



**SUKRIT
HOLISTIC**

Nurture Our Nature

— MASTER DIPLOMA COURSE IN — 

INTEGRATIVE NUTRITIONAL SCIENCE

FUNCTIONAL WELLNESS & THERAPEUTIC NUTRITION



INTEGRATIVE
LEARNING



EVIDENCE BASED
PRACTICE



HOLISTIC
WELLNESS



THERAPEUTIC
NUTRITION



EXPERT
LED TRAINING



GLOBAL
CURRICULUM



PRACTICAL
APPLICATION



IMPACTFUL
CAREER



EDUCATOR

Ritu kumari



LEARN • HEAL • EMPOWER



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INTEGRATIVE HOLISTIC NUTRITION

SCIENTIFIC FOUNDATION MODULES

MODULE 1

CELL BIOLOGY

The Building Blocks of Life

1



CELL BIOLOGY

- Study of cells – the fundamental units of life.
- Basis of all biological processes and functions.
- Understanding cells leads to understanding life itself.

2



CELL STRUCTURE AND FUNCTIONS

- Structure and function of key cellular components.
- Organelles and their specialized roles.
- How cells maintain life and perform vital activities.

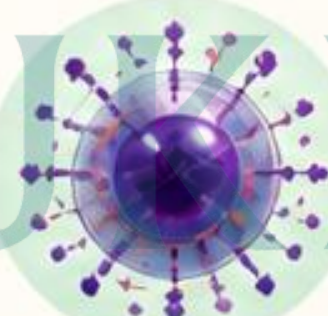
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CELL DIVISION

- Process of cell growth and duplication.
- Mitosis and its role in growth and repair.
- Basis for development and reproduction.

4



CELL REPAIR

- Cells have the ability to repair and heal.
- Mechanisms that restore function and maintain health.
- Foundation of recovery and regeneration.

5



HUMAN TISSUES

- Groups of similar cells working together.
- Four primary tissue types and their functions.
- Tissues build organs and body systems.

6



BODY COMPOSITION

- The balance of fat, muscle, bone, and water in the body.
- Impacts health, performance, and longevity.
- Key to personalized nutrition and wellness.



“Every Cell is Intelligent. Every Cell Heals. Every Cell Transforms.”
Understand the Cell, Understand Life.”



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PERSPECTIVE



PRACTICAL
APPLICATION



PREVENTION &
WELLNESS



TRANSFORM
LIVES



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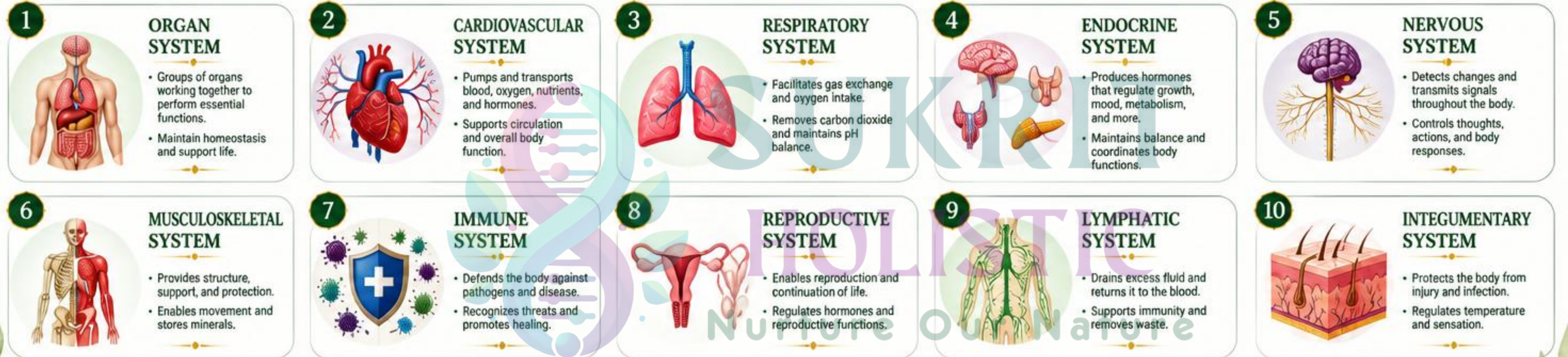
INTEGRATIVE HOLISTIC NUTRITION

SCIENTIFIC FOUNDATION MODULES

MODULE 2

HUMAN BIOLOGY

The Building Blocks of Human Systems



HOW BODY SYSTEMS WORK TOGETHER



“Every Cell is Intelligent. Every Cell Heals. Every Cell Transforms.”
Understand the Cell, Understand Life.”



SCIENTIFIC FOUNDATION

Evidence-based knowledge for lasting impact.



HOLISTIC PERSPECTIVE

Whole-person approach for mind, body & spirit.



PRACTICAL APPLICATION

Real-world tools for everyday integration.



PREVENTION & WELLNESS

Empowering wellness for a healthier tomorrow.



TRANSFORM LIVES

Inspire change. Empower communities. Transform lives.



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MODULE 3

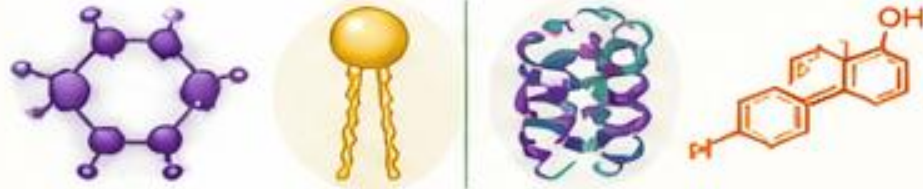
HUMAN CELL BIOCHEMISTRY AND METABOLISM

The Building Blocks of Cellular Processes

1

BIOMOLECULES

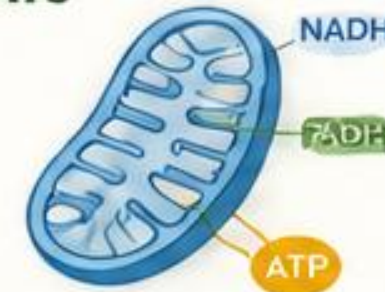
Carbohydrates, Lipids,
Protein and Hormones



2

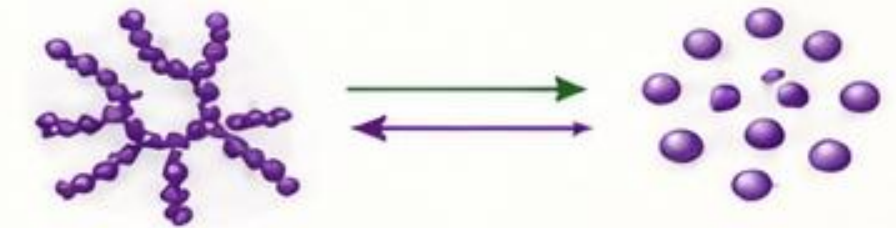
CARBOHYDRATE METABOLISM & METABOLIC PATHWAYS

- Glycolysis
- Citric Acid Cycle
- Pyruvate Dehydrogenase Complex
- Electron Transport Chain
- Oxidative Phosphorylation



3

GLYCOGENESIS AND GLYCOGENOLYSIS



4

PROTEIN METABOLISM & METABOLIC PATHWAYS

- Protein Synthesis
- Degradation
- Transamination
- Deamination
- Gluconeogenesis from Protein
- Ketogenic Amino Acids



5

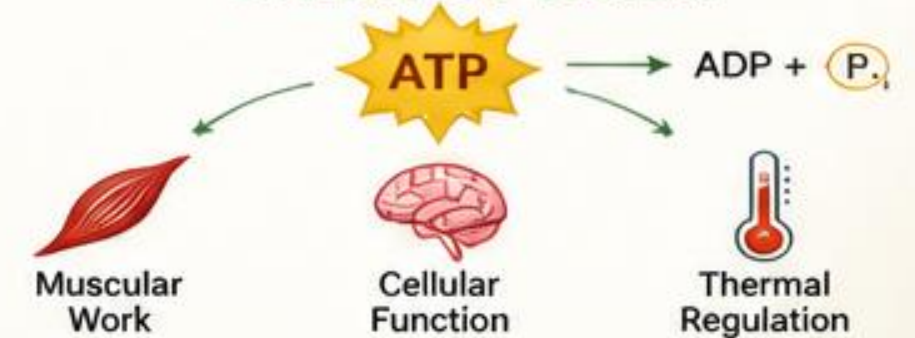
LIPID METABOLISM & METABOLIC PATHWAYS

- Lipolysis
- Beta-Oxidation
- Ketogenesis
- Lipogenesis
- Lipoprotein Transport
- Cholesterol Metabolism



6

ATP AND THE ENERGY SYSTEM



7

OXIDATIVE STRESS



"Every Cell is Intelligent. Every Cell Heals. Every Cell Transforms."
Understand the Cell, Understand Life.



**SCIENTIFIC
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Evidence-based knowledge
for lasting impact.



**HOLISTIC
PERSPECTIVE**

Whole-person approach for
mind, body & environment.



**PRACTICAL
APPLICATION**

Real-world tools for
everyday integration.



**PREVENTION &
WELLNESS**

Empowering wellness for a
healthier tomorrow.



**TRANSFORM
LIVES**

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• SCIENTIFIC FOUNDATION MODULES •

MODULE 4

DIGESTIVE WELLNESS

• Nourish • Balance • Thrive •

1

DIGESTIVE SYSTEM



- Overview of the organs involved in digestion
- Structure and function
- Coordination for optimal digestive health

2

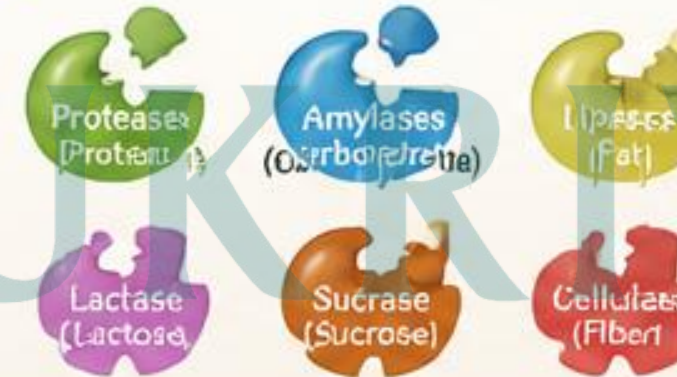
PHYSIOLOGY OF DIGESTION AND ABSORPTION



- Mechanical & chemical digestion
- Absorption of nutrients, water & electrolytes
- Factors affecting digestion and absorption

3

DIGESTIVE ENZYMES



- Types and sources of digestive enzymes
- Role in breaking down carbohydrates, proteins and fats
- Enzyme activity and support

4

ACCESSORY DIGESTIVE ORGANS



- Liver, Gallbladder, Pancreas
- Roles in bile production, enzyme secretion and nutrient processing
- Supporting optimal digestive function

5

THE DIGESTIVE PATHWAY



- Journey of food from ingestion to elimination
- Key processes at each stage
- Transit time and digestive comfort

6

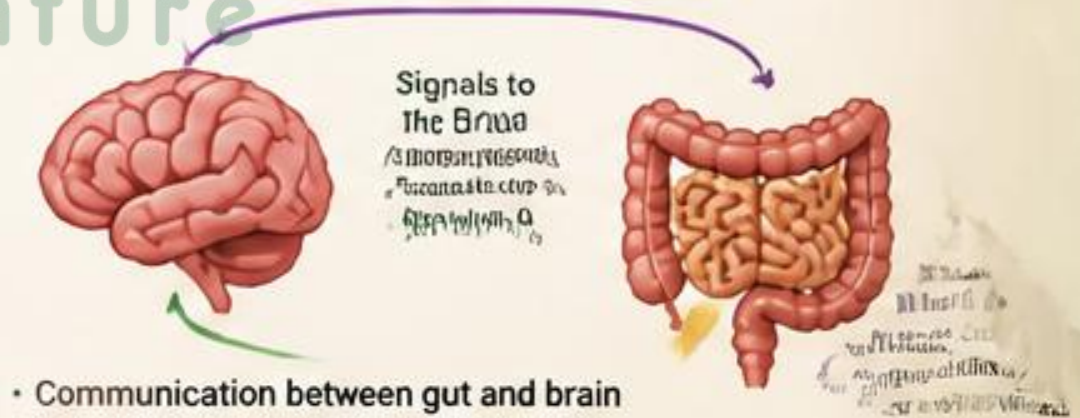
THE GUT MICROBIOME



- Beneficial bacteria and their roles
- Microbiome balance and diversity
- Prebiotics, probiotics and fiber
- Impact on immunity and overall health

7

THE GUT BRAIN AXIS



- Communication between gut and brain
- Impact on mood, stress and behavior
- Supporting a healthy gut-brain connection



"A Healthy Gut is the Foundation of a Vibrant Life."
Nourish Your Gut, Nurture Your Life."



SCIENTIFIC FOUNDATION
Evidence-based knowledge
for informed decisions.



HOLISTIC PERSPECTIVE
Whole-person approach for
mind, body and spirit.



PRACTICAL APPLICATION
Real-world tools for
daily well-being.



PREVENTION & WELLNESS
Empowering wellness for
a healthier tomorrow.



TRANSFORM LIVES
Inspire change. Empower
yourself and others.



