

Pune District Education Association's
Baburaoji Gholap College
Sangvi, Pune 411 027 (Maharashtra).

Proposed Syllabus

for

Certificate course

In

Massage Therapy

Submitted to

University Grant Commission

Bahadur Shah Zafar Marg,
New Delhi - 110002.

Title of the Course

Massage Therapy

(Syllabus to be implemented from the Academic year 2020-2021)

Introductory of Syllabus

The certificate Course of vocation in Massage Therapy the under six month certificate course of Savitribai Phule Pune University, Ganeshkind, Pune 411 00. The National Vocational Education Qualification Framework (NVEQF) developed by the Ministry of Human Resource Development (MHRD), Government of India provides a common reference for linking various qualifications to be used for setting common principles and guidelines for a nationally recognized qualification system covering Schools, Vocational Education and Training Institutions, Technical Education Institutions, and Universities/Colleges as per NVEQF qualifications are to be developed in series of levels of knowledge and skills, defined in terms of learning outcomes i.e., the competencies (knowledge, skills and attitude)

Competency is defined in terms of what a person is required to perform, under what conditions it is done and how well it is to be done. The course proposes to skill based education due to which the student's ability of problem solving will be enhanced. The students can develop their own business in Massage Therapist service sector.

About Sector

The Beauty sector in India is witnessing exponential growth due to consumerism, globalization and changing lifestyles. Rising disposable income of the rapidly expanding Indian middle class, demand fuelled by increasing stress levels and willingness of people to 'look and feel good' are further fueling the growth of the Beauty & Wellness industry.

Learning Objective of Course

- a) To develop their intellectual, personal and professional abilities for perfect brighten future as a different massage therapist.
- b) To provide skills of Massage Therapies as well as Ayurveda relating to a 'Massage Therapist' profession and appropriate content of General Education.

- c) The Candidate Should be able to receive Primary knowledge of Ayurvedic Principles and Panchakarma procedure.
- d) To get job openings at Panchakarmacentre, Ayurvedic and cosmetic Spa centres, Panchakarma Assistant.

Examination

- a) The assessment and evaluation for certificate programme course will be as per the guidelines of Savitribai Phule Pune University for credit based system.
- b) The assessment for the general education component should be according to the guidelines of Savitribai Phule Pune University as per their prevailing standards and procedures.
- c) The assessment for the skill development components will focus on practical demonstrations of the skills acquired. This may be by the consultation with respective Sector Skill Council for designing the examination and assessment pattern for the skill development components. This may be considered by using the designated assessors of Sector Skill Councils/industry associations for the conduct of practical assessment.

Pattern of Examination

- i. Internal examination, Term end examination, Practical, Oral and Project.
- ii. Pattern of the question paper: As per university rules.

Course Eligibility for admission -

10+2 (HSC) of Any Stream

Course Duration

6 month

Course Fee

As per university rule

Intake capacity of students:

Maximum 25 per batch

Classroom Activities

The main activity in classroom will be an interactive lecture Unit, followed by discussions. Teachers should make effective use of a variety of instructional aids, such as Videos, Power

Point Presentations, Charts, Diagrams, Models, Exhibits, Handouts, etc. to transmit knowledge in projective and interactive mode.

- Theory classes
- Practical classes
- Project work/study

Passing criteria

Attendance required for the course to appear for Examination is 75 %

Structure of the Course

The basic structure (Framework) of the proposed Certificate course syllabus for 6 month leading to certificate in 'Massage Therapy at Baburaoji Gholap College, Sangvi, Pune 411 027 affiliated to Savitribai Phule Pune University

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|-----------------------------|---|
| I. Compulsory Paper: | All papers are compulsory |
| II. Optional Paper: | No optional paper |
| III. Question Paper: | As mentioned above in the examination section |

SYLLABUS

Sr. No.	Sub Code	Course Type	Course Name	Credit
1	MT01	THEORY	Professional Ethics	4
2	MT02	THEORY	Human Anatomy	4
3	MT03	THEORY	Ayurvedic Siddhant	4
4	MT04	PRACTICAL	Therapeutic and Non Therapeutic massage	6
5	MT05	PRACTICAL	Complimentary Therapies	6
6	MT06	PRACTICAL	Allied Procedure	6
Total Credit				30

Medium of Instructions

English Medium.

