



Model Curriculum

QP Name: Cupping Therapy Assistant

QP Code: HSS/Q4101

QP Version: 3.0

NSQF Level: 3

Model Curriculum Version: 1.0

Healthcare Sector Skill Council || Healthcare Sector Skill Council, 520, DLF Tower A, 5th Floor, Jasola
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Training Parameters

Sector	Healthcare
Sub-Sector	AYUSH
Occupation	Unani Therapy
Country	India
NSQF Level	3
Aligned to NCO/ISCO/ISIC Code	NCO-2015/2230
Minimum Educational Qualification and Experience	10th Grade pass or 8th Grade pass 3-year relevant experience or Previous relevant Qualification of NSQF Level 2.5 with 1.5 years relevant experience
Pre-Requisite License or Training	Not Applicable
Minimum Job Entry Age	18 years
Last Reviewed On	8-5-2025
Next Review Date	8-5-2028
NSQC Approval Date	8-5-2025
QP Version	3.0
Model Curriculum Creation Date	8-5-2025
Model Curriculum Valid Up to Date	8-5-2028
Model Curriculum Version	1.0
Minimum Duration of the Course	420
Maximum Duration of the Course	420

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.

- Describe the basic principles and concepts in cupping therapy.
- Facilitate appointments for the patient with the practitioner.
- Clean and disinfect material, equipment, and therapy room for dry and wet cupping therapy procedures.
- Demonstrate the skills to carry out dry cupping therapy.
- Assist an AYUSH practitioner in carrying out wet cupping therapy.
- Follow biomedical waste disposal and infection control policies and procedures in the healthcare organization.

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/N4101: Prepare the unit and materials required for cupping therapy in adherence to hygiene standards	65:00	80:00	65:00	00:00	210:00
Module 1: Introduction to Ayush Healthcare Systems	15:00	20:00	00:00	00:00	35:00
Module 2: Structure and Functions of the human body	15:00	10:00	00:00	00:00	25:00
Module 3: Roles & Responsibilities of a Cupping Therapy Assistant (CTA)	10:00	10:00	00:00	00:00	20:00
Module 4: Basic Concept of Fundamental Principles of Cupping Therapy	10:00	20:00	00:00	00:00	30:00
Module 5: Commonly Used Equipment in	15:00	20:00	00:00	00:00	35:00

Cupping Therapy					
HSS/N4102 :Provide dry cupping therapy under the supervision of an AYUSH practitioner	15:00	15:00	15:00	00:00	45:00
Module 6: Dry Cupping Therapy	15:00	15:00	15:00	00:00	45:00
HSS/N4103: Assist the AYUSH practitioner in wet cupping therapy	30:00	45:00	15:00	00:00	90:00
Module 7: Wet Cupping Therapy	30:00	45:00	15:00	00:00	90:00
HSS/N9624 Maintain safe and secure working environment	05:00	05:00	20:00	00:00	30:00
Module 8: Safety, emergency medical response and first aid	05:00	05:00	00:00	00:00	10:00
HSS/N9620: Comply with infection control and biomedical waste disposal policies	05:00	05:00	05:00	00:00	15:00
Module 9: Infection Control Policies and Procedures	03:00	03:00	00:00	00:00	06:00
Module 10: Biomedical Waste Management	02:00	02:00	00:00	00:00	04:00
Total	120:00	150:00	120:00	00:00	390:00
<u>Module 11: Employability Skills (30 Hours): DGT/VSQ/N0101</u>	30:00	00:00	00:00	00:00	00:00
Total	150:00	150:00	120:00	00:00	420:00

Module Details

Module 1: Introduction to AYUSH healthcare systems

Mapped to: HSS/N4101

Terminal Outcomes:

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

Duration: 15:00	Duration: 20:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
- Discuss in detail the Ayurveda and Unani healthcare setup and services involved. - List the professionals involved at an Unani healthcare facility along with their scope of work - Understand Unani healthcare services in the country - Understand the needs of the Unani department and its scope of service.	Prepare a note on the basic structure and function of the Ayurveda and Unani healthcare System.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	
Tools, Equipment and Other Requirements	
Visit to Ayurveda and Unani Hospital for field assignment	

Module 2: Structure and Functions of the Human Body

Mapped to: HSS/N4101

Terminal Outcomes:

- Apply the knowledge of the basic structure and function of the various body systems and their associated components.