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— MODULE 5 — FUNDAMENTALS OF NUTRITION

1 MACRONUTRIENTS



- Carbohydrates: Primary energy source
- Proteins: Build & repair tissues, support immunity
- Fats: Essential for hormone balance & cell function
- Balance is key for optimal health

2 MICRONUTRIENTS



- Vitamins & minerals support biochemical reactions
- Essential for growth, immunity, energy & overall function
- Deficiencies can impact health & performance

3 WATER BALANCE & ELECTROLYTES



- Water regulates body temperature, transports nutrients & removes waste
- Electrolytes (Na⁺, K⁺, Mg²⁺, Ca²⁺) maintain fluid balance, nerve & muscle function

4 HYDRATION ASSESSMENT METHOD



- Urine color chart
- Body weight changes
- Thirst perception
- Skin turgor
- Frequency & volume of urination

5 DEHYDRATION



- Causes fatigue, headache, dizziness & poor concentration
- Reduces physical & cognitive performance
- Can lead to heat stress & other health risks

6 HYPONATRAEMIA



- Low sodium levels in the blood
- Causes nausea, headache, confusion, fatigue
- Can be serious in severe cases
- Balance fluid intake & electrolytes

7 DAILY RECOMMENDED WATER



- General guideline: 30–35 ml per kg of body weight
- Adjust based on activity level, climate, age & health status
- Listen to your body & stay consistent
- Clean, safe water is essential for life


**HYDRATION
IS THE
FOUNDATION
OF HEALTH**



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PREVENTION &
WELLNESS



TRANSFORM
LIVES



AUTOPHAGY & FASTING

Purify · Renew · Rejuvenate

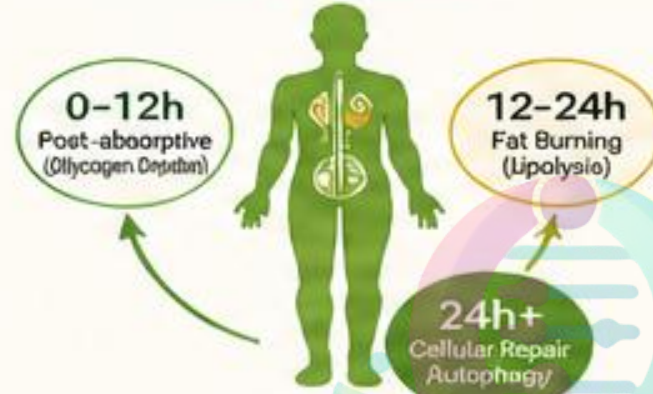
1 FASTING

1 FASTING



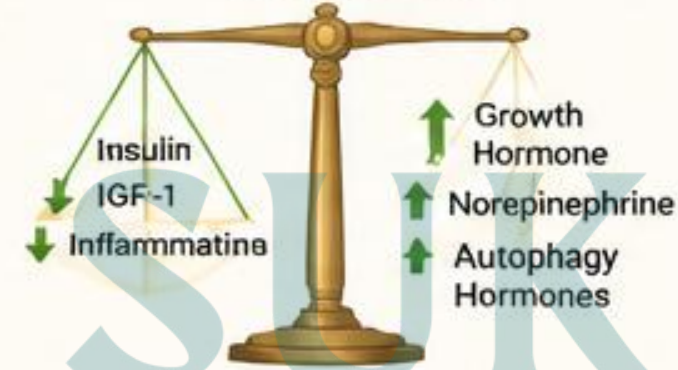
- Voluntary abstinence from food and sometimes calories for a period of time
- Ancient practice with modern scientific validation
- Supports body, mind and spirit

2 THE PHYSIOLOGY OF FASTING



- Glycogen depletion
- Fat mobilization & ketone production
- Cellular repair & regeneration
- Improved metabolic flexibility

3 HORMONAL RESPONSE TO FASTING



- Lower insulin promotes fat burning
- Growth hormone supports muscle preservation
- Enhanced cellular repair and longevity pathways

4 AYURVEDIC FASTING



- Langhana – The Ayurvedic principle of lightness
- Clears Ama (toxins)
- Restores Agni (digestive fire)
- Brings balance to Doshas
- Supports mental clarity, spiritual growth & detoxification

5 TYPES OF FASTING IN AYURVEDA



Upavasa
Complete fast
(Water / Herbal teas)



Phalahara
Fruits, juices, and light foods



Ekadashi Fast
Fasting on lunar days (11th & 26th)



Laghu Upavasa
Light diet, easy to digest foods

2 AUTOPHAGY

1 WHAT IS AUTOPHAGY?

The body's natural process of cellular cleaning, recycling and renewal.



KEY BENEFITS OF THE PROCESS

- Removes damaged proteins & organelles
- Reduces oxidative stress & inflammation
- Supports longevity & healthy aging
- Enhances immunity & cellular health

2 THE IMPORTANCE OF AUTOPHAGY



Detoxifies cells at the deepest level



Supports brain health & function



Improves metabolic health & insulin sensitivity



Protects against chronic diseases



Promotes healthy aging & longevity



Enhances physical performance & recovery

"When we fast, the body rests. When autophagy awakens, the body renews."
Fasting Ignites Autophagy. Autophagy Restores Vitality.



SCIENTIFIC FOUNDATION
Evidence-based knowledge for lifelong wellness



HOLISTIC PERSPECTIVE
Whole-person approach for mind, body & soul



PRACTICAL APPLICATION
Real-world tools for daily transformation



PREVENTION & WELLNESS
Empowering wellness for a healthier tomorrow



TRANSFORM LIVES
Inspire change. Empower healthier communities



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MODULE 7: TRADITIONAL & HOLISTIC NUTRITION

7.1 AYURVADIC NUTRITION

Eat According to
Nature, Balance & Constitution



VATA

Light, warm,
nourishing
& grounding



PITTA

Cooling, calm,
moderate
& soothing



KAPHA

Light, warm,
stimulating
& balancing



Focus: Digestive balance, dosha harmony,
seasonal eating, and mindful nourishment.

ANCIENT WISDOM FOR MODERN WELL-BEING



Food is not just
fuel — it is
information,
vibration and
medicine.

– Ayurveda
& Yoga

7.2 YOGIC NUTRITION

Nourish the Body,
Soothe the Mind, Elevate the Spirit



SATVIC

Pure, fresh,
light &
energizing



MINDFUL

Eat with
awareness,
gratitude & calm



**DIGESTIVE
FRIENDLY**

Easy to digest,
supports
inner clarity



**SPIRITUAL
GROWTH**

Enhances
prana, focus
& meditation



Focus: Sattvic diet, pranic nourishment,
moderation, and inner harmony.

MODULE 8:

Vedic Superfoods & Herbs

By

SUKRIT HOLISTIC ACADEMY

1 TULSI (HOLY BASIL)

Adaptogen that boosts immunity, reduces stress & supports respiratory health.



2 NEEM

Powerful detoxifier that purifies blood, supports skin health & immunity.



3 ASHWAGANDHA

Adaptogen that reduces stress, improves stamina & supports vitality.



4 BRAHMI

Enhances memory, cognitive function & promotes mental clarity.



5 AMLA (INDIAN GOOSEBERRY)

Rich in Vitamin C, rejuvenates cells, supports immunity & hair health.



6 GILOY (GUDUCHI)

Immunity booster & detoxifier that supports overall well-being.

TRIPHALA (AMLA + HARITAKI + BIBHITAKI)



Gentle detox for digestive health, regularity & rejuvenation.

14 SAFETY & DOSAGE

Guidelines for safe use, individual constitution & mindful practices.

8 TURMERIC

Golden spice for inflammation support, joint health & inner healing.



9 TRIPHALA (AMLA + HARITAKI + BIBHITAKI)

Supports digestion, eliminates toxins & promotes healthy aging.



10 SHATAVARI

Nourishes reproductive health, balances hormones & promotes vitality.



11 MULETHI (LICORICE)

Soothes the throat, supports digestion & balances the digestive fire.



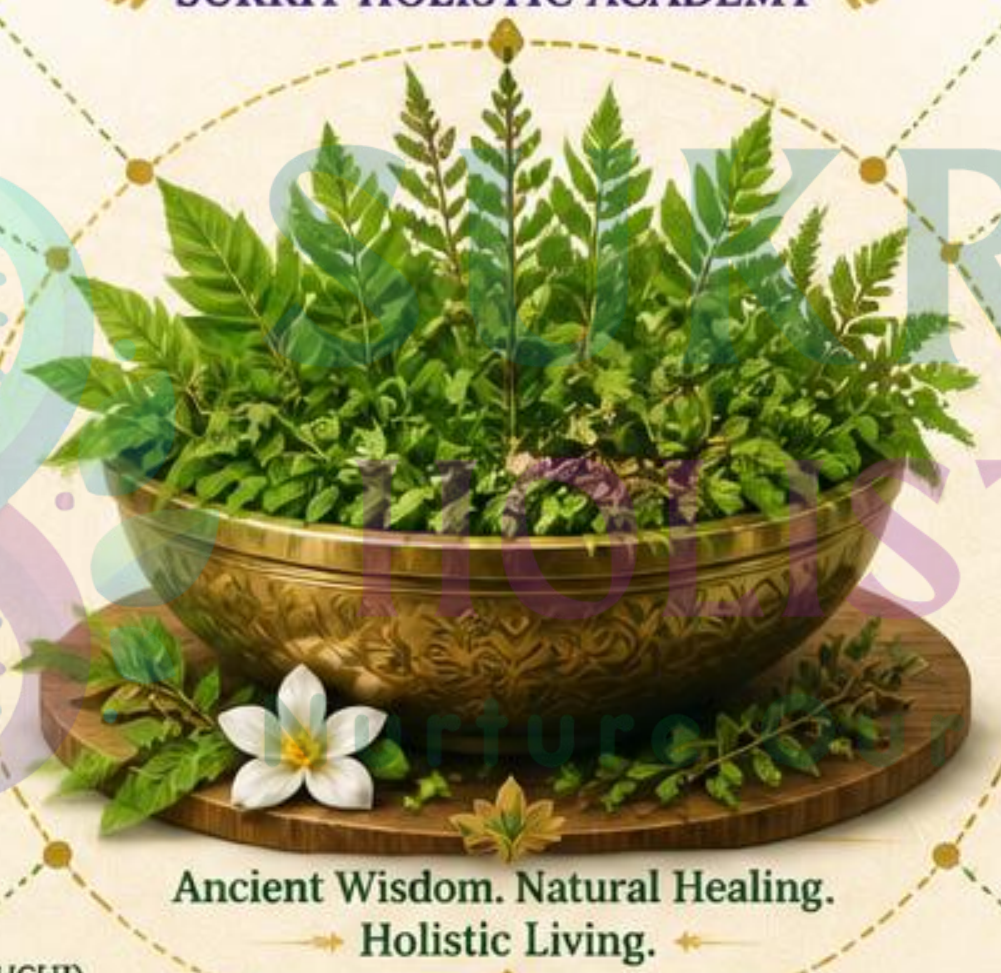
12 FENUGREEK (METHI)

Supports digestion, blood sugar balance & lactation.



13 PIPPLI (LONG PEPPER)

Enhances digestion, improves absorption & supports respiratory health.



Ancient Wisdom. Natural Healing.
Holistic Living.





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INTEGRATIVE HOLISTIC NUTRITION

SCIENTIFIC FOUNDATION MODULES

MODULE 9

SPORTS NUTRITION

Fuel. Perform. Recover. Thrive.

1



SPORT NUTRITION

- Overview of nutrition for athletes.
- Supports performance, recovery, and overall health.

2



ENERGY SYSTEM AND NUTRITION TIMING

- Importance of when to eat for energy and performance.
- Pre, during, and post-exercise nutrition.

3



THE THREE TYPES OF ENERGY

- ATP-PC: immediate, short bursts of energy.
- Anaerobic: fast, intense efforts.
- Aerobic: sustained, endurance activities.

4



NUTRIENT TIMING

- Best times to consume carbs, protein, and fats.
- Optimizes performance, recovery, and body composition.

5



CARBOHYDRATES PERIODIZATION

- Carbs intake planning for different training phases.
- Matches fuel to training load and goals.

6



MPS (MUSCLE PROTEIN SYNTHESIS)

- Role in muscle recovery and growth.
- Stimulated by adequate protein and training.

7



TYPES OF PROTEIN AND AMINO ACID PROFILES

- Different protein sources and their quality.
- Impact on muscle repair, growth, and performance.

8



FLUID BALANCE IN ATHLETIC PERFORMANCE

- Importance of hydration for endurance, strength, and focus.
- Maintains temperature, boosts performance.

9



SPORTS SUPPLEMENTS

- Common supplements used by athletes.
- Uses, benefits, and evidence-based guidance.

10



VEGAN & VEGETARIAN ATHLETE PROTOCOL

- Nutrition tips for plant-based athletes.
- Ensures complete nutrition, performance, and recovery.

"Nutrition is the foundation. Timing is the strategy."
Fuel your body. Elevate your game."



PERFORMANCE



ENERGY



RECOVERY



STRENGTH



FOCUS



LONGEVITY



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INTEGRATIVE HOLISTIC NUTRITION

SCIENTIFIC FOUNDATION MODULES

MODULE 10

PUBLIC NUTRITION AND FOOD SAFETY

→ Nourishing Communities, Safeguarding Health ←

1



PUBLIC NUTRITION

- Science and art of promoting health and preventing disease through nutrition.
- Focus on populations, equity and health outcomes.

2



INDIA'S NUTRITIONAL LANDSCAPE

- Overview of nutritional status across life stages.
- Key challenges: malnutrition in all its forms, disparities and determinants.

3



MATERNITY & INFANT NUTRITION

- Optimal nutrition for mother before, during and after pregnancy.
- Breastfeeding, complementary feeding and early childhood nutrition.

4



SAM & MAM MANAGEMENT

- Identification and assessment of SAM and MAM.
- Community-based management, treatment, and follow-up care.

5



COMMUNITY NUTRITION ASSESSMENT

- Assess nutritional status, diet, and health indicators at community level.
- Tools, techniques and use of data for action.

6



FOOD INDUSTRY

- Role in food availability, quality, and innovation.
- Regulations, sustainability and corporate responsibility.

7



FOOD MARKETING

- Influence of marketing on food choices and behavior.
- Ethical marketing, labeling and protecting vulnerable populations.

8



FOOD SAFETY & ADULTERATION

- Hazards, contamination and foodborne illnesses.
- Detection, prevention and regulatory standards to ensure safe food.

9



WHO GLOBAL TARGET 2030

- End all forms of malnutrition by 2030.
- Achieve Sustainable Development Goals for a healthier, equitable and sustainable world.

"NOURISH PEOPLE. EMPOWER COMMUNITIES. ENSURE SAFETY."
TOGETHER FOR A HEALTHIER FUTURE.



INTEGRATE
Science with
Wisdom



NURTURE
Every Life
Every Day



EMPOWER
Communities
for Change



ENSURE SAFETY
From Farm to
Family



SUSTAIN
Health for
Future Generations



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INTEGRATIVE HOLISTIC NUTRITION

SCIENTIFIC FOUNDATION MODULES

MODULE 11

MIND BODY & WELLNESS SCIENCE

The Science of Inner Balance. The Art of Living Well.

1



EMOTIONAL EATING

- Understand how emotions influence eating behaviors.
- Identify triggers and patterns.
- Build awareness for healthier choices and self-compassion.

2



BRAIN GUT CONNECTION

- Explore the powerful communication between the brain and gut.
- Discover how gut health impacts mood, stress, and cognition.
- Support balance through nutrition and lifestyle.

3



TYPES OF EMOTIONAL EATING

- Identify different types of emotional eating patterns.
- Learn the root causes behind each type.
- Develop personalized strategies for healing and balance.

4



THE SCIENCE OF HABIT

- Understand how habits are formed in the brain.
- Learn the habit loop: cue, routine, reward.
- Build sustainable habits for wellness and success.

5



MOTIVATIONAL INTERVIEWING

- Use empathy and collaboration to inspire change.
- Strengthen intrinsic motivation and commitment.
- Empower lasting behavior change for wellness.

Every Cell Is Intelligent, Every Cell Heals, Every Cell Transforms –
Understand the Cell, Understand Life.



