



PRAKASH SHIKSHAN MANDAL'S

**LOKNETE RAJARAMBAPU PATIL AYURVEDIC MEDICAL
COLLEGE, HOSPITAL, POST GRADUATE INSTITUTE AND
RESEARCH CENTER, ISLAMPUR**

VALUE ADDED COURSE

IN

VARIOUS

TECHNIQUES

OF MASSAGE

(DESIGNED BY DEPT. OF PANCHAKARMA)

Aim :

To establish training in Various techniques of Massage.

Course Objectives:

1. To establish basic knowledge of Techniques of Massage.
2. To promote the art and science of Massage Therapy in all its forms, as the very safe and effective therapy.
3. To explain recent advances in Massage.

Scope of program: -

Upon successful completion of this course, the student will be able to:

1. Understand the importance of Techniques of Massage
2. Will able to do various techniques of massage independently.

Eligibility Criteria :

- IV BAMS Students / Interns / PG students / Health professionals of LRPAMC, Islampur.

Course Design:

Name of the Course	Value Added course in Various techniques of massage
College Code	122113
Course Code	VACPK
Duration	6 Months
Teaching Scheme: Lecture/ practical	15 hrs
Evaluation Scheme	Method of Examination: Multiple choice examination : 50 marks Passing Criteria : Minimum 50% Marks
Course Language	English& Marathi
Intake Capacity	30

Course Content:

Sr.No.	Syllabus Content	Teaching Hours
1	Snehan:-Samanya parichay,Sneha Guna,Karma, Snehan Yogya Ayogya	2 hrs
2	Abhyanga	1 hr
3	Various types of massage	1 hr
4	Facial Massage	1 hr
5	Strokes of Massage	6 hrs
6	Udavartan and utsadan	1hr
7	Mardan and unmardan	1 hr
8	Padaghat	1hr
9	Shiroabhyanga	1hr

Reference Books:

- Panchakrma therapy by R. H. Singh
- Ayurved Panchakrma vidnyan by Vaidya Kasture
- By Internet references
- Massage Techniques by Ranade