

**SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA
(S-VYASA)**

(declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)

FINAL EXAMINATION

NTTC T 02 Manipulative Therapy

Date : 30-May-2010

Time : 1 hours 30 min

Max Marks: 50

I. Answer any two of the following.

10X2=20

1. Define massage and its effect and benefit?
2. Explain Lymphatic massage?
3. Explain Reflexology massage?
4. Explain Swedish massage?

II. Answer any four.

5X4=20

1. Explain Aromatherapy massage?
2. Classification of massage?
3. Vibro massage?
4. Essential things to set up a massage room & essential qualities of massage?
5. Mark the Reflexology point both on hands and feet?
 - > Shoulder,
 - > Spine,
 - > Head,
 - > Kidney,
 - > Lungs,
 - > Liver,
6. Types of Touch and its application?

III. Answer any five.

2X5=10

1. Steps in back massage?
2. Indication and contraindication of massage?
3. Effect of massage on circulatory system?
4. Effect of massage on nervous system?
5. Aroma oils?
6. Uses of powder massage?

******Wish You All the Best******