Recommended Books

The list of recommended books will give at the end of syllabus in detail

Qualification of Teacher

The qualification of faculty will be as per guidelines and norms of University Grant Commission, New Delhi and National Skill Development Council.

List of Tools, Equipment and Material:

1. As per syllabus design in detail
2. As per practical

THEORY

Course Name (Subject): Professional Ethics

Course Code	MT01	Contact Hours	60
Batch No	1st	No. of Credits	4
Aim	<ul style="list-style-type: none">• To develop the professional skill• To develop the Knowledge about health care and Importance of Sterilization and sanitization in massage therapy		
Objectives	<ul style="list-style-type: none">• Importance of effective communication• The course aims to provide a sharp insight into the importance of human values, ethics, morality		
Course Outcomes	<ul style="list-style-type: none">• Students will learn and understand the basic ethical principles and human values.• Students will develop awareness about health care and get basic knowledge of health care.• Students will understand Sterilization and disinfection methods, Common terms used in relation to disinfection, Safe disposal of waste.		
Chapter	Topics	Credit	Lecture
Unit 1	The Sentence and Its Structure - How to Write Effective Sentences Interrogatives and Negatives - Negatives - How to Frame Questions - What's What? - Polite Expressions - Some Time Expressions - In Conversation – Letter Writing - Academic Assignments. Effective E - mail Communication; Telephone Etiquette, Body Language.	1	15
Unit 2	Self - Assessment; Identifying Strength & Limitations; Habits, Will - Power and Drives, Developing Self - Esteem and Building Self - Confidence, Significance of Self - Discipline, Understanding Perceptions, Attitudes, and Personality Types, Mind - Set: Growth and Fixed, Values and Beliefs,	1	15
Unit 3	Impact of Global Development on Ethics and Values, Conflict of cross – cultural influences,	1	15

	mass media, cross – border education, materialistic values, professional challenges and compromise, Modern Challenges of Adolescent Emotions and behavior; Sex and spirituality, Adolescent Emotions		
Unit 4	Hygiene safety , Client care- client handlings Common health problems in India Maintain good physical health, good health and its relation of successful living Sterilisation and disinfection methods Cleaning, sterilisation and disinfection of tools and equipment, Ways to prevent contamination and infection, clean towels, spray bottles, spatula, etc., to avoid contamination and infection.	1	15
Reference	<ol style="list-style-type: none"> 1. Dorch, Patricia. What Are Soft Skills? New York: Execu Dress Publisher, 2013. 2. Petes S. J. Francis. Soft Skills and Professional Communication. New Delhi: Tata McGraw - Hill Education, 2011 3. M.S. Profits and Professions: Essay business and professional ethics. 4. The development of model code for ethics professionals.- Schwartz M.S. 5. Sles health care terms: Slee, Debora. 6. Encyclopedia of public health (2002) Macmillan reference USA. 7. Beauty Therapy Compiled by Maya Paranjape Lorraine Nordman, Beauty Therapy-The Foundation Level II. 8. Standard textbook on Cosmetology, My Lady Public 		