SCIENCE
MEETS NATURE



INTEGRATE
MIND & BODY



NOURISH
AT THE CELLULAR LEVEL



BALANCE
EMOTIONS & ENERGY

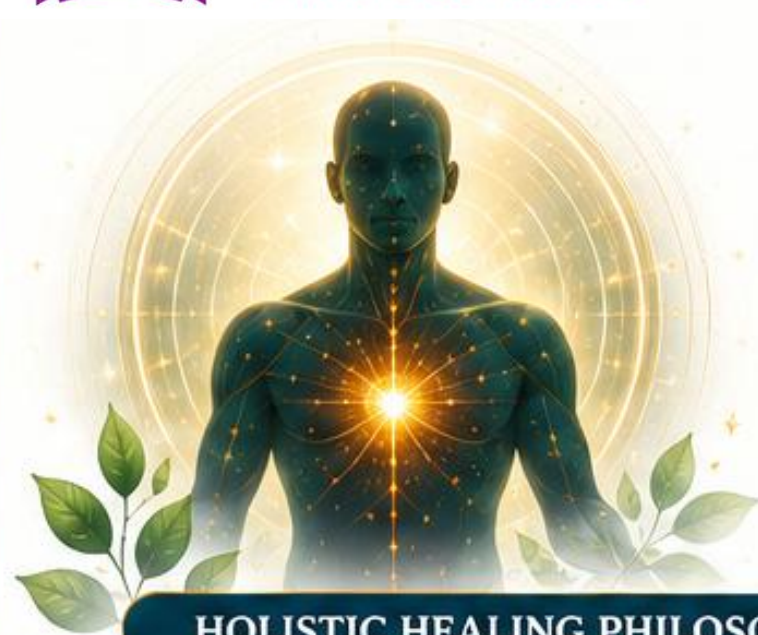


LIVE WELL
THRIVE NATURALLY

HOLISTIC LIFESTYLE MEDICINE

Healing the Person, Not Just the Disease

WHOLE PERSON. ROOT CAUSE. SUSTAINABLE HEALTH.



HOLISTIC HEALING PHILOSOPHIES



Balance
In body, mind & spirit



Root Cause
Address the why,
not just the what



Interconnection
All systems of life
are connected



Personalization
Unique needs,
unique path



Empowerment
You are the
healer within



PRACTICAL APPLICATION



Assess
Look at the whole
person



Personalize
Create simple,
realistic plans



Support
Build small habits
that last



Empower
Educate, motivate,
inspire change

THE MIND-BODY INTEGRATION



Thoughts
Shape
Emotions



Emotions
Influence
Hormones



Hormones
Affect
Metabolism



Metabolism
Impacts
Health



Habits
Create
Healing



Holistic Lifestyle Medicine empowers you to create vibrant health – naturally and sustainably.





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INTEGRATIVE HOLISTIC NUTRITION

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MODULE 13

THERAPEUTIC NUTRITION

Food as Medicine. Nutrition as Therapy. Healing as a Science.

1

OBESITY



- Etiology and contributing factors
- Nutritional assessment and body composition
- Dietary strategies for weight management
- Lifestyle and behavioral intervention

2

DIABETES



- Types and pathophysiology
- Carbohydrate counting & glycemic management
- Medical nutrition therapy for diabetes
- Prevention of complications

3

CARDIOVASCULAR



- Risk factors and lipid management
- DASH, Mediterranean & heart-healthy diets
- Blood pressure & sodium management
- Lifestyle for heart health

4

GASTROINTESTINAL



- Common GI disorders and nutrition care
- Gut microbiome and diet
- Elimination diets and food sensitivities
- IBS, IBD & celiac disease nutrition

5

RENAL & HEPATIC NUTRITION



- Chronic kidney disease nutrition
- Liver diseases and diet management
- Electrolyte and fluid balance
- Protein and micronutrient considerations

6

AUTOIMMUNE & INFLAMMATORY DISEASE



- Understanding immune dysregulation
- Anti-inflammatory dietary approaches
- Gut-immune connection
- Nutritional support for symptom management

7

CANCER & NUTRITIONAL SUPPORT



- Role of nutrition in cancer care
- During treatment & recovery
- Managing side effects with diet
- Evidence-based nutritional strategies

8

PCOS & HORMONAL DISORDERS



- Pathophysiology of PCOS
- Insulin resistance & diet
- Weight management strategies
- Nutrition for hormonal balance

9

THYROID NUTRITION



- Hypothyroid & hyperthyroid nutrition
- Iodine, selenium & key micronutrients
- Goitrogens and food interactions
- Supporting thyroid balance through diet

10

ANEMIA – NUTRITIONAL ASSESSMENT & MANAGEMENT



- Types and causes of anemia
- Nutritional assessment
- Iron, B12, folate & other key nutrients
- Dietary management and prevention



Nourish the Body. Support the Healing. Restore Balance.
Therapeutic Nutrition for Every Life Stage.





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MODULE 14

HOLISTIC COACHING & CLIENT TRANSFORMATION

Empowering clients to achieve lasting wellness through holistic guidance, ethical practice and professional excellence.



CLIENT ASSESSMENT

Gather comprehensive information to understand the client's health history, lifestyle, goals, and unique needs.



LIFESTYLE PLANNING

Create personalized, realistic plans that integrate nutrition, movement, stress management, sleep, and self-care for sustainable change.



COMMUNICATION PLANNING

Build trust and rapport through active listening, powerful questioning, and clear, compassionate communication strategies.



WELLNESS COACHING ETHICS

Uphold integrity, confidentiality, and professional boundaries while empowering clients with respect and non-judgment.



PROFESSIONAL PRACTICE SETUP

Establish a purpose-driven coaching practice with clarity—from services and systems to marketing and client management.

 HOLISTIC CARE.

 LASTING CHANGE.

 TRANSFORMED LIVES.

WELLNESS ENTREPRENEURSHIP & ACADEMY DEVELOPMENT

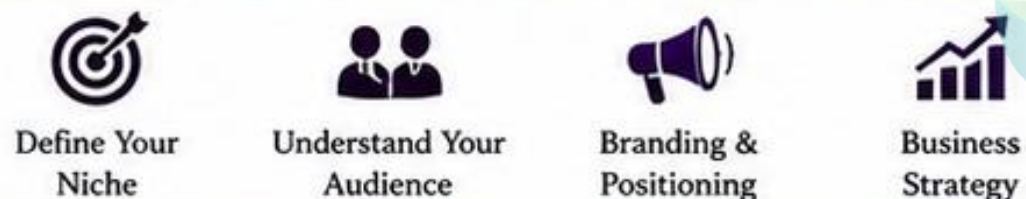
Inspire • Educate • Empower • Create Impact



WELLNESS ENTREPRENEUR MINDSET



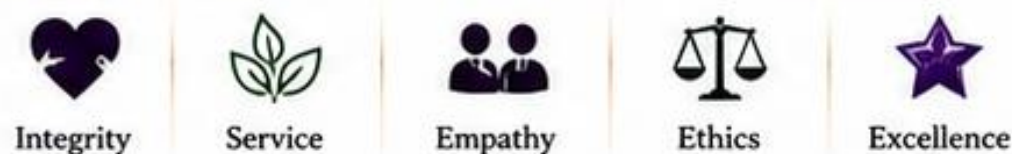
BUILDING YOUR WELLNESS BUSINESS



SERVICES & OFFERINGS



VALUES THAT DRIVE SUCCESS



PURPOSE
DRIVEN

COMMUNITY
IMPACT

INNOVATE &
CREATE VALUE

SUSTAINABLE
GROWTH

EDUCATE &
EMPOWER

HOLISTIC
TRANSFORMATION

Build Your Vision
Create Your Legacy

ACADEMY DEVELOPMENT



MARKETING & VISIBILITY



SYSTEMS FOR SUCCESS



YOUR IMPACT



Transform Lives.

Build Freedom.
Create a Legacy
That Lasts.

EDUCATE. EMPOWER. ENTREPRENEUR. ELEVATE.



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Ancient Wisdom.
Modern Healing.
Limitless Possibilities.



MASTER DIPLOMA IN ACUPRESSURE, ACUPUNCTURE & SUJOK THERAPY

THE ANCIENT SCIENCE OF HEALING FOR MODERN LIFE



ACUPRESSURE
Natural Healing
Through Touch



ACUPUNCTURE
Restore Energy
Balance



SUJOK THERAPY
Healing Through
Hand & Foot



HOLISTIC WELLNESS
Mind • Body • Energy
Harmony



70+ HOURS
RECORDED
COURSE



FOR BEGINNERS
NO PRIOR KNOWLEDGE
REQUIRED



PROFESSIONAL
CERTIFICATION



YOUR MENTOR

Dr. Shubham Gupta
BNYS, MD Acu.



sukritholistic@gmail.com



Course Overview:

This comprehensive Master Diploma program is designed to transform complete beginners into confident holistic practitioners with a strong foundational, practical, and clinical understanding of:

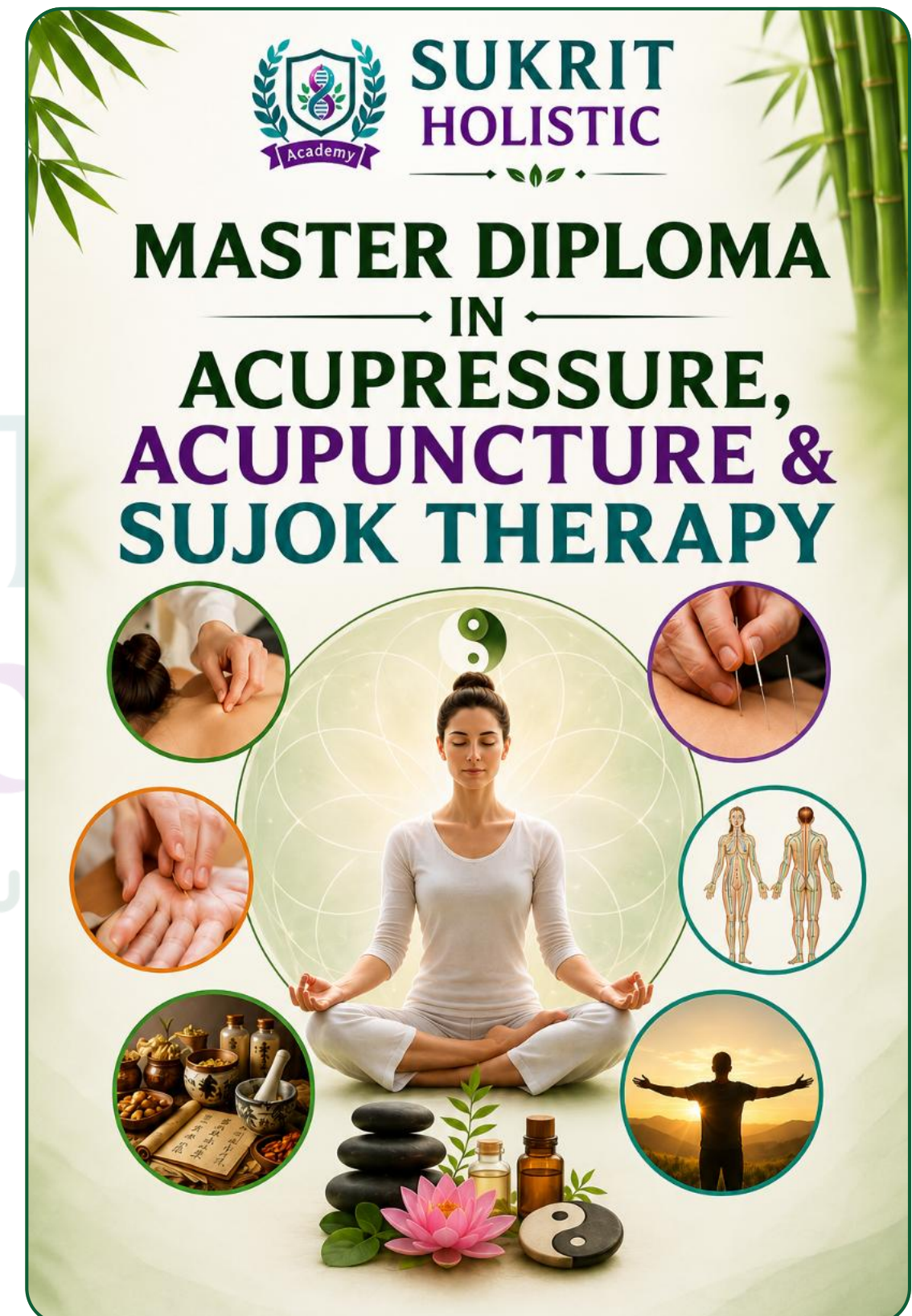
- Acupressure
- Acupuncture
- Sujok Therapy
- Meridian Therapy
- Traditional Chinese Medicine (TCM)
- Energy Healing & Holistic Wellness

The curriculum follows a structured ascending learning model:

Phase 1 → Foundation Level

Phase 2 → Advanced Clinical Skills

Phase 3 → Master Clinical Integration



Course Overview:

The teaching methodology combines:

- Theoretical understanding
- Practical demonstrations
- Clinical reasoning
- Holistic wellness integration
- Safety-focused practice
- Real-life treatment planning

The course emphasises:

- Natural healing
- Energy balance
- Root-cause treatment
- Ethical therapeutic practice
- Integrative wellness principles

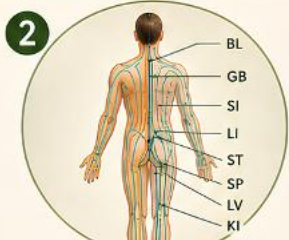
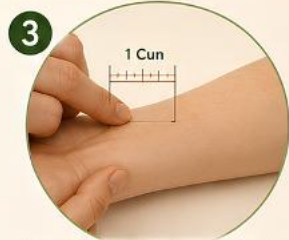


COURSE OBJECTIVES:

By the end of this Master Diploma program, students will be able to:

1. Understand Qi, Yin-Yang, Five Elements, and TCM fundamentals
2. Trace and understand meridian pathways
3. Locate essential acupoints using Cun measurement systems
4. Apply safe acupressure and basic acupuncture techniques
5. Use Sujok correspondence systems effectively
6. Design treatment protocols for common disorders
7. Apply clinical reasoning and pattern differentiation
8. Recognise contraindications and medical red flags
9. Integrate acupressure, acupuncture, and Sujok therapies
10. Conduct beginner-level holistic consultations professionally
11. Practice safely, ethically, and confidently

