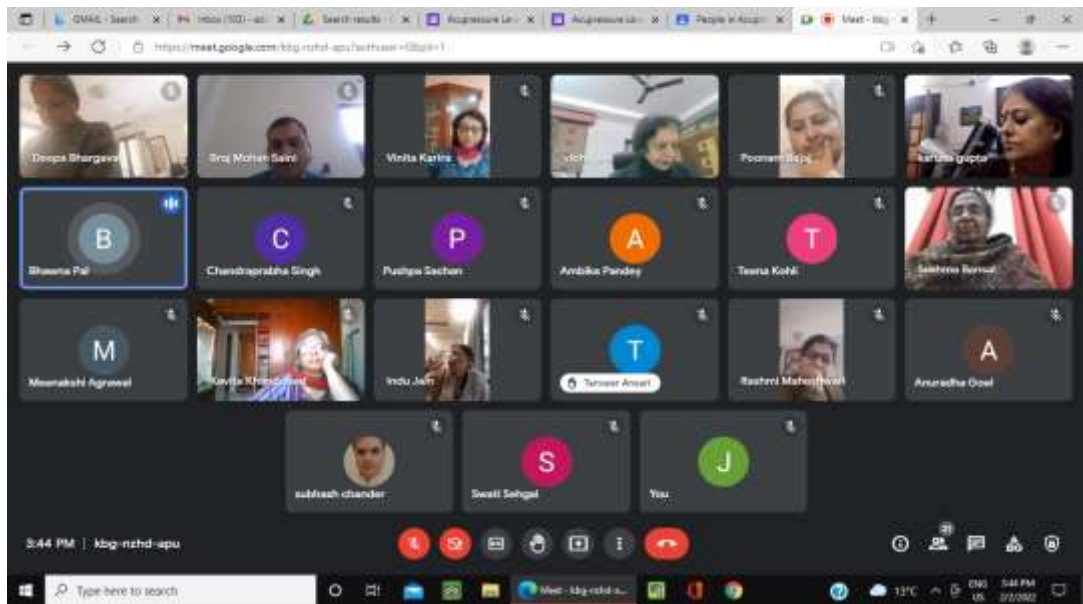
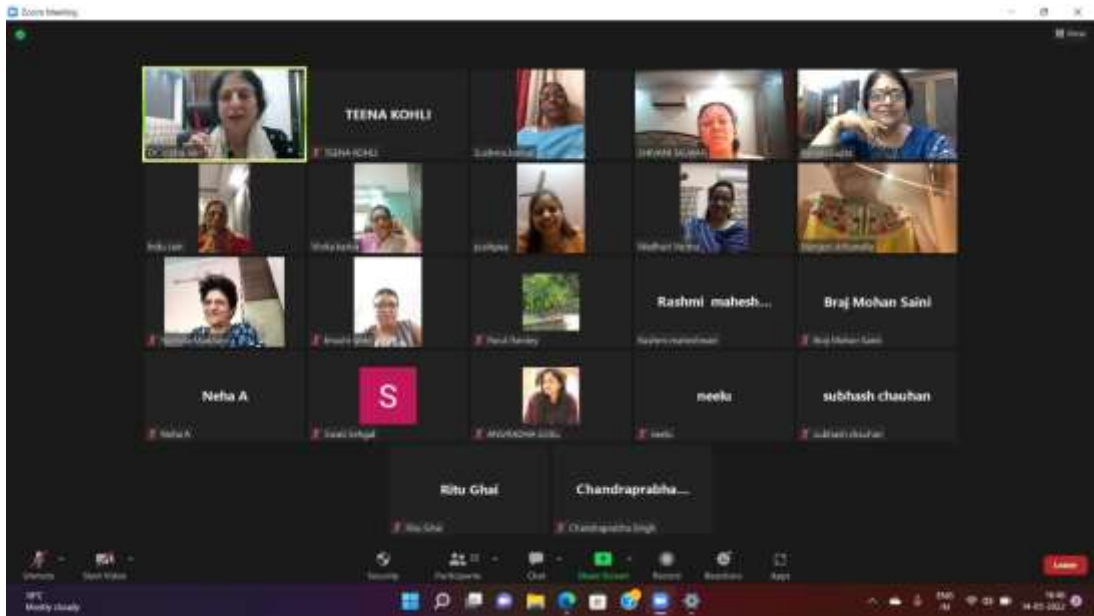
A/c Name : JDMC Alumnae Association  
Bank Name- Canara Bank  
A/c No. : 8594101051815  
IFSC Code : CNRB0008594  
Branch : Janki Devi Memorial College, Sir Ganga Ram Hospital Marg, New Delhi - 110060

