



# Model Curriculum

**QP Name: Yoga Wellness Trainer**

**QP Code: HSS/Q4003**

**QP Version: 2.0**

**NSQF Level: 5**

**Model Curriculum Version: 1.0**

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

# Table of Contents

Training Parameters .....	3
Program Overview .....	4
Training Outcomes .....	4
Compulsory Modules .....	4
Module Details .....	7
Module 1: Introduction to yoga and yoga texts .....	7
Module 2: Basic structure and function of human body .....	8
Module 3: Yoga for health and wellness .....	9
Module 4: Preparation of participant and work area for session .....	10
Module 5: Conduct yoga session .....	11
Module 6: Post yoga session review .....	13
Module 7: Yoga for prevention and management of lifestyle disorders .....	14
Module 8: Teaching and training .....	15
Module 9: Maintain interpersonal relationship .....	16
Module 10: Professional standards of grooming and conduct .....	17
Module 11: Safety, emergency medical response and first aid .....	18
Module 12: Bio-medical waste management .....	19
Module 13: Infection control policies and procedures .....	20
Module 14: DGT/VSQ/N0102: Employability Skills (60 Hours) .....	21
Annexure .....	21
Trainer Requirements .....	21
Assessor Requirements .....	22
Assessment Strategy .....	23
References .....	25
Glossary .....	25
Acronyms and Abbreviations .....	26

## Training Parameters

<b>Sector</b>	Healthcare
<b>Sub-Sector</b>	AYUSH
<b>Occupation</b>	Yoga
<b>Country</b>	India
<b>NSQF Level</b>	5
<b>Aligned to NCO/ISCO/ISIC Code</b>	NCO-2015/NIL
<b>Minimum Educational Qualification and Experience</b>	<ul style="list-style-type: none"> <li>• Pursuing 2nd year of UG</li> <li>or</li> <li>• Completed 1st year of diploma (after 12th)</li> <li>or</li> <li>• Pursuing 2nd year of 2-year diploma after 12<sup>th</sup></li> <li>or</li> <li>• 12th pass with 1-year Vocational Education &amp; training (NTC or NAC or CITS)</li> <li>or</li> <li>• Completed 3-year diploma after 10th with 1 year of relevant experience</li> <li>or</li> <li>• 10th Grade pass with 4 years of relevant experience</li> <li>or</li> <li>• Previous relevant Qualification of NSQF Level 4 and with minimum education as 8th Grade pass with 3 years of relevant experience</li> <li>or</li> <li>• Previous relevant Qualification of NSQF Level 4.5 with 1.5 years of relevant experience</li> <li>or</li> <li>• 12th Class (Relevant field experience)</li> <li>or</li> <li>Certificate (Assistant Yoga Instructor) with 2 Years of Experience</li> <li>OR I.T.I (Certificate in Cosmetology) Completed 1st year of UG (UG Certificate)</li> </ul>
<b>Pre-Requisite License or Training</b>	
<b>Minimum Job Entry Age</b>	18 Years
<b>Last Reviewed On</b>	17/11/2022

<b>Next Review Date</b>	20/05/2024
<b>NSQC Approval Date</b>	24/06/2021
<b>QP Version</b>	2.0
<b>Model Curriculum Creation Date</b>	18/02/2021
<b>Model Curriculum Valid Up to Date</b>	17/11/2025
<b>Model Curriculum Version</b>	1.0
<b>Minimum Duration of the Course</b>	450 Hrs.
<b>Maximum Duration of the Course</b>	450 Hrs.

# Program Overview

This section summarizes the end objectives of the program along with its duration.

## Training Outcomes

At the end of the program, the learner should have acquired the listed knowledge and skills.