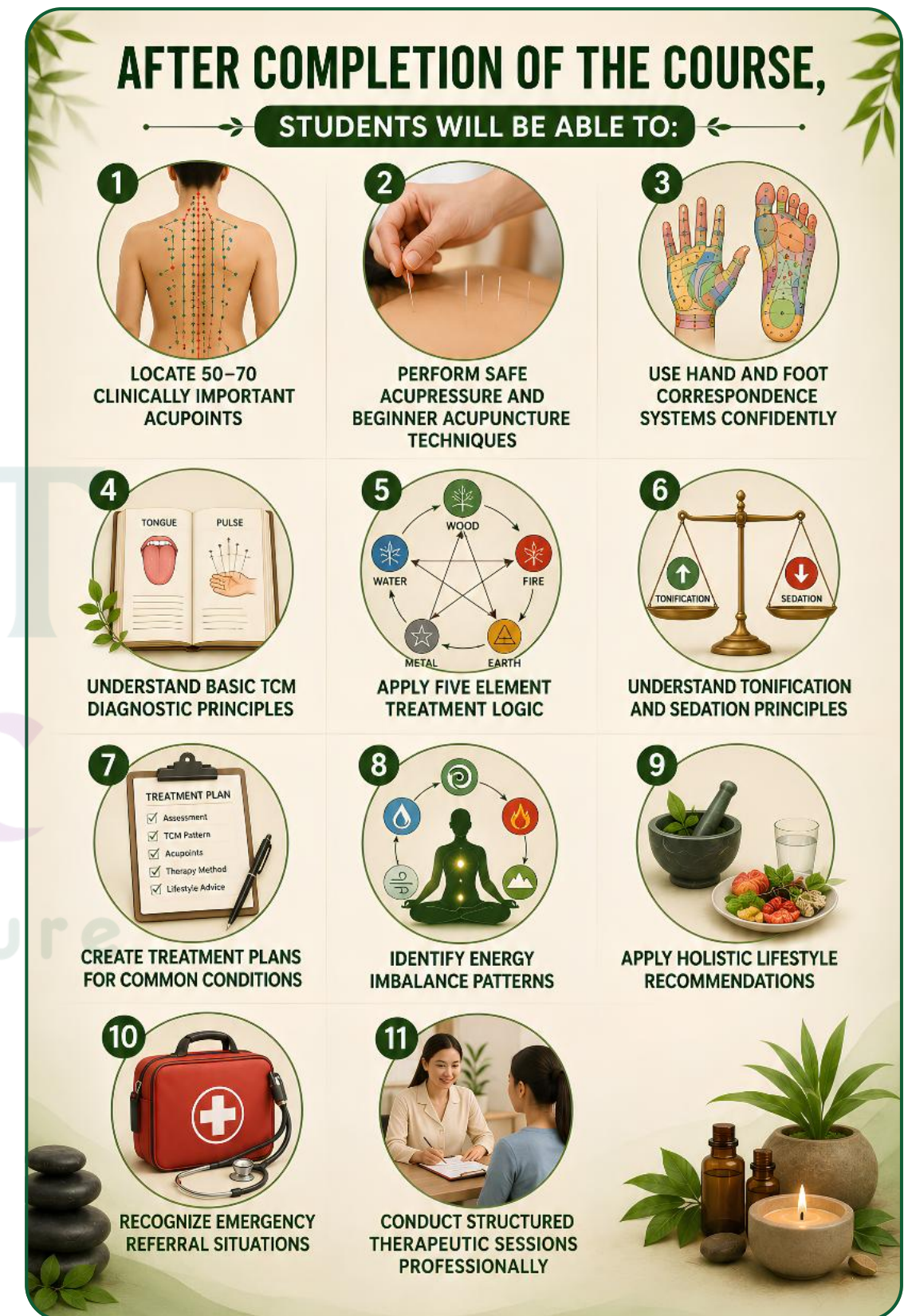
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7  Apply clinical reasoning and pattern differentiation	8  Recognise contraindications and medical red flags	9  Integrate acupressure, acupuncture, and Sujok therapies
10  Conduct beginner-level holistic consultations professionally	11  Practice safely, ethically, and confidently	

LEARNING OUTCOMES:

After completion of the course, students will be able to:

1. Locate all (400+) clinically important acupoints
2. Perform safe acupressure and beginner acupuncture techniques
3. Use hand and foot correspondence systems confidently
4. Understand TCM diagnostic principles
5. Apply Five Element treatment logic
6. Understand tonification and sedation principles
7. Create treatment plans for common & advanced conditions
8. Identify energy imbalance patterns
9. Apply holistic lifestyle recommendations
10. Recognize emergency referral situations
11. Conduct structured therapeutic sessions professionally

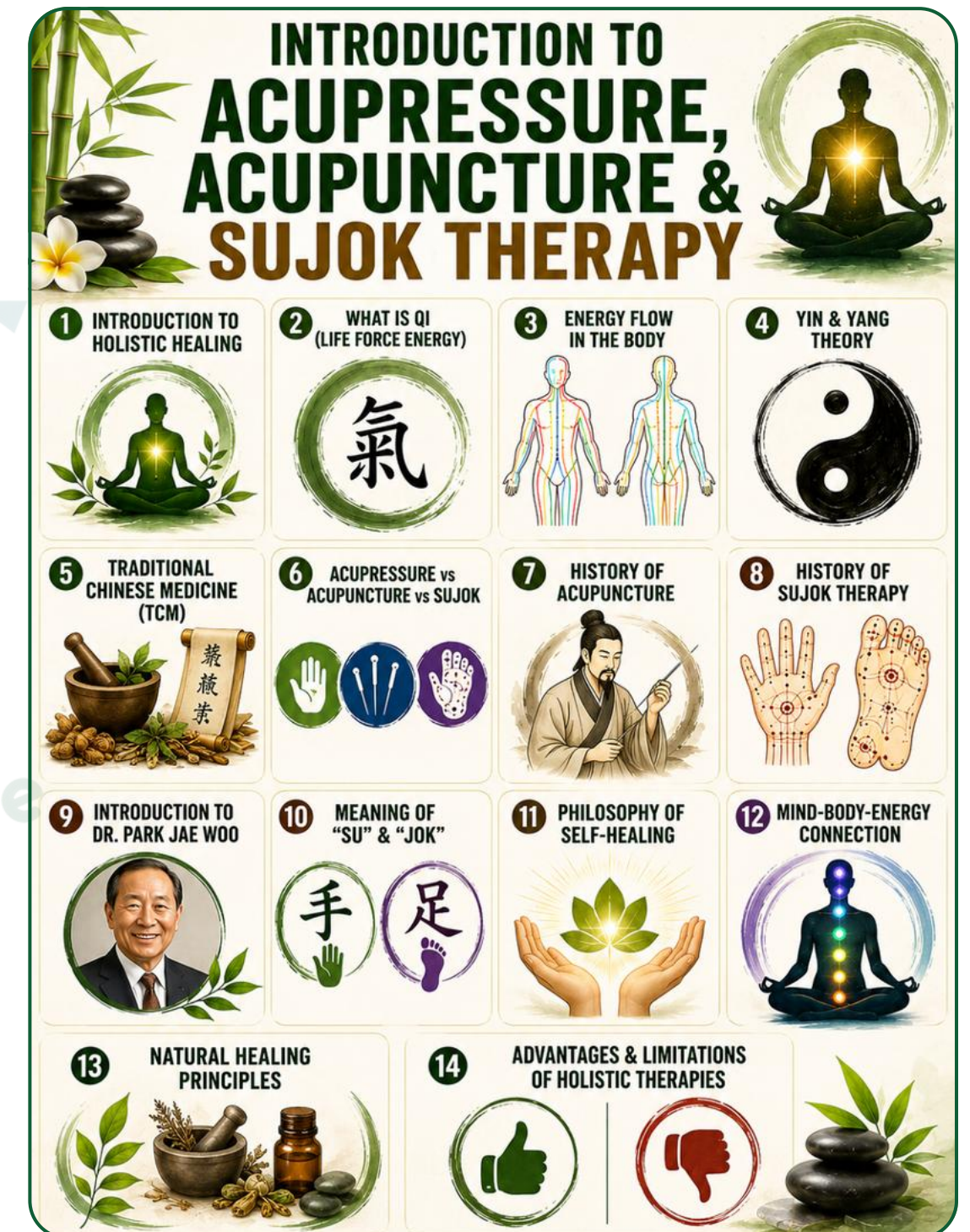


PHASE 1 — FOUNDATION LEVEL

Module 1: Introduction to Acupressure, Acupuncture & Sujok Therapy

Topics Covered

1. Introduction to holistic healing
2. What is Qi (Life Force Energy)
3. Energy flow in the body
4. Yin & Yang theory
5. Introduction to Traditional Chinese Medicine (TCM)
6. Acupressure vs Acupuncture vs Sujok
7. History of Acupuncture
8. History of Sujok Therapy
9. Introduction to Dr. Park Jae Woo
10. Meaning of "Su" and "Jok"
11. Philosophy of self-healing
12. Mind-body-energy connection
13. Natural healing principles
14. Advantages and limitations of holistic therapies



PHASE 1 — FOUNDATION LEVEL

Module 2: Human Anatomy & Energy Anatomy

Topics Covered

1. Human body basics
2. Muscles, joints, and nerves overview
3. Internal organ relationships
4. Physical anatomy vs energy anatomy
5. Meridians vs nervous system
6. Organ-emotion relationship
7. Left-right energy balance
8. Introduction to chakras
9. Organ clock basics
10. Understanding body systems energetically

Practical

1. Body orientation basics
2. Surface anatomy observation

MODULE 2

HUMAN ANATOMY & ENERGY ANATOMY

1 HUMAN BODY BASICS

2 MUSCLES, JOINTS & NERVES OVERVIEW

3 INTERNAL ORGAN RELATIONSHIPS

4 PHYSICAL ANATOMY VS ENERGY ANATOMY

5 MERIDIANS VS NERVOUS SYSTEM

6 ORGAN-EMOTION RELATIONSHIP

7 LEFT-RIGHT ENERGY BALANCE

8 INTRODUCTION TO CHAKRAS

9 ORGAN CLOCK BASICS

10 UNDERSTANDING BODY SYSTEMS ENERGETICALLY

PRACTICAL

• BODY ORIENTATION BASICS

• SURFACE ANATOMY OBSERVATION

PHASE 1 — FOUNDATION LEVEL

Module 3: TCM Foundations & Diagnostic Principles

Topics Covered

1. Yin / Yang theory
2. Five Element theory introduction
3. Eight Principle diagnosis:
 - a. Interior / Exterior
 - b. Excess / Deficiency
 - c. Heat / Cold
 - d. Yin / Yang
4. Qi, Blood, and Body Fluids
5. Qi deficiency
6. Qi stagnation
7. Blood deficiency
8. Blood stagnation
9. Dampness and Phlegm
10. Root vs Branch treatment
11. Introduction to pattern differentiation

Diagnostic Basics

- Tongue observation
- Pulse observation
- Observation and palpation basics

Practical

- Tongue inspection guide
- Pulse location practice

MODULE 3

TCM FOUNDATIONS & DIAGNOSTIC PRINCIPLES

1 YIN / YANG THEORY

2 FIVE ELEMENT THEORY INTRODUCTION

3 EIGHT PRINCIPLE DIAGNOSIS

INTERIOR / EXTERIOR
EXCESS / DEFICIENCY
HEAT / COLD
YIN / YANG

4 QI, BLOOD, AND BODY FLUIDS

氣 QI
血 BLOOD
津液 BODY FLUIDS

5 QI DEFICIENCY

• FATIGUE
• SHORTNESS OF BREATH
• WEAK VOICE
• SWEATING
• POOR APPETITE

6 QI STAGNATION

• BLOATING
• CHEST TIGHTNESS
• MOOD SWINGS
• IRRITABILITY
• SIGHING

7 BLOOD DEFICIENCY

• PALE SKIN
• DIZZINESS
• POOR MEMORY
• DRY SKIN
• INSOMNIA

8 BLOOD STAGNATION

• SHARP PAIN
• FIXED PAIN
• DARK COMPLEXION
• LUMPS
• IRRITABILITY

9 DAMPNES AND PHLEGM

• HEAVINESS
• DULLNESS
• NAUSEA
• THICK TONGUE COATING
• PHLEGM
• SWELLING

10 ROOT VS BRANCH TREATMENT

BRANCH Treat Symptoms
ROOT Treat Causes

11 INTRODUCTION TO PATTERN DIFFERENTIATION

DIAGNOSTIC BASICS

TONGUE OBSERVATION
PULSE OBSERVATION
OBSERVATION AND PALPATION BASICS

TONGUE INSPECTION GUIDE

PALE Qi / Blood Deficiency
RED Heat
PURPLE Blood Stagnation
TEETH MARKS Spleen Qi Deficiency
THICK COATING Dampness / Phlegm

PRACTICAL

PULSE LOCATION PRACTICE

CUN (Chi)
GUAN (Guan)
CHI (Cun)

PHASE 1 — FOUNDATION LEVEL

Module 4: Meridian System & Energy Channels

Topics Covered

12 Primary Meridians

1. Lung
2. Large Intestine
3. Stomach
4. Spleen
5. Heart
6. Small Intestine
7. Bladder
8. Kidney
9. Pericardium
10. Triple Burner
11. Gallbladder
12. Liver

For Each Meridian

1. All Points of Each Meridian
2. Pathway
3. Organ connection
4. Element association
5. Emotional relationship
6. Symptoms of imbalance
7. Important points

Additional Channels

1. Governing Vessel (Du)
2. Conception Vessel (Ren)
3. Introduction to Extraordinary Vessels

Practical

1. Meridian tracing
2. Point palpation

MODULE 4 MERIDIAN SYSTEM & ENERGY CHANNELS

12 PRIMARY MERIDIANS

1 LUNG Pathway Organ Connection Element Association Emotional Relationship Symptoms of Imbalance Important Points	2 LARGE INTESTINE Pathway Organ Connection Element Association Emotional Relationship Symptoms of Imbalance Important Points	3 STOMACH Pathway Organ Connection Element Association Emotional Relationship Symptoms of Imbalance Important Points	4 SPLEEN Pathway Organ Connection Element Association Emotional Relationship Symptoms of Imbalance Important Points	5 HEART Pathway Organ Connection Element Association Emotional Relationship Symptoms of Imbalance Important Points	6 SMALL INTESTINE Pathway Organ Connection Element Association Emotional Relationship Symptoms of Imbalance Important Points
7 BLADDER Pathway Organ Connection Element Association Emotional Relationship Symptoms of Imbalance Important Points	8 KIDNEY Pathway Organ Connection Element Association Emotional Relationship Symptoms of Imbalance Important Points	9 PERICARDIUM Pathway Organ Connection Element Association Emotional Relationship Symptoms of Imbalance Important Points	10 TRIPLE BURNER Pathway Organ Connection Element Association Emotional Relationship Symptoms of Imbalance Important Points	11 GALLBLADDER Pathway Organ Connection Element Association Emotional Relationship Symptoms of Imbalance Important Points	12 LIVER Pathway Organ Connection Element Association Emotional Relationship Symptoms of Imbalance Important Points

ADDITIONAL CHANNELS

GOVERNING VESSEL (DU)

- Runs along the midline of the back
- Regulates Yang energy
- Controls all Yang meridians

CONCEPTION VESSEL (REN)

