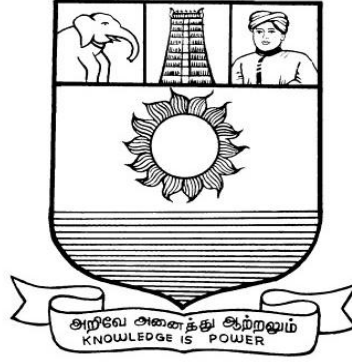


மனோன்மணியம் சுந்தரனார் பல்கலைக்கழகம்
திருநெல்வேலி – 627 012

Manonmaniam Sundaranar University
Thirunelveli – 627 012.



கல்விசார் நிலைக்குழுக் கூட்டம்

**MEETING OF THE STANDING COMMITTEE ON
ACADEMIC AFFAIRS HELD ON FRIDAY
THE 27th OCTOBER 2017.**

**Syllabus for Diploma in Varma and Massage Course offered
through Directorate of Vocational Education
(Community Colleges and Extension Learning Programme)
from 2017 – 2018**

DIPLOMA IN VARMA AND MASSAGE
SCHEME OF EXAMINATION

Subject Code	Title of the Paper	Credit	Hours	Passing Minimum
Semester I				
C17VM11/E17VM01	Elements of Human Anatomy and Physiology	6	90	40/100
C17VM12/E17VM02	General Study of Human Pathology	6	90	40/100
C17VM13/E17VM03	Philosophy of Varma	6	90	40/100
C17CE10/E17CE10	Communicative English	6	90	40/100
C17VMP1/E17VMP1	Practical – I Varma Point Application	4	60	40/100
Semester II				
C17VM21/E17VM04	Massage	6	90	40/100
C17VM22/E17VM05	Medicinal Plants and Drug Preparations	4	60	40/100
C17LS23/E17LS05	Life Skill	6	90	40/100
C17VMP2/E17VMP2	Practical – II Massage Methods	12	120	40/100
C17VMPW/E17VMPW	Project/Internship	4	60	40/100

Eligibility for admission: Pass in 12th Std 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 paper is 40%. Classification will be done on the basis of percentage marks of the total marks obtained in all the papers and as given below:

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

Syllabus

First Semester

Paper-I	: Elements of Human Anatomy and Physiology
Paper-II	: General Study of Human Pathology
Paper-III	: Philosophy of Varma
Paper-IV	: Communicative English
Paper-V	: Practical – I Varma Point Application

Second Semester

Paper-VI	: Massage
Paper-VII	: Medical Plants and Drug Preparations
Paper-VIII	: Life Skill
Paper-IX	: Practical – II Massage Methods
Paper-X	: Project/Internship

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

SEMESTER I

(C17VM11/E17VM01) PAPER I – ELEMENTS OF HUMAN ANATOMY AND PHYSIOLOGY

UNIT-I

Muscular system: Muscles of upper limb, thorax abdomen, pelvic, head and neck.

UNIT-II

Nervous system: Central nervous system, peripheral nervous system.

UNIT-III

Skeletal system: Lymphatic system and physiology of digestive system.

UNIT-IV

Physiology: introduction of cardiovascular system, respiratory system, cells tissue.

UNIT-V

Blood and body fluids- RBC And Hb,WBC And Platelets, Blood Groups.

Reference books:

Foundation of Anatomy and Physiology – ROSS AND WILSON

Human Physiology-SARADA SUBRAMANIYAM

(C17VM12/E17VM02) PAPER II –GENERAL STUDY OF HUMAN PATHOLOGY

UNIT –I

Pathology –inflammation-vascular and cellular, function of inflammatory exudates, cellular changes, cardinal signs of inflammation.

UNIT – II

Pathogenesis of acute inflammation-factors responsible for localization and spread of infection, difference between regeneration and repair.

UNIT –III

Process of healing in clean incised wound, mechanism involved in repair process in infected wound.

UNIT-IV

Pathological fracture of bones, traumatic fracture of bones.

UNIT-V

Detail study about fracture and healing fracture, types, reduction and first aid to fracture.

Reference books:

Essential Pathology for Dental Students-MOHAN HARSH, MOHAN SUGANDHA.

(C17VM13/E17VM03) PAPER III – PHILOSOPHY OF VARMA**UNIT – I**

History of scientific origin and historical origin of varmam-names of traditional Varma records.

UNIT –II

Selection of disciples and their characters-varmalogist and their characters.

UNIT –III

Merits and demerits of Varma study- basic study of sapthathathus and three thegas.

UNIT –IV

Fundamental principles of varmam-defintion, names, classifications and detail study of varmam and its points.

UNIT –V

Releasing methods and its point – related and time mathirai-fatal diagnostic points-basic study of crystal and aroma varmams and its uses.

