



மனோன்மணியம் சுந்தரனார் பல்கலைக்கழகம்
MANONMANIAM SUNDARANAR UNIVERSITY

**SYLLABUS FOR DIPLOMA IN VARMA AND MASSAGE
PROGRAM OFFERED THROUGH DIRECTORATE OF VOCATIONAL
EDUCATION (COMMUNITY COLLEGES AND VOCATIONAL SKILL
DEVELOPMENT CENTRES) FROM 2019 – 2020**



கல்விசார் நிலைக்குழுக் கூட்டம்

**MEETING OF THE STANDING COMMITTEE ON
ACADEMIC AFFAIRS HELD ON WEDNESDAY
THE 22nd JANUARY 2020**

DIPLOMA IN VARMA AND MASSAGE

வார்மமும் தடவு முறையும் பட்டயம்

SCHEME OF EXAMINATION

Subject code	Title of the Course	Credit	Hours	Passing Minimum
Semester I				
C19VM11/E19VM01	Elements of Human Anatomy and Physiology	6	90	40/100
C19VM12/E19VM02	General study of Human Pathology	6	90	40/100
C19VM13/E19VM03	Philosophy of Varma	6	90	40/100
C19CE10/E19CE10	Communicative English	6	90	40/100
C19VMP1/E19VMP1	Practical I-Varma Points Application	4	120	40/100
Semester II				
C19VM21/E19VM04	Massage	6	90	40/100
C19VM22/E19VM05	Medicinal Plants and Drug Preparations	6	90	40/100
C19LS23/E19LS05	Life skill	6	90	40/100
C19VMP2/E19VMP2	Practical II-Massage Methods	4	120	40/100
C19VMPW/E19VMPW	Project/Internship	10	150	40/100

Eligibility for admission: Pass in 12thstd examination conducted by the Govt. of Tamil Nadu Board of Secondary Education, Government of Tamil Nadu or any other equivalent examination.

Examination: Passing Minimum for each Course is 40%. Classification will be done on the basis of percentage marks of the total marks obtained in all the Courses and as given below:

40 % but less than 50 % - Third class
50 % but less than 60 % - Second class
60 % and above - First class

Theory Paper

Internal Marks-25

External Marks-75

Syllabus

First Semester:-

- Course I - Elements of Human Anatomy and Physiology
- Course II - General study of Human Pathology
- Course III - Philosophy of Varma
- Course IV - Communicative English
- Course V - Practical I- Varma Points Application

Second Semester:-

- Course VI - Massage
- Course VII - Medicinal Plants and Drug Preparations
- Course VIII - Life Skill
- Course IX - Practical II-Massage Methods
- Course X - Project/Internship

***(Semester Pattern for Community College Only)**

COURSE – I

(C19VM11/E19VM01)ELEMENTS OF HUMAN ANATOMY AND PHYSIOLOGY

Unit I

18 Hrs

Definition of Anatomy and Physiology - Study of cells – Tissues – Blood – Plasma – RBC – WBC – Types of WBC – Platelets – Uses of blood – Circulatory and Cardiac system

Unit II

18 Hrs

Skeletal system – Bones of upper limb – Lower limb – Skull bones – Pelvic bones – Trunk bones – Bone joints with muscles

Unit III

18 Hrs

Nervous system – Brief study of nervous system – Structure of brain and its functions – Brief study of thalamus and Hypothalamus – Classification of nervous system- Central nervous system – Peripheral nervous system – Brief study of cerebellum and its functions

Unit IV

18 Hrs

Digestive system – Parts of Digestive system – Functions – Physiology of Digestion and absorption – Structure and functions of liver - Respiratory system- Parts of Respiratory system - Functions of Respiration – Physiology of Respiration

Unit V

18 Hrs

Urinary system-Structure of urinary system – Functions of kidney – Physiology of urine formation – Physiology of micturition

Reference books:

1. Fundamental study of human anatomy and physiology By Dr. Moni
 2. Human Physiology By Sarada subramaniam
 3. Basic study of Human Anatomy and Physiology by Dr.T. Rajendran
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COURSE – II

(C19VM12/E19VM02)GENERAL STUDY OF HUMAN PATHOLOGY

Unit I **18 Hrs**

Definition of pathology - Definition of inflammation - Causes of inflammation - Cardinal Signs of inflammation - Changes of inflammation (Cellular changes-Vascular changes)

Unit II **18 Hrs**

Chemical changes of inflammation - Chemo taxis - Phagocytosis - Transudate and exudates-Examples for Transudate and exudates - Difference between transudate and exudates.

