

**MAHARASHTRA STATE BOARD OF VOCATIONAL EDUCATION EXAMINATION,
MUMBAI**

| 1 | Name of Course | C. C. IN BASIC ACUPRESSURE & MASSAGE (For Blind) (W.E.F. 2015-16) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---------|------------------------------|---|-------|--------|------------|------------|--|---------|------------|-----------------|--------|--------|------------|------------|---|----------|-------------------------------|------|--------|-----|----|---|----------|-------------|------|--------|-----|-----|---|----------|---------|-------|--------|-----|----|--|--|-------|--|--|-----|-----|
| 2 | Course Code | 201112 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | Max.No.of Students Per Batch | 25 Students | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | Duration | 6 Months | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 | Type | Full Time | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 | No.Of Days / Week | 6 Days | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 | No.Of Hours /Days | 7 Hrs | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8 | Space Required | Clinic Lab. = 400 Sq feet <u>Class Room = 200 Sq feet</u> TOTAL = 600 Sq feet | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9 | Minimum Entry Qualification | 8 th Std. Pass | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10 | Objective Of Course | To Prepare them with proper skill to earn his/her livelihood | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11 | Employment Opportunity | This course for Assisting Qualified person. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12 | Teacher's Qualification | Diploma / Certificate course in concern field. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13 | Training System | <div>Training System Per Week</div> <table><tr><td>Theory</td><td>Practical</td><td>Total</td></tr><tr><td>12 hrs</td><td>30 hrs</td><td>42 hrs</td></tr></table> | | | | | | Theory | Practical | Total | 12 hrs | 30 hrs | 42 hrs | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Theory | Practical | Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12 hrs | 30 hrs | 42 hrs | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14 | Exam. System | <table><tr><th>Sr. No.</th><th>Paper Code</th><th>Name of Subject</th><th>TH/PR</th><th>Hours</th><th>Max. Marks</th><th>Min. Marks</th></tr><tr><td>1</td><td>20111211</td><td>BASIC OF ACUPRESURE & MASSAGE</td><td>TH-I</td><td>3 hrs.</td><td>100</td><td>35</td></tr><tr><td>2</td><td>20111221</td><td>ACUPRESSURE</td><td>PR-I</td><td>6 hrs.</td><td>200</td><td>100</td></tr><tr><td>3</td><td>20111222</td><td>MASSAGE</td><td>PR-II</td><td>3 hrs.</td><td>100</td><td>50</td></tr><tr><td></td><td></td><td>TOTAL</td><td></td><td></td><td>400</td><td>185</td></tr></table> | | | | | | Sr. No. | Paper Code | Name of Subject | TH/PR | Hours | Max. Marks | Min. Marks | 1 | 20111211 | BASIC OF ACUPRESURE & MASSAGE | TH-I | 3 hrs. | 100 | 35 | 2 | 20111221 | ACUPRESSURE | PR-I | 6 hrs. | 200 | 100 | 3 | 20111222 | MASSAGE | PR-II | 3 hrs. | 100 | 50 | | | TOTAL | | | 400 | 185 |
| Sr. No. | Paper Code | Name of Subject | TH/PR | Hours | Max. Marks | Min. Marks | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | 20111211 | BASIC OF ACUPRESURE & MASSAGE | TH-I | 3 hrs. | 100 | 35 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | 20111221 | ACUPRESSURE | PR-I | 6 hrs. | 200 | 100 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | 20111222 | MASSAGE | PR-II | 3 hrs. | 100 | 50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | TOTAL | | | 400 | 185 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

BASIC OF ACCUPRESSURE AND MASSAGE

THEORY - I

1. Human body, General introduction
2. Body mechanism.
3. Skin
4. Skeletal Muscles.
5. Skeleton
6. Verbal volume and pelvic girdle
7. Upper extremity bones
8. Skeleton of lower extremity
9. Joints of skeleton
10. Blood
11. Blood Vessels.
12. The Respiratory, System and Respiration.
13. Lymphatic system and reticule endothelial system
14. Liver, Gall bladder and pancreas.

ACUPRESSURE:-

1. What Is Acupressure?
2. History of Acupressure
3. Summary of Acupressure Points.
4. Hand and Foot Reflexology.
5. Shiatsu Points.

MASSAGE :-

1. Relaxation
2. Different types, technique & methods of massage.
3. Contraindication of massage.
4. Various applications used in massage.
5. Precautions to be taken.

PRACTICALS

PRACTICAL - I - ACUPRESSURE

- How to do the reflexology
- Practically showing reflex point.
- Practically showing how to select points in various types of illness
- Practically showing all reflex point of glands.
- Practically showing the pathway of meridian and related organs
- How to find out the points and their location.
- Practically showing how to select points in various types of illness

PRACTICAL - II - MASSAGE

- practically showing of 12 steps in massage also explain their importance
- how to do the acu-massage
- practically showing a 5 steps in swedish massage and their importance

EQUIPMENTS & TOOLS

| | LIST OF TOOLS & EQUIPMENTS | QUANTITY |
|---|-------------------------------|--------------------------|
| 1 | FOOT ROLLER | 7 |
| 2 | HAND ROLLER | 7 |
| 3 | JIMMY (WOODEN/METAL) | 15 |
| 4 | WOODEN BALL | 7 |
| 5 | SMALL MASSAGER | 7 |
| 6 | OIL FOR MASSAGE | 5 BIG BOTTLE |
| 7 | POWDER FOR MASSAGE | 500 GM. POWDER 2 PACK |
| 8 | CREAM FOR FACIAL MASSAGE | 400 ML. CREAM |

REFERENCE BOOKS

| | |
|------------------------------------|-------------------|
| 1. Anatomy & physiology | -Dr. Vijaya Joshi |
| 2. Massage for Health | Dr. Uma Puri |
| 3. ACUPRESSURE | -Subhash Bhandari |
| 4. ACUPRESSURE | -Dr. Dhiren Gala |
| Anton jayasurya | |
| 5. ACU-BINDU – VITHAL PANDURKAR | |
