



Model Curriculum

NOS Name: Fundamentals of Sujok Therapy

NOS Code: HSS/N4401

NOS Version: 1.0

NSQF Level: 3

Model Curriculum Version: 1.0

Healthcare Sector Skill Council || Healthcare Sector Skill Council, 520, DLF Tower A, 5th Floor, Jasola District Centre, New Delhi – 110025

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Training Parameters

Sector	Healthcare
Sub-Sector	Ayush
Occupation	Ayush Health Services
Country	India
NSQF Level	3
Aligned to NCO/ISCO/ISIC Code	NCO-2015/2269
Minimum Educational Qualification and Experience	<ul style="list-style-type: none"> • 10th Grade Pass or • Previous relevant Qualification of NSQF Level 2.5 with 1.5 years of experience
Pre-Requisite License or Training	
Minimum Job Entry Age	18 Years
Last Reviewed On	30/05/2024
Next Review Date	30/05/2027
NSQC Approval Date	30/05/2024
QP Version	1.0
Model Curriculum Creation Date	30/05/2024
Model Curriculum Valid Up to Date	30/05/2027
Model Curriculum Version	1.0
Minimum Duration of the Course	60hrs
Maximum Duration of the Course	60hrs



Program Overview

This section summarizes the end objectives of the program along with its duration.

Training Outcomes

At the end of the program, the learner should have acquired the listed knowledge and skills.

- Explain the concept and fundamental principles of the Ayush healthcare system.
- Understand the Sharir Rachna and Sharir Kriya concepts per the Ayurvedic domain.
- Understanding the concept and role of Sujok therapy.
- Understand the benefits of Sujok therapy as per mechanical, physiological, psychological, and reflex effects.
- Understanding the pre, during and post-procedural requirements of Sujok therapy.
- Prepare the work area, which is safe, healthy, and secure to ensure the efficiency and effectiveness of the outcome.
- Demonstrate the process of maintaining relevant records.

Compulsory Modules

The table lists the modules and their duration corresponding to the Compulsory NOS of the QP.

NOS and Module Details	Theory Duration	Practical Duration	On-the-Job Training Duration (Mandatory)	On-the-Job Training Duration (Recommended)	Total Duration
HSS/N4401: Introduction to the AYUSH healthcare system	03:00	07:00	00:00	00:00	10:00
HSS/N4401: Basic of Sharira Rachna and Sharira Kriya	10:00	10:00	00:00	00:00	20:00
HSS/N4401: Orientation about Sujok Therapy and related procedures	12:00	18:00	00:00	00:00	30:00
Total Duration	25:00	35:00	00:00	00:00	60:00



Module Details

Module 1: Introduction to AYUSH healthcare system

Mapped to: HSS/N4401

Terminal Outcomes:

- Describe the basic structure and function of AYUSH healthcare delivery system.

Duration: 3:00	Duration: 7:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> Describe the AYUSH healthcare system in India at the primary, secondary, and territory levels. Distinguish between private, public, and non-profit AYUSH healthcare systems. Discuss in detail the healthcare set-up and services involved. List the professionals involved at the healthcare facility related to Sujok Services along with their scope of work. Describe the history, principles, and development of Sujok therapy. 	<ul style="list-style-type: none"> Prepare a note on the basic structure and function of the AYUSH healthcare delivery system in India. Prepare a Presentation of the working setup of all the Ayurvedic clinics. /Ayurvedic hospitals.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, yoga e-modules	
Tools, Equipment and Other Requirements	
Bed for the patient, Chairs for patients, Ear seeds with tape, Low-frequency machines, Moxa stand, Probe for sujok testing and treatment, Byol chart, Micropore tape, Sujok ring, Sujok needle, inserter, Magnets, Different types of seeds	

Module 2: Basic of Sharira Rachna and Sharira Kriya

Mapped to: HSS/N4401

Terminal Outcomes:

- Demonstrate the knowledge of basic structure and function of the human body.

Duration: 10:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain about basic anatomy of human body (Sharira, Kosha, Prana, Nadi, Chakra, Marma). • Explain about basic physiology of human body (Sharira, Kosha, Prana, Nadi, Chakra, Marma). • Explain about homeostasis, its mechanism to maintain the body's internal environment. • Introduction to sensory organs (Eyes, Nose, Ears, Tongue and Skin). • Explain the concept of Dosha-Dhatu, Mala. • Explain about multiple body systems such as Musculo Skeletal system, Respiratory System, Digestive system, Excretory system, Circulatory system, Nervous system, Endocrine system and Reproductive system • Explain about the various pressure points in Sujok Therapy 	<ul style="list-style-type: none"> • Prepare a model of human body parts using waste material depicting different anatomical parts. • Prepare models and charts to explain different body parts. • Demonstrate the kriya of different systems of the body. • Demonstrate the pressure points for Sujok therapy
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, (marker, Duster, AV Aids for Understanding Human Body Structure and Function)	
Tools, Equipment and Other Requirements	
Human Body Skeleton, Charts and Posters on body systems	

Module 3 : Orientation about Sujok Therapy and related procedures

Mapped to: HSS/N4401

Terminal Outcomes:

- Understand the concept of Sujok Therapy and related procedures.
- Explain the steps needed for pre, during and after Sujok Therapy procedure.
- Carry out proper documentation and maintain confidentiality.

