

CURRICULUM FOR CERTIFICATE COURSE

IN

DALK THERAPY ASSISTANT

Essential Requirement -

Serial No.	Criteria	Requirement	Remarks (If any)
1	Basic eligibility of participants	12 TH CLASS,	
2	Duration of the Course	3 Months	
3	Number of trainees per Batch	Min.- 10 students Max.- 30 students	
4	Trainer Qualification	MD in IBT, MAULIJAT	
5	Number of Trainers required (Theory)	Min.- 2	
6	Number of Guest faculty required	Min.- 2 Max.- 10	
7	Number of working Technician (Skill expert) required for practical training	Min.- 02	
8	Infrastructure Technical specification requirement	60 seats BUMS – Admission of 30 students Trainees can be allowed	
9	Assessment Method	2 Theory papers– 100 marks 1 Practical – 100 Marks	

Certificate in Dalk (massage)

Introduction:

Ilaj bit Tadbeer is branch of treatment based on suitable modifications in Asbabe Sitta Zarooriya for the treatment of diseases, which usually develop in a person due to faulty life style. Asbabe Sitta Zarooriya constitute and govern the life style of a person. In the present era, the life style disorders are on the rise due to affluence and sedentary life style, which run against the tenets of Asbabe Sitta Zarooriya, which emphasize upon moderation in these six essential factors to lead a healthy life. While immoderation in Asbabe Sitta Zarooriya causes diseases, the moderation in the same factors restores the health. In the face of looming threat of life style disorders such as Obesity, Hypertension, Diabetes Mellitus, Coronary Artery Diseases and Cancers etc, the demand of Ilaj bit Tadbeer is on the rise. The spurt in all such diseases also requires the proportionate availability of qualified regimenal physicians and technicians to cope up the burden of providing timely and suitable regimenal treatment. Therefore, there is an immediate necessity to produce qualified workforce equipped with a certificate and diploma course in Ilaj bit Tadbeer to assist the consulting physicians to meet the increasing demand of Regimenal therapy for a wide variety of diseases.

Scope and utility: The certificate in Dalk (massage) may open up career opportunities and employability for the aspirants in private clinics or hospital catering regimenal procedures. The scope of Dalk is ubiquitous and straddles across a wide range of applications for a variety of objectives involving rejuvenation and enhancement of health to rehabilitation in debilitating diseases. The therapeutic massage is found scientifically effective in various forms of chronic intractable and incapacitating disorders such as degenerative musculoskeletal ailments and cerebrovascular and degenerative neurologic disorders etc. As lifestyle diseases are on the rise due to socioeconomic factors, the hospital and clinics will need a workforce of qualified and well-trained masseurs to treat and rehabilitate a score of patients with various forms and magnitude of disabilities due to chronic disabling disorders. The certified masseurs may hold the position of technicians and work under the supervision of qualified Ilaj bit Tadbeer physician to carry out massage and earn a respectable livelihood.

Objectives: To produce Dalk technicians for providing assistance to Unani physicians in carrying out Dalk in their clinical/hospital practice

Eligibility:

The minimum educational requirement shall be the passing of 12 years of schooling (10+2 year course) recognized by CBSE/ICSE/SSSCE/HSCE/State Board or a recognized equivalent examination.

Age Limit: Not below 17 years at the time of last date of form submission

Intake capacity:

Number of Seats: A total of 10 to 30 students will be selected for each session.

Design & Period of Course:

This is a full-time, regular & non-residential course. The classes and practical's will be conducted on all working.

Duration of the course:

The total duration of the course is 3 months.

Subjects:

1. Applied Anatomy & Physiology
2. Basic and Therapeutic Massage

Classes:

S. No	Subjects	Theory (hours)	Practical (hours)
1	Applied Anatomy & Physiology	50	-
2	Basic and Therapeutic Massage	50	540
Total		100	540

Assessment and Examination:

On completion of course, the student will be evaluated through written and practical examinations. There will be 2 written question papers as per prescribed syllabus on separate working days followed by practical examination.