**Prof. Swati Pal  
(Principal)**

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

Khushi Wahi (Student Coordinator)   Ms. Anuradha Goyal (Co-Coordinator)   Ms. Bhawna Pal (Co-Coordinator)   Ms. Teena Kohli (Co-Coordinator)   Dr. Vibha Jain (Coordinator)







## **5) ALUMNA TALK ON HEALING IN YOUR HAND**

**DATE-28-02-2022**

An online talk on Healing in your hand was organized by JDMC, Alumnae Association under the alumnae talk series on 28<sup>th</sup> Feb 2022. The speaker of the session was our alumna Prof. Ramola Madnani, Professor at Acupressure Shodh Prashikshan Evam Upchar Sansthan (ASPEUS). She explained 12 magical acupressure points on our body to treat after effects of COVID-19. It was attended by 42 participants. The session ended with a vote of thanks by Dr. Vibha Jain, Vice President, JDMC Alumnae Association.

**Poster of the event**


**Janki Devi Memorial College**  
 (University of Delhi)  
**Alumnae Association**  
 Invites you all to

# ALUMNA TALK

(under alumnae talk series)

Speaker -

## RAMOLA MADNANI

on

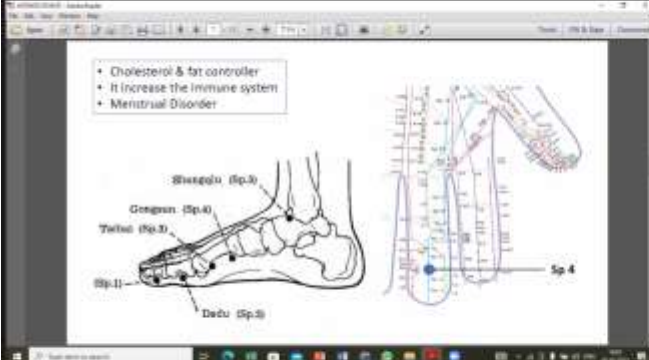
### HEALTH IN YOUR HAND

Date	28 February 2022
Time	3:30 - 4:30 PM
Platform	Zoom

**Meeting link -** <https://us06web.zoom.us/j/87664524069?pwd=L2ZlZUln66JY5aJkZkV0eDlPRDQ4609>

Dr. Vibha Jain, Associate Professor, Commerce Department, Program Coordinator  
 Prof. Sandhya Garg, Alumnae Association President, Vice Principal, JDMC  
 Prof. Swati Pal, Principal, JDMC

Recording...



• Cholesterol & fat controller  
 • It increase the immune system  
 • Menstrual Disorder

Sp.1, Sp.2, Sp.3, Sp.4, Sp.5

Participants (42)

Find a participant

- Teena Kothri (Co-host, host)
- Janki Devi Memorial, host
- Dr. Vibha Jain (Co-host)
- Ramola Madhani (Co-host)
- Ekavina (Co-host)
- Mukhi walk (Co-host)
- Nandini Chawla (Co-host)
- Nitika Aggarwal (Co-host)
- eh
- Esha Singh
- Chandraprabha Singh
- Chaitrini Kaur
- Deepika Sharma
- Dr Vinod Nandanwar

Dr. RAMOLA MADNANI

25°C 4:07 PM 2/28/2022

Zoom Meeting

Recording...

TC: CHANG POH-YI - Audio Player

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Tools Fill & Sign Comments

Tendons

- Heaviness in hypogastrium
- Low PB
- Angina pectoris

P 6

HerbalShop.com

HerbalShop.com

LU7

- Cervical spondylitis
- Sudden fainting
- Locked jaw
- Throat infection

Lu 7

25°C

ENG 3:05 PM

US 3/28/2022

Zoom Meeting

Zoom Meeting

Recording...

