

**MAHARASHTRA STATE BOARD OF VOCATIONAL EDUCATION EXAMINATION,  
MUMBAI – 51**

1	Name of Course	<b>C. C. In Acupressure And Massage (Trigender / General)</b> <b>(W. E. F. 2015-16)</b>																																															
2	Course Code	( 201135 )																																															
3	Max.No.of Students Per Batch	25 Students																																															
4	Duration	6 Month																																															
5	Type	Part Time																																															
6	No.Of Days / Week	6 Days																																															
7	No.Of Hours /Days	4 Hrs																																															
8	Space Required	Practical Lab = 400 Sq feet (One for Gents and One for Ladies)  Class Room = 200 Sq feet <hr style="width: 50%; margin: 10px auto;"/> TOTAL = 600 Sq feet																																															
9	Minimum Entry Qualification	8 <sup>th</sup> Pass																																															
10	Objective Of Course	To prepare a Skillful & well trained Acupressure and Massage assistant																																															
11	Employment Opportunity	In SPA, Acupressure Therapy centers, Self Employment																																															
12	Teacher's Qualification	1) 2 Year MSBVE Course of relevant stream + 1 Year Experience. 2) 1 Year MSBVE Course of relevant stream + 2 Year Experience. 3) Medical Dr./relevant Science Graduate / Practicing Acupressure of 1 Year Experience																																															
13	Training System	Training System per Week <table><tr><td>Theory</td><td>Practical</td><td>Total</td></tr><tr><td>6 Hours</td><td>18 Hours</td><td>24 Hours</td></tr></table>						Theory	Practical	Total	6 Hours	18 Hours	24 Hours																																				
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14	Exam. System	<table><tr><td>Sr. No.</td><td>Paper Code</td><td>Name of Subject</td><td>TH/PR</td><td>Hours</td><td>Max. Marks</td><td>Min Marks</td></tr><tr><td>1</td><td>20113511</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>20113512</td><td>THEORIES &amp; TECHNIQUES OF ACUPRESSURE</td><td>TH-2</td><td>3 Hrs</td><td>100</td><td>35</td></tr><tr><td>3</td><td>20113521</td><td>TECHNIQUES OF ACUPRESSURE</td><td>PR-1</td><td>3 Hrs</td><td>100</td><td>50</td></tr><tr><td>4</td><td>20113522</td><td>MASSAGE THERAPY</td><td>PR-2</td><td>3 Hrs</td><td>100</td><td>50</td></tr><tr><td></td><td></td><td><b>Total</b></td><td></td><td></td><td><b>400</b></td><td><b>170</b></td></tr></table>						Sr. No.	Paper Code	Name of Subject	TH/PR	Hours	Max. Marks	Min Marks	1	20113511	ANATOMY PHYSIOLOGY	TH-1	3 Hrs	100	35	2	20113512	THEORIES & TECHNIQUES OF ACUPRESSURE	TH-2	3 Hrs	100	35	3	20113521	TECHNIQUES OF ACUPRESSURE	PR-1	3 Hrs	100	50	4	20113522	MASSAGE THERAPY	PR-2	3 Hrs	100	50			<b>Total</b>			<b>400</b>	<b>170</b>
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3	20113521	TECHNIQUES OF ACUPRESSURE	PR-1	3 Hrs	100	50																																											
4	20113522	MASSAGE THERAPY	PR-2	3 Hrs	100	50																																											
		<b>Total</b>			<b>400</b>	<b>170</b>																																											

## **Theory I :- ANATOMY & PHYSIOLOGY**

### **Introduction of Human body with Anatomical and Physiological aspect.**

- 1 Cell tissues, organ and Body Regions.
- 2 Musculoskeletal system, Bones, Joints, 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.

## **PRACTICAL :- I - TECHNIQUES OF ACUPRESSURE THERAPIES**

- 1) Acupressure techniques,
- 2) Various Acupressure points
- 3) Acupressure treatment of various disorders
- 4) Treatment by Nail Therapy
- 5) Use of Ceragem Heating Pads and Roller Bed
- 6) Seed Plaster Preparation and Fixing.
- 7) Treatment by Color Therapy
- 8) Treatment by Moxa
- 9) Sujok Technique

## **THEORY - II - THEORIES & TECHNIQUES OF ACUPRESSURE**

1. Introduction to Acupressure
2. Introduction to Acupuncture
3. Introduction to Reflexology
4. Introduction to Magnet Therapy
5. History of Sujok Acupressure
6. Basis of Sujok Acupressure
7. Theories of Sujok Acupressure - Yin & Yang
8. Meridians and Commonly used Sujok Acupressure Points
9. Actions of Sujok Acupressure
10. Importance of Sujok Acupressure
11. Techniques of Sujok Acupressure
12. Introduction to Color Therapy
13. Introduction to Seed Therapy
14. Introduction to Nail Therapy
15. Introduction to Ceragem Compact Therapy
16. Moxibustion Technique
17. Limitations of Acupressure
18. Common Terms used in Sujok Acupressure

## **Practical :- II - Massage Therapy**

1. Applications of Massage
2. Acupressure Massage
3. Ashiu
4. Massage of different body parts
5. Foot & Palm Massage
6. Infant Massage
7. Reflexology
8. Sport massage
9. Swedish massage
10. Thai massage
11. Savaban Massages (Vibro)

## Tools And Equipments required to be available in Institute

Sr.No.	Name of Tools and Equipment	Required Quantity
1	Sujok Ring	10
2	Jimmies	25
3	Moxa Sticks	5 packets of 10 each
4	Sujok Thumb	10
5	Sticking Plaster & Seeds	As per requirement
6	Sujok Electric Stimulators	1
7	Sujok Electric Jimmy	1
8	Sujok Magnets (Star, Byol,)	100 Each
9	Chakra Magnet	5
10	All Color Markers	2 Set
11	Massage Table 6' x 3' x 2 ½'	2
12	Acupressure Various charts	As per requirement
13	Massage M/C	As per requirement
14	Acupressure Equipments	As per requirement
15	Furniture (Table, Chair, Desk etc.)	As per requirement

### **Books Recommended :-**

- 1) Sujok for Everybody – Prof. Park Jee Voo
- 2) Seed therapy – Prof. Park Jee Voo
- 3) Be your own Doctor – Prof. Park Jee Voo
- 4) Nail Therapy – Prof. Park Jee Voo
- 5) Art and Science of Self Healing – Lions Club Mumbai Sujok
- 6) Sujok Acupressure – Acupressure Shodh Prakashan Evam Upchar Sansthan
- 7) One Point Treatment Book 1, Book 2 And Book 3 - Shodh Prakashan Evam Upchar Sansthan
- 8) One Point Treatment for Old Age Problems Book 4 - Shodh Prakashan Evam Upchar Sansthan

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