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Total No. of Pages : 02

Total No. of Questions : 09

BHSRM (2012 & Onwards) (Sem.-1)

**ANATOMY & PHYSIOLOGY AND BASICS OF MASSAGE**

Subject Code : BHSRM-103

M.Code : 46503

Time : 3 Hrs.

Max. Marks : 60

**INSTRUCTION TO CANDIDATES :**

1. SECTION-A is COMPULSORY consisting of TEN questions carrying TWO marks each.
2. SECTION-B contains FIVE questions carrying FIVE marks each and students have to attempt any FOUR questions.
3. SECTION-C contains THREE questions carrying TEN marks each and students have to attempt any TWO questions.

**SECTION-A**

1) Write short notes on :

a) Hygiene b)

Anatomy c)

Safety d) Ethics

e) Physiology

f) Polarity therapy

g) Aromatherapy

h) Stroke

i) Biochemical correlation

j) Hydrotherapy

## SECTION-B

- 2) Explain “Cupping” method.
- 3) Write short note on “Towel Technique”.
- 4) Explain the importance of health safety and Hygiene.
- 5) Explain, how body is affected by stress?
- 6) What massage therapist should take care while giving massage to client?

## SECTION-C

- 7) Explain in detail different types of Massage therapy.
- 8) Define Homeostasis. Why is maintaining homeostasis important for survival?
- 9) Define Tissues. Enlist different types of tissues. Explain in detail Epithelial tissues and connective Tissues.

NOTE : Disclosure of Identity by writing Mobile No. or Making of passing request on any page of Answer Sheet will lead to UMC against the Student.