



Model Curriculum

QP Name: Cupping Therapist

QP Code: HSS/Q4102

QP Version: 1.0

NSQF Level:6

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

Table of Contents

Training Parameters	3
Program Overview	4
Training Outcomes	4
Compulsory Modules	4
Module Details	4
Module 1: Introduction to AYUSH Healthcare System	4
Module 2: Structure and Function of the human body	5
Module 3: Principles of Cupping Therapy	6
Module 4 : Pre-Procedural Requirement of Cupping Therapy	7
Module 5: Roles and Responsibilities of Cupping Therapist	8
Module 6: Dry Cupping Therapy	10
Module 7: Wet Cupping Therapy	11
Module 8: Post Procedure Care	12
Module 9: Infection control practices and waste management	15
Module 10: Employability Skill: DGT/VSQ/N0103 (90 Hours)	16
Annexure	16
Trainer Requirements	17
Assessor Requirements	18
Assessment Strategy	19
References	20
Glossary	21
Acronyms and Abbreviations	22

Training Parameters

Sector	Healthcare
Sub-Sector	AYUSH
Occupation	Unani Therapy
Country	India
NSQF Level	6
Aligned to NCO/ISCO/ISIC Code	NCO-2015/2230
Minimum Educational Qualification and Experience	- Pursuing first year of 2-year PG program (AYUSH) after completing 3 year UG degree in the relevant field Or - Pursuing 4th year UG (in case of 4-year UG with honours/ honours with research) (in the relevant field (Physiotherapy/ (MBBS/BAMS/BNYS/ BUMS) with continuing education) with NA of experience Or - Completed 3 year UG degree program after 12th (in the relevant field (Physiotherapy/(MBBS/BAMS/BNYS/ BUMS) with 1 Year of experience relevant experience
Pre-Requisite License or Training	NA
Minimum Job Entry Age	21 Years
Last Reviewed On	29/09/2023
Next Review Date	29/09/2026
NSQC Approval Date	29/09/2023
QP Version	1.0
Model Curriculum Creation Date	29/09/2023
Model Curriculum Valid Up to Date	29/09/2026
Model Curriculum Version	1.0
Minimum Duration of the Course	600 hours
Maximum Duration of the Course	600 hours

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 principles and concepts in cupping therapy.
- Understand the significance of Cupping Therapy.
- Demonstrate the skills required for carrying out Dry Cupping Procedures.
- Demonstrate the skills required for carrying out Wet Cupping Procedure.
- Maintain a safe, healthy, and secure working environment.
- Follow biomedical waste disposal and infection control policies and procedures.
- Maintain interpersonal relationships with others.
- Understand employability skills pertaining to the job role

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 Training Duration
HSS/N4104: Check the readiness of set up, patient for cupping therapy procedure	25:00	45:00	20:00	00:00	90:00
Module 1: AYUSH Healthcare System	02:00	02:00	00:00	00:00	04:00
Module 2: Structure and function of human Body (Rachana Sharira and Kriya Sharira)	03:00	03:00	00:00	00:00	06:00
Module 3: Principles of Cupping therapy	05:00	15:00	00:00	00:00	20:00
Module 4: Pre – procedure requirement of cupping therapy	10:00	20:00	00:00	00:00	30:00
Module 5 : Roles and responsibilities of cupping therapist	05:00	05:00	00:00	00:00	100:00
HSS/N4105: Carry out dry cupping therapy procedure	60:00	90:00	30:00	00:00	180:00

Module 6: Dry Cupping Therapy	60:00	90:00	00:00	00:00	150:00
HSS/N4106: Carry out wet cupping therapy procedure	60:00	90:00	45:00	00:00	195:00
Module 7 :Wet Cupping therapy	40:00	60:00	00:00	00:00	100:00
Module 8: Post Procedure care	20:00	30:00	00:00	00:00	50:00
HSS/N9622 : Follow sanitization and infection control guidelines	05:00	15:00	25:00	00:00	45:00
Module 9: Infection control practices and waste management	05:00	15:00	00:00	00:00	20:00
Total duration	150:00	240:00	120:00	00:00	510:00
Module 10 : Employability Skill: DGT/VSQ/N0103 (90 Hours)	90:00	00:00	00:00	00:00	90:00
Total Duration	240:00	240:00	120:00	00:00	600:00

