

MAHARASHTRA STATE BOARD OF SKILL DEVELOPMENT EXAMINATION, MUMBAI

Examination—July, 2020

CERTIFICATE COURSE IN ACUPRESSURE AND MASSAGE THERAPY (FOR BLIND)

[१०]—3 iEE

(BETHÉ MBE—100)

+C^a [१०] +hb÷ "E^oEVÉ (EIE+@1)

MBE

1. (+) E^oEVÉ VEEÉ [१०] (E^oEVÉ) n^o :-

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- (1) "E^oEVÉ" n^o n^o E^oEVÉ 1/2 +E^o
- (2) iE^oEVÉ "E^oEVÉ" E^oEVÉ E^oEVÉ 1/2 +E^o
- (3) AE E^oEVÉ n^o E^oEVÉ
- (4) 3 iE^oEVÉ E^oEVÉ n^o E^oEVÉ
- (5) +E^oEVÉ E^oEVÉ AE = (E^oEVÉ) +E^o 1/2 E^oEVÉ.
- (6) Lu5 (E^oEVÉ 5 E^oEVÉ +E^oEVÉ) 1/2 E^oEVÉ
- (7) +C^a [१०] <E^oEVÉ E^oEVÉ E^oEVÉ n^o E^oEVÉ 1/2 E^oEVÉ
- (8) E^oEVÉ E^oEVÉ = x/2 E^oEVÉ 1/2 E^oEVÉ E^oEVÉ E^oEVÉ
- (9) E^oEVÉ n^o E^oEVÉ E^oEVÉ 1/2 E^oEVÉ 1/2 E^oEVÉ E^oEVÉ +E^o
- (10) मेंदू व इच्छाशक्तीच्या संकेतापुर्वीच होणाऱ्या क्रियांना +E^o 1/2 E^oEVÉ
- (11) E^oEVÉ E^oEVÉ E^oEVÉ E^oEVÉ E^oEVÉ

(+) S^oEVÉ E^oEVÉ E^oEVÉ (E^oEVÉ) :-

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- (1) "E^oEVÉ" E^oEVÉ E^oEVÉ E^oEVÉ E^oEVÉ E^oEVÉ
- (2) E^oEVÉ E^oEVÉ E^oEVÉ E^oEVÉ E^oEVÉ E^oEVÉ E^oEVÉ
- (3) L. I. 1 [E^oEVÉ E^oEVÉ +E^o
- (4) b^o (E^oEVÉ E^oEVÉ E^oEVÉ E^oEVÉ E^oEVÉ E^oEVÉ E^oEVÉ E^oEVÉ
- (5) E^oEVÉ E^oEVÉ E^oEVÉ E^oEVÉ E^oEVÉ E^oEVÉ
- (6) E^oEVÉ E^oEVÉ E^oEVÉ E^oEVÉ E^oEVÉ E^oEVÉ E^oEVÉ

6. $\text{H}_2\text{O} + \text{H}^+ \rightleftharpoons \text{H}_3\text{O}^+$ (Equilibrium) :-

(+) $\text{H}_2\text{O} + \text{H}^+ \rightleftharpoons \text{H}_3\text{O}^+$ (Equilibrium)

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(E) $\text{H}_2\text{O} + \text{H}^+ \rightleftharpoons \text{H}_3\text{O}^+$ (Equilibrium)

(b) Liver and Stomach $\text{H}_2\text{O} + \text{H}^+ \rightleftharpoons \text{H}_3\text{O}^+$ (Equilibrium)

(ENGLISH)

[TIME ALLOWED—3 HOURS]

(MARKS—100)

ACUPRESSURE AND MASSAGE (THEORY-I)**Marks**1. (a) Fill in the blanks (Any *ten*) :—

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- (i) is Distal Point for Neck pain.
- (ii) is three yin meridians meeting point.
- (iii) action makes heart strong.
- (iv) Pressure on points on 3 to 12 children's is time.
- (v) Massage treatment is called in Ayurveda.
- (vi) point is situated 5 cun from Lu5.
- (vii) was Heart Specialist in acupressure history.
- (viii) Small baby gets vitamin from sunlight.
- (ix) No side effect is of reflexology.
- (x) actions can happen before the signals go to the brain.
- (xi) period contraindicated for females abdomen massage.

(b) Give *True* or *false* (any *five*) :—

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- (i) Massage helps to increase youngness and weight.
- (ii) Pitutatory point situation on centre part of foot.
- (iii) L. I. 1 is influential point.
- (iv) Dr. Peter Hainary Leeg invented new actions of massage.
- (v) Shenmen is meant to calmness of mind.
- (v) Friction is last action (step) in massage treatment.

[Turn over

- (c) Give appropriate answer (any *five*) :— 5
- (i) Who is the founder of Modern Medicine ?
(Piyore, James Reston, Hippocrates)
 - (ii) When massage is contraindicated ?
(Fever and Swelling, After Lunch, Headache)
 - (iii) Which are the independent meridians ?
(C. V. and G. V., G. B. and Liver, Stomach and Spleen)
 - (iv) What type of behavior should be of massage therapist ?
(Quiet and Concentrated, Greedy and Jealousy, Continuous Chatter)
 - (v) Which point on stomach meridian is for shoulder pain ?
(St38, St45, St25)
 - (vi) One and Half cun means how many fingers ?
(3, 4, 2)
2. Write in details (any *two*) :— 16
- (a) Write down the names of all meridian and explain any meridian.
 - (b) Write down the benefits of massage.
 - (c) Write down about reflexology and its contraindication.
 - (d) Write down when and where we can use acupressure.
3. Write in details (any *two*) :— 16
- (a) Write in detail of Acupressure science.
 - (b) Write down the rules of massage.
 - (c) Write down the benefits of Acupressure.
 - (d) Write about Back-Shu points and write points.
4. Write in details (any *two*) :— 16
- (a) Explain in detail the actions (steps) of massage.
 - (b) Write down the activity of stomach and spleen.
 - (c) Write down the indication of following points. Li4, UB25, GB20, K16.
 - (d) Explain points on wrist and elbow joint.
5. Give short notes (any *four*) :— 16
- (a) Rules of superficial and medium pressure in accupressure.
 - (b) Shoulder pain points.
 - (c) Benefits of Acupressure.
 - (d) Meridians.
 - (e) Small babies massage rules.

6. Write in brief (any *two*) :—

16

- (a) Explain history of Acupressure.
 - (b) Explain points on face in acupressure.
 - (c) Write down the rules of massage therapist.
 - (d) Explain property and pathway of liver and stomach meridian.
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