

**MAHARASHTRA STATE BOARD OF VOCATIONAL EDUCATION EXAMINATION, MUMBAI-51**

1.	Name of Course	C.C.IN ACUPRESSURE & MASSAGE THERAPY (FOR BLIND) (W.E.F. 2018-19)						
2.	Course Code	201221						
3.	Max.No.of Students Per Batch	25 Student						
4.	Duration	One year						
5.	Type	Part Time						
6.	No.Of Days / Week	6 days						
7.	No.Of Hours /Days	7 Hours						
8.	Space Required	Workshop - 400 Sq. ft. <u>Classroom - 200 Sq.Ft.</u> Total - 600 Sq.Ft.						
9.	Minimum Entry Qualification	VIII pass						
10.	Objective Of Course	To get skill and knowledge about Acupressure and Massage.						
11.	Employment Opportunity	He will assist to a qualified Person.						
12.	Teacher's Qualification	Diploma / Certificate course in concern field.						
13.	Training System	Training System per Week						
		Theory		Practical		Total		
		6 hrs		18 hrs		24 hrs		
14.	Exam. System	Sr. No	Paper Code	Name of Subject	TH/PR	Hours	Max. Marks	Min. Marks
		1.	20122111	ACUPRESSURE & MASSAGE	TH-I	3 Hrs.	100	35
		2.	20122112	ANATOMY & PHYSIOLOGY	TH-II	3 Hrs.	100	35
		3	20122121	ACUPRESSURE	PR-I	6 Hrs.	200	100
		4	20122122	MASSAGE	PR-II	6 Hrs	200	100
				Total			600	270

# **ACUPRESSURE & MASSAGE**

## **THEORY – I**

### **ACUPRESSURE**

#### **1. Introduction and Importance**

- **Reflexology**

#### **2. History of Acupressure**

- **Yin & Yang**

#### **3. Organ Clock**

Meridians (Lung, Large Intestine, Stomach, Spleen, Heart, Small Intestine, Urinary Bladder.

Kidney, Pericardium, Triple warmer, Gall Bladder, Liver. , Anatomical location & their usage

#### **4. The Benefits of Acupressure**

Painless & Safety, Fast & quick effect, Treatment at home,

Free from side effects, No expense, Simple & easy method.

#### **5. important effects**

Pen killer, Effect on Psychology, Effect on Muscle, Sedative effect,

Homeostatic & Immune Enhancing effect.

### **MASSAGE**

#### **1. Importance of Massage**

- **History of Massage**

#### **2. Various Patterns and Methods of Massage**

Friction, Tapping, Pinching, Wringing, Tepping, Clapping, Rolling, Beating

Twisting, Vibration, Soothing

- **Benefits of Massage**

#### **3. Requirement for Massager and Massage**

- **Types of Massage**

1. Oil Massage 2. Dry Massage 3. Powder Massage 4. Acupressure Massage

## **THEORY – II - ANATOMY & PHYSIOLOGY**

#### **1. Cells and Tissues**

Characteristics of cells

Structure of the cells

Tissue type and their different work

Part of the body

## **2. Systems of the body**

Loco motor System (bones, muscles, joints)

Nervous system (Central and peripheral somatic and autonomic)

Skin, and special sense (Sight eye, hearing ear, smell-nose, taste-tongue)

Cardiovascular system (Heart blood vessels) and lymphatic

Blood (Homeostatic systems) Respiratory system, Reproductive system

Endocrine system.

## **3. Metabolism and Nutrition**

Principles nutrients of the body

Process of digestion

Mineral metabolism

A number of minerals and their functions.

## **4. Vitamins**

Important vitamins and their work

Fat soluble and water soluble vitamins.

## **PRACTICAL – I - ACUPRESSURE**

### **REFLEXOLOGY & BASIC ACUPRESSURE**

Practicals on Palms & Feet. Locating various areas on Palms & feet to cure disease practically showing pathway of meridians and related organs including points location. Practically showing proper & different methods to pressure on points.

### **ACUPRESSURE FOR DISEASES**

Back Pain, Cold & cough, Sinus, Neck Pain & sprain, Cervical & Lumbar Spondylosis, Knee pain, Asthma. Selection & Location of points to cure above diseases.

## **PRACTICAL – II - MASSAGE**

### **STEPS OF MASSAGE**

Practically showing 11 steps (Friction, Tapping, Pinching, Wringing, Tepping, Clapping, Rolling, Beating Twisting, Vibration, Soothing) of massage.

### **MASSAGE FOR DISEASES**

General & Specific diseases. (Lower Back Pain, Knee Pain, Cervical Spondylosis, Full Body Massage, Neck Sprain, Facial Massage, Head Massage)

Different types of massage & their Practicals.

## **Tool and Equipment required to be available in Institute**

<b>Sr.No.</b>	<b>Name of Tools &amp; Equipments</b>	<b>Quantity</b>
1	Foot Roller	10 Nos.
2	Hand Roller	10 Nos.
3	Jimmy (Wooden/Metal)	10 Nos.
4	Wooden Ball	10 Nos.
5	Small Massager	5 Nos.
6	Oil for Massage	One big bottle
7	Powder for massage	200g. powder pack
8	Cream for facial massage	400 ML cream

### **Reference Books**

Anatomy and Physiology	Writer Dr. Vijaya Joshi and Uma Puri
Massage for Health	Writer Subhash Bhandari
Acupressure	Writer – Dr. Dhiren Gala
	Writer – Anton Jayasurya
Acubindu	Writer – Vithal pandurkar

\*\*\*\*\*