Module Details

Module 1: Introduction to AYUSH healthcare systems

Mapped to: HSS/N4104

Terminal Outcomes:

- Describe the basic structure and function of AYUSH healthcare system

Duration: 02:00	Duration: 02:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
- Describe the AYUSH healthcare system in India at primary, secondary, tertiary level. - Distinguish between the various types of systems of medicine like Allopathy, Unani, Ayurveda, Homeopathy - Discuss in detail Ayush's healthcare care setup and services involved. - List the professionals involved at an Ayush healthcare facility along with their scope of work.	- Prepare a report on the basic structure and function of the AYUSH healthcare delivery system in India - Prepare charts and models related to the healthcare system.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	
Tools, Equipment and Other Requirements	
Visit to AYUSH Hospital for field assignment.	

Module 2: Structure and function of human body (Rachana Sharira and Kriya Sharira)

Mapped to: HSS/N4104

Terminal Outcomes:

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

Duration: 03:00	Duration: 03:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• List down various body parts. • Explain the concept of anatomy (Tashrehul Badan). • Explain the concept of physiology (Munafeul Aza). • Describe the essential factors of life (Umoore Tabiya) • Explain the qualities (Kayfiyat) • Describe the Humours (Akhlat) & their types. • Explain the concept of homeostasis (Quwwat-e-Mudabbirah e badan) in Unani. • Describe the plasma (Akhlate Latifa), blood (Dum) and muscles (Udhla).	• Prepare a model of human body parts using waste material depicting different anatomical parts. • Prepare a chart of body parts depicting physiological process of human body system.
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 system	

Module 3: Principles of Cupping Therapy

Mapped to: HSS/N4104

Terminal Outcomes:

- Describe the foundational concepts and principles related to cupping therapy

Duration: 05:00	Duration: 15:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
- Discuss the mode of action of cupping therapy - Describe the concept of segmental therapy - Differentiate between the traditional and modern approaches to cupping therapy. - Explain the physical and metaphysical aspects of cupping therapy. - List various positions used in cupping therapy such as prone, Sim's lateral, sitting, supine etc. - Explain the physiological responses - Describe the efficacy of cupping therapy through thermographic. - Explain the benefits of cupping therapy on the body systems - Mechanisms of Cupping Therapy in relation to changes in the body during Pre, main and Post-procedure.	- Demonstrate the method of identifying various positions required for cupping therapy. - Create models and charts to differentiate between conventional and modern cupping therapy. - Demonstrate the mechanism of cupping therapy. - Create charts related to different positions for cupping 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 for cupping therapy points in the body system, different cups	

Module 4: Pre-procedure requirement of Cupping Therapy

Mapped to: HSS/N4104

Terminal Outcomes:

- Describe the concept of cupping therapy and its historical significance
- Describe the Equipment used in Cupping Therapy procedures
- Explain the importance of maintaining correct techniques of positioning.
- Demonstrate the use of required materials during the procedure.
- Demonstrate the method of procedure of cupping Therapy.