Duration: 12:00	Duration: 18:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain the significance of preparing the Sujok therapy unit as per organizational policies and protocols. • Discuss the significance of Sujok therapy, indications and contraindications. • Discuss the importance of infection control measures such as wearing Personal Protective Equipment (PPE) • Identify limitations or comfort areas of participants based on preferences considering factors such as gender, religion, culture, language, etc. • Explain the importance of post-therapeutic massage. • Discuss the precautions to be taken after Sujok Therapy. • Explain the complications after the procedure if any to the participant. • Communicate and behave in a professional manner when dealing with participants. • Discuss the importance of follow-up and counseling for the next session • Maintain a conducive ambiance, environment, and cleanliness in the setup • Discuss the importance of ensure that personal articles of the individual are taken and kept secure as per organizational policies. • Understand the importance of client’s privacy and measures to do the same • Understand client position for sujok procedure • Discuss about equipment and materials required for sujok procedure • Explain the process of sterilizing the area of treatment in the hands and/or feet of the patient for performing the needling procedure as per Sujok Therapy • Discuss about sujok techniques as per requirements 	<ul style="list-style-type: none"> • Demonstrate safe work practices. for the therapy. • Demonstrate a calm session before starting a procedure. • Demonstrate various needles and oil formulations for effective sessions based on individual preference. • Documentation of Record of patients and medicines • Demonstrate the process of sterilizing the area of treatment in the hands and/or feet of the patient for performing the needling procedure as per Sujok Therapy

<ul style="list-style-type: none"> • Discuss about stimulation technique and therapeutic points/areas in the hands/feet • Understand needling procedure on the prescribed therapeutic points in the hands/feet of the patient under the guidance. • Discuss the benefit of applying therapeutic massage to the affected areas. • Explain moxibustion on the therapeutic points. • Understand about Basic Energy Treatment by moxa or other means. 	
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster,	
Tools, Equipment and Other Requirements	
Bed for the patient, Chairs for patients, Ear seeds with tape, Low-frequency machines, Moxa stand, Probe for sujok testing and treatment, Byol chart, Micropore tape, Sujok ring, Sujok needle, inserter, Magnets, Different types of seeds	

Annexure

Trainer Requirements

Trainer Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training Experience		Remarks
		Years	Specialization	Years	Specialization	
B.N.Y.S Certificate holders (1 year) in Acupressure/ Acupuncture/ Sujok		2				
B.N.Y.S Degree holders in Acupressure/ Acupuncture/ Sujok		1				

Trainer Certification	
Domain Certification	Platform Certification
Certified for Job Role: Fundamentals of Sujok Therapy mapped to QP: "HSS/N4401 v1.0" with a minimum score of 80%.	Recommended that the Trainer is certified for the Job Role: "Trainer", VET and Skills mapped to the Qualification Pack: "MEP/Q2601,v2.0" with a minimum score of 80%.

Assessor Requirements

Assessor Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training/Assessment Experience		Remarks
		Years	Specialization	Years	Specialization	
B.N.Y.S Certificate (1 year) holders in Acupressure/ Acupuncture/ Sujok		4yrs				
B.N.Y.S degree holders in Acupressure/ Acupuncture/ Sujok		3yrs				

Assessor Certification	
Domain Certification	Platform Certification
Certified for Job Role: Fundamentals of Sujok Therapy mapped to QP: "HSS/N4401 v1.0" with a minimum score of 80%.	Recommended that the Trainer is certified for the Job Role: "Assessor", VET and Skills mapped to the Qualification Pack: "MEP/Q2701,v2.0" with a minimum score of 80%.

Annexure: Assessment Strategy

This section includes the processes involved in identifying, gathering, and interpreting information to evaluate the Candidate on the required competencies of the program.

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Mention the detailed assessment strategy in the provided template.

<1. Assessment System Overview:

- Batches assigned to the assessment agencies for conducting the assessment on SIP or email
- Assessment agencies send the assessment confirmation to VTP/TC looping SSC
- Assessment agency deploys the ToA certified Assessor for executing the assessment
- SSC monitors the assessment process & records

2. Testing Environment:

- Check the Assessment location, date and time
 - If the batch size is more than 30, then there should be 2 Assessors.
 - Check that the allotted time to the candidates to complete Theory & Practical Assessment is correct.
3. Assessment Quality Assurance levels/Framework:
- Question bank is created by the Subject Matter Experts (SME) are verified by the other SME
 - Questions are mapped to the specified assessment criteria
 - Assessor must be ToA certified & trainer must be ToT Certified
4. Types of evidence or evidence-gathering protocol:
- Time-stamped & geotagged reporting of the assessor from the assessment location
 - Centre photographs with signboards and scheme-specific branding
5. Method of verification or validation:
- Surprise visit to the assessment location
6. Method for assessment documentation, archiving, and access
- Hard copies of the documents are stored

Annexure: Acronym and Glossary

Acronym

Acronym	Description
AA	Assessment Agency
AB	Awarding Body
NCrF	National Credit Framework
NOS	National Occupational Standard(s)
NQR	National Qualification Register
NSQF	National Skills Qualifications Framework

Glossary

Term	Description
National Occupational Standards (NOS)	NOS define the measurable performance outcomes required from an individual engaged in a particular task. They list down what an individual performing that task should know and also do.
Qualification	A formal outcome of an assessment and validation process which is obtained when a the competent body determines that an individual has achieved learning outcomes to given standards
Qualification File	A Qualification File (QF) is a template designed to capture necessary information of a Qualification from the perspective of NSQF compliance. The Qualification File will be normally submitted by the awarding body for the qualification.
Sector	A grouping of professional activities on the basis of their main economic function, product, service or technology.
Skill India Digital Hub (SIDH)	Skill India Digital Hub (SIDH) is specially designed and developed to skill, reskill and upskill Indian individuals through an online training platform, API-based trusted skill credentials, payment and discovery layers for jobs and entrepreneurial opportunities
Vocational Training Provider (VTP)	A Vocational Training Provider (VTP) is an organization that offers training in a specific trade or skill.
Training Centre (TC)	A Training Centre (TC) is a training set up where learners undergo skills training related to a specific task or role.