Reference books:

Dr. T.Rajendran -2006- Varma Maruthuva Kaiadangal, Varmamum Ariviyalum – Thendral Pathipagam-Kanyakumari. Thadavumurai (Tamil)

Dr.T.Rajendran-2012-Varma Maruthuvam Kaiyadakam-Power publications Kanyakumari.(Tamil)

Dr.Shuhikosaka—Varma sutiram- Intrnational Institute of Asian studies.- Delhi

(C17CE10/E17CE10) Paper IV Communicative English**Unit I: Learning context**

Concept of learning – Learning style –Grammatical framework – sentence framing – paragraph and texts

Unit II: Reading

Basic concept – Purposes of reading-Decoding-Reading materials – Barriers of reading

Unit III: Writing

Basic concept-Writing style-Terminology-stages-English spelling and punctuation –
Written texts

Unit IV: Speaking

Language functions-Conversation- Features of spoken English – Types of English
course: functional English, English literature, advance English – Phonetic

Unit V: Developing Communication Skills

Meaning –Classroom presence- Features of developing learning process- Practical
skills and Listening- uses of communicative English

Reference Books:

1. Raman,m.&S.Sharma (2011) communication skills,OUP,New Delhi: India
2. Lata,P.&S.Kumar(2011) communication skills,OUP,New Delhi: India,
- 3.Leech,G&J.Svartvik(2002) A communicative grammar of English,Pearson,India,
4. Sethi,J. and P.V. Dharmija (2007) A course in Phonetics and spoken
English.Second edition, Prentice hall: New Delhi

(C17VMP1/E17VMP1) PAPER V- PRACTICAL –I VARMA POINTS APPLICATION

Varma points stimulation, Regional classificationandTherapeutical
applications.

Varma points in head and face.

Varma points in neck and hands

Varma points in chest,

Varma points in back

(C17VM21/E17VM04) PAPER VI – MASSAGE

UNIT – I

Massage – definition, benefits, classification and types.

UNIT –II

Definition of acupressure – acupressure panchakarma-vapour bath-
classification and uses of fuming bath.

UNIT –III

Adankals – definition,classification-names of adankals-variation in
records-amirtham and visam-brief study of its circulation.

UNIT –IV

Varma kalari kinds-methods used in kalari basic exercises-pre-exercises –sparings-defence mechanisms-locks.

UNIT –V

Basic knowledge of yogasanam and other asanam-uses and benefits.

Reference books:

Varmam – 108 Dr.T.KannanRajaram – 2010-Siddha medical literature publications, Kaniyakumari

Varma Suthiram- 2007 –Udiyavendam- Kathiga publications – Chennai

Agasthiyar Varma SuthiraVilagam- 2009 -p. S.manian-VijyaPathibagam- Kovai

(C17VM22/E17VM05) PAPER VII – MEDICINAL PLANTS AND DRUG PREPARATIONS

UNIT – I

Identification-materiamedica with botanical name, family local name of 25 herbs.

UNIT –II

Name of 64 ankaidas and identification – materiamedicawith botanical name, family local name of 30 drugs.

UNIT –III

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

UNIT –IV

Requirements –ingredients and preparations of massage oil-kayathirumeni -kumarithailam -external paste, ottal on kizhi and cream.

UNIT –V

Basic study of packing-labeling-sterilization-storage-dosage, administration and toxicity of herbs erukku and oomathu.

Reference books:

T.Rajendran -2006- Varma Maruthuva Kaiadangal, Varmamum Ariviyalum – Thendral Pathipagam.-Kaniyakumari. Thadavumurai (Tamil)

Dr.T.Rajendran-2012-Varma Maruthuvam Kaiyadakam-Power publications Kaniyakumari.(Tamil)

Dr.Shuhikosaka—Varma sutiram-Intrnational Institute of Asian studies.- Delhi.

Varmam – 108 Dr.T.KannanRajaram – 2010-Siddha medical literature publications, Kaniyakumari

5. Varma Suthiram- 2007 –Udiyavendam- Kathiga publications – Chennai
6. Agasthiyar Varma Suthira Vilagam- 2009 -p. S.Manian- Vijya Pathibagam- Kovai

(C17LS23/E17LS05)V PAPER VIII- LIFE SKILL

(Common to All Courses)

UNIT-I ATTITUDE : Positive thinking – Goal setting – Problem Solving and Decision making – Leadership and Team Work.

UNIT-II COMMUNICATION SKILLS: Oral communication: Concept of English language – Fluency – Verbal communication in official and public situations.

UNIT-III COMMUNICATION SKILLS: Written Communication: Comprehension – Writing a formal letter like application for Job, enquiry, reply, complaint and such others – preparation of Resume, Curriculum Vitae.

UNIT-IV COMPUTING SKILLS – 1: Introduction to Computers, its various components and their respective functions – Memory storage devices – Microsoft (MS) Office – MS Word.

UNIT-V COMPUTING SKILLS – 2 Internet Basics – Origin of Internet – MODEM – ISP – Upload – Download – e-mail – Origin of worldwide web (www) Browsers – Search engines.

Reference books:

Life skill, Manonmaniam Sundaranar University Publications Division (2011)

(C17VMP2/E17VMP2)PAPER IX- PRACTICAL -IIMASSAGE METHODS

Massage methods and steps

Identifications of plants

Herbarium sheets.

(C17VMPW/E17VMPW) PAPER X PROJECT/INTERNSHIP

Need compulsory internship/projects related to the course.