Duration: 15:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• List various parts in a Human body. • Explain about the anatomy of cells, tissues, systems, membranes and glands of human body. • Describe the anatomy and physiology of the musculoskeletal system. • Describe the anatomy and physiology of the Digestive system. • Describe the anatomy and physiology of the respiratory system. • Describe the anatomy and physiology of the cardiovascular system. • Describe the anatomy and physiology of the Excretory system. • Describe the anatomy and physiology of the endocrine system, sense organs and reproductive system. • Describe the physiology of blood and its component. • Explain the concept of homeostasis in Unani & Ayurveda	• Identify various body parts / organ using 3D models of human organ system. • Design various working models depicting the functioning of each human body system.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	
Tools, Equipment and Other Requirements	
3D models of the human body and accessory organs, model human skeletal system, organ specimen	

Module 3: Roles & Responsibilities of a Cupping Therapy Assistant (CTA)

Mapped to: HSS/N4101

Terminal Outcomes:

- Apply the knowledge of the basic structure and function of the various body systems and its associated components.

Duration: 10:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Explain the roles & responsibilities of a CTA • Distinguish between the scope of practice of a cupping therapy assistant. • Explain the challenges and limitations of the CTA • Define the role and responsibilities of the CTA in reporting and management of records. • Explain the purpose of obtaining written consent.	• Create a hierarchical chart depicting the roles and responsibilities of a CTA at different sites. • Demonstrate effective interaction with other professionals to promote appropriate implementation of services. • Create a sample set of documents to record procedure-related information on cupping therapy clients.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	
Tools, Equipment and Other Requirements	
Documents and guidelines with detailed role descriptions and limitations.	

Module 4: Basic Concept of Fundamental Principles of Cupping Therapy

Mapped to: HSS/N4101

Terminal Outcomes:

- Describe the foundational concepts and principles related to cupping therapy.
- Demonstrate the concept of cupping therapy and its historical significance.

Duration: 10:00	Duration: 20:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Describe the concept of four body humors according to the Unani medicine i.e Dam (Blood), Safra (Yellow Bile), Balgham (phlegm) and Sawda (Black Bile). • Discuss various temperaments described in Unani medicine. • Explain about the regimetal therapies described in Unani System of Medicines. • Explain the importance of Panchakarma in Ayurveda • Describe the concept of Cupping Therapy according to different systems of medicine such as Hijama in Unani and Raktamokshana in Ayurveda. • Introduction of Cupping Therapy (Hijamah), Its definition and various types used in Unani & Ayurveda. • Describe the history and significance of cupping therapy with respect to various countries such as Egypt, Greece, Arabs, China etc. • General Indication, contraindication, precautions and management of cupping therapy.	• Analyze the different types of cupping practices followed in different countries like China, Arabs, Egypt, Greece etc. • Analyze the principles of cupping therapy between different systems of medicines like Unani, Ayurveda, traditional Chinese medicines etc. • Analyze the principles and practices of conventional and modern cupping therapy • Design various working models depicting the functioning of each human body system.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	
Tools, Equipment and Other Requirements	
Various types of cups, cotton balls, surgical lamps, containers with water, alcohol burners, and conventional cups like horn. Models of the concept of cupping therapy according to various systems of medicines.	

Module 5: Commonly Used Equipment in Cupping Therapy

Mapped to: HSS/N4101

Terminal Outcomes:

- Demonstrate the ways to maintain cupping therapy instruments and treatment room.

Duration: 15:00	Duration: 20:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• List various equipments used in Cupping Therapy • Discuss the functioning and merits of Various equipments used in Cupping Therapy like Plastic cups, Suction Machine Cupping, Cups with rubber top, glass cups etc. • Describe the significance of maintaining hygiene and following infection control policies in equipment and material management.	• Demonstrate the method of cleaning various equipment and cups. • Demonstrate the steps of routine maintenance of the therapy room. • Create a sample checklist to be maintained for routine material management.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	
Tools, Equipment and Other Requirements	
Different types of cups such as plastic, bamboo, magnetic etc. needles, gauze pieces, disinfection solution like hypochloride solution, SOPs/updated centers for Disease control and prevention (CDC), USA guidelines of cleaning and disinfection of materials.	