THEORY

Course name (Subject): Human Anatomy

Course Code	MT02	Contact Hours	60
Batch No	1st	No. of Credits	4
Aim	<ul style="list-style-type: none"> To Develop the Basic Knowledge about anatomy and physiology 		
Objectives	<ul style="list-style-type: none"> Define the Importance human body Define the anatomy. 		
Course Outcomes	<ul style="list-style-type: none"> To make students understand the fundamentals of Human Anatomy. To explain the functions of different body systems. To describe the structures of different body system 		
Chapter	Topics	Credit	Lecture
Unit 1	Cell and cell organelles 1) Structure and classification 2) Function 3) Cell division (Mitosis and Meiosis) Cell Tissues • Identify the four main tissue types • Discuss the functions of each tissue type. 1. Epithelial tissue 2. Connective tissue 3. Muscular tissue 4. Nervous tissue	1	15
Unit 2	Different anatomical systems of human body and their parts: 1. Skeletal system 2. Muscular system 3. Respiratory system 4. Digestive System	1	15
Unit 3	il knowledge of structure and function of i) Skin and its appendages b) Functions in detail c) Sweat gland & Sebaceous gland d) Keratinisation e) Colour & Pigmentation f) Baby Skin, Adult Skin. Eye iii) Hair iv) Nails v) Tooth pH of Skin o pH of skin o Importance of pH o Understanding and Maintaining of pH	1	15
Unit 4	Types of Nutrition. Role of Nutrition o Health and Nutrition facts Major functions of carbohydrates, protein, fat, vitamin – A, B, C, B-Complex (B. Group) and sources related to skin, eye and hair. (ii) Role of water in maintaining healthy skin. (iii) Concept of Balance Diet and five food groups	1	15
Reference	1. Anatomy & Physiology: Beauty Therapy Basics – Helen McGuinness (Author)		

	<ol style="list-style-type: none"> 2. Kimber and Gray – Human Physiology and Anatomy 3. Fransis – Introduction to Human Anatomy Blossom Kochar, Hair, Skin and Beauty care, The complete Body Book, VBS publisher New Delhi, 2002. 4. Delhi, 2002. 5. Dr. Renugupta, Complete Beautician Course, Diamond Pocket books, Pvt. Ltd. New Delhi, 2001. 6. Good Calories, Bad Calories: Fats, Carbs, and the Controversial Science of Diet and Health by Gary Taubes
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THEORY

Course name (Subject): AYURVEDIC SIDDHANT

Course Code	MT03	Contact Hours	60
Batch No	1st	No. of Credits	04
Aim	<ul style="list-style-type: none"> • To Understand Importance of Ayurveda in massage therapy 		
Objectives	<ul style="list-style-type: none"> • Define the Concept of Ayurveda • Discuss the Panchakarma and Shodhana, • Importance of diet, herbs,oils in panchakarma 		
Course Outcomes	Student understand the Ayurveda		
Chapter	Topics	Credit	Lecture
Unit 1	<ul style="list-style-type: none"> • Fundamentals of Ayurveda History of Ayurveda Panchamahabootasidhantha (Theory of Five Fundamental Elements) TridoshaSidhantha (Theory of three Humours) Saptadathu (7 Bodily Elements) Trimala (Three products of Excretion) Prakriti (Body Constitution) Srotovigyanam (Knowledge about different systems of the body) Astanga Ayurveda (Knowledge about 8 branches of AyurvedaU 	1	15
Unit 2	<ul style="list-style-type: none"> • Introduction to Panchakarma and Shodhana, its Importance for promotion of health, prevention and treatment of diseases. Trividha Karma- Purva, Pradhana and Pashchat Karma in relation to Shodhana and their importance 	1	15

Unit 3	Diet regimen during Panchakarma 1. Specifications of Panchakarma theatre and necessary equipments. Herbs, oils and preparations used in panchakarma	1	15
Unit 4	1. BāhyaSnehana : detailed procedure of the following types of Bahyasnehana; - Abhyanga ,Mardana, Unmardana, Samvāhana, Swedan General precautions during abhyanga and Svedana and Methods to protect vitals during Panchkarma.	1	15
Reference	1. Dr Haridas Kasture :- Panchakarma Vigyan 2. Dr Shriniwas Acharya :- Illustrated Panchakarma		