TC: CHANG POH-YI - Audio Player

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Tools Fill & Sign Comments

HerbalShop.com

LU7

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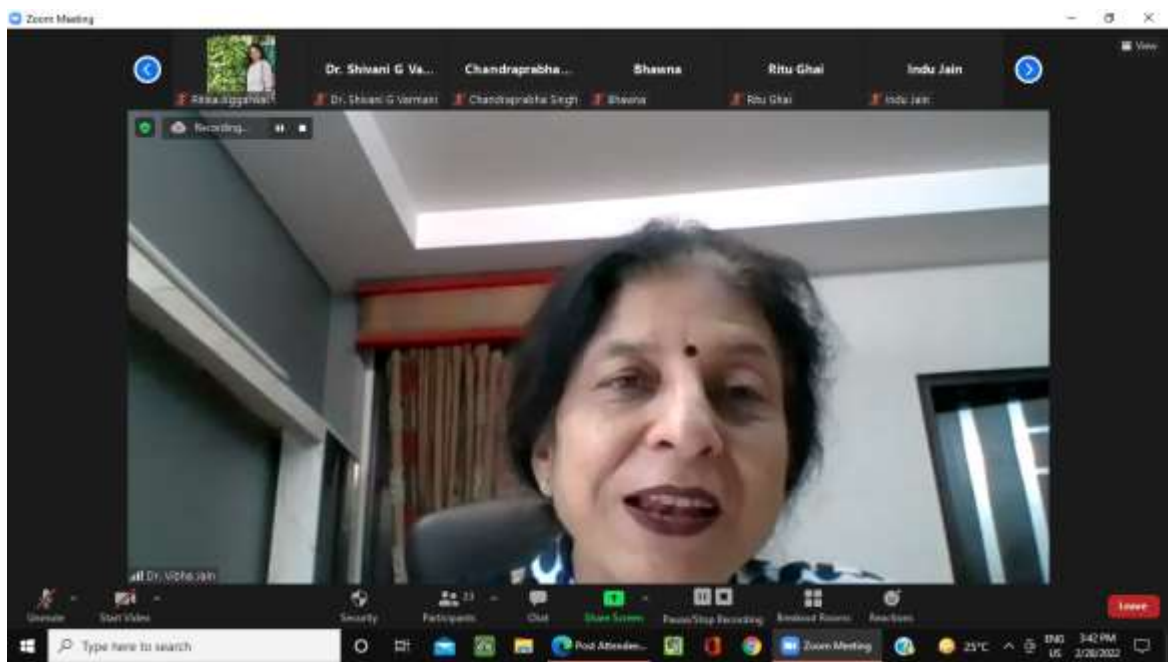
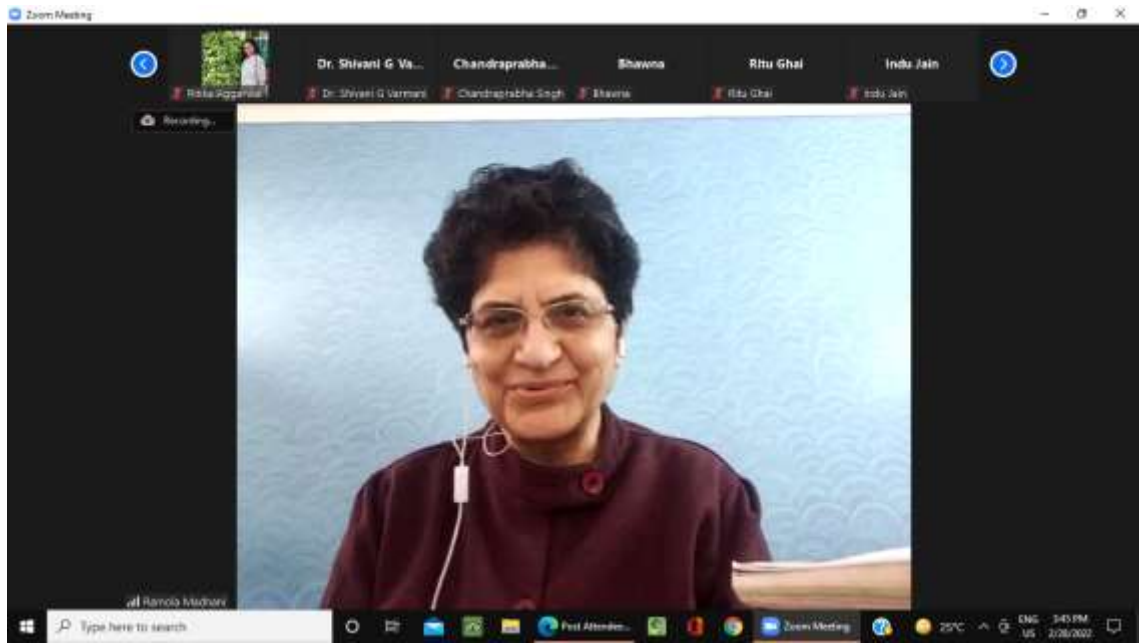
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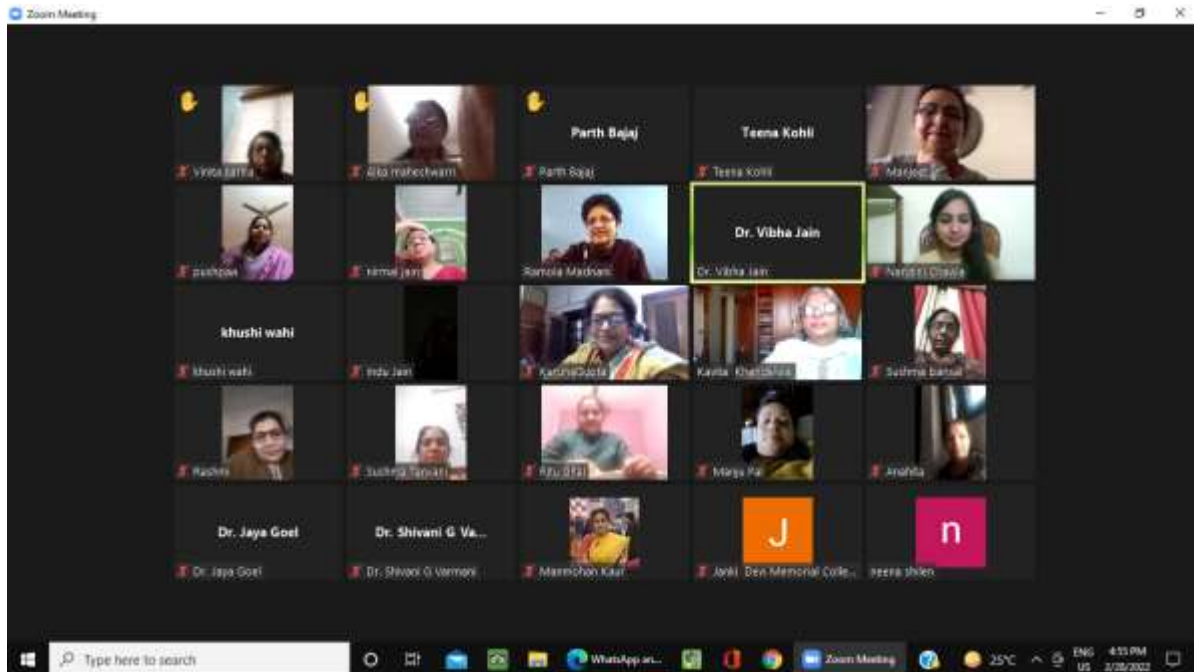
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ENG 3:30 PM