- Explain the concept and fundamental principles of yoga.
- Discuss the significance of yoga practices.
- Explain the principles of yoga and practices of healthy living.
- Explain the concept of Jnana yoga, Bhakti yoga and Karma yoga.
- Explain the benefits of yoga in prevention and management of lifestyle disorders.
- Prepare the work area with required equipment and accessories such as AV aides, yoga mat etc. to ensure the efficiency and effectiveness of the outcome.
- Discuss about Tri Bandha and their health benefits.
- Explain about Dhyana and its significance in health and wellbeing.
- Conduct the advance yoga sessions like advanced poses, advanced breathing, and meditation exercises in groups or individuals.
- Conduct the hatha yoga sessions in groups or individuals.
- Discuss the role of Tridoshas, Sapta Dhatu, Agni, Vayu, and Mala in wellness.
- Explain the significance of Dinacharya and Ritucharya in wellbeing.
- Explain the role of yoga in the management of non-communicable diseases.
- Identify the common diseases, their prevention and management by yoga.
- Discuss the role of Ahara, Nidra and Brahmacharya in wellbeing.
- Discuss the role of psychosocial environment for health and wellness.
- Carry out the training sessions as per the requirement.
- Maintain personal hygiene, grooming and personal behavior in accordance with organization’s standards.
- Demonstrate the process of maintaining relevant records.
- Maintain a safe, healthy, and secure working environment.
- Follow biomedical waste disposal and infection control policies and procedures.
- Maintain interpersonal relationships with others.
- Maintain professional and medico-legal conduct in accordance with legislation, protocols and guidelines set up by the relevant authorities.

## Compulsory Modules

The table lists the modules and their duration corresponding to the Compulsory NOS of the QP.

NOS and Module Details	Theory Duration	Practical Duration	On-the-Job Training Duration (Mandatory)	On-the-Job Training Duration (Recommended)	Total Duration
HSS/N4010: Conduct yoga session for participants to promote wellness.	110:00	190:00	00:00	00:00	300:00

<a href="#">Module 1: Introduction to yoga and yoga texts</a>	10:00	00:00	00:00	00:00	10:00
<a href="#">Module 2: Basic structure and function of human body</a>	08:00	02:00	00:00	00:00	10:00
<a href="#">Module 3: Yoga for health and wellness</a>	08:00	00:00	00:00	00:00	08:00
<a href="#">Module 4: Preparation of participant and work area for session</a>	10:00	20:00	00:00	00:00	30:00
<a href="#">Module 5: Conduct yoga session</a>	49:00	120:00	00:00	00:00	169:00
<a href="#">Module 6: Post yoga session review</a>	12:00	30:00	00:00	00:00	42:00
<a href="#">Module 7: Yoga for prevention and management of lifestyle disorders</a>	13:00	20:00	00:00	00:00	33:00
<b>HSS/N4013: Conduct regular in house training for subordinates.</b>	<b>20:00</b>	<b>25:00</b>	<b>00:00</b>	<b>00:00</b>	<b>45:00</b>
<a href="#">Module 8: Teaching and training</a>	20:00	25:00	00:00	00:00	45:00
<b>HSS/N9625: Maintain interpersonal relationships and professional conduct.</b>	<b>05:00</b>	<b>10:00</b>	<b>00:00</b>	<b>00:00</b>	<b>15:00</b>
<a href="#">Module 9: Maintain interpersonal relationship</a>	02:00	08:00	00:00	00:00	10:00
<a href="#">Module 10: Professional standards of grooming and conduct</a>	03:00	02:00	00:00	00:00	05:00
<b>HSS/N9624: Maintain a safe and secure working environment</b>	<b>08:00</b>	<b>07:00</b>	<b>00:00</b>	<b>00:00</b>	<b>15:00</b>
<a href="#">Module 11: Safety, emergency medical response and first aid</a>	08:00	07:00	00:00	00:00	15:00
<b>HSS/N9623: Ensure sanitization and infection control guidelines are followed at workplace</b>	<b>07:00</b>	<b>08:00</b>	<b>00:00</b>	<b>00:00</b>	<b>15:00</b>

<a href="#">Module 12: Infection control practices and waste management</a>	04:00	04:00	00:00	00:00	08:00
<a href="#">Module 13: Sanitization and infection control at workplace</a>	03:00	04:00	00:00	00:00	07:00
<b>Total Duration</b>	<b>150:00</b>	<b>240:00</b>	<b>00:00</b>	<b>00:00</b>	<b>390:00</b>
<a href="#">Module 14: DGT/VSQ/N0102: Employability Skills (60 Hours)</a>	60:00	00:00	00:00	00:00	60:00
<b>Total Duration</b>	<b>210:00</b>	<b>240:00</b>	<b>00:00</b>	<b>00:00</b>	<b>450:00</b>



# Module Details

## Module 1: Introduction to yoga and yoga texts

Mapped to: HSS/N4010

### Terminal Outcomes:

- Discuss about classification and significance of yoga.
- Discuss the importance of yoga texts in health and wellbeing.

