

**“A PROJECT ON NEEDS OF SU JOK THERAPY IN
TODAY’S WORLD AS A HEALTH CARE.”**



(DIPLOMA IN SAURASHTRA UNIVERSITY, GUJARAT)



**Guide:- Mr. Jignesh Gokani
(Courseco-coordinator)**

**Name:- Archana Agarwal
Hyderabad**

**“PROJECT ON NEED OF SUJOK THERAPY IN TODAYS WORLD AS A
HEALTH CARE”**

A PROJECT REPORT ON

**“NEEDS OF SUJOK THERAPY
IN TODAY’S WORLD
AS A HEALTH CARE”**

**This Project is submitted in partial fulfillment for the award of
Diploma in “SUJOK THERAPY”**

SUBMITTED BY

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ACADEMIC YEAR

2009-2010

PROJECT GUIDE

(Dr. Jignesh Gokani)

SUBMITTED TO

**Centre for continuing Education – Saurashtra University
& - (RDIIM)
Research and Development Institution of Integrated Medicines**

**“PROJECT ON NEED OF SUJOK THERAPY IN TODAYS WORLD AS A
HEALTH CARE”**

Certificate

This is to certify that Mr./Mrs./Miss Archana Agrawal has submitted the project work on **NEEDS OF SUJOK THERAPY IN TODAY’S WORLD AS A HEALTH CARE** to fulfill requirement for the award of diploma in SuJok therapy offered by centre for continuing education – Saurashtra University & research and development institute for integrated medicine – Hyderabad.

Date: 21-04-2010

Place: Hyderabad

(Dr. Kaladher Arya)

**“PROJECT ON NEED OF SUJOK THERAPY IN TODAYS WORLD AS A
HEALTH CARE”**

Declaration

The undersigned, Miss. Archana Agrawal a student of Diploma in SuJok Therapy declare that this project work has been carried out under the Guidance of The Course Co-coordinator Dr. Jignesh Gokani

This project report is entirely an outcome of my own efforts and is not submitted, either in part or in whole, to any other University or Institute for any examination or for the award of any other certificate/diploma/degree.

Date: 21-04-2010

Place:- Hyderabad

Signature of the Student

(Name :Archana Agarwal)

ABSTRACRT

The project on “NEED FOR SUJOK THEARPY IN TODAY’S WORLD AS A HEALTH CARE” has been under taken for Diploma in Su Jok Therapy for Saurashtra University, Rajkot (Gujarat) with some specified objectives and certain desired goals.

Proposed methodology and plan of action was designed in consultation with my project guide Mr. Jignesh Gokani.

The same in brief could be mentioned below.

Finally it was desired to understand the overall view of the patients about the “NEED FOR SUJOK THEARPY IN TODAY’S WORLD AS A HEALTH CARE” and the same was achieved by preparing the Questionnaire and getting it duly filled by the patients visiting SuJok Clinics in Hyderabad.

Then it was planned to understand the reviews of patients about the different types of treatments for need of health care and it was achieved by analyzing the data collected from the patients.

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INTRODUCTION

“SUJOK THERAPY” was introduced by new age scientist and philosopher PROF. PARK JAE WOO in Korea. This SU JOK therapy is a combination of two words which is derived from a Korean word

‘SU’ part of hand i.e. palm and
‘JOK’ part of leg i.e. sole.

The theoretical basis of this system of healing is the discovery in each hand and foot, shape and points corresponding to each part of human body. These corresponding micro points in hands and feet can therefore be used conveniently and effectively as remote controls to treat any diseased organ/ part in human body.

SU JOK ACUPUNCTURE is a multi-dimensional healing system. SUJOK is a combination of 5 traditional systems:

1. Korean Acupuncture System
2. Chinese Acupuncture System
3. Indian Chakra System
4. Egyptians Pyramid Energy System
5. Mesopotamians Spiral Energy System

In today’s world according to other therapies this therapy has a good amount of treatment without medicine and all the problems are handled by one SUJOK THERAPIST. It is very popular as its ease to learn, safe, efficacy and has no side effects or dangerous practices. Therefore it can be practiced by paramedical, laymen for self and other treatment.

The first dimension is a physical healing system where by giving simple stimulation to the specific corresponding points in hands and feet, cure is achieved. The second dimension is similar to Chinese acupuncture .The classical 12 main meridians, the 2 extra meridians and their attendant points are represented on the hands and feet in byol meridians.

Apart from the above two various other dimensions of SUJOK they include as Homo- Hetero principle,6 Ki Theory, Eight origin Theory, Chakra system, Diamond structure ,Twist therapy, Tai-Chi, Smile Meditation, Tri origin (which is most fundamental theory) etc.

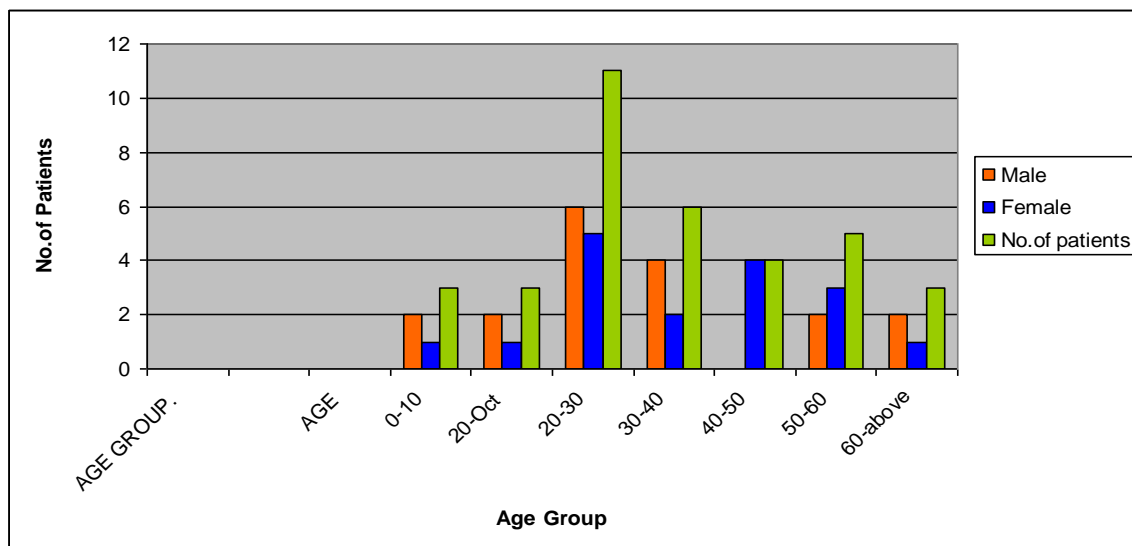
“PROJECT ON NEED OF SUJOK THERAPY IN TODAY’S WORLD AS A HEALTH CARE”

