

Department of Complementary and Alternative Medicine

Sujok Acupressure & Navel Setting Techniques (SEC)

Semester II

Unit-1: Introduction of Acupressure

- Brief about origin of Acupressure: Concepts; History and Development of
- Acupressure, Meaning & Definition of Acupressure, Types of Acupressure.

Unit - 2: Sujok Correspondence System [8+5+0 Hrs.]

- Meaning & Definition of Sujok Therapy, Basic Principles of Correspondence
- Theory, Use of primary & secondary correspondence, Concept of yin-yang,
- Methods of Pressure

Unit - 3: Types of Correspondence [7+3+0 Hrs.]

- Concept of Standard, Insect and mini correspondence. Limitation, precautions & Benefits in Acupressure., Importance tools & their application.

Unit - 4: Navel Setting Techniques.

- Meaning, Definition and Nature: Identify particular Navel Place, location
- Navel Setting; Limitations & Precautions.
- Navel Diagnosis method and Methods of Navel setting.