Duration: 10:00	Duration: 20:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Explain the concept of alternative and complementary medicine. • Describe the history and significance of cupping therapy with respect to various countries such as China, Egypt, Greece, Arab, India, Gulf, Western etc. • Discuss the journey of cupping therapy in India. • Describe the cupping therapy as per different systems of medicine such as Ayurveda, Unani, Chinese medicine etc. • Describe various equipments and types of cups used in cupping therapy • Mention the Functions, advantages and indications of various materials used to make cups such as glass, plastic, bamboo etc. • Explain about importance of maintaining cleanliness and orderliness in the work area • Explain the importance of maintaining client privacy during the procedure • Discuss about types / classification of Cupping Therapy • Discuss about requirements for performing Wet Cupping (Hijama), Dry Cupping, Fire Cupping, Herbal Cupping, Moxa Cupping, Needle Cupping, Massage Cupping, Water Cupping etc.. • Discuss regarding the Written informed consent, history taking of the patient and obtain vitals and blood reports to rule out any blood/fluid borne diseases. • Explain the rationale behind the dietary restrictions before the procedure in Dry & wet cupping therapy • Discuss regarding Ethics and Regulations in the scope of work	• Demonstrate the process of routine maintenance of the therapy room • Analyse the principles of cupping therapy according to different countries • Demonstrate the different equipment used in Cupping Therapy. • Analyze the different material for cups for the 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	
• Different types of cups such as plastic, bamboo, magnetic etc, needles, gauze pieces, disinfection solution like hypochlorite solution, SOPs/ updated CDC guidelines of cleaning and disinfection of materials • concept of cupping therapy according to various other systems of medicine and different countries.	

Module 5: Roles and Responsibilities of Cupping Therapist

Mapped to: HSS/N4104

Terminal Outcomes:

- Describe the key roles and responsibilities of a cupping therapist.

Duration: 05:00	Duration: 05:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
- Explain the role and responsibilities of a Cupping Therapist in cupping therapy - Distinguish between the scope of practice of a cupping therapist. - Explain the Indications and contraindications of cupping therapy. - Define the role and responsibilities of the Cupping therapist in reporting and management of records. - Explain the purpose of obtaining written consent. - Explain the importance of maintaining a clients privacy and confidentiality. - Explain the process of escalating any safety issues to the concerned authority - Explain the importance of preparing oneself appropriately to provide Cupping therapy. - Guide other staff's in the set up for better care in the process	- Importance of obtaining the clients history and guidelines for maintaining clients privacy and confidentiality - Maintain documents to record procedure-related information of cupping therapy clients and their respective procedures - Create a hierarchical chart depicting roles and responsibilities of a Cupping Therapist 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 of cupping therapy clients
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	
Charts, whiteboard/smart board.AV Aids	

Module 6: Dry Cupping Therapy

Mapped to: HSS/N4105

Terminal Outcomes:

- Demonstrate the Dry Cupping procedure like Light, medium, strong, massage, needle, flash, moxa, herbal, magnetic, water, ice cupping etc.

Duration: 60:00	Duration: 90:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Discuss the importance of positioning the client for effective massage therapy while providing comfort as much as possible • Explain the Dry Cupping/the Cupping without scarification/hijamat bila shurt/hijamat jaffa. • Explain about indication, contraindication, complication and it's management during dry cupping therapy. • Definition, types, various techniques and application, duration and indication of Dry Cupping such as weak/ light cupping, medium cupping, strong cupping, moving or massage cupping, needle cupping, hot cupping/ moxa cupping, empty/flash Cupping, herbal cupping, water cupping, ice cupping, magnetic cupping • Management of cupping in MSK, Sports Injuries, Abdominal disorders, Respiratory Disorders, Gynecological disorders, skin diseases, vascular and cardiac disorders, common diseases and emergency management. • Concept of Trigger point release, Myofascial release, Active release technique, Active – assisted exercise using Dry Cupping, Yoga Cupping through Active – assisted postures. • Concept of Five Element theory and its application using energy system in Dry Cupping Process.	• Identify common equipments used for dry cupping in a skill lab • Demonstrate process of conducting Dry Cupping Therapy such as weak/ light cupping, medium cupping, strong cupping, moving or massage cupping, needle cupping, hot cupping/ moxa cupping, empty/flash Cupping, herbal cupping, water cupping, ice cupping, magnetic cupping • Create a mock follow- up plan for a client who has undergone dry cupping therapy. • Demonstrate the importance of cupping therapy in the management in different diseased condition. • Demonstrate the five element theory using energy system.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	
Tools, Equipment and Other Requirements	
Disposable cups, Korean cups, glass cups, moxa cups, forceps, cotton, surgical spirit, needle, rubber cups, silicon cups, etc	