Q-1. Have you or your member has suffered with any kind of disease? How long

AGE GROUP.			
		SEX	
AGE	MALE	FEMALE	NO. OF PATIENTS.
0-10	2	1	3
10-20	2	1	3
20-30	6	5	11
30-40	4	2	6
40-50	-	4	4
50-60	2	3	5
60-above	2	1	3

GRAPHICAL REPRESENTATION OF DATA:

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Observation from data:

It can be noted that from the above chart we have taken into consideration 35 patients:

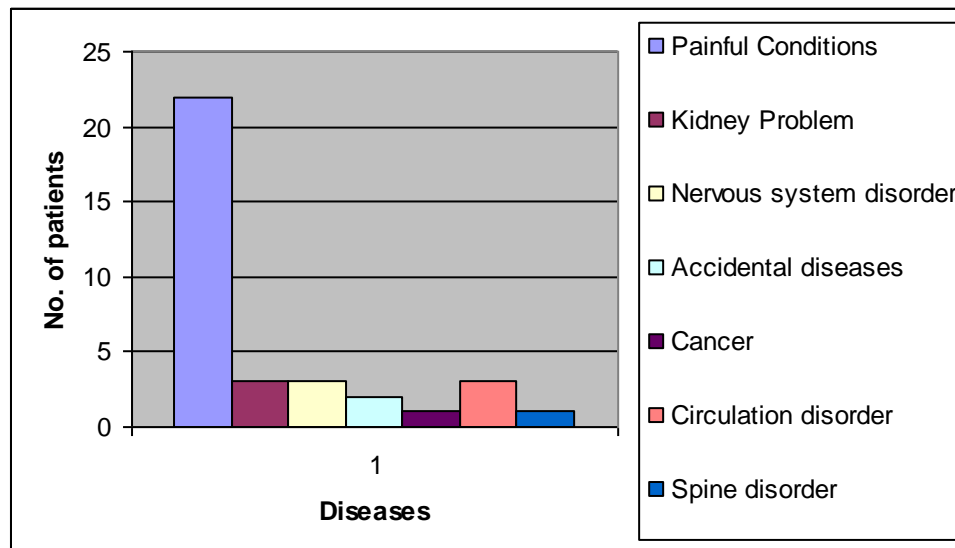
Data reveals that:

- Maximum no. of patients belongs to 20-30 age group. i.e. 11/35 (6-M, 5-F)
- Second largest age group is 30-40. In which 6/35 (4- M, 2- F)
- Third mostly affected group is 50-60. i.e. 5/35 (2- M, 3- F)
- In the age group 40-50 it is observed that only females are affected.(4-F)
- Rest all age groups 3 patients are affected in each group.

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TOTAL NO. OF PATIENTS	DISEASE	NO. OF PATIENTS	DURATION			
			Less than one month	One month to One year	More than one year	Not specific
35	Painful Conditions	22	4	3	9	6
	Kidney Problem	3		2	1	
	Nervous system disorder	3			3	
	Accidental diseases	2		2		
	Cancer	1			4	
	Circulation disorder	3	1		2	
	Spine disorder	1		1		
	TOTAL		5	8	19	

GRAPHICAL REPRESENTATION OF DATA:



“PROJECT ON NEED OF SUJOK THERAPY IN TODAYS WORLD AS A HEALTH CARE”

Observation from data:

It can be noted that from the above chart we have taken into Consideration 35 patients:

Data reveals that:

- **Maximum patients 22/35 was suffering from painful conditions**
 - 4/22 suffering with less than one month
 - 3/22 suffering with one month to one year
 - 9/22 suffering with more than one year
 - 6/22 suffering with not specified

- **3/35 patients were suffering from kidney problems**
 - 2/35 one month to one year
 - 1/35 more than one year

- **3/35 patients were suffering from nervous system disorder**
 - 3/35 more than one year

- **3/35 patients were suffering from circulation disorder**
 - 1/35 less than one month
 - 2/35 more than one year

- **2/35 patients were suffering from accidental cases**
 - 2/35 one month to one year

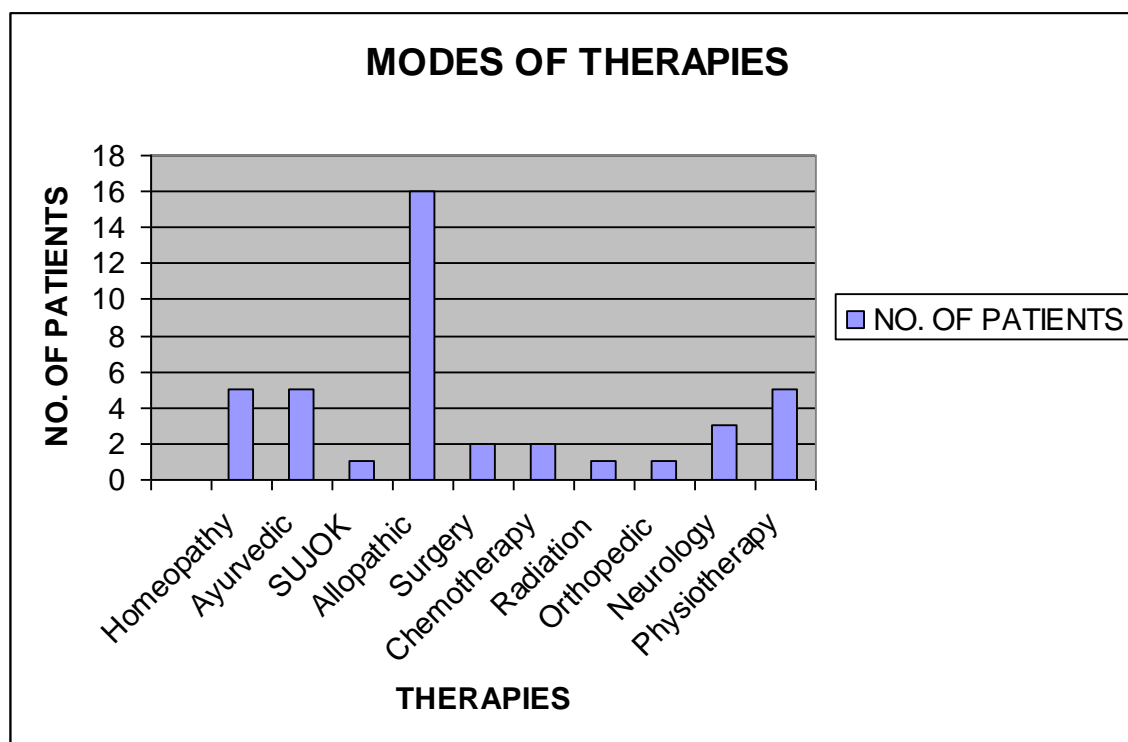
- **1/35 patients were suffering from cancer**
 - 1/35 more than one year

- **1/35 patients were suffering from spine disorder**
 - 1/35 one month to one year

Q- 2. What are the modes of therapies taken so far? Duration ?