- Runs along the midline of the front
- Regulates Yin energy
- Nourishes all Yin meridians

INTRODUCTION TO EXTRAORDINARY VESSELS

- Eight Extraordinary Vessels
- Store and regulate Qi and Blood
- Support and connect the main meridians

PRACTICAL

MERIDIAN TRACING

POINT PALPATION

PHASE 1 — FOUNDATION LEVEL

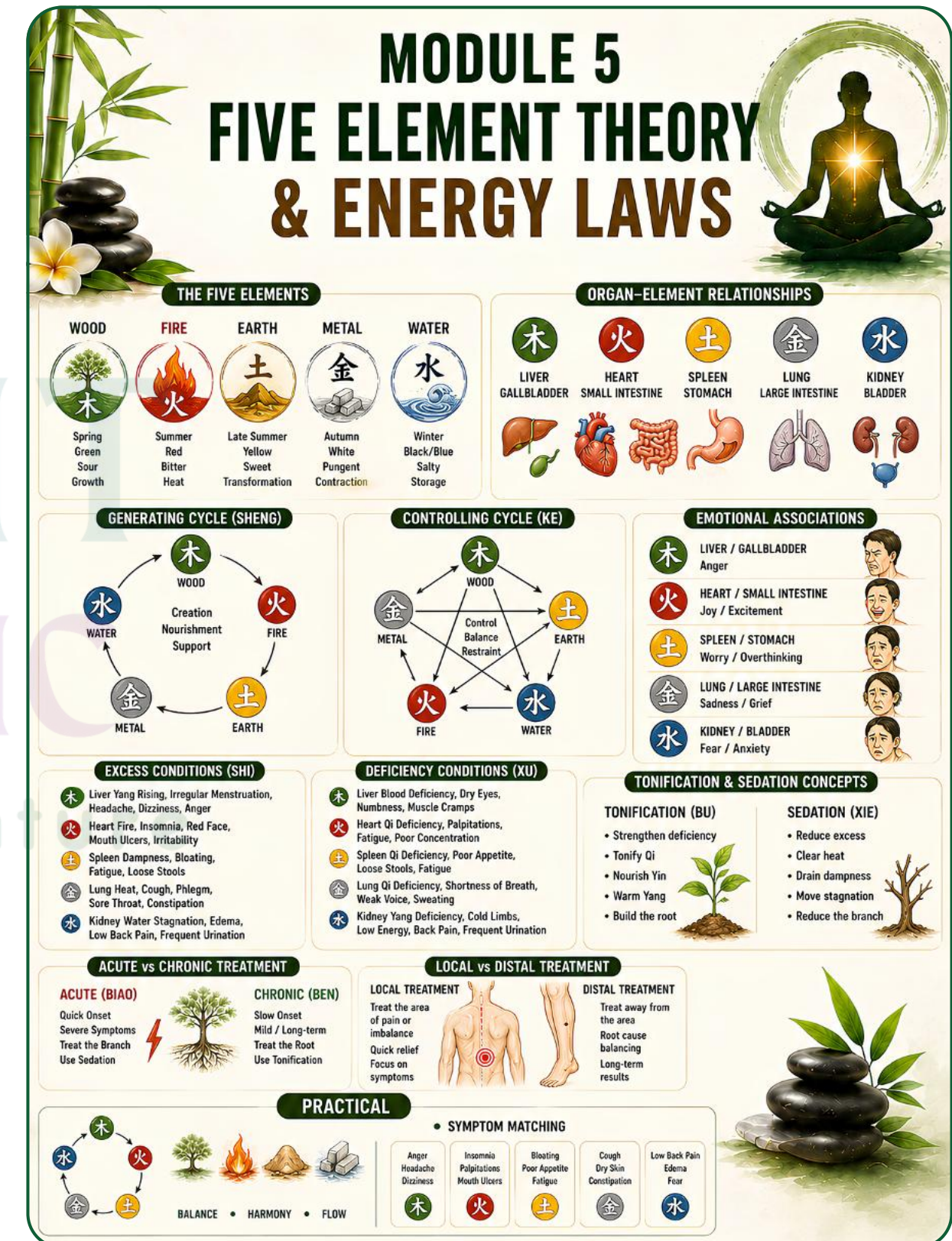
Module 5: Five Element Theory & Energy Laws

Topics Covered

1. Wood, Fire, Earth, Metal, Water
2. Organ-element relationships
3. Generating cycle
4. Controlling cycle
5. Emotional associations
6. Excess and deficiency conditions
7. Tonification and sedation concepts
8. Acute vs chronic treatment
9. Local vs distal treatment

Practical

1. Element cycle exercises
2. Symptom matching



PHASE 1 — FOUNDATION LEVEL

Module 6: Cun Measurements & Point Location System

Topics Covered

Cun Measurement System

1. What is Cun measurement
2. Personal proportional measurement
3. Anatomical landmarks
4. Point location principles

Cun Measurements According to Body Areas

1. Head and face measurements
2. Neck measurements
3. Chest and abdomen measurements
4. Back measurements
5. Upper limb measurements
6. Lower limb measurements

Practical

1. Measuring Cun on different body areas
2. Point location practice

MODULE 6

CUN MEASUREMENTS & POINT LOCATION SYSTEM

CUN MEASUREMENT SYSTEM

WHAT IS CUN MEASUREMENT
A traditional proportional measurement based on the patient's own body.

PERSONAL PROPORTIONAL MEASUREMENT
Cun is based on the width of the patient's thumb or other body proportions.

ANATOMICAL LANDMARKS
Using fixed bony or muscular landmarks as reference points.

POINT LOCATION PRINCIPLES
Accurate location depends on correct measurement, anatomical knowledge and experience.

COMMON CUN REFERENCES	
1 Cun	Width of patient's thumb at IP joint
1.5 Cun	Width of patient's index, middle and ring fingers
3 Cun	Width of patient's four fingers
8 Cun	Width of patient's hand (wrist crease to tip of middle finger)

CUN MEASUREMENTS ACCORDING TO BODY AREAS

1. HEAD AND FACE MEASUREMENTS

2. NECK MEASUREMENTS

3. CHEST AND ABDOMEN MEASUREMENTS

4. BACK MEASUREMENTS

5. UPPER LIMB MEASUREMENTS

6. LOWER LIMB MEASUREMENTS

PRACTICAL

MEASURING CUN ON DIFFERENT BODY AREAS

POINT LOCATION PRACTICE

LI 4 (He Gu) 1.5 Cun	ST 36 (Zu San Li) 3 Cun	PC 6 (Nei Guan) 2 Cun
SP 6 (San Yin Jiao) 3 Cun	LR 3 (Tai Chong) 1.5 Cun	REN 6 (Qi Hai) 1.5 Cun

Always use the patient's own body proportions for accurate measurement.

ACCURATE MEASUREMENT • PRECISE LOCATION • EFFECTIVE TREATMENT

PHASE 1 — FOUNDATION LEVEL

Module 7: Essential Acupoints & Point Categories

Topics Covered

1. 50-70 essential clinical points
2. Yuan Source points
3. Luo Connecting points
4. Xi Cleft points
5. Front Mu points
6. Back Shu points
7. Distal points
8. Local points

Clinical Understanding

1. How to choose points
2. Point combinations
3. Acute vs chronic point selection

Practical

1. Point location
2. Point palpation
3. Sensitivity testing

MODULE 7

ESSENTIAL ACUPOINTS & POINT CATEGORIES

50-70 ESSENTIAL CLINICAL POINTS

- Commonly used points
- High clinical effectiveness
- Easy to locate and apply
- Safe and versatile

POINT CATEGORIES

YUAN SOURCE POINTS

源 Strengthen root Qi

LUO CONNECTING POINTS

絡 Connect meridians & internal organs

XI CLEFT POINTS

隙 Treat acute pain & sudden issues

FRONT MU POINTS

募 Influence Zang organs

BACK SHU POINTS

俞 Influence Fu organs

DISTAL POINTS

Away from the problem (site distant)

LOCAL POINTS

Near or at the problem (site local)

CLINICAL UNDERSTANDING

HOW TO CHOOSE POINTS

- Assess the condition
- Identify pattern
- Select main points
- Add supporting points
- Confirm with patient

POINT COMBINATIONS

ACUTE vs CHRONIC POINT SELECTION

ACUTE
Quick relief (Cleft, Distal)

CHRONIC
Root support (Source, Shu)

EXAMPLES OF ESSENTIAL POINTS (50-70)

- Head & Face (GB20, LI4, ST36, Taiyang...)
- Neck & Shoulder (GB21, SI11, LI15...)
- Chest & Abdomen (CV12, ST25, SP6, REN6...)
- Back (BL23, BL40, BL60...)
- Upper Limb (LI4, PC6, LU9, HT7...)
- Lower Limb (ST36, SP6, KI3, GB34...)

PRACTICAL

POINT LOCATION

POINT PALPATION

- Use finger pads
- Gentle pressure
- Find tender points
- Feel tissue texture

SENSITIVITY TESTING

- Tenderness
- Heaviness
- Soreness
- Radiating sensation
- Referred pain

PHASE 1 — FOUNDATION LEVEL

Module 8: Introduction to Sujok Therapy

Topics Covered

1. Standard correspondence system
2. Hand correspondence system
3. Foot correspondence system
4. Mini systems
5. Organ correspondence system
6. Pain correspondence principle
7. Self-healing applications

Practical

1. Spine mapping
2. Organ mapping
3. Pain-point detection

MODULE 8 INTRODUCTION TO SUJOK THERAPY

1 STANDARD CORRESPONDENCE SYSTEM

One point on the hand or foot corresponds to the same point on the body.

2 HAND CORRESPONDENCE SYSTEM

3 FOOT CORRESPONDENCE SYSTEM

4 MINI SYSTEMS

Each finger and toe has a complete correspondence of the whole body.

5 ORGAN CORRESPONDENCE SYSTEM

6 PAIN CORRESPONDENCE PRINCIPLE

Pain in the body → Corresponding points on hand/foot

7 SELF-HEALING APPLICATIONS

PRACTICAL

• SPINE MAPPING

Map the spine on the hand and foot to treat spinal problems.

• ORGAN MAPPING

Stimulate corresponding organ points to restore balance and health.

• PAIN-POINT DETECTION

Find sensitive points on hand/foot that correspond to painful areas.

SIMPLE
SAFE
EFFECTIVE

NATURAL
HOLISTIC
HEALING

ANYTIME
ANYWHERE
ANYONE

SELF-CARE
SELF-HEALING
SELF-EMPOWERMENT

PHASE 1 — FOUNDATION LEVEL

Module 9: Basic Acupressure Techniques

Topics Covered

1. Pressing techniques
2. Holding techniques
3. Rotation methods
4. Finger pressure techniques
5. Thumb pressure methods
6. Sedation and tonification basics
7. Pressure angles
8. Treatment duration basics

Practical

1. Acupressure stimulation
2. Self-treatment practice
3. Partner practice

MODULE 9 BASIC ACUPRESSURE TECHNIQUES

1 PRESSING TECHNIQUES

Steady pressure with fingertips or thumb. Apply firm, gentle pressure to the acupoint. Maintain even pressure without slipping.

2 HOLDING TECHNIQUES

Hold the pressure. Stay relaxed and steady. Focus on the point.

3 ROTATION METHODS

Clockwise rotation. Counterclockwise rotation. Small circular movements.

4 FINGER PRESSURE TECHNIQUES

Index finger pressure. Middle finger pressure. Three-finger pressure.

5 THUMB PRESSURE METHODS

Thumb tip pressure. Thumb pad pressure. Thumb knuckle pressure.

6 SEDATION AND TONIFICATION BASICS

SEDATION (XIE)	TONIFICATION (BU)
- Reduce excess - Calm and soothe - Slow, gentle pressure - Longer duration	- Boost deficiency - Strengthen energy - Strong, quick stimulation - Shorter duration

7 PRESSURE ANGLES

90° (Vertical). 45° (Moderate). 30° (Gentle).

8 TREATMENT DURATION BASICS

1-3 Minutes General wellness. 3-5 Minutes Chronic conditions. 5-10 Minutes Severe conditions. 1-2 times daily or as needed.

PRACTICAL

• ACUPRESSURE STIMULATION

1. Locate the point
2. Apply correct technique
3. Adjust pressure as needed
4. Check the response

• SELF-TREATMENT PRACTICE

1. Use on daily discomfort
2. Relieve stress and fatigue
3. Support natural healing
4. Easy, anytime self-care

• PARTNER PRACTICE

1. Practice accurate location
2. Use proper pressure
3. Communicate and observe
4. Learn and improve together

GENTLE EFFECTIVE NATURAL

HEALING BALANCE HARMONY

REGULAR PRACTICE BETTER RESULTS BETTER HEALTH

MIND-BODY ENERGY CONNECTION

PHASE 1 — FOUNDATION LEVEL

Module 10: Holistic Lifestyle & Wellness Healing

Topics Covered

1. Lifestyle and disease
2. Stress management
3. Sleep and healing
4. Food energetics basics
5. Warming and cooling foods
6. Emotional balance
7. Hydration and digestion support
8. Breathing exercises
9. Relaxation methods
10. Daily wellness routines

Practical

1. Daily energy balancing routine
2. Sleep support protocol
3. Stress-relief routine



MODULE 10 HOLISTIC LIFESTYLE & WELLNESS HEALING



1 LIFESTYLE AND DISEASE - Daily habits affect our health - Balance creates wellness - Prevention is better than cure	2 STRESS MANAGEMENT - Identify stress triggers - Calm the mind and body - Restore inner balance	3 SLEEP AND HEALING - Good sleep heals the body - Regulate sleep cycle - Deep rest, deep recovery	4 FOOD ENERGETICS BASICS - Food has energy - It affects body and mind - Choose foods that heal	5 WARMING AND COOLING FOODS - Balance Yin and Yang - Warm foods for cold conditions - Cool foods for heat conditions
6 EMOTIONAL BALANCE - Emotions affect organ health - Acknowledge and release - Cultivate positive emotions	7 HYDRATION AND DIGESTION SUPPORT - Drink enough warm water - Support digestive fire (Agni) - Eat mindfully and on time	8 BREATHING EXERCISES - Oxygenates the body - Calms the mind - Balances energy flow	9 RELAXATION METHODS - Relax body and mind - Reduce tension and fatigue - Restore natural healing	10 DAILY WELLNESS ROUTINES - Small daily habits - Consistency is the key - Build long-term vitality

DAILY ENERGY BALANCING ROUTINE


Morning Gratitude → Warm Water + Breath → Gentle Movement → Healthy Meals → Evening Reflection

Balance body, mind and spirit every day

SLEEP SUPPORT PROTOCOL


No Caffeine After 2 PM → Limit Screens Before Bed → Relaxing Environment → Sleep by 10-11 PM