Unit III **18 Hrs**

Definition of Repair and regeneration - Difference between repair and regeneration -Mechanism of repair - Processing infected wound - Process of healing in clean incised wound

Unit IV **18 Hrs**

Mechanical fracture of bones-Definition-Types of fracture-Process-Healing of fracture-Factors hastened the healing of fracture-Factors causes for delay the process of Healing fracture.

Unit V **18 Hrs**

Pathological fracture of bones - Causes of pathological fracture of bones - Difference between pathological fracture and Traumatic or mechanical fractures.

Reference books:

1. Basic study of General pathology - by Dr.T. Rajendran
 2. Essential pathology for Dental students – by Mohan Harsh, Mohan Sugandha
 3. Notes on Pathology – by Experienced professor
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COURSE – III

(C19VM13/E19VM03)PHILOSOPHY OF VARMA

Unit I

18 Hrs

History of Scientific origin of varma art - Historical origin of Varma art – Names of Traditional Varma records.

Unit II

18 Hrs

Selection of disciples and their characters – Varmologist and their characters

Unit III

18 Hrs

Merits and Demerits of Varma study – Saptha thadhukkal – Rasa thadhu - Rettha thadhu-Mamisa thadhu - Metha thadhu - Enbu thadhu (Bone) – Majjai thadhu - Sukkila thadhu (Reproductive tissue)- Three Thegams – (Three layers of body - Paru udal - Aru udal -Karu udal)

Unit IV

18 Hrs

Fundamental Principles of Varmam - Definition- Named off varmam - Ayurvethic classification of varmam -Structural classification-Regional classification - Prognostic classification-Metrical classification - Siddha classification of Varmam - Regional classification-Prognostic classification - Humoral classification-Numerical classification - Fatal diagnosis of varmam

Unit V

18 Hrs

Basic study of Padu varmam and Thodu varmam - Names and Locations- Properties-Releasing Methods - Indication and Post traumatic complication on the basis of regions of body-Head varmams - Neck varmams - Anterior varmams - Posterior varmams - Upper limbs varmam-Lower limbs varmam

Reference books:

1. Text book of Varma Science by Dr.T. Rajendran
 2. Handbook of Varma Therapy by Dr.T. Rajendran
 3. The Treasure of Varma Science by Dr.T. Rajendran
 4. Dr. Shuhikosaka – Varma Sutiram-International Institute of Asian Studies-Delhi.
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(C19CE10/E19CE10) Course IV

Communicative English

1. **Basic Grammar:**

- a. Review of grammar
- b. Remedial study of grammar
- c. Simple sentence
- d. Word passive voice etc.

2. **Bubbling Vocabulary:**

- a. Synonyms
- b. Antonyms
- c. One – work Institution

3. **Reading and Understanding English**

- a. Comprehension passage
- b. Précis – writing
- c. Developing a story from hints.

4. **Writing English**

- a. Writing Business letters.
- b. Paragraph writing
- c. Essay writing
- d. Dialogue writing

5. **Speaking English**

- a. Expressions used under different circumstances
- b. Phonetics

Reference :

1. V.H.Baskaran – “English Made Easy”
 2. V.H.Baskaran – “English Composition Made Easy”
(Shakespeare Institute of English Studies, Chennai)
 3. N.Krishnaswamy – “Teaching English Grammar”
(T.R.Publication, Chennai)
 4. “Life Skill” – P.Ravi, S.Prabakar and T.Tamzil Chelvam,
M.S.University, Tirunelveli.
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(C19VMP1/E19VMP1)COURSE V

PRACTICAL – I

VARMA POINTS APPLICATION

List of Exercises

- Varma points stimulation – Regional classification and Therapeutical applications.
- Varma points in head and face – Varma points in neck and hands – Varma points in chest – Varma points in back.