TOTAL NO.OF PATIENTS	THERAPIES	NO. OF PATIENTS	DURATION					
			Less than 1 year	1 to 2 years	2 to 3 years	3 to 5 years	More than 5 years	Not specific
35	Homeopathy	5	2				1	2
	Ayurvedic	5					2	3
	SUJOK	1	1					
	Allopathic	14	3				2	9
	Surgery	2	2					
	Chemotherapy	2						2
	Radiation	1					1	
	Orthopedic	1	1					
	Neurology	3	2	1				
	Physiotherapy	5	3	1				1

GRAPHICAL REPRESENTATION OF DATA:



“PROJECT ON NEED OF SUJOK THERAPY IN TODAYS WORLD AS A HEALTH CARE”

Observation from data:

It can be noted that from the above chart we have taken interview of 35 patients:

Data reveals that:

- 5/35 have taken homeopathy treatment
 - 2/5 less than one year
 - 1/5 more than five year
 - 2/5 did not mention duration.

- 5/35 have taken Ayurvedic treatment
 - 2/5 more than five year
 - 1/5 less than one year.
 - 2/5 did not mention duration

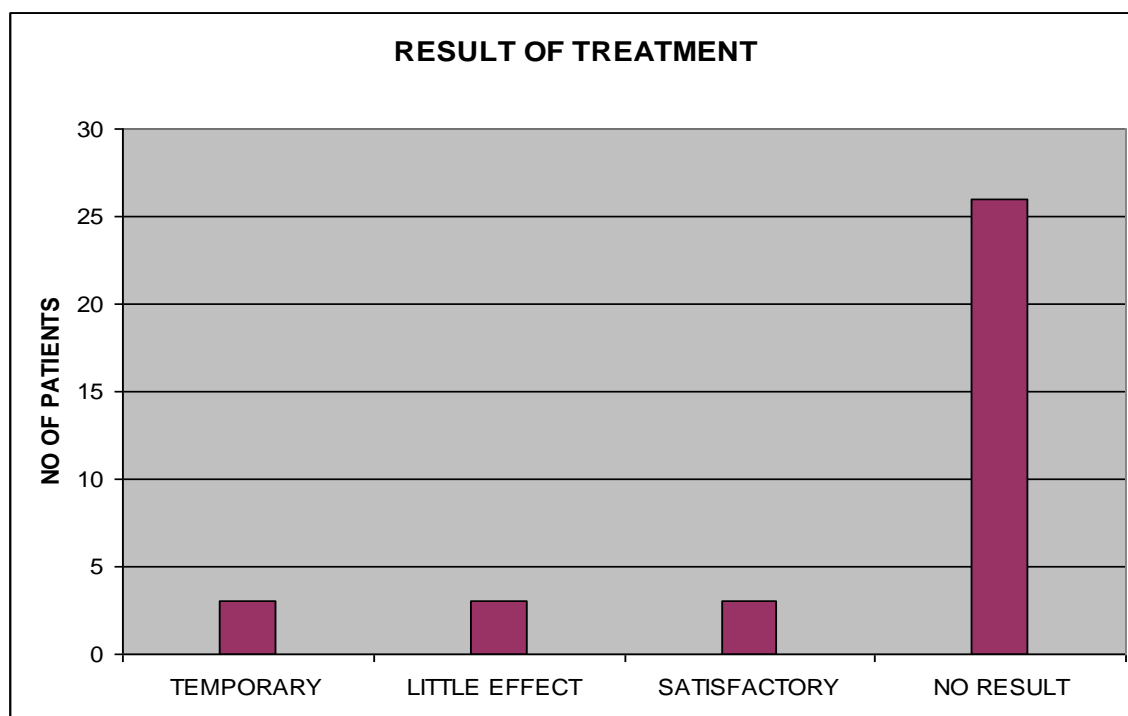
- 30/35 have taken allopathic treatment
 - 16/30 have taken treatment of allopathic as required.
 - 5/35 have taken physiotherapy treatment
 - 3/30 have taken Neurology treatment
 - 2/30 have taken Chemotherapy
 - 2/30 have undergone Surgery
 - 1/30 have taken Radiation
 - 1/30 have taken Orthopedic treatment.

Duration of their treatment varies from less than one year to more than five years.

Q-3. What was the result of those treatments??

GENDER						
MALE	FEMALE	NO OF PATIENTS	TEMPORARY	LITTLE EFFECT	SATISFACTORY	NO RESULT
18	17	35	3	3	3	26

GRAPHICAL REPRESENTATION OF DATA:



Observation from data:

It can be noted that from the above chart we have taken into consideration 35 patients

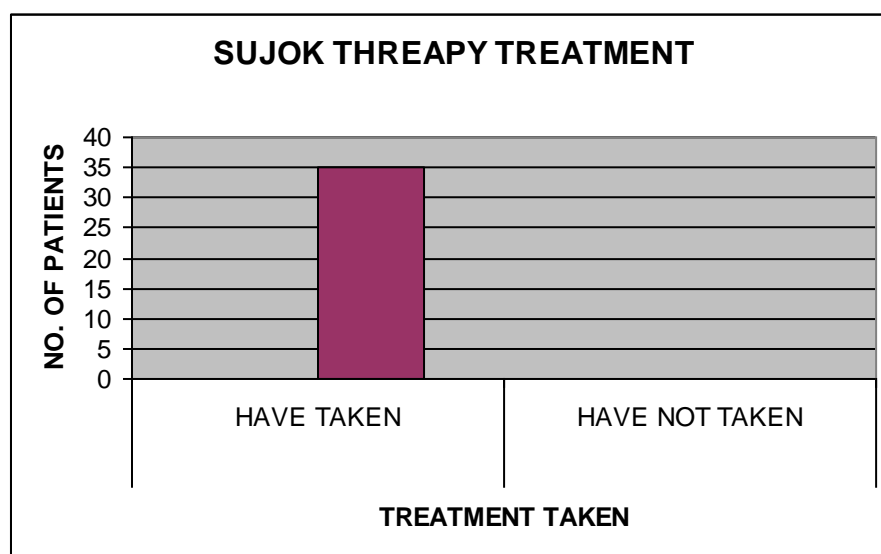
Data reveals that:

- Majority of people 26/35 said that did not find any result
- 3/35 had temporary relief
- 3/35 could find little effect
- 3/35 have satisfied with treatment

Q-4. Have you/your family member have taken SUJOK therapy treatment?

GENDER				
MALE	FEMALE	NO OF PATIENTS	HAVE TAKEN	HAVE NOT TAKEN
18	17	35	35	Nil

GRAPHICAL REPRESENTATION OF DATA:



Observation from data:

It can be noted that from the above chart we have taken into consideration 35 patients.