Duration: 10:00	Duration: 00:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> <li>• Describe the brief history, origin, and development of yoga.</li> <li>• Explain etymology and definitions of Yoga (Patanjala Yoga Sutra, Bhagwad Gita, Kathopanishad).</li> <li>• Describe ancient yoga text such as Bhagwat Gita, Patanjali yoga Sutra, Narad Bhakti Sutra, Ramayana.</li> <li>• Discuss about Bandha &amp; Mudra and their health benefits.</li> <li>• Explain the importance and relevance of Hatha yoga practices in health and well being.</li> <li>• Explain the principles of yoga (Triguna, Antahkarana-chatustaya, Tri-Sharira/ Panchakosha).</li> <li>• Explain the significance and various poses of Surya Namaskar (sun salutation).</li> <li>• Explain the significance of Bahiranga yoga.</li> <li>• Discuss about classification of yoga (Karma yoga, Jnana yoga, Bhakti yoga and Kriya yoga).</li> <li>• Explain yogic relaxation techniques such as yoga Nidra.</li> <li>• Explain the concept and principles of each sadhanas and their significance in health and wellbeing.</li> <li>• Explain about yogic Paricharya (Ahara, Vihar, Achar- Vichar).</li> <li>• Discuss about international yoga day and its impact and significance.</li> </ul>	
<b>Classroom Aids:</b>	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, yoga e-modules	
<b>Tools, Equipment and Other Requirements</b>	
NA	



## Module 2: Basic structure and function of human body

Mapped to: HSS/N4010

### Terminal Outcomes:

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

<b>Duration: 08:00</b>	<b>Duration: 02:00</b>
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• List down various body parts.</li> <li>• Explain about basic anatomy and physiology of human body (Sharira, Kosha, Prana, Nadi, Chakra, Marma).</li> <li>• Explain about homeostasis, its mechanism to maintain internal environment of the body.</li> <li>• Introduction to sensory organs (Eyes, Nose, Ears, Tongue and Skin).</li> <li>• Explain the concept of Dosha-Dhatu, Mala.</li> <li>• Discuss the benefits of Shatkarma, Yogasana, Pranayama and Bandha on Respiratory, Circulatory, Musculoskeletal system.</li> <li>• Explain the nine systems of the human body- their structure and functions and influence of yogic practices on the different body systems.</li> </ul>	<ul style="list-style-type: none"> <li>• Prepare a model of human body parts using waste material depicting different anatomical parts.</li> </ul>
<b>Classroom Aids:</b>	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, AV Aids for Understanding Human Body Structure and Function	
<b>Tools, Equipment and Other Requirements</b>	
Human Body Skeleton, Charts and Posters on body systems	

## Module 3: Yoga for health and wellness

*Mapped to: HSS/N4010*

### Terminal Outcomes:

- Explain about yogic concept of health, wellness, and illness.

<b>Duration:</b> 08:00	<b>Duration:</b> 00:00
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Discuss about yogic concept of health, wellness, and illness.</li> <li>• Discuss the importance of psycho-social environment for health and wellness.</li> <li>• Describe the role of yoga in various dimensions (physical, mental, social, and spiritual) of health.</li> <li>• Explain about importance of following Dinacharya and Ritucharya for wellbeing.</li> <li>• Describe the role of Ahara, Nidra and Brahmacharya in wellness.</li> <li>• Explain the concept of Adhi and Vyadhi, Yoga as a preventive Health care- Heyam dukham anagatam.</li> <li>• Explain the yogic concept of holistic health and its importance in the management of diseases.</li> <li>• Explain the importance of Trigunas, Pancha-Kosha, Pancha-Prana and Shatkchakra and their role in health and wellness.</li> </ul>	
<b>-Classroom Aids:</b>	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, e- modules on CYP guidelines	
<b>Tools, Equipment and Other Requirements</b>	
Checklist format	

## Module 4: Preparation of participant and work area for session

*Mapped to: HSS/N4010*

### Terminal Outcomes:

- Describe the importance of pre-procedural preparedness for yoga session.
- Demonstrate the use of equipment, tools, etc., for yoga session.

