

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

1	Name of Course	C. C. IN BASIC ACUPRESSURE & MASSAGE (For Blind) (W.E.F. 2018-19)																																								
2	Course Code	201112																																								
3	Max.No.of Students Per Batch	25 Students																																								
4	Duration	6 Months																																								
5	Type	Part Time																																								
6	No.Of Days / Week	6 Days																																								
7	No.Of Hours /Days	7 Hrs																																								
8	Space Required	Clinic Lab. = 400 Sq feet Class Room = 200 Sq feet 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	<table><tr><th colspan="3">Training System Per Week</th></tr><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>						Training System Per Week			Theory	Practical	Total	6 hrs	18 hrs	24 hrs																										
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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	