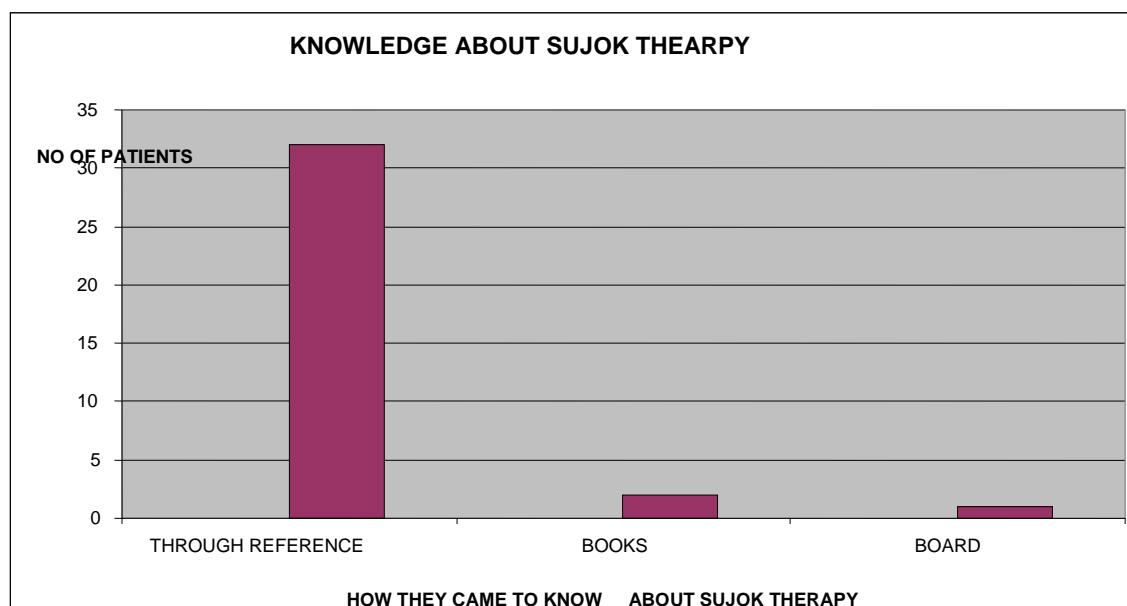
Data reveals that:

- All 35 patients have taken Su Jok therapy treatment

Q-5. How did you come to know about SUJOK Therapy?

GENDER		NO OF PATIENTS	THROUGH REFERENCE	BOOKS	BOARD
MALE	FEMALE				
18	17	35	32	2	1

GRAPHICAL REPRESENTATION OF DATA:



Observation from data:

It can be noted that from the above chart we have into consideration 35 patients.

Data reveals that:

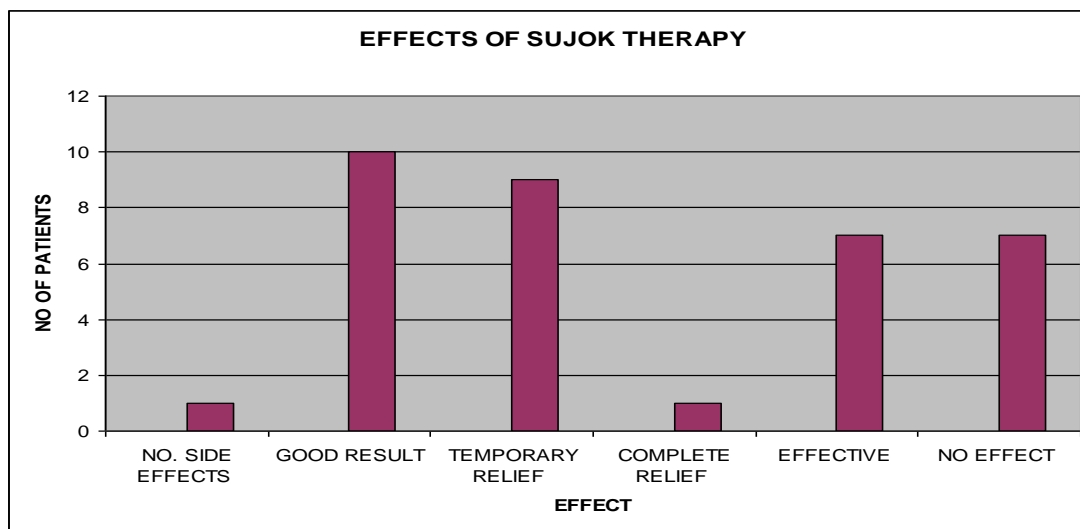
- **32/35 came to know through reference**
 - Friends
 - Relatives
 - Niece
 - Office colleague
 - Boss
- **2/35 have referred books**
 - Devendra vora's book
- **1/35 have seen board**

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Q-6. What are the effects of SUJOK therapy??

GENDER		EFFECT OF SUJOK THERAPY						
MALE	FEMALE	NO OF PATIENTS	NO. SIDE EFFECTS	GOOD RESULT	TEMPORARY RELIEF	COMPLETE RELIEF	EFFECTIVE	NO EFFECT
18	17	35	1	10	9	1	7	7

GRAPHICAL REPRESENTATION OF DATA:



Observation from data:

It can be noted that from the above chart we have taken 35 patients group that:

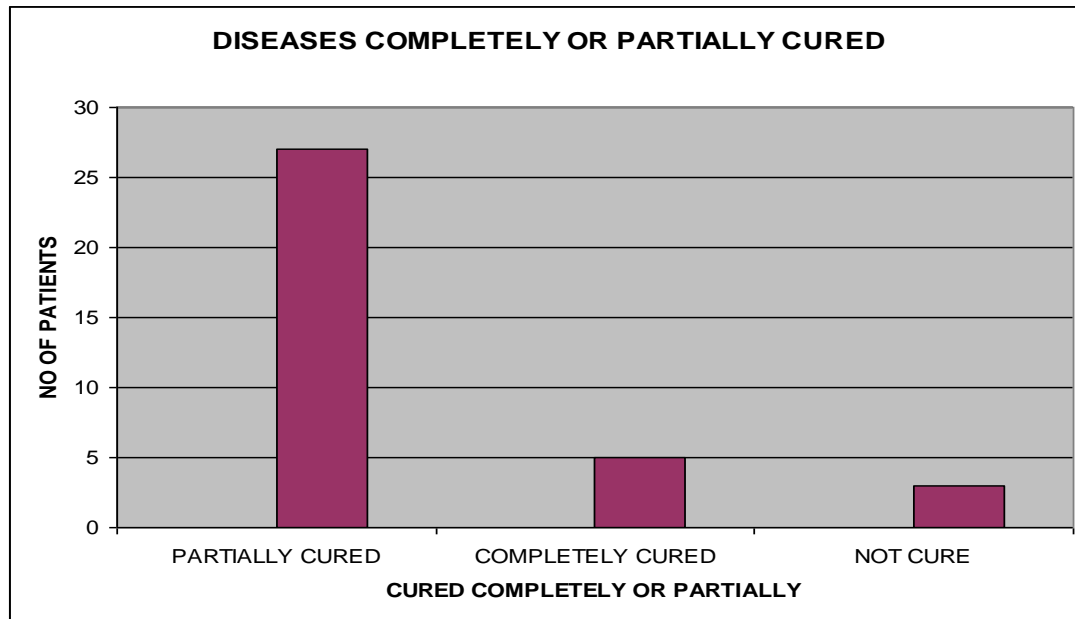
- **10/35 Had received Good result**
 - Confidence level of answering has increased
- **9/35 Had Temporary relief**
- **7/35 Had Effective result**
 - Memory power increased
 - Movement of legs and hands
 - Burning sensation of hands reduced.
- **7/35 no effect**
 - Still undergoing treatment
- **1/35 no side effects**
- **1/35 complete relief**