Deep sleep, deep healing

STRESS-RELIEF ROUTINE


Deep Breathing → Self Compassion → Calming Activities → Nature Connection

Release stress, restore peace



STRONGER IMMUNITY
Stay healthy naturally



BETTER DIGESTION
Absorb and assimilate well



CALM MIND HAPPY HEART
Emotional balance and clarity



SOUND SLEEP
Wake up refreshed



MORE ENERGY
Feel active all day



HOLISTIC WELLNESS
Body, mind and spirit in harmony



LIVE MINDFULLY • HEAL NATURALLY • THRIVE HOLISTICALLY

PHASE 2 — ADVANCED CLINICAL LEVEL

Module 1: Acupuncture Foundations & Needling Theory

Topics Covered

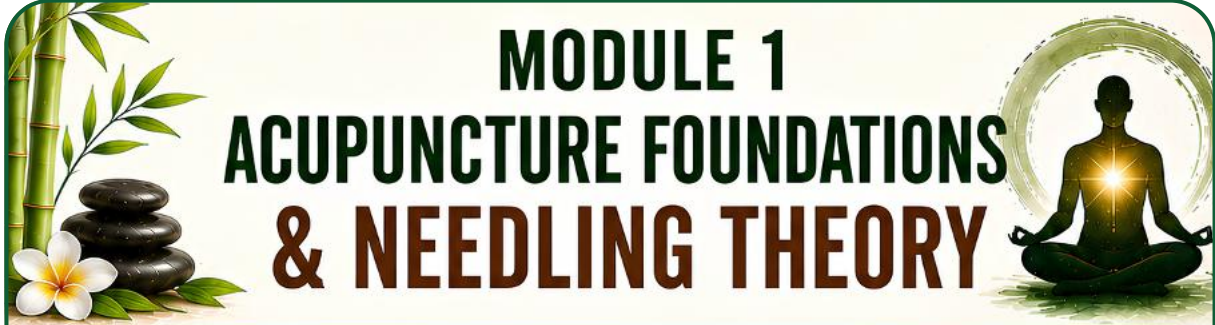
1. Needling Considerations for Treatment and Responses
2. Therapeutic response expectations
3. Treatment reactions
4. Patient sensitivity
5. Energy response after treatment

Tools of the Trade

1. Acupuncture needles
2. Needle sizes and gauges
3. Needle tubes
4. Alcohol swabs
5. Cotton and sharps containers
6. Moxa tools
7. Magnets and seeds

Considerations Before Treatment

1. Patient assessment
2. Positioning
3. Contraindications
4. Hygiene preparation
5. Emotional state of the patient



MODULE 1 ACUPUNCTURE FOUNDATIONS & NEEDLING THEORY

1 NEEDLING CONSIDERATIONS FOR TREATMENT AND RESPONSES



THERAPEUTIC RESPONSE EXPECTATIONS



- Pain relief
- Improved function
- Energy balance
- Overall well-being



TREATMENT REACTIONS



- Mild soreness
- Fatigue or drowsiness
- Emotional release
- Temporary symptom changes



PATIENT SENSITIVITY



- Pain threshold
- Anxiety levels
- Past experiences
- Physical constitution



ENERGY RESPONSE AFTER TREATMENT



- Relaxation
- Increased vitality
- Emotional balance
- Deep sense of calm



FOLLOW-UP CONSIDERATIONS

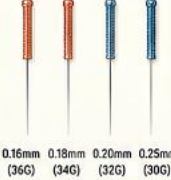


- Monitor progress
- Adjust treatment plan
- Hydration & rest
- Self-care advice

2 TOOLS OF THE TRADE



ACUPUNCTURE NEEDLES



NEEDLE SIZES AND GAUGES

0.16mm (36G) 0.18mm (34G) 0.20mm (32G) 0.25mm (30G)



NEEDLE TUBES



ALCOHOL SWABS



COTTON & SHARPS CONTAINERS



MOXA TOOLS



MAGNETS AND SEEDS

3 CONSIDERATIONS BEFORE TREATMENT



PATIENT ASSESSMENT



- Health history
- Current symptoms
- Tongue & pulse (TCM)
- Lifestyle & habits



POSITIONING



- Comfortable position
- Proper support
- Ease of access to points
- Patient relaxation



CONTRAINDICATIONS

- ✗ Bleeding disorders
- ✗ Severe heart conditions
- ✗ Pregnant (certain points)
- ✗ Infection at needling site
- ✗ Extreme fatigue or hunger



HYGIENE PREPARATION



- Clean hands
- Disinfect skin
- Sterile needles
- Clean environment



EMOTIONAL STATE OF PATIENT



- Calm the mind
- Build trust
- Reduce anxiety
- Encourage openness



**SAFE PRACTICE
SAFE PATIENT**



**PREPARE
WITH CARE**



**TREAT WITH
INTENTION**



**OBSERVE &
RESPOND**



**SUPPORT HEALING
NATURALLY**

PHASE 2 — ADVANCED CLINICAL LEVEL

Module 2: How to Needle & Needling Techniques

Topics Covered

1. Needle insertion basics
2. Needle angles:
 - a. Perpendicular
 - b. Oblique
 - c. Transverse
3. Needle depth principles
4. Safe insertion techniques
5. Needle withdrawal techniques

Techniques

1. Tonification technique
2. Sedation technique
3. Lifting and thrusting
4. Twirling and rotation
5. Needle retention timing
- 6.

Manipulation

1. Gentle stimulation
2. Strong stimulation
3. Energy activation techniques

The Concept of Deqi

1. Meaning of Deqi
2. Patient sensations
3. Practitioner sensations
4. Clinical importance of Deqi

Practical

1. Needling on practice pads
2. Hand positioning
3. Needle handling skills

MODULE 2

HOW TO NEEDLE & NEEDLING TECHNIQUES

1 NEEDLE INSERTION BASICS

- Hold the needle like a pencil
- Locate the point
- Stabilize the skin
- Insert smoothly and steadily

2 NEEDLE ANGLES

PERPENDICULAR 90°

OBLIQUE 15°-45°

TRANSVERSE 5°-15°

3 NEEDLE DEPTH PRINCIPLES

- Superficial: 1-5 mm
- Moderate: 5-20 mm
- Deep: 20-40 mm

4 SAFE INSERTION TECHNIQUES

- Use smooth, even pressure
- Advance to the correct depth
- Avoid excessive force
- Be aware of surrounding structures

5 NEEDLE WITHDRAWAL TECHNIQUES

- Withdraw slowly and steadily
- Follow the same angle of insertion
- Apply gentle pressure with cotton
- Dispose safely

6 TECHNIQUES

TONIFICATION TECHNIQUE

Even reinforcing movements, slow and gentle

SEDATION TECHNIQUE

Dispersing movements, faster and deeper

LIFTING AND THRUSTING

Lift slightly, then thrust gently

TWIRLING AND ROTATION

Rotate the needle clockwise and counterclockwise

NEEDLE RETENTION TIMING

Typically 15-30 minutes based on condition

7 MANIPULATION

GENTLE STIMULATION

Light twirling or lifting

STRONG STIMULATION

Stronger twirling or thrusting

ENERGY ACTIVATION TECHNIQUES

Adjust according to patient response

8 THE CONCEPT OF DEQI

MEANING OF DEQI
Sensation of energy arriving at the point

PATIENT SENSATIONS
Heaviness, soreness, numbness, distention, tingling, warmth

PRACTITIONER SENSATIONS
Tightness, resistance, transmission

CLINICAL IMPORTANCE
Indicates effective connection and energy response

9 PRACTICAL

NEEDLING ON PRACTICE PADS

Build accuracy and confidence

HAND POSITIONING

Stable, relaxed and controlled

NEEDLE HANDLING SKILLS

Open, insert, manipulate and remove with ease

FOCUS ON SAFETY
 PRACTICE WITH INTENTION
 FEEL, DON'T FORCE
 OBSERVE PATIENT RESPONSE
 REFINE YOUR SKILLS DAILY

SKILL + SENSITIVITY + INTENTION = HEALING

Sukrit Holistic

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PHASE 2 — ADVANCED CLINICAL LEVEL

Module 3: Advanced Needling Concepts

Topics Covered

1. Periosteal Pecking
2. Trigger point stimulation
3. Ashi point treatment
4. Electro-acupuncture introduction
5. Electro-acupuncture safety
6. Needle combinations
7. Treatment dose and frequency
8. Acute vs chronic dosing

Practical

1. Electro-acupuncture demonstration
2. Needle manipulation practice

MODULE 3 ADVANCED NEEDLING CONCEPTS

1 PERIOSTEAL PECKING

- Stimulates the periosteum
- Used for pain, orthopedic conditions
- Quick, small amplitude pecking
- Avoid excessive force

2 TRIGGER POINT STIMULATION

- Locate taut band or sensitive nodule
- Insert into trigger point
- Elicit local twitch response
- Relieves referred pain

3 ASHI POINT TREATMENT

- Treat tender or painful points not on meridians
- Based on patient's symptoms
- Use local needling
- Effective for acute pain

4 ELECTRO-ACUPUNCTURE INTRODUCTION

- Mild electrical current applied to needles
- Enhances therapeutic effect
- Useful for pain, paralysis, and chronic conditions

5 ELECTRO-ACUPUNCTURE SAFETY

- Use only approved E-Stim devices
- Check patient contraindications
- Use proper grounding and connections
- Start with low intensity
- Monitor patient throughout treatment

6 NEEDLE COMBINATIONS

- Combine points for synergistic effects
- Local + distal combinations
- Tonification + sedation points
- Support main treatment goal

7 TREATMENT DOSE AND FREQUENCY

Treatment Dose
Number of points, needle depth, stimulation, and retention time.

Frequency
How often treatments are given.

Adjust based on condition, response, and constitution.

8 ACUTE VS CHRONIC DOSING

ACUTE CONDITIONS

- More frequent treatment
- Stronger stimulation
- Shorter intervals
- Focus on pain relief

CHRONIC CONDITIONS

- Less frequent treatment
- Gentle to moderate stimulation
- Longer intervals
- Focus on root cause and balance

PRACTICAL

ELECTRO-ACUPUNCTURE DEMONSTRATION

- Proper lead placement
- Adjust intensity gradually
- Observe patient response
- Safe and effective application

NEEDLE MANIPULATION PRACTICE

Lift and Thrust Twirl Rotate Even Reinforcing or Dispersing

PRECISE TECHNIQUE

SAFE PRACTICE

BETTER RESULTS

BALANCE ENERGY

HEAL NATURALLY

ADVANCED SKILLS. DEEPER HEALING. BETTER OUTCOMES.

PHASE 2 — ADVANCED CLINICAL LEVEL

Module 4: Acupuncture Safety & Contraindications

Topics Covered

Where Not to Needle

1. Eye region
2. Fontanelle areas
3. Major vessels
4. Inflamed tissue
5. Tumors
6. Varicose veins
7. Pregnancy-sensitive areas

Specific Contraindications

1. Pregnancy precautions
2. Hemophilia
3. Severe weakness
4. Needle phobia
5. Severe psychiatric instability
6. Pacemakers (electro-acupuncture)

Untoward Reactions and Accidents

1. Needle shock
2. Fainting
3. Bleeding
4. Bruising
5. Stuck needle
6. Bent needle
7. Broken needle
8. Pneumothorax awareness

Clean Needle Technique

1. Disposable needles
2. Sterilization principles
3. Hand hygiene
4. Sharps disposal
5. Infection prevention



**MODULE 4
ACUPUNCTURE SAFETY &
CONTRAINDICATIONS**

1 WHERE NOT TO NEEDLE

- Eye region
- Fontanelle areas
- Major vessels
- Inflamed tissue
- Tumors
- Varicose veins
- Pregnancy-sensitive areas

2 SPECIFIC CONTRAINDICATIONS

- Pregnancy precautions
- Needle phobia
- Hemophilia
- Severe psychiatric instability
- Severe weakness
- Pacemakers (electro-acupuncture)

3 UNTOWARD REACTIONS AND ACCIDENTS

- Needle shock
- Fainting
- Bleeding
- Bruising
- Stuck needle
- Bent needle
- Broken needle
- Pneumothorax awareness

4 CLEAN NEEDLE TECHNIQUE

- Disposable needles
- Sterilization principles
- Hand hygiene
- Sharps disposal
- Infection prevention

EMERGENCY RESPONSE PROTOCOLS

1. ASSESS: Check patient condition
2. STOP: Stop needling immediately
3. SUPPORT: Ensure airway, breathing, circulation
4. TREAT: Provide appropriate first aid
5. REFER: Seek medical help if necessary

SAFETY DEMONSTRATIONS

- Proper needle handling
- Safe insertion technique
- Sharps disposal demonstration
- Hygiene and infection control

SAFE PRACTICE. CONFIDENT TREATMENT. BETTER OUTCOMES.

Practical

1. Emergency response protocols
2. Safety demonstrations

PHASE 2 – ADVANCED CLINICAL LEVEL

Module 5: Sujok Advanced Therapies

Topics Covered

1. Seed therapy
2. Magnet therapy
3. Color therapy
4. Ring massage therapy
5. Moxa therapy
6. Elastic patch therapy
7. Energy balancing through Sujok

Practical

1. Seed placement
2. Magnet polarity application
3. Color application methods

MODULE 5

SUJOK ADVANCED THERAPIES

Advanced tools. Deeper healing.