PRACTICAL

Course Name (Subject): Complimentary Therapies

Course Code	MT04	Contact Hours	90
Batch No	1st	No. of Credits	06
Aim	<ul style="list-style-type: none"> To develop the Skill and Knowledge about aroma and acupressure. 		
Objectives	<ul style="list-style-type: none"> Learn to explore the massage of aroma therapies and acupressure. 		
Course Outcomes	<ul style="list-style-type: none"> Students will understand the different types of complimentary therapies. Students will understand the therapeutic use of aroma oils Students will learn the techniques of acupressure and acupuncture 		
Chapter	Topics	Credit	Lecture
Unit 1	Aromatherapy- historical & philosophical roots; herbal oils – their production, quality control and therapeutic uses. Important herbal oils: mechanisms of action: skin absorption; Methods of application, Blending: theories of blending according to fragrance, chemistry and symptomatology Practical formulating: hands-on base product creation of creams and ointments from raw materials; in-class formulating of aromatic products for the skin Herbal medicine- Background-Turmeric (<i>Curcuma longa</i>) tinctures, Devil's claw (<i>Harpogophytumprocumbens</i>) tincture 30 mL, Ginseng (<i>Panax spp</i>) tincture 10 mL,	3	45

	White willow (Salix alba) tincture 20 mL, Licorice (Glycyrrhizaglabra) 5 mL, Oats (Avena sativa) 15 mL, Differences from conventional drugs		
Unit 2	Acupuncture - Methods & Acupuncture, Use of Needles and other material in Acupuncture, Maintaining Acupuncture Clinic. Acupuncture Meridians & Points, Acupressure-What is acupressure? Concept of yin and yang. Concept of physical and metaphysical. Five element theory.	3	45
Reference	1. Rogi, RogEvamUpcharak, Dr. G. C. Agarwal 2. Pink book (tables, charts & diagrams) OR Chinese Acupressure Treatment Hand Book – Vol. I		

PRACTICAL

Course Name (Subject): Therapeutic Massage

Course Code	MT05	Contact Hours	90
Batch No	1st	No. of Credits	06
Aim	<ul style="list-style-type: none"> To Develop the Skill and Knowledge about. Therapeutic Massage 		
Objectives	<ul style="list-style-type: none"> Learn to explore the massage of Therapeutic Massage 		
Course Outcomes	<ul style="list-style-type: none"> Students will understand the different types of – Therapeutic Massage 		
Chapter	Topics	Credit	Lecture
Unit 1	Abhyanga Scientific approach of abhyanga (massage) in ayurveda Qualities and benefits of abhyanga Indications for abhyanga Contra indications for abhyanga Classification of abhyanga abhyanga udvartan sawahan mardan pizzichil head massage face massage foot massage Complications of abhyagna	2	30

	Complications of abhyanga Dynamics of abhyanga		
Unit 2	Abhyanga in different conditions baby abhyanga prenatal abhyanga antenetalabhyanga post netalabhyanga	2	30
Unit 3	Abhyanga in diseases Joint Pain (arthritis) Paralysis Obesity Skin diseases	2	30
Reference	1. Dr Haridas Kasture :- Panchakarma Vigyan		

PRACTICAL

Course Name (Subject): Allied Procedures

Course Code	MT06	Contact Hours	90
Batch No	1st	No. of Credits	06
Aim	<ul style="list-style-type: none"> To Develop the Skill and Knowledge about Allied procedures 		
Objectives	<ul style="list-style-type: none"> Learn to explore the massage of Allied procedures 		
Course Outcomes	<ul style="list-style-type: none"> Students will understand the different types of – Ayurvedic Massage 		
Chapter	Topics	Credit	Lecture
Unit 1	1. Various Swedan types - Bashpswed, Nadiswed, Pottali swed, Shashtik-shali panda swed, Avagah swed, Parishek, Pizichil, Annalep, upanaha etc with their Indications, contraindications, Pre procedure, procedure, post procedure, Complications	2	30
Unit 2	2. Sthanik Basti - Kati basti, Janubasti, Manyabasti, Hridbasti etc. with their Indication, contraindication Pre procedure, procedure, post procedure, Complications.	1	15
Unit 3	<ul style="list-style-type: none"> Karna Purana & Akshi Tarpan, Lepa, Talam, Siro Pichu and Siro-dhara, udvartan gandush with their Indication, contraindication Pre 	2	30

	procedure, procedure, post procedure, Complicatio		
Unit 4	General Precautions during all procedures	1	15
Reference	Vaidya Vasant Patil		