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Q-7. Which diseases completely or partially cured?

GENDER		NO OF PATIENTS	CURE OR PARTIALLY CURE		
MALE	FEMALE		PARTIALLY CURED	COMPLETELY CURED	NOT CURE
18	17	35	27	5	3

GRAPHICAL REPRESENTATION OF DATA



Observation from data:

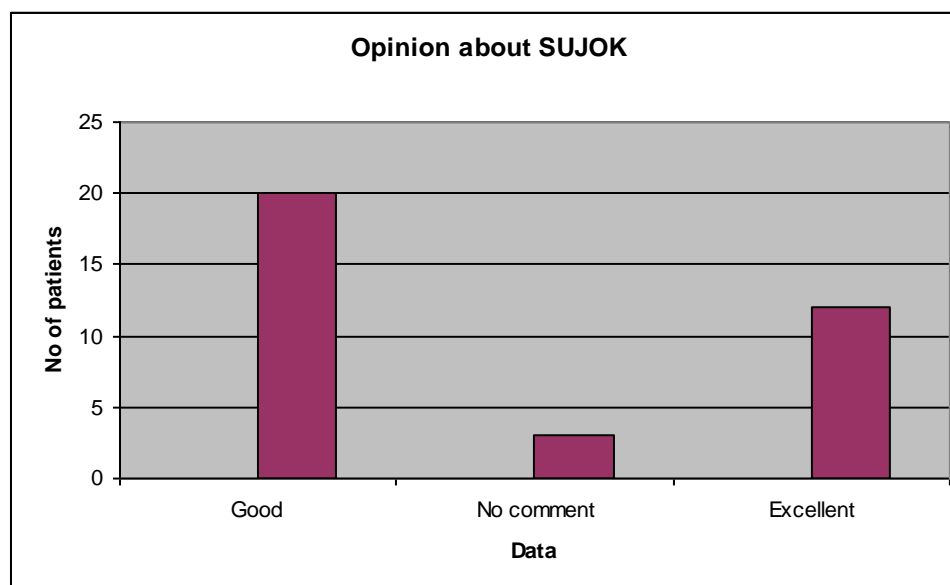
It can be noted that from the above chart we have taken 35 patients

- Majority of patients i.e. 27 out of 35 say diseases are partially cured
 - Good sleep
 - Motion problem
 - Undergoing treatment
- 5 out of 35 say diseases are completely cured
 - Cold
 - Headache
 - Body pains
- 3 out of 35 had no cure
 - Initial stages of treatment

Q-8. What is your opinion about SUJOK Therapy??

GENDER		NO OF PATIENTS	GOOD	NO COMMENT	EXCELLENT
MALE	FEMALE				
18	17	35	20	3	12

GRAPHICAL REPRESENTATION OF DATA:



Observation from data:

It can be noted that from the above chart we have taken into consideration 35 patients:

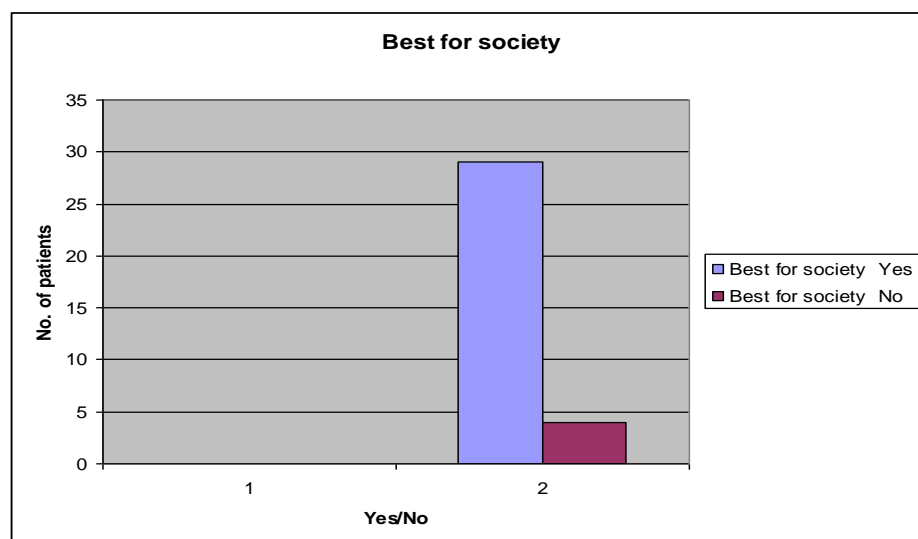
Data reveals that:

- Majority of patients i.e.,
- **20/35 say their opinion is good**
- **12/35 say it is excellent**
- **3/35 had no comment**

Q-9 Do you think SUJOK can be one of the best modes of therapy in society? Why??

GENDER		NO. OF PATIENTS	BEST FOR SOCIETY		REASONS	NO. OF PATIENTS
MALE	FEMALE		YES	NO		
18	17	35	29	4	Cannot save life in emergency	1
					No side effects, no medicine	12
					Attacks, accidents and deliveries	1
					No reason	21

GRAPHICAL REPRESENTATION OF DATA:



Observation from data:

It can be noted that from the above chart we have taken 35 patients:

Data reveals that:

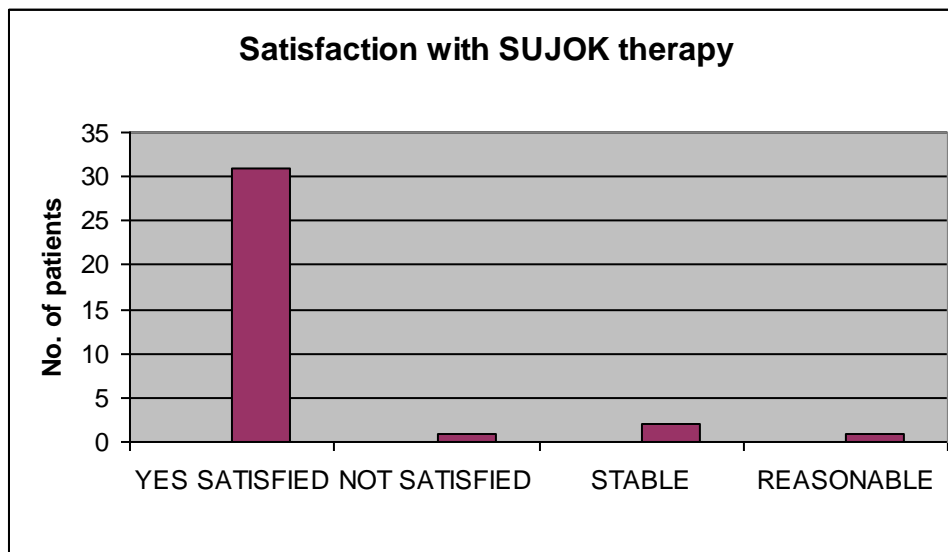
- **32/35 say it is best for society**
 - No medicine, no side effect
 - Curable without surgery
- **3/35 say it is not best for society**
 - Cannot save life in emergency
 - Attacks, accidents and deliveries

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Q-10. Are you happy and satisfied with the amount of relief you have received through SUJOK therapy?

GENDER		NO. OF PATIENTS	SATISFECTION OF SUJOK THERAPY			
MALE	FEMALE		YES SATISFIED	NOT SATISFIED	STABLE	REASONABLE
18	17	35	31	1	2	1

GRAPHICAL REPRESENTATION OF DATA:



Observation from data:

It can be noted that from the above chart we have taken into 35 Patients:

Data reveals that:

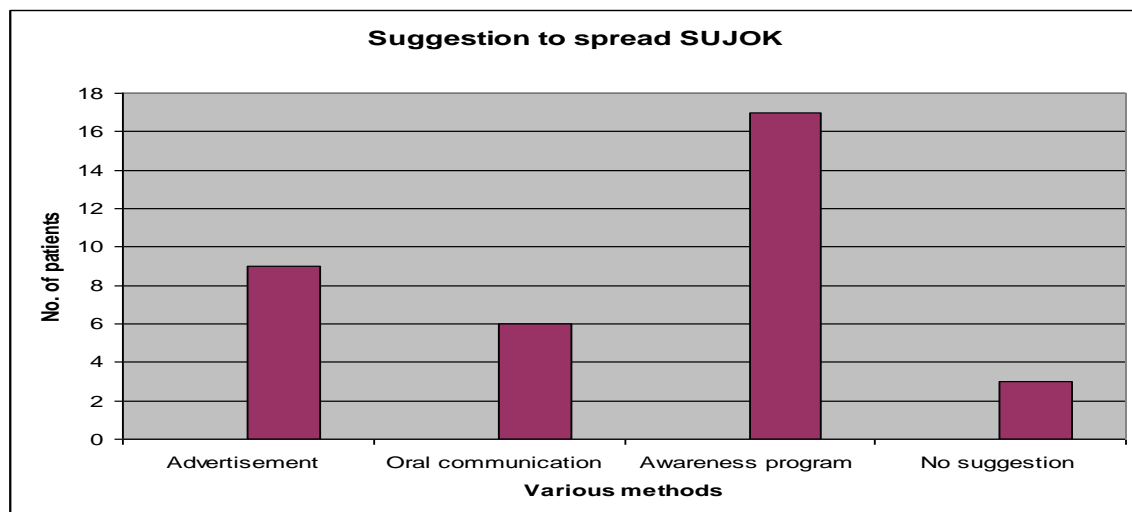
- **31/35** say that **they are satisfied** with the Sujok treatment
- **2/35** said it is **stable** with Sujok Therapy
- **1/35** said not satisfied
- **1/35** said it is reasonable

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Q-11. What is your suggestion to spread SUJOK therapy awareness in general?

SEX		NO. OF PATIENTS	TOOLS OF AWARENESS OF SUJOK			
MALE	FEMALE		ADVERTISEMENT	ORAL COMMUNICATION	AWARENESS PROGRAM	NO SUGGESTION
18	17	35	9	6	17	3

GRAPHICAL REPRESENTATION OF DATA:



Observation from data:

It can be noted that from the above chart we have taken 35 patients:

Data reveals that:

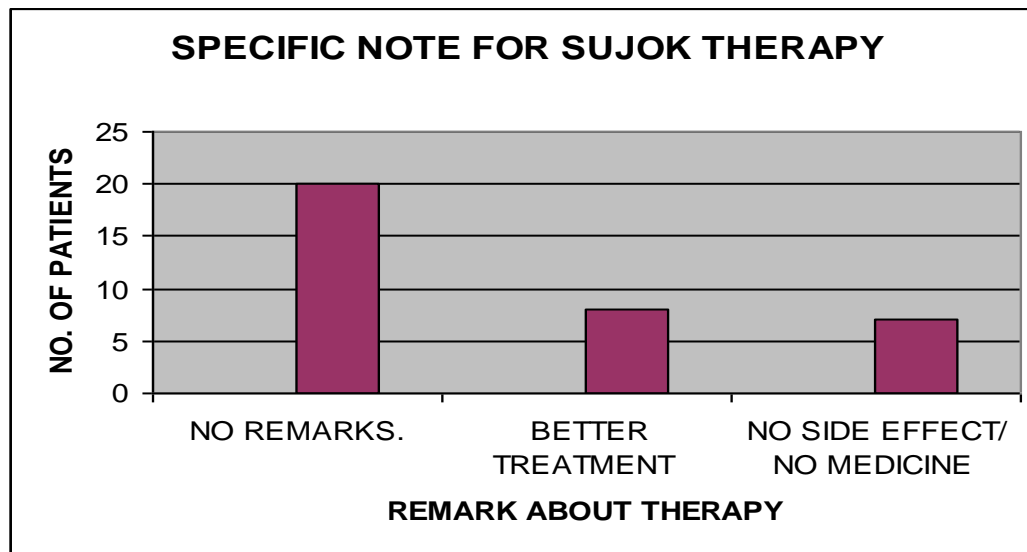
- **9/35 suggest through Advertisements**
 - Banners & Hoardings
 - Electronic Media
 - Newspapers & Books
- **6/35 suggest Oral Communication**
 - Word of Mouth
 - Relatives
 - Friends
- **17/35 suggest with the help of Awareness Programs**
 - Public Seminars
 - Free Camps & Conducting meetings
 - Educational Institutions
 - Demonstrations
 - Training Centres
- **3/35 say that they do not have any suggestions**

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Q-12. Any specific note /remark about SUJOK therapy