US 3/28/2022

Zoom Meeting





## 6) Alumna Talk on ‘Career Counselling on Entrepreneurship’ (Under Mentoring Session Series)

**Date-05-03-2022**

The Alumnae Association and Economics Department of JDMC organized an **Alumni Talk on ‘Career Counselling on Entrepreneurship’** under **Mentoring Session Series** for the department students on March 5, 2022 on Google Meet. The speakers for the session were **Ms. Priyanka Pahuja and Ms. Shivangi Khanna**, alumnae of Economics department JDMC. They are the founders of the **Fitoor Company**, a home-grown Lifestyle Brand based in Delhi NCR that deals in the stationery & lifestyle products, gift hampers, home decors, corporate gifts and tech accessories. They have been running the company quite successfully since September 2017.

They commenced the session by telling about the start-up and their journey till now. A detailed discussion was about business strategies they adopted, uniqueness of their business, risk mitigating mechanisms and all the struggles they faced during setting up of the company. They emphasized on the importance of connecting with and expanding their audience as a pre-requisite for a business to grow. Marketing is and an investment and using money wisely can help accomplish as much as possible.

They gave words of encouragement and valuable suggestions about the key factors to be kept in mind while starting and running a business.

It was an extremely interactive session. The talk was attended by 60 students of the department.

The session ended with a Vote of thanks from the Economics association.

### Poster of the event