Module 7: Wet Cupping Therapy

Mapped to: HSS/N4106

Terminal Outcomes:

- Demonstrate the Wet Cupping procedure

Duration: 40:00	Duration: 60:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Explain Wet Cupping/Cupping (Tanqiya-e-Mavad) with scarification/hijamat bil shurt/hijamat rataba/ hijamat damiya according to Unani & Ayurveda system of Medicine. • Explain about indication, contraindication, complication and it's management during Wet cupping therapy. • Standard Application of Wet cupping Process with its mechanism during pre, main and post in relation to Taibah Theory. • Discuss various aspects of wet cupping therapy procedure like creating incisions, areas to avoid during creation of incisions, dimensions of incisions. • Describe the concept of bloodletting procedure (Hijamah) according to Unani. • Describe the concept of bloodletting procedure (Raktamokshan therapy) according to Ayurveda Describe the concept of bloodletting procedure (Raktamokshan therapy) according to Ayurveda. . Differentiate between the types of bloodletting procedure ie. Shastraprayoga and anushastraprayoga. • Identification of different kinds of skin marks during cupping therapy. • Explain the process of escalating any safety issues to the concerned authority and also emergency management on life threatening conditions like escalating or referring to hospitals etc. • List the types of anushastraprayoga i.e. jalaukapyoga (use of leech), sringaprayoga (use of horns), alabuproyaga (use of bottle gourd), and yantraprayoga.	• Demonstrate carrying out a mock counselling session for a client undergoing wet cupping therapy procedure. • Demonstrate the process of performing during creation of incisions. • Demonstrate the methods of identification 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	
Various types of cups, scalpel, sterile gauze pieces, alcohol, cotton balls that is held, a surgical clamp, a container with water, an alcohol burner	

Module 8: Post procedure care

Mapped to: HSS/N4106

Terminal Outcomes:

- Describe Do's and Don'ts Cupping Therapy.
- Carry out proper records and maintain confidentiality.

Duration: 20:00	Duration: 30:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Explain the rationale behind the dietary restrictions after the procedure in Dry & wet cupping therapy. Explain the post- operative recommendations to be followed after Dry & wet cupping • Explain the importance of giving clear and accurate instructions on self-care • Discuss about process of handing over personal belongings to the client • Explain the process of maintaining client's records and confidentiality in accordance with legal and professional requirements • Explain the process of maintaining records of consumables and non-consumables items like sheets, towels, napkins, Cups, etc. • Management of Complication and First Aid after the Cupping treatment. • Explain the process of report any malfunction, damage, shortage of stock, missing item, or sub-optimal performance to appropriate authority.	• Prepare Cupping unit for next procedure as per organizational policies. • Demonstrate the process of packing and storing equipment, materials, Cups, and consumables. • Demonstrate the diet, activities, restriction and follow up treatment plan to the client.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, B	
Tools, Equipment and Other Requirements	
Linen, sheets, towel, napkins, gloves, mask, cleaning agents, disinfectants, water, sample formats of reports and records	

Module 9: Infection control practices and waste management

Mapped to: HSS/N9622

Terminal Outcomes:

- Apply self-hygiene and social distancing practices and follow infection control guidelines.
- Demonstrate correct waste disposal methods as per guidelines and regulations.