TOPICS COVERED

1. SEED THERAPY - Natural seeds on Sujok points - Continuous stimulation - Promotes self-healing - Improves organ function	2. MAGNET THERAPY - North (-) and South (+) polarity use - Pain relief and healing - Balances energy flow - Enhances treatment results	3. COLOR THERAPY - Use of therapeutic colors - Balances body & mind - Supports chakra system - Enhances energy alignment	4. RING MASSAGE THERAPY - Ring massage on Sujok points - Improves circulation - Relieves pain & tension - Activates energy flow
5. MOXA THERAPY - Warm stimulation - Boosts yang energy - Improves circulation - Supports chronic conditions	6. ELASTIC PATCH THERAPY - Fix seeds, magnets or points - Long-lasting stimulation - Convenient and effective - Supports continuous therapy	7. ENERGY BALANCING THROUGH SUJOK - Balances body energy system - Harmonizes yin & yang - Restores energy flow - Enhances overall well-being	

PRACTICAL

1. SEED PLACEMENT ✓ Locate the correct point ✓ Place seed gently on the point ✓ Secure with adhesive tape ✓ Instruct for daily stimulation	2. MAGNET POLARITY APPLICATION ✓ Identify therapy goal ✓ Select appropriate polarity ✓ Place magnet on the point ✓ Monitor response	3. COLOR APPLICATION METHODS ✓ Select color as per condition ✓ Apply on seed, magnet or point ✓ Use color stickers or dots ✓ Observe and evaluate effect
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SAFE & NATURAL

NON-INVASIVE TECHNIQUES

BALANCE ENERGY

SUPPORT SELF-HEALING

HARMONY IN BODY & MIND

SMALL TOOLS, POWERFUL HEALING • BALANCE • HARMONY • WELL-BEING

PHASE 2 — ADVANCED CLINICAL LEVEL

Module 6: Clinical Treatment Principles

Topics Covered

1. Treatment planning framework
2. Root vs branch treatment
3. Local vs distal strategy
4. Tonify vs sedate
5. Acute vs chronic approach
6. Treatment progression
7. Session frequency
8. Follow-up evaluation

Practical

1. Designing treatment plans
2. Clinical reasoning exercises

MODULE 6

CLINICAL TREATMENT PRINCIPLES

Plan Smart • Treat Right • Heal Holistically

TOPICS COVERED

1 TREATMENT PLANNING FRAMEWORK

- Systematic approach
- Patient assessment
- Clear treatment goals
- Outcome focused

2 ROOT VS BRANCH TREATMENT

- Address underlying cause
- Long-term relief
- Prevent recurrence

3 LOCAL VS DISTAL STRATEGY

- Local for quick relief
- Distal for deeper healing
- Combine for best results

4 TONIFY VS SEDATE

- Tonify: Build, strengthen, increase energy
- Sedate: Reduce, calm, balance excess

5 ACUTE VS CHRONIC APPROACH

- Acute: Short, intensive treatment
- Chronic: Consistent, gradual approach

6 TREATMENT PROGRESSION

- Step-by-step improvement
- Monitor & adjust
- Track patient response

7 SESSION FREQUENCY

- Best results with consistency
- Adjust as per patient needs

8 FOLLOW-UP EVALUATION

- Review progress
- Reassess symptoms
- Modify treatment plan
- Ensure lasting results

PRACTICAL

1 DESIGNING TREATMENT PLANS

TREATMENT PLAN

1. Pattern: Qi Stagnation
2. Goal: Reduce pain & restore balance
3. Strategy: Distal + Tonify
4. Points: LI4, ST36, SP6, Liv3
5. Frequency: 2 times/week
6. Review in 1 week

2 CLINICAL REASONING EXERCISES

- Case analysis
- Pattern identification
- Point selection reasoning
- Strategy decision making
- Outcome prediction

Structured Approach • Better Clinical Decisions • Effective Outcomes • Safe & Consistent Care • Holistic Patient Well-being

RIGHT PRINCIPLES • RIGHT STRATEGY • BETTER HEALING

PHASE 2 — ADVANCED CLINICAL LEVEL

Module 7: Pain Management Protocols

Conditions Covered

1. Headache
2. Migraine
3. Neck pain
4. Frozen shoulder
5. Back pain
6. Sciatica
7. Knee pain
8. Joint disorders

Practical

1. Full treatment demonstrations
2. Point combinations
3. Sujok integration

MODULE 7

PAIN MANAGEMENT PROTOCOLS

Relieve Pain • Restore Balance • Improve Life

CONDITIONS COVERED

1 HEADACHE

- Tension headache
- Sinus headache
- Point combinations

2 MIGRAINE

- Migraine relief
- Aura & non-aura
- Effective point protocols

3 NECK PAIN

- Neck stiffness
- Cervical spondylosis
- Local & distal points

4 FROZEN SHOULDER

- Shoulder stiffness & pain
- Range of motion support
- Point combinations

5 BACK PAIN

- Lower back pain
- Muscle strain
- Lumbar support protocol

6 SCIATICA

- Sciatic nerve pain
- Radiating pain relief
- Effective point sequences

7 KNEE PAIN

- Knee arthritis
- Meniscus support
- Pain relief protocols

8 JOINT DISORDERS

- Arthritis
- Joint stiffness
- General joint support

PRACTICAL

1 FULL TREATMENT DEMONSTRATIONS

- Step-by-step protocols
- Real-time treatment flow
- Clinical tips & precautions

2 POINT COMBINATIONS

CONDITION	KEY POINT COMBINATIONS
Headache	LI4 + LR3 + GB20 + Yintang
Migraine	LR3 + GB20 + ST36 + SP6
Neck Pain	LI4 + GB20 + SI11 + DU14
Back Pain	BL23 + BL25 + Yaoyan + GB30
Sciatica	BL25 + GB30 + BL40 + BL60
Knee Pain	ST36 + SP9 + GB34 + EX-LE2
Frozen Shoulder	LI15 + SJ14 + GB21 + SI11
Joint Disorders	LI4 + ST36 + SP10 + GB34

3 SUJOK INTEGRATION

Support & Enhance Treatment

- Seed Therapy
- Magnet Therapy
- Color Therapy
- Correspondence points
- Seed / Magnet application
- Color & ring therapy support
- Enhance results & reduce pain

REDUCE PAIN

IMPROVE MOBILITY

RESTORE FUNCTION

ENHANCE QUALITY OF LIFE

HOLISTIC & NATURAL HEALING

TARGET THE CAUSE • RELIEVE THE PAIN • RESTORE WELL-BEING

PHASE 2 — ADVANCED CLINICAL LEVEL

Module 8: Internal Disorders & Emotional Conditions

Conditions Covered

1. Digestive disorders
2. Stress and anxiety
3. Insomnia
4. Respiratory disorders
5. Hormonal imbalance
6. Fatigue
7. Emotional imbalance

Practical

1. Pattern differentiation
2. Treatment protocols



MODULE 8

INTERNAL DISORDERS & EMOTIONAL CONDITIONS

Treat the Inside • Heal the Whole



CONDITIONS COVERED

1 DIGESTIVE DISORDERS



- Bloating, gas, indigestion
- IBS, constipation, diarrhea
- Stomach pain, acid reflux
- Strengthen spleen & stomach
- Restore digestive harmony

2 STRESS AND ANXIETY



- Calms mind & nervous system
- Reduces stress response
- Eases anxiety & worry
- Balanced emotions
- Promotes relaxation

3 INSOMNIA



- Difficulty falling asleep
- Waking during the night
- Light, restless sleep
- Calms shen (spirit)
- Promotes deep, restful sleep

4 RESPIRATORY DISORDERS



- Cough, cold, bronchitis
- Asthma, shortness of breath
- Allergies, sinusitis
- Strengthen lung qi
- Improve respiratory function

5 HORMONAL IMBALANCE



- Menstrual irregularities
- PMS, PCOS, menopause
- Thyroid support
- Balance yin & yang
- Regulate endocrine system

6 FATIGUE



- Physical & mental tiredness
- Low energy, weakness
- Qi & blood deficiency
- Boost energy & vitality
- Restore stamina & endurance

7 EMOTIONAL IMBALANCE



- Mood swings, irritability
- Anger, sadness, fear
- Emotional overwhelm
- Regulate emotions
- Restore inner balance & harmony

PRACTICAL

1 PATTERN DIFFERENTIATION

Identify the root pattern for accurate treatment

- Observe symptoms
- Analyze tongue & pulse
- Identify imbalance
- Determine pattern
- Choose treatment approach



Tongue Diagnosis



Pulse Diagnosis



Pattern Analysis

2 TREATMENT PROTOCOLS

Effective protocols for internal & emotional conditions

- Acupuncture point selection
- Sujok therapy integration
- Herbal & lifestyle support
- Emotional regulation
- Follow-up & progress tracking



Acupuncture Protocols



Sujok Integration



Supportive Therapies



RESTORE BALANCE



STRENGTHEN VITALITY



CALM MIND & EMOTIONS



SUPPORT INTERNAL FUNCTIONS



ENHANCE ENERGY & WELL-BEING

BALANCE WITHIN • HEAL DEEPLY • LIVE FULLY

PHASE 2 — ADVANCED CLINICAL LEVEL

Module 9: Tongue, Pulse & Pattern Differentiation

Topics Covered

1. Tongue body analysis
2. Tongue coating analysis
3. Pulse qualities basics
4. Excess vs deficiency recognition
5. Heat vs cold differentiation
6. Organ pattern recognition

Practical

1. Tongue analysis exercises
2. Pulse feeling practice

MODULE 9

TONGUE, PULSE & PATTERN DIFFERENTIATION

See Clearly • Feel Deeply • Treat Accurately

TOPICS COVERED

1 TONGUE BODY ANALYSIS

- Color (舌): Pale, Red, Purple
- Shape: Swollen, Thin, Cracked
- Moisture: Moist, Dry
- Signs of internal imbalance

2 TONGUE COATING ANALYSIS

- Thickness: Thin, Thick, Sticky
- Color: White, Yellow, Grey, Black
- Quality: Greasy, Dry, Peeling
- Reflects condition of internal organs

3 PULSE QUALITIES BASICS

- Depth: Floating, Sinking
- Rate: Slow, Rapid
- Rhythm: Even, Uneven
- Strength: Strong, Weak
- Quality: Slippery, Choppy, Wiry, etc.

	Floating
	Sinking
	Slow
	Rapid
	Slippery
	Choppy
	Weak
	Tight

4 EXCESS VS DEFICIENCY RECOGNITION

EXCESS (SHI)	VS	DEFICIENCY (XU)
• Full feeling • Strong pulse • Red tongue • Thick coating • Acute onset • Symptoms worsen with pressure		• Empty feeling • Weak pulse • Pale tongue • Thin coating • Chronic course • Symptoms better with pressure

5 HEAT VS COLD DIFFERENTIATION

HEAT	COLD
• Red tongue • Yellow coating • Rapid pulse • Thirst, restlessness • Prefer cold • Sweating • Constipation	• Pale tongue • White coating • Slow pulse • Aversion to cold • No thirst • No sweating • Loose stools

6 ORGAN PATTERN RECOGNITION

ORGAN	Symptoms
LIVER	Irritability, headache, red eyes, poor sleep, wiry pulse
SPLEEN	Bloating, poor appetite, fatigue, loose stools, weak pulse
LUNG	Cough, shortness of breath, weak voice, white coating
KIDNEY	Lower back pain, fatigue, frequent urination, deep weak pulse
HEART	Palpitations, poor sleep, red tongue, rapid pulse

PRACTICAL

1 TONGUE ANALYSIS EXERCISES

Observe: Color, shape, moisture

Assess: Coating: color, thickness, quality

Identify: Imbalances & root cause

Practice regularly to develop a trained and accurate eye.

2 PULSE FEELING PRACTICE

POSITION

Three positions: Cun (wrist), Guan (middle), Chi (near elbow)

THREE LEVELS

Light – Floating (Fu)
Medium – Middle (Zhong)
Deep – Sinking (Chen)

FEEL & INTERPRET

	Depth
	Rate
	Rhythm
	Strength
	Quality

Consistent practice builds sensitivity, accuracy and confidence.

OBSERVE CAREFULLY | FEEL DEEPLY | ANALYZE ACCURATELY | DIFFERENTIATE WISELY | TREAT EFFECTIVELY | HEAL NATURALLY

UNDERSTAND THE PATTERN • RESTORE THE BALANCE • HEAL THE ROOT

PHASE 2 — ADVANCED CLINICAL LEVEL

Module 10: Case Studies & Clinical Assignments

Topics Covered

1. Case-taking process
2. Clinical documentation
3. SOAP notes basics
4. Treatment charting
5. Consultation flow

Practical

1. Mock consultations
2. Case study assignments
3. Treatment protocol writing

MODULE 10

CASE STUDIES & CLINICAL ASSIGNMENTS

Learn • Analyze • Apply • Transform

TOPICS COVERED

1 CASE-TAKING PROCESS

- Build rapport & trust
- Chief complaint
- History of present illness
- Past history
- Lifestyle & habits
- Tongue, pulse & observations
- Patient expectations

2 CLINICAL DOCUMENTATION

- Accurate & clear records
- Patient information
- Assessment findings
- Diagnosis & pattern
- Treatment plan
- Progress notes

3 SOAP NOTES BASICS

S	Subjective What the patient says
O	Objective What the practitioner observes
A	Assessment Pattern diagnosis & analysis
P	Plan Treatment plan & follow-up

- Structured & effective
- Easy to track progress
- Enhance clinical outcomes

4 TREATMENT CHARTING

Example Chart

- Tonify
- Sedate
- Local Point
- Distal Point

- Point selection
- Needling technique
- Depth & angle
- Retention time
- Remarks & response

5 CONSULTATION FLOW

```

graph TD
    A[Greet & Connect] --> B[Case Taking]
    B --> C[Assessment]
    C --> D[Diagnosis & Plan]
    D --> E[Treatment]
    E --> F[Aftercare & Follow-up]
    
```

PRACTICAL

1 MOCK CONSULTATIONS

- Simulated real-life scenarios
- Practice interviewing skills
- Improve diagnostic accuracy
- Build confidence & communication

2 CASE STUDY ASSIGNMENTS

- Analyze real case scenarios
- Identify patterns & root causes
- Design effective treatment plans
- Evaluate outcomes

3 TREATMENT PROTOCOL WRITING

- Write clear & structured protocols
- Customize treatments
- Ensure consistency in care
- Track & evaluate effectiveness

ENHANCE CLINICAL SKILLS
 IMPROVE DECISION MAKING
 BETTER PATIENT OUTCOMES
 PROFESSIONAL GROWTH
 CONFIDENCE IN PRACTICE

APPLY KNOWLEDGE • THINK CLINICALLY • HEAL EFFECTIVELY

PHASE 3 – MASTER CLINICAL INTEGRATION LEVEL

(Professional Clinical Application & Master-Level Reasoning)

Module 1: Advanced Pattern Differentiation

Topics Covered

1. Complex pattern combinations
2. Mixed excess and deficiency
3. Chronic disease patterns
4. Emotional-organ interactions
5. Multi-organ imbalances

Module 2: Master Treatment Strategy

Topics Covered

1. Combining therapies
2. Clinical prioritization
3. Long-term treatment planning
4. Protocol customization
5. Treatment modification

MODULE 1 ADVANCED PATTERN DIFFERENTIATION		MODULE 2 MASTER TREATMENT STRATEGY	
TOPICS COVERED		TOPICS COVERED	
1	COMPLEX PATTERN COMBINATIONS	1	COMBINING THERAPIES
2	MIXED EXCESS AND DEFICIENCY	2	CLINICAL PRIORITIZATION
3	CHRONIC DISEASE PATTERNS	3	LONG-TERM TREATMENT PLANNING
4	EMOTIONAL-ORGAN INTERACTIONS	4	PROTOCOL CUSTOMIZATION
5	MULTI-ORGAN IMBALANCES	5	TREATMENT MODIFICATION
SEE THE PATTERN • UNDERSTAND THE ROOT HEAL THE WHOLE PERSON		STRATEGIZE • PERSONALIZE • OPTIMIZE MAXIMIZE HEALING OUTCOMES	

PHASE 3 – MASTER CLINICAL INTEGRATION LEVEL

(Professional Clinical Application & Master-Level Reasoning)

Module 3: Master Sujok Integration

Topics Covered

1. Advanced correspondence application
2. Multi-point balancing
3. Combined meridian correspondence
4. Integrated therapy sessions

