

(2)

- (c) Muscle Grade.
cemesie «eſ
- (d) Effect of exercise on Heart rate.
ùòÙe ieele hej yÙeeÙeece keåe ðeYeel
- (e) Isotonic exercises.
DeeFmees«serekeå yÙeeÙeece
- (f) Involuntary Muscles.
DevenÙkeå hasMeÙeel
- (g) Cold Massage
"ſer ceeduleMe
- (h) Dry Massage
mek«er ceeduleme
- (i) Techniques of Reflexology treatment.
j«åårekeåeesreep«er GheÙeej keåer ðeel«eÙeel
- (j) Procedure of knee reflex treatment.
leſves keåe eſj heåårekeåe keåe GheÙeej keåer ðeel«åÙee

Unit-I / FkeåeF-I 10

2. What is the meaning of exercise? Describe the various movements of the joints.
JÙeeÙeece keåe keålee DeLe&nſ Mejej keåe peedſ ellmesmecyeeſÙeÙe eeÙeeÙeeve
ieell«eÙeelWkeåer JÙeeÙee keåeep«Ùes

(3)

3. Describe the exercises applied to muscles of the leg.
heelle keåer eeÙeeÙeeÙee ðeel«e hasMeÙeelWmes mecyeel eÙe yÙeeÙeeceellWkeåe
JÙeeÙee keåeep«Ùes
4. Write in detail the effect of exercises on Heart.
ùòÙe hej JÙeeÙeece keåe ðeYeel keåes eeÙeeÙeej mes eeÙeeÙeeÙes
5. Prepare a therapeutic exercise Plan for a frozen shoulder patients.
keåeÙeeÙeece mes «emle j eeÙee keåe eeÙeeÙee Skeå eeÙeeÙeeÙeeÙee yÙeeÙeece
leed«eÙeeÙee eeÙeeÙeeÙee keåeep«Ùes

Unit-II / FkeåeF-II 10

Unit-III / FkeåeF-III 10

6. Describe the principle of massage.
ceeduleMe keåe eeÙeeÙeeÙeeÙeeÙeeÙeeÙee eeÙeeÙeeÙeeÙee keåeep«ÙeeW
7. What is massage? Write in detail the effect of massage on Human body.
ceeduleMe keålee nſ ceveÙe Mejej hej ceeduleMe keåe ðeYeelWkeåe
meÙeeÙeeÙee eeÙeeÙeeÙes