Duration: 05:00	Duration: 15:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Discuss the concept of disease outbreak, epidemics, and pandemics and their impact on society at large. • Explain the significance of following prescribed rules and guidelines during an epidemic or a pandemic. • Differentiate between self-quarantine and self-isolation and their significance. • Discuss the significance of social distancing and alternate ways of carrying out everyday tasks (use of e-payment gateways/online learning/virtual meetings, etc.) during a pandemic. • Discuss the significance of conforming to basic personal and workplace hygiene practices such as washing hands, using alcohol-based hand sanitizers, examining office supplies/deliveries and their sanitization, etc. • List various surfaces that may serve as potential fomites at workplace. • Identify PPE to be used at workplace and the process of donning, doffing, and discarding them. • Discuss the importance and process of identifying and reporting symptoms to the concerned authorities. • Discuss organizational hygiene and sanitation guidelines and ways of following them and reporting breaches/gaps if any. • Explain the importance and mechanism of proper and safe disposal, transportation, and treatment of waste. • Discuss the ways of dealing with stress and anxiety during a disease outbreak.	• Show how to sanitize and disinfect one's work area regularly. • Demonstrate the correct way of washing hands using soap and water, and alcohol-based hand rubs. • Display the correct way of donning, doffing and discarding PPE such as face masks, hand gloves, face shields, PPE suits, etc. • Demonstrate appropriate social and behavioural etiquette (greeting and meeting people, spitting/coughing/sneezing, etc.). • Prepare a list of relevant hotline/emergency numbers. • Select different types of waste and various types of colour coded bins/containers used for disposal of waste.
Classroom Aids:	
Computer with internet, Video presentation arts, Models	
Tools, Equipment and Other Requirements	
E-modules depicting sanitization, infection control and waste disposal practices	

Module 10: Employability Skills (90 hours)

Mapped to DGT/VSQ/N0103 : Employability Skills (90 Hours)

Mandatory Duration: 90:00

Location: On-Site

S.N o.	Module Name	Key Learning Outcomes	Duration (hours)
1.	Introduction to Employability Skills	- Outline the importance of Employability Skills for the current job market and future of work. - List different learning and employability related GOI and private portals and their usage. - Research and prepare a note on different industries, trends, required skills and the available opportunities.	3
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. - Demonstrate how to practice different environmentally sustainable practices.	1.5
3.	Becoming a Professional in the 21st Century	- Discuss relevant 21st century skills required for employment. - Highlight the importance of practicing 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. - Create a pathway for adopting a continuous learning mindset for personal and professional development.	5
4.	Basic English Skills	- Show how to use basic English sentences for everyday conversation in different contexts, in person and over the telephone. - Read and understand text written in basic English. - Write a short note/paragraph / letter/e -mail using correct basic English.	10
5.	Career Development & Goal Setting	- Create a career development plan. - Identify well-defined short- and long-term goals.	4
6.	Communication Skills	- Demonstrate how to communicate effectively using verbal and nonverbal communication etiquette. - Write a brief note/paragraph on a familiar topic. - Explain the importance of communication etiquette including active listening for effective communication. - Role play a situation on how to work collaboratively with others in a team.	10
7.	Diversity & Inclusion	- Demonstrate how to behave, communicate, and conduct 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	Discuss various financial institutions, products, and services.	10
		- Demonstrate how to conduct offline and online financial transactions, safely and securely and check passbook/statement. - Explain the common components of salary such as Basic, PF, Allowances (HRA, TA, DA, etc.), tax deductions. - Calculate income and expenditure for budgeting - Discuss the legal rights, laws, and aids.	
9.	Essential Digital Skills	- Describe the role of digital technology in day-to-day life and the workplace. - Demonstrate how to operate digital devices and use the associated applications and features, safely and securely. - Demonstrate how to connect devices securely to internet using different means. - Follow the dos and don'ts of cyber security to protect against cyber-crimes. - Discuss the significance of displaying responsible online behavior while using various social media platforms. - Create an e-mail id and follow e-mail etiquette to exchange e-mails. - Show how to create documents, spreadsheets and presentations using appropriate applications. - Utilize virtual collaboration tools to work effectively.	20
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	- Classify different types of customers. - Demonstrate how to identify customer needs and respond to them in a professional manner - Discuss various tools used to collect customer feedback. - Discuss the significance of maintaining hygiene and dressing appropriately.	9
12	Getting Ready for Apprenticeship & Jobs	- Draft a professional Curriculum Vitae (CV). - Use various offline and online job search sources to find and apply for jobs. - Discuss the significance of maintaining hygiene and dressing appropriately for an interview. - Role play 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