<b>Duration: 10:00</b>	<b>Duration: 20:00</b>
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Prepare yoga unit as per organizational policies and protocols.</li> <li>• Discuss the significance of ventilation, aroma, and aides for better conduct of yoga session.</li> <li>• Check the participant requirements and plan the session accordingly.</li> <li>• Identify limitations or comfort areas of participant basis on preferences considering factors such as gender, religion, culture, language etc.</li> <li>• Explain the importance of yoga cleansing techniques like empty stomach, cleansing the bowel etc.</li> <li>• Discuss the precautions to be taken for yoga session.</li> <li>• Explain the complications due to yogic session to the participant.</li> <li>• Communicate and behave in a professional manner when dealing with participant.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate safe work practices during the yoga session.</li> <li>• Demonstrate the calm and relaxed position before starting a yoga session.</li> <li>• Demonstrate various voice modulation for effective sessions based on individual preference.</li> </ul>
<b>Classroom Aids:</b>	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster,	
<b>Tools, Equipment and Other Requirements</b>	
yoga mat, charts of various asanas and mudras, lights, props, sound system, yoga dress for males and females	

## Module 5: Conduct yoga session

Mapped to: HSS/N4010

### Terminal Outcomes:

- Organise and perform yoga session for participant.
- Instruct participant to perform different postures, asanas, and meditation.

<b>Duration: 49:00</b>	<b>Duration: 120:00</b>
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Discuss the reference of yoga in ancient texts such as Bhagwat Gita, Patanjali Yoga Sutra, Narad Bhakti Sutra, Ramayana.</li> <li>• Explain about Veda and Upanishad in relation to yoga.</li> <li>• Explain the concepts of Nadis, Prana and Pranayama.</li> <li>• Explain about Hatha yoga practices for wellness.</li> <li>• Define yogic diet and explain the contents of a yogic diet.</li> <li>• Explain the concept of mental wellbeing according to Patanjali Yoga Sutra including concept of Chitta, Chitta Bhumi, Chitta Vritti, Chitta Vikshepa, Chittaprasadanam, Klesha and Vivek-Khyati.</li> <li>• Explain the concept and role of Tridoshas, Sapt Dhatu, Agni, Vayu, and Mala in wellness.</li> <li>• Explain the importance of Ahara, Nidra and Brahmacharya in wellbeing.</li> <li>• Explain the importance of following correct techniques of asanas, mudras, and meditation in standing, sitting and prone position.</li> <li>• Explain the importance of maintaining a participant's privacy and confidentiality.</li> </ul>	<ul style="list-style-type: none"> <li>• Perform breathing-practices such as - hand in and out, hands stretch breathing, ankle stretch breathing, rabbit breathing, tiger breathing, dog breathing.</li> <li>• Perform Shanti prayer, Yogic Mantra, Shanti Mantra.</li> <li>• Perform loosening practices (Sithalikarana Vyayama) such as - jogging practices.</li> <li>• Perform Suryanamaskar.</li> <li>• Perform Patanjali yoga sutras.</li> <li>• Perform hatha yoga pradipika.</li> <li>• Perform asana for meditation which include Padmasana, Vajrasana, Sukhasana, Siddhasana, Siddhioniasana, Bhadrasana, Dhyana veerasana.</li> <li>• Perform various types of pranayam techniques such as Bhastrika, Vibhagiya pranayam, Surya anuloma viloma, Chandra anuloma viloma, Nadi suddhi, Sithili pranayama-cooling pranayama, Sitkari pranayama - cooling pranayama, Satanta - cooling pranayama, Ujjai pranayama, Bhramari pranayama.</li> <li>• Perform asanas in standing positions such as Vikchasana, Parvatasana, Trikonasana, Parvritha trikonasana, Hastautasana, Gadurasana, Uthit janusirasana, Pada hastasana, Natvarasana.</li> <li>• Perform asanas in sitting positions such as Pascimotasana, Gomukhasana, Bhunamanasana, Vakrasana, Aradha matsyendrasana, Vajrasana, Ustrasana, Mandukasana, Veerasana, Shankasana Marjariasana, Janu Sirasana.</li> <li>• Perform asanas in prone positions such as Navasana, Bhujanagasana, Sarpasana, Nilambha salbhasana, Salbhasana, Dhanurasana.</li> <li>• Perform asanas in supine positions such as Setubandhasana, Pavanmuktasana, Savasana.</li> <li>• Perform Bandhas and mudras like Nasagra mudra, Chin mudras, Chinmaya mudra, Brahma mudra, Adi mudra, Bhairava</li> </ul>