Module 6: Dry Cupping Therapy

Mapped to: HSS/N4102

Terminal Outcomes:

- Describe the concept of dry cupping therapy
- Demonstrate the dry cupping therapy procedure

Duration: 15:00	Duration: 15:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Explain Dry Cupping / Cupping without scarification (Hijama bila Shart / Hijama Jaffa) • Explain the indication, contraindication, advantages of Dry Cupping (Imala-e-Mawad) • Describe the concept, indication, contraindication, advantages and steps of carrying out weak, medium, strong, moving or massage, needle, hot moxa, herbal, empty/flash, ice, water and magnetic cupping. • List various patient positions used in dry cupping therapy. • Explain the rationale behind dietary restrictions Before the procedure in dry cupping therapy. • Explain the pre-operative recommendation to be followed before dry cupping. • Explain the post-operative recommendation to be followed for dry cupping	• Demonstrate the method of identifying various positions required for cupping therapy. • Demonstrate carrying out a mock session for a client undergoing dry cupping therapy procedure. • Create a sample follow-up plan for a client who has undergone dry cupping therapy.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	
Tools, Equipment and Other Requirements	
Various types of cups, alcohol, cotton balls, surgical lamp, a container with water, an alcohol burner, material used in dry cupping such as ice cubes, sterile gauze pieces,, sterile needles.	

Module 7: Wet Cupping Therapy

Mapped to: N4103

Terminal Outcomes:

- Describe the concept of wet cupping therapy, its benefits and its indication
- Demonstrate the process of preparing a patient for wet cupping therapy procedure.

Duration: 30:00	Duration: 45:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Explain Wet Cupping/Cupping (Tanqiya-e- Mawad) with scarification/ Hijama bish Shart/ Hijama Rataba/ Hijama Damiya according to Unani medicine. • Explain the Indications, contraindications, Precautions, complications and its management. • Discuss the advantages of wet cupping therapy (<i>Imala-e- Mawad</i>). • Describe the concept of Hijamah Procedure according to Unani medicine • Describe the concept of Raktamokshana procedure according to Ayurveda • Differentiate between the types of bloodletting procedures according to Unani (i.e Hijama Bila Shart and Hijama Bish Shart) and Ayurveda (i.e Shastraprayoga and Anushastraprayoga) • List the types of Hijama bila Shart and Hijama bish Shart. • List the types of Shastraprayoga and Anushatrprayoga • Explain the rationale behind the dietary restrictions before the procedure in wet cupping therapy. • Explain the pre-operative recommendations to be followed before wet cupping. • Explain the post-operative recommendations to be followed after wet cupping.	• Demonstrate the method of identifying various positions required for cupping therapy. • Demonstrate carrying out a mock the counselling session for a client undergoing a wet cupping therapy procedure. • Demonstrate the process of assisting during the creation of incisions. • Demonstrate the methods of diagnosing from the coloration of cupping marks. • Create a mock follow- up plan for a client who has undergone wet cupping therapy.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	
Tools, Equipment and Other Requirements	
Tools, Equipment and Other Requirements Various types of cups, scalpel, sterile gauze pieces, alcohol, cotton balls that are held, a surgical clamp, a container with water, an alcohol burner	

Module 8: Safety, emergency medical response and first aid

Mapped to: HSS/N9624

Terminal Outcomes:

- Perform Basic Life Support or basic first aid in medical emergency situations, as and when required.
- Respond to institutional emergencies appropriately.

