

MAHARASHTRA STATE BOARD OF VOCATIONAL EDUCATION EXAMINATION, MUMBAI

1	Name of Course	C.C. In Alternate Healing Therapy (W. E. F. 2015-16)																																															
2	Course Code	(201225)																																															
3	Max.No.of Students Per Batch	25 Students																																															
4	Duration	1 year																																															
5	Type	Full Time																																															
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	To create skilled Alternative Healing Therapist																																															
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	Training System Per Week <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																																				
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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>Total</td><td></td><td></td><td>600</td><td>270</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			Total			600	270
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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

- 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. ^[10]

D) Manual and manipulative therapy[

E) Neuromusculoskeletal disorders

Treatment is usually for neck or low back pain and related disorders. ^[11]

F) Non-musculoskeletal disorders

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

Cost-effectiveness

Safety

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

Technique

G) Hypnotherapy

Definition of a hypnotherapist

- 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

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