	<p>mudra, Shambhavi mudra, Aswini mudra, Yog mudra.</p> <ul style="list-style-type: none"> <li>• Perform Meditation/ Deep silence / Shānti Paṭha/ Closing prayer.</li> </ul>
<p><b>Classroom Aids:</b></p>	
<p>Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, AV aids, mick</p>	
<p><b>Tools, Equipment and Other Requirements</b></p>	
<p>yoga mat, charts on various yoga postures, asanas, mudras</p>	

## Module 6: Post yoga session review

*Mapped to: HSS/N4010*

### Terminal Outcomes:

- Address queries and doubts from participants.
- Carry out proper documentation and maintain confidentiality.

<b>Duration: 12:00</b>	<b>Duration: 30:00</b>
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Identify the contra-indications related to various yoga asanas and postures.</li> <li>• Explain the modifications in practices carried out during the session.</li> <li>• Explain the relevance and importance of feedback to participant.</li> <li>• Explain suitable suggestions to the patient based on performance without deviating from standard procedures or protocols.</li> <li>• Explain the importance of maintaining confidentiality of documents related to yoga session.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate the process of addressing participant expectations, perceptions, knowledge, and concerns.</li> <li>• Demonstrate the use of effective communication skills and technical knowledge in guiding participant about the dos and don'ts after a yoga session.</li> <li>• Prepare a sample of participant report and feedback form.</li> <li>• Prepare a sample questionnaire for participants queries and doubts.</li> </ul>
<b>Classroom Aids:</b>	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, B	
<b>Tools, Equipment and Other Requirements</b>	
Sample formats of feedback forms, Sample formats of reports and records	

## Module 7: Yoga for prevention and management of lifestyle disorders

*Mapped to: HSS/N4010*

### Terminal Outcomes:

- Identify the lifestyle related disorders.

<b>Duration: 13:00</b>	<b>Duration: 20:00</b>
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Explain the concept of yogic lifestyle and its relevance.</li> <li>• Explain the concept of holistic wellbeing.</li> <li>• Explain about different sign and symptoms of Acidity, Constipation, Irritable bowel syndrome (IBS), Bronchial Asthma, Sinusitis, Hypertension, Neck pain, Lower Backache, Osteo-arthritis etc disorders.</li> <li>• Explain the role of yoga in prevention and management of common disorder: Acidity, Constipation, Irritable bowel syndrome (IBS), Bronchial Asthma, Sinusitis, Hypertension, Neck pain, Lower Backache, Osteo-arthritis.</li> <li>• Discuss the role of yoga as an integrative medication.</li> </ul>	<ul style="list-style-type: none"> <li>• Perform different asanas, breathing exercises and pranayama.</li> <li>• Prepare a chart depicting various lifestyle disorders.</li> <li>• Prepare a chart of different asanas, breathing exercises and pranayama.</li> </ul>
<b>Classroom Aids:</b>	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, B	
<b>Tools, Equipment and Other Requirements</b>	
Sample formats of feedback forms, Sample formats of reports and records	



## Module 8: Teaching and training

*Mapped to: HSS/N4013*

### Terminal Outcomes:

- Conduct training sessions for his/her team or associates.

<b>Duration: 20:00</b>	<b>Duration: 25:00</b>
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Identify the need of training sessions for the team or associates.</li> <li>• Explain various teaching methods with special reference to yoga.</li> <li>• Identify the need of teaching practice and its use in yogic practice.</li> <li>• List down the various methods of teaching and training.</li> <li>• Explain the method of creating lesson plan, its meaning and need.</li> <li>• List down the types of AV aides and their uses.</li> <li>• Explain the meaning, importance and method of its presentation and Lecture cum demonstration.</li> <li>• Explain the different methods of assessment.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate the methods of teaching yoga to an individual, small group and large group.</li> <li>• Demonstrate the use of Teaching Aids like audio visual aids, charts, presentations, etc.</li> <li>• Prepare a sample lesson plan for an individual and for a group.</li> <li>• Prepare a sample design of formative and summative evaluation.</li> </ul>

## Module 9: Maintain interpersonal relationship

Mapped to: HSS/N9625

### Terminal Outcomes:

- Communicate effectively with participants.
- Organize and prioritize work to complete assignments on time.
- Adhere to organizational code of conduct while handling conflicts.