Duration: 05:00	Duration: 05:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Explain the basics of first aid. • List the precautions to be taken for personal safety. • Discuss how to perform Basic Life Support (BLS). • Explain the use of protective devices such as restraints and safety devices. • Identify precautions to be taken for self- safety. • Explain about disaster management techniques to deal with institutional emergencies. • Discuss about the escalation matrix for referral and management of common emergencies.	• Create a chart depicting different types of protective devices such as restraints and safety devices. • Create a flow chart depicting common emergency situations and its referral mechanism.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, Whiteboard/Smart Board, Marker, Duster.	
Tools, Equipment and Other Requirements	
Crash cart trolley, first aid box, CPR nursing manikin, Ambu bag with mask adult, torch, physical restraints, fire extinguisher	

Module 9: Infection Control Policies and Procedures

Mapped to: HSS/N9620

Terminal Outcomes:

- Develop techniques of self-hygiene
- Apply infection control policies and procedures during daily activities

Duration: 03:00	Duration: 03:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Explain the concept of healthy living. • Describe the importance of infection control and prevention. • List strategies for preventing transmission of pathogenic organisms. • Describe the nosocomial infections • Explain the importance of the incident reporting. • Explain the concept of immunisation. • Describe the hand hygiene guidelines and procedures used in healthcare settings. • Explain the importance of using Personal Protective Equipment (PPE). • List the types of PPE. • Describe the process of wearing and removing each of the PPE. • Explain various vaccinations against common infectious diseases.	• Demonstrate the steps of the spill management. • Demonstrate the procedures of hand hygiene. • Demonstrate donning, doffing and discarding of PPE
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	
Tools, Equipment and Other Requirements	
Tools, Equipment and Other Requirements Hypochlorite solution, chlorhexidine, alcohol swab, Apron, lab coat, gloves, mask, cap, shoes, safety goggles and spectacles, towels, cotton, isopropyl alcohol, Disposable cartridge and syringes, spill Kit	

Module 10: Biomedical Waste Management

Mapped to: HSS/N9620

Terminal Outcomes:

- Dispose of different types of biomedical waste in appropriate colour-coded bins/containers.
- Apply local guidelines for biomedical waste disposal systems during daily activities.

Duration: 02:00	Duration: 02:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Categorize the different types of biomedical waste. • Explain the importance and mechanism of proper and safe disposal, transportation and treatment of bio-medical waste. • Identify the various types of colour-coded bins/containers used for the disposal of biomedical waste. • Explain the importance of following local guidelines of biomedical waste disposal.	• Segregate the biomedical waste apply in the local guidelines. • Create a chart depicting different types of biomedical waste and various types of colour-coded bins/containers used for the disposal of biomedical waste. • Prepare a report on the observations from the field assignment about the structure of transportation and treatment of biomedical waste.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	
Tools, Equipment and Other Requirements	
Tools, Equipment and Other Requirements Different coded color bins, chart for color coding of bins , Visit to biomedical waste treatment plant for field assignment	

Module 11: Employability Skills

Mapped to DGT/VSQ/N0101: Employability Skills (30 Hours)

Mandatory Duration: 30:00			
Location: On-Site			
S.N o.	Module Name	Key Learning Outcomes	Duration (hours)
1.	Introduction to Employability Skills	- Discuss the Employability Skills required for jobs in various industries. - List different learning and employability related GOI and private portals and their usage.	1.5
2.	Constitutional values - Citizenship	- Explain the constitutional values, including civic rights and duties, citizenship, responsibility towards society and personal values and ethics such as honesty, integrity, caring and respecting others that are required to become a responsible citizen. - Show how to practice different environmentally sustainable practices.	1.5
3.	Becoming a Professional in the 21st Century	- Discuss importance of relevant 21st century skills. - Exhibit 21st century skills like Self-Awareness, Behavior Skills, time management, critical and adaptive thinking, problem-solving, creative thinking, social and cultural awareness, emotional awareness, learning to learn etc. in personal or professional life. - Describe the benefits of continuous learning.	2.5
4.	Basic English Skills	- Show how to use basic English sentences for every day conversation in different contexts, in person and over the telephone. - Read and interpret text written in basic English - Write a short note/paragraph / letter/e -mail using basic English.	10
5.	Career Development & Goal Setting	Create a career development plan with well-defined short- and long-term goals.	2
6.	Communication Skills	- Demonstrate how to communicate effectively using verbal and nonverbal communication etiquette. - Explain the importance of active listening for effective communication. - Discuss the significance of working collaboratively with others in a team.	5
7.	Diversity & Inclusion	- Demonstrate how to behave, communicate, and conduct oneself appropriately with all genders and PwD. - Discuss the significance of escalating sexual harassment issues as per POSH act.	2.5
8.	Financial and Legal Literacy	- Outline the importance of selecting the right financial institution, product, and service. - Demonstrate how to carry out offline and online financial transactions, safely and securely. - List the common components of salary and compute	5

