



Fundamentals of Sujok Therapy

Unit Code: HSS/N4401

Version: 1.0

NSQF Level: 3

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

Description

This standalone National Occupational Standard describes the knowledge, understanding, and skills required by an individual to comply with the procedural requirements of the Sujok Therapy procedure under the guidance and supervision of registered Ayush professionals. During Sujok therapy specific points on hands and feet are pressed to treat the ailments.

Scope

The scope covers the following :

- This standalone National Occupational Standard describes the knowledge, understanding, and skills required by an individual to comply with the pre, procedural and post procedural requirements of Sujok Therapy under the limits of competence and authority

Elements and Performance Criteria

Pre-procedural requirements of Sujok Therapy

To be competent, the user/individual on the job must be able to:

- PC1.** Wear Personal Protective Equipment (PPE)
- PC2.** Maintain a conducive ambience, environment, and cleanliness in the setup.
- PC3.** Introduce oneself to the client and communicate in a way that reflects gender sensitivity.
- PC4.** Empathize with Persons with Disabilities (PwD)
- PC5.** Ensure that personal articles of the individual are taken and kept secure as per organizational policies.
- PC6.** Encourage the client to ask questions, seek advice, and express any concerns.
- PC7.** Maintain client's privacy
- PC8.** Assist client in maintaining position for Sujok procedure as per the instructions
- PC9.** Collect equipment and materials required for sujok and are suitable for use
- PC10.** Sterilize the area of treatment in the hands and/or feet of the patient for performing the needling procedure as per Sujok Therapy

Procedural requirements of Sujok Therapy

To be competent, the user/individual on the job must be able to:

- PC11.** Drape the client to expose only the part of the body being worked on
- PC12.** Apply sujok techniques according to orders and prescriptions.
- PC13.** Apply stimulation on the prescribed therapeutic points/areas in the hands/feet of the client
- PC14.** Apply needling on the prescribed therapeutic points in the hands/feet of the patient
- PC15.** Remove the needle after the treatment process is over and properly dispose of the used needles
- PC16.** Give therapeutic massage to the affected areas
- PC17.** Apply magnets, grains/seeds, surface applicators, color, etc. on the therapeutic points/areas of the patient
- PC18.** Perform the moxibustion on the therapeutic points
- PC19.** Perform Basic Energy Treatment by moxa or other means
- PC20.** Make appropriate adjustments during the procedure to meet any changing needs

- PC21.** Respect client boundaries always
- PC22.** Seek client feedback on comfort levels
- PC23.** Check the client's well-being throughout and give reassurance where needed
- PC24.** Seek help and support from other colleagues in case needed
- PC25.** Inform the appropriate authority/professionals in case any concern arises during a procedure

Post Procedural Requirements of Sujok Therapy

To be competent, the user/individual on the job must be able to:

- PC26.** Handover personal belongings to the client as per organizational policies and procedures
- PC27.** Complete and maintain records in accordance with professional and legal requirements

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** Procedures for safe practice
- KU2.** Relevant Workplace Health and Safety (WHS) protocols
- KU3.** Own role, expectations, and responsibility
- KU4.** Professional standards and codes of practice for the area of work
- KU5.** PwD laws/schemes/Acts/Provisions
- KU6.** Basic structure and function of the human body
- KU7.** The history, principles, and development of sujok therapy
- KU8.** The effect of sujok therapy as per mechanical, physiological, psychological and reflex effects
- KU9.** Sujok therapy and its benefits
- KU10.** Main correspondence systems of hand and feet, Reference point lines in the standard correspondence systems of hand and feet
- KU11.** Sujok therapy tools to identify problematic points
- KU12.** The insect systems as per Sujok principles
- KU13.** Primary and secondary zones of correspondence
- KU14.** Mini systems of correspondence to the body
- KU15.** Sujok therapy tools
- KU16.** The Indications and contraindications of therapy
- KU17.** The procedures for record keeping are in accordance with legal and professional requirements

Generic Skills (GS)

User/individual on the job needs to know how to:

- GS1.** Write messages, notes, and short descriptive text with reasonable accuracy for easy interpretation of the information
- GS2.** Read documents and information displayed at the workplace
- GS3.** Communicate effectively with co-workers and others
- GS4.** Plan day-to-day tasks related to massage for optimum productivity

Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Pre-procedural requirements of Sujok Therapy</i>	15	20	-	-
PC1. Wear Personal Protective Equipment (PPE)	-	-	-	-
PC2. Maintain a conducive ambience, environment, and cleanliness in the setup.	-	-	-	-
PC3. Introduce oneself to the client and communicate in a way that reflects gender sensitivity.	-	-	-	-
PC4. Empathize with Persons with Disabilities (PwD)	-	-	-	-
PC5. Ensure that personal articles of the individual are taken and kept secure as per organizational policies.	-	-	-	-
PC6. Encourage the client to ask questions, seek advice, and express any concerns.	-	-	-	-
PC7. Maintain client's privacy	-	-	-	-
PC8. Assist client in maintaining position for Sujok procedure as per the instructions	-	-	-	-
PC9. Collect equipment and materials required for sujok and are suitable for use	-	-	-	-
PC10. Sterilize the area of treatment in the hands and/or feet of the patient for performing the needling procedure as per Sujok Therapy	-	-	-	-
<i>Procedural requirements of Sujok Therapy</i>	14	20	-	-
PC11. Drape the client to expose only the part of the body being worked on	-	-	-	-
PC12. Apply sujok techniques according to orders and prescriptions.	-	-	-	-
PC13. Apply stimulation on the prescribed therapeutic points/areas in the hands/feet of the client	-	-	-	-
PC14. Apply needling on the prescribed therapeutic points in the hands/feet of the patient	-	-	-	-

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
PC15. Remove the needle after the treatment process is over and properly dispose of the used needles	-	-	-	-
PC16. Give therapeutic massage to the affected areas	-	-	-	-
PC17. Apply magnets, grains/seeds, surface applicators, color, etc. on the therapeutic points/areas of the patient	-	-	-	-
PC18. Perform the moxibustion on the therapeutic points	-	-	-	-
PC19. Perform Basic Energy Treatment by moxa or other means	-	-	-	-
PC20. Make appropriate adjustments during the procedure to meet any changing needs	-	-	-	-
PC21. Respect client boundaries always	-	-	-	-
PC22. Seek client feedback on comfort levels	-	-	-	-
PC23. Check the client's well-being throughout and give reassurance where needed	-	-	-	-
PC24. Seek help and support from other colleagues in case needed	-	-	-	-
PC25. Inform the appropriate authority/professionals in case any concern arises during a procedure	-	-	-	-
<i>Post Procedural Requirements of Sujok Therapy</i>	10	20	-	-
PC26. Handover personal belongings to the client as per organizational policies and procedures	-	-	-	-
PC27. Complete and maintain records in accordance with professional and legal requirements	-	-	-	-
NOS Total	40	60	-	-

National Occupational Standards (NOS) Parameters

NOS Code	HSS/N4401
NOS Name	Fundamentals of Sujok Therapy
Sector	Healthcare
Sub-Sector	
Occupation	Naturopathy
NSQF Level	3
Credits	2
Minimum Educational Qualification & Experience	10th grade pass OR 10th grade pass (Previous relevant Qualification of NSQF Level 2.5) with 1-2 Years of experience
Version	1.0
Last Reviewed Date	NA
Next Review Date	NA
CCN Category	2