<b>Duration: 02:00</b>	<b>Duration: 08:00</b>
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Discuss the importance of effective communication with participants, relatives, and colleagues without using jargons and colloquial terms.</li> <li>• Describe the attributes of a team player.</li> <li>• Discuss about confidentiality and privacy practices related to participant’s information.</li> <li>• Discuss the importance of teamwork.</li> <li>• Define rapidly changing situations.</li> <li>• Discuss about the importance of following rules and policies of organization for maintaining code of conduct and scope of work.</li> </ul>	<ul style="list-style-type: none"> <li>• Apply guidelines related to usage of technical terms to ensure effective communication.</li> <li>• Apply time management skills during daily activities.</li> <li>• Demonstrate the use of reading and writing skills during written communication.</li> <li>• Demonstrate problem solving and decision-making skills in different situations.</li> <li>• Demonstrate skills of teamwork and work prioritization in different team activities.</li> <li>• Apply effective participant-centric approach while delivering services.</li> <li>• Apply the analytical skills to complete the reports with the information gathered from observation, experience, reasoning, or communication.</li> </ul>
<b>Classroom Aids:</b>	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster.	
<b>Tools, Equipment and Other Requirements</b>	
Case studies and demonstrative videos on teamwork, group dynamics	

## Module 10: Professional standards of grooming and conduct

*Mapped to: HSS/N9625*

### Terminal Outcomes:

- Display appropriate professional appearance for the workplace.
- Display helpful behaviour by assisting others in performing tasks in a positive manner, where required and possible.

<b>Duration: 03:00</b>	<b>Duration: 02:00</b>
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Explain the importance of professional appearance: clean uniform, neat and combed hair, polished footwear, well-manicured nails, etc.</li> <li>• Explain about importance of wearing masks and head gear in sensitive areas.</li> <li>• Explain the steps of hand washing.</li> <li>• Consult with and assist others to maximize effectiveness and efficiency in carrying out tasks.</li> <li>• Demonstrate responsible and disciplined behaviour at the workplace.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate hand washing technique.</li> <li>• List various Personal Protective Equipment's (PPE).</li> </ul>
<b>Classroom Aids:</b>	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster.	
<b>Tools, Equipment and Other Requirements</b>	
PPE, Sink, Liquid Soap, Hand washing Poster, Paper Towel	

## Module 11: Safety, emergency medical response and first aid

*Mapped to: HSS/N9624*

### Terminal Outcomes:

- Perform Basic Life Support or basic first aid in medical emergency situations, as and when required.
- Respond to institutional emergencies appropriately.

<b>Duration: 08:00</b>	<b>Duration: 07:00</b>
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Explain the basics of first aid.</li> <li>• List the precautions to be taken for personal safety.</li> <li>• Discuss how to perform Basic Life Support (BLS).</li> <li>• Explain the use of protective devices such as restraints and safety devices.</li> <li>• Identify precautions to be taken for self-safety.</li> <li>• Explain about disaster management techniques to deal with institutional emergencies.</li> <li>• Discuss about the escalation matrix for referral and management of common emergencies.</li> </ul>	<ul style="list-style-type: none"> <li>• Create a chart depicting different types of protective devices such as restraints and safety devices.</li> <li>• Create a flow chart depicting common emergency situations and its referral mechanism.</li> </ul>
<b>Classroom Aids:</b>	
Charts, Models, Video presentation, Flip Chart, Whiteboard/Smart Board, Marker, Duster.	
<b>Tools, Equipment and Other Requirements</b>	
Crash cart trolley, first aid box, CPR nursing manikin, Ambu bag with mask adult, torch, physical restraints, fire extinguisher	

