

1.	Name of Course	C.C.IN ACUPRESSURE & MASSAGE THERAPY (FOR BLIND) (W.E.F. 2015-16)						
2.	Course Code	201221						
3.	Max.No.of Students Per Batch	25 Student						
4.	Duration	One year						
5.	Type	Full 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		
		12 hrs		30 hrs		42 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

Sr.No.	Name of Tools & Equipments	Quantity
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