GENDER		NO. OF PATIENTS	REMARK ABOUT SUJOK THERAPY		
MALE	FEMALE		NO REMARKS	BETTER TREATMENT	NO SIDE EFFECT/ NO MEDICINE
18	17	35	20	8	7

GRAPHICAL REPRESENTATION OF DATA:



Observation from data:

It can be noted that from the above chart we have taken into consideration 35 patients:

Data reveals that

:

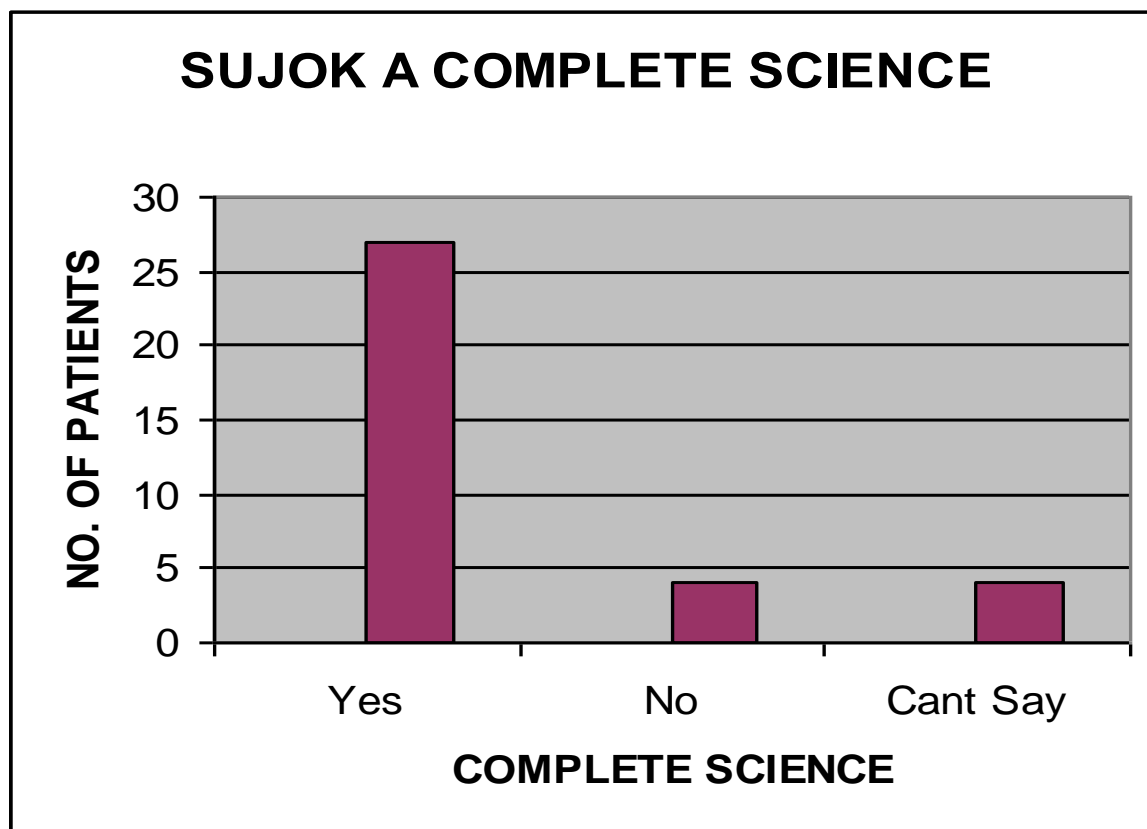
- **20/35 said that they have no note/remarks**
- **8/35 say it is better treatment**
 - Natural Way
 - Done in simple method
 - No heavy dose of Medicines
- **7/35 has no side effects & any medicine used in case of any problem**

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**Q-13. Do you think SUJOK is complete science and has no limitations?
If yes, what is the limitation?? If no, why not??**

GENDER		NO. OF PATIENTS	COMPLETE SCIENCE			LIMITATIONS	NO. OF PATIENTS
MALE	FEMALE		YES	NO	CANT SAY		
18	17	35	27	4	4	Cannot be treated for every case	1
						Any accidents Physical injury Eye surgery may not be 100% cured	2

GRAPHICAL REPRESENTATION OF DATA:



Observation from data:

It can be noted that from the above chart we have taken into consideration 35 patients:

“PROJECT ON NEED OF SUJOK THERAPY IN TODAYS WORLD AS A HEALTH CARE”

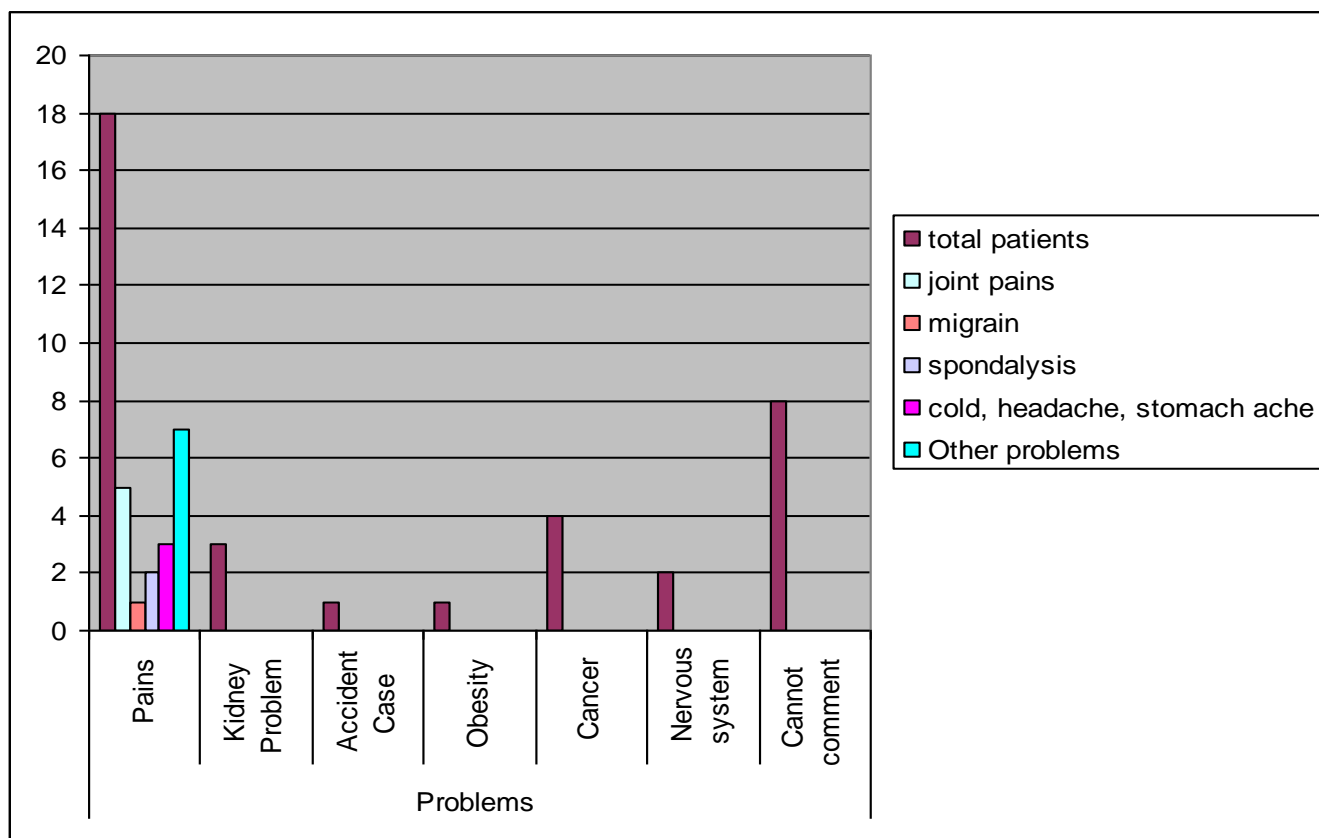
Data reveals that:

