

**B R A BIHAR UNIVERSITY, MUZAFFARPUR**  
**DIRECTORATE OF DISTANCE EDUCATION**  
**PARAMEDICAL/SHORT TERM COURSE**  
**MATERIALS & METHODS OF ACCUPRESSURE: MODEL QUESTIONS**  
**ACUPRESSURE: 2<sup>ND</sup> SEMESTER: 3<sup>RD</sup> PAPER**

- Q. 1. How Acupressure Point Therapy works for stress, muscular tension and pain relief.
- Q. 2. How Acupressure Point Therapy integrates well with ear, hand, and foot Reflexology.
- Q. 3. How Shiatsu Therapy methods stimulate Acupressure points for increased effectiveness.
- Q. 4. Write and explain about Acupressure massage techniques.
- Q. 5. What do you mean by a Meridianology?
- Q. 6. Discuss and explain Pericardium Meridian.
- Q. 7. Discuss about the point used in the Heart Meridian.
- Q. 8. Write and explain about the Face reflexology.
- Q. 9. What is acupressure? Write about the use of Acupressure techniques by Pressing and reducing points.
- Q. 10. Asian Bodywork Therapy (ABT) scope of practice in Traditional Chinese Medicine (TCM)
- Q. 11. Write details about Stomach Meridian.
- Q. 12. What do you mean by Ear reflexology?
- Q. 13. Discuss the ways acupressure can enhance Massage Therapy & how Massage works?
- Q. 14. How Pressure Point Therapy works, also explain how to apply pressure?
- Q. 15. Write short notes on any two:
  - a.) Kidney Meridian
  - b.) Triple warmer Meridian
  - c.) Cherwer Muscles

