

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

1	Name of Course	<b>C.C. In Alternate Healing Therapy</b> <b>(W. E. F. 2018-19)</b>																																															
2	Course Code	<b>(201225)</b>																																															
3	Max.No.of Students Per Batch	25 Students																																															
4	Duration	1 year																																															
5	Type	<b>Part Time</b>																																															
6	No.Of Days / Week	6 days																																															
7	No.Of Hours /Days	7 hours																																															
8	Space Required	Practical Lab = 400 sqfeet <u>Class Room = 200 sqfeet</u> TOTAL = 600 sqfeet																																															
9	Minimum Entry Qualification	S.S.C. Pass																																															
10	Objective Of Course	<b>To create skilled Alternative Healing Therapist</b>																																															
11	Employment Opportunity	1) Becomes a helping hand for a practioner to run a naturopathy centre. 2) To Improve Health of Human Society. 3) Can work alternative Healing therapist.																																															
12	Teacher's Qualification	1) GAMS, DNYS ,BAMS, BHMS,MD with 2 Yrs experience 2) Experienced yoga and naturopathy teacher or Practioner with two years of experience and various therapy experts. 3) Degree / Diploma in Yoga and Naturopathy awarded by Statutaory University.																																															
13	Training System	<b>Training System Per Week</b> <table><tr><td>Theory</td><td>Practical</td><td>Total</td></tr><tr><td>6 hrs</td><td>18 hrs</td><td>24 hrs</td></tr></table>						Theory	Practical	Total	6 hrs	18 hrs	24 hrs																																				
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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>20122511</td><td>Anatomy, physiology</td><td>TH-1</td><td>3 hrs.</td><td>100</td><td>35</td></tr><tr><td>2</td><td>20122512</td><td>Principles of alternate healing therapy</td><td>TH-2</td><td>3 hrs.</td><td>100</td><td>35</td></tr><tr><td>3</td><td>20122521</td><td>Practical Healing Therapy 1</td><td>PR-1</td><td>6 hrs.</td><td>200</td><td>100</td></tr><tr><td>4</td><td>20122522</td><td>Practical Healing Therapy 2</td><td>PR-2</td><td>6 hrs.</td><td>200</td><td>100</td></tr><tr><td></td><td></td><td><b>Total</b></td><td></td><td></td><td><b>600</b></td><td><b>270</b></td></tr></table>						Sr. No.	Paper Code	Name of Subject	TH/PR	Hours	Max. Marks	Min. Marks	1	20122511	Anatomy, physiology	TH-1	3 hrs.	100	35	2	20122512	Principles of alternate healing therapy	TH-2	3 hrs.	100	35	3	20122521	Practical Healing Therapy 1	PR-1	6 hrs.	200	100	4	20122522	Practical Healing Therapy 2	PR-2	6 hrs.	200	100			<b>Total</b>			<b>600</b>	<b>270</b>
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## **Theory I :- ANATOMY & PHYSIOLOGY**

Introduction of Human Body with Anatomical & Physiological aspect.

- 1 Cell tissues, organ had Body Regions.
- 2 Musculoskeletal system, Bones, Joints and Imp, Muscles.
- 3 Digestive System, metabolism, Carbohydrate, Protein and Nutrition.
- 4 Circulatory System
- 5 Respiratory System
- 6 Endocrine System
- 7 Nervous System
- 8 Excretory System Kidney and Skin.
- 9 Reproductive System.

## **Theory - II - Principles of Alternate Healing Therapy -**

Basic Principles, origin and Therapeutic effects on disease management.

Body mind and soul Healing.

Holistic Healing.

Combination of physical and Metaphysical Healing Technique.

### **Various Healing Technique**

#### **A) Alexander Technique:**

1 History

- 2 Process
- 3 Uses
- 4 Method
- 5 Effectiveness
- 6 Influence

## **B) Roolfing Technique:**

### **Introduction:**

History:

[Ida Pauline Rolf](#) began working on clients in New York in the 1930s with the premise that the human structure could be organized in relation to gravity

Theory and practice

Effectiveness and reception

## **C) Chiropractic treatment techniques**

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- 1 Interventions
  - 1.1 Manual and manipulative therapy
- 2 Effectiveness
  - 2.1 Neuromusculoskeletal disorders
  - 2.2 Non-musculoskeletal disorders
  - 2.3 Cost-effectiveness
- 3 Safety
- 4 Techniques

### Interventions

Skilled, specific hands-on techniques, including manipulation and mobilization, are used to diagnose and treat soft tissues and joint structures, to reduce pain and to increase range of motion and general health. <sup>[10]</sup>

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### **D) Manual and manipulative therapy[**

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### **E) Neuromusculoskeletal disorders**

Treatment is usually for neck or low back pain and related disorders. <sup>[11]</sup>

### **F) Non-musculoskeletal disorders**

The use of spinal manipulation for non-musculoskeletal is controversial.

### **Cost-effectiveness**

### **Safety**

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All treatments need a thorough medical history, diagnosis and plan of management. Chiropractors, must rule out [contraindications](#) to any treatments, including [adverse events](#).

### **Technique**

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## **G) Hypnotherapy**

### Definition of a hypnotherapist

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- 1) Traditional hypnotherapy
- 2) Ericksonian hypnotherapy
- 3) Cognitive/behavioral hypnotherapy
- 4) Hypnosis in childbirth

## **H) Practices in various Chikitsa & Theories**

- 1) Sangivan Chikitsa
- 2) Panchagavya.
- 3) Bach flower Remedy.
- 4) Aroma Therapy.
- 5) Sujok Therapy.
- 6) Reflexology and holography.
- 7) Scrapping Therapy.
- 8) Moxibustion Therapy.
- 9) Musico-spino Therapy.
- 10) Spiral Ball Therapy.
- 11) Bio-chemic chikitsa.
- 12) Electro-Homoeopathy.
- 13) Sanvahan Chikitsa
- 14) Magneto- therapy
- 15) Neurotherapy

## **Practical - I - Practical Healing Therapy - 1**

Alexander Technique.

Roofing Technique

Chiropractic treatment techniques

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Hypnotherapy

Sangivan Chikitsa

Sanvahan Chikitsa all the treatments **with their Therapeutic applications**

Neurotherapy

Panchagavya.

Bach flower Remedy.

Aroma Therapy.

## **Practical - II - Practical Healing Therapy - 2**

Sujok Therapy.

Reflexology and holography.

Magneto- therapy all the treatments **with their Therapeutic applications**

Scrapping Therapy.

Moxibustion Therapy.

Musico-spino Therapy.

Spiral Ball Therapy.

Bio-chemic chikitsa.

Electro-Homoeopathy. all the treatments **with their Therapeutic applications**

**संस्थेत आवश्यक असलेल्या साधन सामुग्रीची यादी**

अ.क्र.	नांव	संख्या
१	संजीवन चिकित्सा औषध कीट	०१
२	पुष्पौषधी औषध कीट	०१
३	अरोमा थेरपी कीट	०१
४	सुजोक थेरपी कीट	०५
५	रिब्लेक्सोलॉजी जिम्मी	१०
६	म्यझिको स्पायनो थेरपी कीट	०२
७	स्पायरल रॉल थेरपी कीट	०२
८	बायोकेमिक औषध कीट	०१
९	इलेक्ट्रो होमिओपथी औषध कीट	०१
१०	मॅग्नेटस : ५०० / १००० / २००० गॉस पॉवर	३ सेट
११	मॉक्सॉ	२५ नग
१२	गॉसॉ	२५ नग
१३	मसाज बेड	०२

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