- **27/35 say it is complete science**
 - One sujok therapist can handle all the diseases
- **4/35 say it is not complete**
 - Accident
 - Physical injury
 - Eye surgery 100% may not be cured
- **4/35 can't say that it is not complete science**
 - Not sure
 - Not aware about the science

Q-14. According to your experience what kind of diseases/problems can be easily treated by SU JOK therapy??

GENDER		PROBLEMS						
MALE	FEMALE	PAINS	KIDNEY PROBLEM	ACCIDENT CASE	OBESITY	CANCER	NERVOUS SYSTEM	CANNOT COMMENT
18	17	18	3	1	1	4	2	8
		Joint pain						
		5						
		Migrain						
		1						
		Spondalylsis						
		2						
		Cold, headache and stomach ache						
		3						
		Other problems						
		7						

GRAPHICAL REPRESENTATION OF DATA;



“PROJECT ON NEED OF SUJOK THERAPY IN TODAYS WORLD AS A HEALTH CARE”

Observation from data:

It can be noted that from the above chart we have taken into consideration 35 patients:

Data reveals that:

- **18/35 say it works well on painful conditions**
 - 5/18 on joint pains
 - 1/18 on migraine
 - 2/18 on Cervical Spondolysis
 - 3/18 on Cold, Headache and Stomachache
 - 7/18 on others
- **3/35 say it works well on kidney problem**
- **1/35 say it works well on accident case**
- **1/35 say it works well on obesity**
- **4/35 say it works well on cancer**
- **2/35 say it works well on nervous system**
- **8/35 can't comment**

CONCLUSION

CURATIVE CARE:

Head disorder, headaches, etc nervous system and psychiatric disorders, eye disorders, ear, nose and throat disorders, cardio vascular system's disorders, etc.

Apart from the above indicated brief list, SU JOK ACUPUNCTURE is very useful in management of cancer and other malignant disorders, particularly the pains of all kinds of cancer. SU JOK ACUPUNCTURE of cancer and other malignant disorders, particularly the pains of all kinds of cancer.

HOW DOES SU JOK WORK:-

Sujok is a general term describing a new system of treatment, comprising a variety of methods of simulating only the hands and feet using the fingers, a rounded object, seeds or where advanced

The principle behind Su JOK is that there is a continuous flow of energy on all of us. This energy flows in a very systematic and uniformed manner. "SU JOK'S aim is to balance the imbalanced energy in the body the tissues the cells and the organs." Advanced SUJOK uses needles to balance the energy and even the Chakra plain.

SIMPLICITY OF TREATMENT WHICH IS THE BESTS PART OF SU JOK:

SU JOK gives virtually instant relief, where spinal chord and other chronic problems are concerned, sujok, if done religiously, certainly gives relief. It seems very likely to that if both basic Sujok and the advanced version i.e acupressure and acupunture are combined miracles take place.

Annexure:-

QUESTIONNAIR USED FOR PROJECT

Q-1. Have you or your member has suffered with any kind of disease? How long

Q- 2. What are the modes of therapies taken so far? Duration ?

Q-3. What was the result of those treatments??

Q-4. Have you/your family member have taken SUJOK therapy treatment?

Q-5. How did you come to know about SUJOK Therapy?

Q-6. What are the effects of SUJOK therapy??

Q-7. Which diseases completely or partially cured?

Q-8. What is your opinion about SUJOK Therapy??

Q-9 Do you think SUJOK can be one of the best modes of therapy in society? Why??

Q-10. Are you happy and satisfied with the amount of relief you have received through SUJOK therapy?

Q-11. What is your suggestion to spread SUJOK therapy awareness in general?

Q-12. Any specific note /remark about SUJOK therapy

**Q-13. Do you think SUJOK is complete science and has no limitations?
If yes, what is the limitation?? If no, why not??**

Q-14. According to your experience what kind of diseases/problems can be easily treated by SU JOK therapy??

I take the pleasure to express thanks to all the persons mentioned below, who have supported me in preparing the project.

S. NO.	NAME	GENDER	AGE
1.	Ms. C. Bhavana Reddy	Female	7 years
2.	Swayam Agarwal	Male	7 years
3.	Madhav Agarwal	Male	7 years
4.	Manasa	Female	17 years
5.	Kunal Seghal	Male	17 Years
6.	Heet Mehta	Male	18 years
7.	Tulsi Agrawal	Female	21 years
8.	Candida N.	Female	22 years
9.	M.D. Mubeen	Male	25 years
10.	Anamika	Female	26 years
11.	Bulan Pal	Male	26 years
12.	Gunnender Goel	Male	27 years
13.	K. Vijay Krishna	Male	28 years
14.	Rajani Mittal	Female	28 years
15.	Jalpa	Female	29 years
16.	K. V. Prasad	Male	29 years
17.	Vijay	Male	30 years
18.	Vinay Kumar Dixit	Male	31 years
19.	Rajesh D. shah	Male	34 years
20.	Saroj Agarwal	Female	36 years
21.	Mahendra Doshi	Male	39 years
22.	Anil Agarwal	Male	40 years
23.	T. V. Anatha Laxshmi	Female	40 years
24.	Premalata Goyal	Female	43 years
25.	Falguni Mehta	Female	44 years
26.	Uday Lakshmi	Female	46 years
27.	Hemlatha Seghal	Female	48 years
28.	Mohd. Abdul Mohiz	Male	53 years
29.	Farzana Ali	Female	53 years
30.	Smt. C. Kamedwari,	Female	54 years
31.	Girish S. Mondkar	Male	55 years
32.	Vani Jubhas	Female	55 years
33.	Shiv Raj Yadav	Male	61 years
34.	Radha Madhana	Female	70 years
35.	T. D. Mandhana	Male	75 years

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