One external Examiner for both the written and practical examinations will be from the Department of Ilaj bit Tadbeer of any recognized University/Institute/College. One Internal Examiner for both the written and practical examinations will be from the parent Institute. The Director/In-charge of the Institute and Coordinator will maintain secrecy of the whole examination process including nomination of examiner, setting of question paper, checking of answer sheets, conduction of practical examination and preparation and declaration of result.

Scheme of Examination:

Theory and practical examinations

S.No	Subject	Theory	Practical	Total
1.	Applied Anatomy & Physiology	100	-	100
2.	Basic and Therapeutic Massage	100	100	200
Total		200	100	300

Attendance:

80% of the attendance both in theory and practical shall be essential for allowing the student for the examination.

Result:

The student should obtain a Minimum 50% of marks separately in theory and practical for successful completion of his/her certificate course. The Result will be displayed at Notice Board of the Institute.

If any candidate fails to pass the examination, he may apply for re-examination on submission of fresh examination form along with examination fee which will be conducted within three months.

Award of Certificate:

On successful completion of Theory and Practical examinations, student will be awarded a Certificate in Dalk (Massage) by the National Institute of Unani Medicine.

Syllabus

Paper I

Anatomy & Physiology

Introduction of Anatomy & Physiology

- A brief description of all systems of the body
- Common terminologies of anatomy and physiology
- Scope of anatomy and physiology in relation to Dalk

Muscles and Joints

- Structures and functions of joints: Cervical Joint, Shoulder Joint, Elbow joint, Wrist joint, Thoracic (Sterno-clavicular, Sterno-costal, Intervertebral, and costovertebral), Lumbosacral, Sacroiliac joint, Hip Joint, Knee Joint, and Ankle Joint
- Structures and Functions of Muscles: Head and neck, Upper limb, Lower limb, and Torso (Back, Chest, Abdomen, and Pelvis)

Anatomy & Physiology of Circulatory System

- Blood; Introduction, Functions, Blood Volume, Blood Supply of Joints

Nervous system:

- General principles of nervous system
- Surface anatomy of major nerves

Paper II
Basic and Therapeutic Massage

Dalk (Massage):

- Definition
- Scopes
- Principles and Objectives (Preventive and Therapeutic)
- Classification (Aqsam) of Dalk : Dalk Baseet, Dalk Murakkab, and Other types

Dalk Baseet

- On the Basis of Kaifiyat (Quality)
 - Dalk-e-Sulb
 - Dalk-e-Layyin
 - Dalk-e-Mo'atadil
- On the Basis of Kammiyat (Quantity)
 - Dalk-e-Kaseer
 - Dalk-e-Qaleel
 - Dalk-e-Mo'atadil
- On the Basis of Raftar (Speed)
 - Dalk-e-Saree
 - Dalk-e-Batee
 - Dalk-e-Mo'atadil

Dalk Murakkab (combination of different types of Dalk-e-Baseet)

- Dalk-e-Sulb Kaseer
- Dalk-e-Layyin Kaseer
- Dalk-e-Mo'atadil Kaseer
- Dalk-e –Sulb Qaleel
- Dalk-e-Layyin Qaleel
- Dalk-e-Mo'atadil Qaleel
- Dalk-e-Sulb Mo'atadil
- Dalk-e-Layyin Mo'atadil
- Dalk-e-Mo'atadil Mo'atadil

Other types of Massage

- Dalk-e- Khashin
 - Dalk-e-Amlas
 - Dalk-e-Istedad
 - Dalk-e-Isterdad
- Types of massage in different age groups
 - Different types of manipulations (Kneading, Rubbing, Pressing) and strokes (Effleurage, Petrissage, Tapotement, Friction)
 - Indications
 - Contraindication
 - Physiological effects
 - Medicated oils
 - Adverse effects

Nature and Sequence of Massage in different regions

- Head and Neck
- Upper limb: Shoulder, Arm, Elbow, Forearm, Wrist, and Hand
- Lower limb: Hip, Thigh, Knee, Leg, and Foot
- Torso: Upper back, Lower back, Chest, Abdomen and Pelvis

Role and Responsibilities of Masseur:

- Preparation of Masseur
- Preparation of instruments
- Preparation and positioning of patient