		income, expenditure, taxes, investments etc. Discuss the legal rights, laws, and aids.	
9.	Essential Digital Skills	- Describe the role of digital technology in today's life. - Demonstrate how to operate digital devices and use the associated applications and features, safely and securely. - Discuss the significance of displaying responsible online behavior while browsing, using various social media platforms, e-mails, etc., safely and securely. - Create sample word documents, excel sheets and presentations using basic features. - Utilize virtual collaboration tools to work effectively.	10
10.	Entrepreneurship	- Explain the types of entrepreneurship and enterprises. - Discuss how to identify opportunities for potential business, sources of funding and associated financial and legal risks with its mitigation plan. - Describe the 4Ps of Marketing-Product, Price, Place and Promotion and apply them as per requirement. - Create a sample business plan, for the selected business opportunity.	7
11	Customer Service	- Describe the significance of analyzing different types and needs of customers. - Explain the significance of identifying customer needs and responding to them in a professional manner. - Discuss the significance of maintaining hygiene and dressing appropriately.	5
12	Getting Ready for Apprenticeship & Jobs	- Create a professional Curriculum Vitae (CV). - Use various offline and online job search sources such as employment exchanges, recruitment agencies, and job portals respectively. - Discuss the significance of maintaining hygiene and confidence during an interview. - Perform a mock interview. - List the steps for searching and registering for apprenticeship opportunities.	8

LIST OF TOOLS & EQUIPMENT FOR EMPLOYABILITY SKILLS

S No.	Name of the Equipment	Quantity
1.	Computer (PC) with latest configurations – and Internet connection with standard operating system and standard word processor and worksheet software (Licensed) (all software should either be latest version or one/two version below)	As required
2.	UPS	As required
3.	Scanner cum Printer	As required
4.	Computer Tables	As required
5.	Computer Chairs	As required
6.	LCD Projector	As required
7.	White Board 1200mm x 900mm	As required

Note: Above Tools & Equipment not required, if Computer LAB is available in the institute.

Mandatory Duration: 120	Recommended Duration:
Module Name: On-the-Job Training Location: On Site	
Terminal Outcomes • Explain the complete concept of cupping therapy, its method and types, uses on different diseased conditions etc. • Discuss cupping from the point of modern concept, Sunnah (horary) points used in the treatment to treat physical ailments. • Display basic knowledge of commonly occurring disorders. • Identify various types of cups used in dry and wet cupping therapy. • Demonstrate the methods of disinfecting and cleaning the instruments and material along with the treatment room according to the SOPs. • Follow aseptic techniques while managing material. • Identify one's own role in carrying out the procedure of dry and wet cupping. • Convey information to colleagues and patients in a concise and accurate manner. • Demonstrate strong interpersonal skills, emotional intelligence, and self-awareness.	

Annexure

Trainer Requirements

Trainer Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training Experience		Remarks
		Years	Specialization	Years	Specialization	
Graduate	AYUSH or Physiotherapy or Acupuncture	4 years of experience in the relevant sector				
Trainer Certification						
Domain Certification				Platform Certification		
Certified for Job Role: "Cupping Therapy Assistant" mapped to QP: "HSS/Q4101, v3.0" with 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 minimum score of 80%.		

Assessor Requirements

Assessor Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training/Assessment Experience		Remarks
		Years	Specialization	Years	Specialization	
Graduate	AYUSH or Physiotherapy or Acupuncture	5 years of experience in the relevant sector				

Assessor Certification	
Domain Certification	Platform Certification
Certified for Job Role: "Cupping Therapy Assistant" mapped to QP: "HSS/Q4101 v3.0" with minimum score of 80%.	Recommended that the Assessor is certified for the Job Role: "Assessor (VET and Skills)", mapped to the Qualification Pack: "MEP/Q2701, v2.0" with minimum score of 80%.