Semester II

Course-VI

(C19VM21/E19VM04)MASSAGE

Unit I

18 Hrs

Definition of Massage-History of Massage-Benefits of Massage-Techniques of Massage with the names of forty five techniques - Classification of Massage-Varma Massage-Types of Ten Massages-Techniques-Methods of application-Stimulation varma points-Merits of Massages-Ayurvethic Massage-Panchakarma-Types of Massage-Detail study of Ayurvedic Massages

Unit II

18 Hrs

Comparative study of various massages – Shiatsu Massage-Fourteen meridians-Methods to be followed-Rules and regulations to be followed to shiatsu and merits - Swethish Massage-Techniques-Four types and Merits-Restrictions of states-Brief study of Chinese Massage-Trigger Massage-Merits-Basic knowledge to be known in Trigger massage-Detail study of states-Period and Methods of application and Merits

Unit III

18 Hrs

Reflex centres (Adankals) – Names of records – Types of Adankals-108 Reflex centres and its location-Indications

Unit IV

18 Hrs

Baths-Types of baths-Steaming bath-Fuming bath – Vapour bath-Detail study of Vapour bath and Fuming bath.

Unit V

18 Hrs

Asanam– Definition - Preparation for asanams - Detail study of Pathmasanam - Thanurasanam – Kukudasanam - Machasanam-Mayurasanam- Kalasanam - Sirasasanam - Sarvangasanam-Pachimothasanam - Savaasanam - Method of activation- Merits- Kalari-History of Kalari – Types of Kalari- Preparation of Kalari-Basic body exercises – Primary kalari Exercises – Sparings – Detail study of southern and northern kalari.

Reference books:

1. Text book of Varma Science by Dr.T. Rajendran
 2. Handbook of Varma Therapy by Dr.T. Rajendran
 3. The Treasure of Varma Science by Dr.T. Rajendran
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COURSE VII

(C19VM22/E19VM05)MEDICINAL PLANTS AND DRUG PREPARATIONS

UNIT I 18 Hrs

Identification – materia medica with botanical name, family name, local name of 25 herbs

UNIT II 18 Hrs

Name of 64 ankadis and identification – materia medica with botanical name-family name, local name of 30 drugs

UNIT III 18 Hrs

Basic knowledge about different medicine used in varmalogy – kasayam –nei – lekium – sooranam - external oils – paste – cream – kuzhikai -massage powder - ottadam.

UNIT IV 18 Hrs

Requirements - ingredients and preparations of massage oil –kayathirumeni - kumari thailam - external paste - ottal on kizhi and cream

UNIT V 18 Hrs

Basic study of packing – labeling – sterilization – storage – dosage – administration and toxicity of herbs erukku and oomathu

Reference books:

1. Text book of Varma Science – by Dr.T.Rajendran-2006
 2. Text book of Herbals and Varma Medicines -by Dr.T. Rajendran
 3. Gunapadam-Ist volume – Vaidhiya Rethinam Murugesu Muthaliyar
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**(C19LS23/E19LS05) COURSE VIII
LIFE SKILL**

I Life Coping or adjustment

- (a) External and internal influence in one's life
- (b) Process of coping or adjustment
- (c) Coping with physical change and sexuality
- (d) Coping with stress, shyness, fear, anger far live and criticism.

II Attitude

- (a) Attitude
- (b) Self acceptance, self – esteem and self actualization
- (c) Positive thinking

III Problem Solving

- (a) Goal Setting
- (b) Decision Making
- (c) Time Management and stress Management.

IV Computers

- (a) Introduction to Computers
- (b) M.S.Office
- (c) Power Point

V Internet

- (a) Introduction to internet
- (b) E – mail
- (c) Browsing

References:

- 1) Life Skill Programme course I & II by Dr. Xavier Alphona MCRDCE Publications. R.K.Mutt Road, Chennai – 28
- 2) ஆளுமை பண்பு வளர்த்தல் மற்றும் தகவல் தொடர்பு by M.Selvaraj Community College, Palayamkottai
- 3) “Life Skill” –P.Ravi, S.Prabahar & T.Tamil Chelvam, M.S. University, Tirunelveli

**(C19VMP2/E19VMP2) COURSE IX
PRACTICAL – II MASSAGE METHODS**

List of Exercises

Massage methods and steps
Identifications of plants
Herbarium sheets.

**COURSE X
(C19VMPW/E19VMPW)PROJECT/INTERNSHIP**

Need compulsory internship/projects related to the course.