Module 4: Clinical Decision-Making

Topics Covered

1. Selecting treatment methods
2. Choosing appropriate techniques
3. Handling difficult cases
4. Managing non-responsive patients

MODULE 3 MASTER SUJOK INTEGRATION	MODULE 4 CLINICAL DECISION-MAKING
TOPICS COVERED 1 ADVANCED CORRESPONDENCE APPLICATION 2 MULTI-POINT BALANCING 3 COMBINED MERIDIAN CORRESPONDENCE 4 INTEGRATED THERAPY SESSIONS 	TOPICS COVERED 1 SELECTING TREATMENT METHODS 2 CHOOSING APPROPRIATE TECHNIQUES 3 HANDLING DIFFICULT CASES 4 MANAGING NON-RESPONSIVE PATIENTS
INTEGRATE • BALANCE • HEAL MASTER THE CONNECTION	ASSESS • DECIDE • ADAPT • ACHIEVE BETTER DECISIONS, BETTER OUTCOMES

PHASE 3 – MASTER CLINICAL INTEGRATION LEVEL

(Professional Clinical Application & Master-Level Reasoning)

Module 5: Holistic Healing Psychology

Topics Covered

1. Emotional healing principles
2. Stress-energy relationship
3. Trauma awareness basics
4. Practitioner-client communication
5. Therapeutic presence

Module 6: Professional Ethics & Legal Scope

Topics Covered

1. Ethical practice
2. Legal limitations
3. Informed consent
4. Professional boundaries
5. Referral protocols

MODULE 5 HOLISTIC HEALING PSYCHOLOGY	MODULE 6 PROFESSIONAL ETHICS & LEGAL SCOPE
TOPICS COVERED	TOPICS COVERED
1 EMOTIONAL HEALING PRINCIPLES	1 ETHICAL PRACTICE
2 STRESS-ENERGY RELATIONSHIP	2 LEGAL LIMITATIONS
3 TRAUMA AWARENESS BASICS	3 INFORMED CONSENT
4 PRACTITIONER-CLIENT COMMUNICATION	4 PROFESSIONAL BOUNDARIES
5 THERAPEUTIC PRESENCE	5 REFERRAL PROTOCOLS
HEAL THE MIND • BALANCE THE ENERGY TRANSFORM LIVES	PRACTICE ETHICALLY • WORK LEGALLY SERVE RESPONSIBLY

PHASE 3 — MASTER CLINICAL INTEGRATION LEVEL

(Professional Clinical Application & Master-Level Reasoning)

Module 7: Clinic Setup & Professional Practice

Topics Covered

1. Setting up a wellness practice
2. Session structure
3. Hygiene standards
4. Client management
5. Record keeping
6. Professional confidence-building

Module 8: Advanced Clinical Protocol Design

Topics Covered

1. Customizing protocols
2. Multi-symptom treatment planning
3. Follow-up modification
4. Lifestyle integration
5. Preventive wellness protocols



MODULE 7

CLINIC SETUP & PROFESSIONAL PRACTICE



MODULE 8

ADVANCED CLINICAL PROTOCOL DESIGN

TOPICS COVERED	
1	SETTING UP A WELLNESS PRACTICE
2	SESSION STRUCTURE
3	HYGIENE STANDARDS
4	CLIENT MANAGEMENT
5	RECORD KEEPING
6	PROFESSIONAL CONFIDENCE BUILDING

TOPICS COVERED	
1	CUSTOMIZING PROTOCOLS
2	MULTI-SYMPTOM TREATMENT PLANNING
3	FOLLOW-UP MODIFICATION
4	LIFESTYLE INTEGRATION
5	PREVENTIVE WELLNESS PROTOCOLS



BUILD YOUR PRACTICE
SERVE WITH CONFIDENCE



DESIGN SMART PROTOCOLS
DELIVER LASTING RESULTS

PHASE 3 — MASTER CLINICAL INTEGRATION LEVEL

(Professional Clinical Application & Master-Level Reasoning)

Module 9: Master Case Studies & Clinical Integration

Topics Covered

1. Full case analysis
2. Chronic condition management
3. Combined treatment demonstrations
4. Root-cause treatment strategies

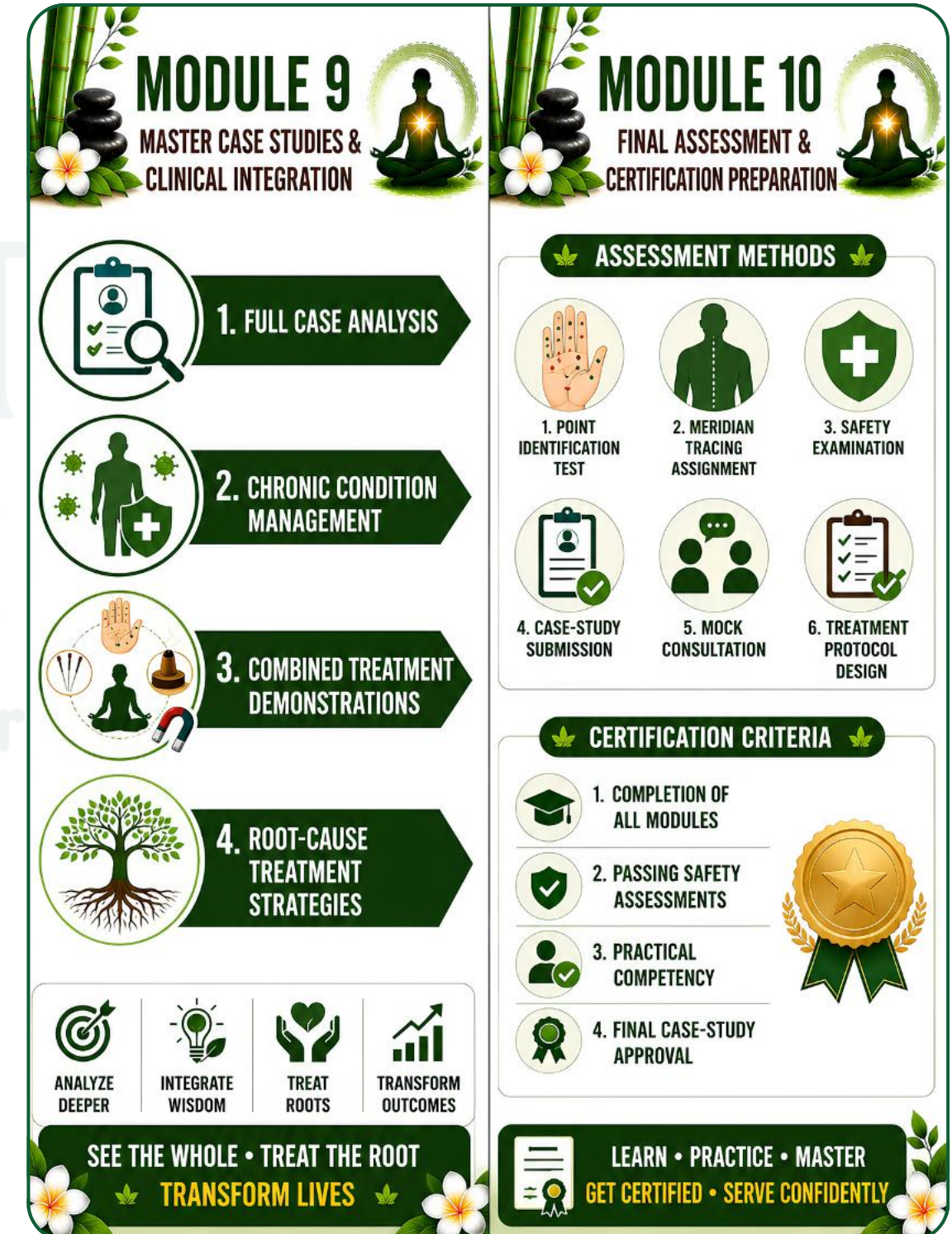
Module 10: Final Assessment & Certification Preparation

Assessment Methods

1. Point identification test
2. Meridian tracing assignment
3. Safety examination
4. Case-study submission
5. Mock consultation
6. Treatment protocol design

Certification Criteria

1. Completion of all modules
2. Passing safety assessments
3. Practical competency
4. Final case-study approval



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COVERED TOPIC

- 1  Introduction – Ayurveda
- 2  Origin Of Ayurveda
- 3  Principle Objective Of Ayurveda
- 4  Definition Of Health According To Ayurveda
- 5  Concept Of Pancha Mahabhutas
- 6  The Digestive System: A Vedic Perspective
- 7  Micro and Macro Nutrients in Vedic Nutrition
- 8  Ahara Vidhi Vidhan (Rules of Eating)
- 9  Hydration in Ayurveda: Best Practices for Drinking Water and Other Fluids
- 10  Viruddha Ahara (Incompatible Foods)
- 11  Introduction to Fasting (Upavasa) & Types
- 12  Concept Of Tridosha, Relationship With Age & Quality Of Tridoshas
- 13  Qualities And Effects Of Tridosha
- 14  Types Of Prakriti – Body Types
- 15  Prakriti Analysis Questionnaire
- 16  Dinacharya – Daily Regimen



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COVERED TOPICS

- 17  Advantage Of Nasya And Abhyanga (Nasal Drop + Oil Massage)
- 18  Advantage Of Exercises
- 19  Regimen Of Right: Conduct (Sadvritta)
- 20  Ritucharya – Seasonal Regimen
- 21  Ritusandhi – (Inter-Seasonal Period)
- 22  Six Tastes (Shad Rasa) and Their Impact on Health
- 23  Diet As Per Doshas
- 24  Food Preparation Ayurvedic Cooking Techniques for Preserving Nutrients
- 25  Healing Foods in Ayurveda: Top Ayurvedic Superfoods and Their Health Benefits
- 26  Difference Between Modern Nutrition And Ayurveda Nutrition
- 27  Lifestyles Disorder As Per Ayurveda – Diabetes, Hypertension, Obesity, Dyslipidemia, Hypothyroidism
- 28  Vedic Nutrition For Weight Loss
- 29  Lifestyle Modification As Per Doshas.
- 30  Training of Prakriti Analysis and Advised Diet As per Doshas



Holistic
Understanding



Practical
Application



Expert
Guidance



Better
Lifestyle



Ancient
Wisdom



Modern
Living



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With Ritu Kumari (Wellness Coach)



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Covered Topic:



MODULE 1 – Foundations of Meditation & Mind Science

1.1 Introduction to Meditation

- What is meditation?
- History & evolution
- Benefits: mental, emotional, physical, spiritual
- Myths & misconceptions

1.2 Different meditations that we will practice in our course

- Breath observation (5 Second rule)
- OM-The Universal Chant
- Bee Humming Chant Bhramri
- Body Scan Meditation
- Sound Meditation
- Color Imagination
- Self Awareness Meditation
- Balloon Breathing Meditation
- Trataka (Candle Gazing)

1.3 Pancha Kosha (Five Sheaths of Human Existence)

- Annamaya kosha – physical body
- Pranamaya kosha – energy body
- Manomaya kosha – mind body
- Vijnanamaya kosha – intuitive body
- Anandamaya kosha – bliss body
- Role of koshas in healing & meditation

1.4 Pranayama – Breathwork

- What is Pranayama
- Nadisodhi
- The Foundational Principle: The Four-Part Breath
- Critical Safety & Ethics

1.5 Mudras

- Science behind mudras
- Four Foundational Mudras for Healing Practice
- How to Practice

Covered Topic:



Module 2 – 7 Chakras, Modern & Advanced Meditation Technique

2.1 Chakras – Energy Centres

- 7 major chakras
- Functions, imbalances, symptoms
- Chakra-emotion-organ connection
- How chakras influence health & psychology
- Beej Mantras & Practice of Beej Mantras
- Three Conditions of a Chakra
- Signs of a Balanced Chakra
- The Interconnected System: Chakras, Koshas, Mudras & Pranayama

2.2 Modern Meditation

- Some concepts of neuroscience to practice meditation
- The Conscious & Subconscious Mind: The Iceberg
- Affirmations: Reprogramming the Auto-Pilot
- Manifestation & Law of Attraction

2.3 Advanced Meditation Technique

- Ajapa Meditation, Antar Mauna Meditation
- Yog Nidra Meditation
- Chidakasha Dharana Meditation
- Hṛdya Ākāśa Dhāraṇā Meditation

2.4 Advanced Yoga Technique

- MSRT – Mind Sound Resonance Technique
- PET – Pranic Energisation Technique
- MEMT – Mind Emotion Management Technique
- MIRT – Mind Imagery Relaxation Technique
- VISAK – Visualisation of Internal Space Awareness Kriya
- ANAMS – Advanced Neuro-Muscular Awareness System
- IRT – Instant Relaxation Technique
- QRT – Quick Relaxation Technique
- DRT – Deep Relaxation Technique

Covered Topic:



MODULE 3 – Meditation & Healing for Diseases

3.1 Hypertension

- Root cause: stress, overstimulation
- Meditation: Yoga Nidra, Ajapa Japa
- Pranayama: Bhramari, Anulom Vilom
- Mudra: Apana Vayu
- Healing: Heart chakra balancing

3.2 Insomnia

- Root cause: mind overactivity
- Meditation: Yoga Nidra, Hridya Akasha
- Breath: 4-7-8, Ujjayi
- Mudra: Gyan Mudra
- Healing: Crown & Third-eye calming

3.3 Poor Memory

- Meditation: Trataka (optional), Ajapa Japa
- Pranayama: Kapalbhati (light), Bhramari
- Mudra: Hakini
- Chakra: Third-eye activation

3.4 Asthma

- Emotional cause: fear, grief
- Meditation: Heart-space breathing
- Pranayama: Bhramari, Not Kapalbhati
- Healing: Anahata chakra cleansing

3.5 Emotional Trauma

- Meditation: Hridya Akasha, Yoga Nidra
- Healing: Pranic cleansing of heart & navel
- Affirmation therapy

3.6 Depression

- Meditation: Ajapa Japa
- Pranayama: Bhastrika (light), Kapalbhati (careful)
- Healing: Solar plexus energisation

3.7 Overthinking

- Meditation: Antar Mauna
- Breath: 4-4-6
- Mudra: Prana Mudra

3.8 Chronic Fatigue Syndrome

- Meditation: Yoga Nidra + pranic energisation
- Chakra: Root, Navel, Solar plexus
- Breath: slow diaphragmatic breathing

Covered Topic:



**SUKRIT
HOLISTIC**
Nurture Our Nature



MODULE 4 – Teaching & Professional Practice

- How to guide meditations
- Voice modulation
- Class design
- Working with client energy
- Ethics of healing
- Creating your healing brand
- How to price your sessions



BONUS MATERIAL

- 40+ Guided Meditation scripts
- 10 Healing protocols
- Workbook: Kosha, Chakra & Mind maps
- Daily tracking sheets