## Module 12: Infection control practices and waste management

Mapped to: HSS/N9623

### Terminal Outcomes:

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

Duration: 04:00 Theory – Key Learning Outcomes	Duration: 04:00 Practical – Key Learning Outcomes
<ul style="list-style-type: none"> <li>• Discuss the concept of disease outbreak, epidemics, and pandemics and their impact on society at large.</li> <li>• Explain the significance of following prescribed rules and guidelines during an epidemic or a pandemic.</li> <li>• Differentiate between self-quarantine and self-isolation and their significance.</li> <li>• Discuss the significance of social distancing and alternate ways of carrying out everyday tasks (use of e-payment gateways/online learning/virtual meetings, etc.) during a pandemic.</li> <li>• Discuss the significance of conforming to basic personal and workplace hygiene practices such as washing hands, using alcohol-based hand sanitizers, examining office supplies/deliveries and their sanitization, etc.</li> <li>• List various surfaces that may serve as potential fomites at workplace.</li> <li>• Identify PPE to be used at workplace and the process of donning, doffing, and discarding them.</li> <li>• Discuss the importance and process of identifying and reporting symptoms to the concerned authorities.</li> <li>• Discuss organizational hygiene and sanitation guidelines and ways of following them and reporting breaches/gaps if any.</li> <li>• Explain the importance and mechanism of proper and safe disposal, transportation, and treatment of waste.</li> </ul>	<ul style="list-style-type: none"> <li>• Show how to sanitize and disinfect one's work area regularly.</li> <li>• Demonstrate the correct way of washing hands using soap and water, and alcohol-based hand rubs.</li> <li>• Display the correct way of donning, doffing and discarding PPE such as face masks, hand gloves, face shields, PPE suits, etc.</li> <li>• Demonstrate appropriate social and behavioural etiquette (greeting and meeting people, spitting/coughing/sneezing, etc.).</li> <li>• Prepare a list of relevant hotline/emergency numbers.</li> <li>• Select different types of waste and various types of colour coded bins/containers used for disposal of waste.</li> </ul>

<ul style="list-style-type: none"> <li>Discuss the ways of dealing with stress and anxiety during a disease outbreak.</li> </ul>	
<b>Classroom Aids:</b>	
Charts, Models, Video presentation, Flip Chart, Whiteboard/Smart Board, Marker, Duster.	
<b>Tools, Equipment and Other Requirements</b>	
Different coded color bins, chart for color coding of bins	

## Module 13: Sanitization and infection control at workplace

Mapped to: HSS/N9623

### Terminal Outcomes:

- Apply self-hygiene and social distancing practices.
- Apply sanitization and infection control policies and procedures at workplace.
- Follow guidelines of biomedical waste disposal system at workplace.

<b>Duration: 03:00</b>	<b>Duration: 04:00</b>
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Distinguish between the ways of sanitizing indoor and outdoor workspaces.</li> <li>• Describe various guidelines for ventilation and air conditioning to be followed.</li> <li>• Discuss the appropriate process of categorization, disposal, transportation, and treatment of waste and its significance.</li> <li>• Explain the importance of incident reporting.</li> <li>• Discuss the ways of risk assessment and management.</li> <li>• Discuss the ways of dealing with stress and anxiety and providing support during an epidemic or a pandemic.</li> </ul>	<ul style="list-style-type: none"> <li>• Create sample Information, Education and Communication (IEC) material such as handouts, visual aids, etc. for raising awareness related to disease outbreak and prevention.</li> </ul>
<b>Classroom Aids:</b>	
Charts, Models, Video presentation, Flip Chart, Whiteboard/Smart Board, Marker, Duster.	
<b>Tools, Equipment and Other Requirements</b>	
E-modules depicting sanitization, infection control and waste disposal practices	



## Module 14: Employability Skills (60 hours)

Mapped to DGT/VSQ/N0102: Employability Skills (60 Hours)

Mandatory Duration: 60:00

Location: On-Site

S.No.	Module Name	Key Learning Outcomes	Duration (hours)
1.	Introduction to Employability Skills	<ul style="list-style-type: none"> <li>Discuss the Employability Skills required for jobs in various industries.</li> <li>List different learning and employability related GOI and private portals and their usage.</li> </ul>	1.5
2.	Constitutional values - Citizenship	<ul style="list-style-type: none"> <li>Explain the constitutional values, including civic rights and duties, citizenship, responsibility towards society and personal values and ethics such as honesty, integrity, caring and respecting others that are required to become a responsible citizen.</li> <li>Show how to practice different environmentally sustainable practices.</li> </ul>	1.5
3.	Becoming a Professional in the 21st Century	<ul style="list-style-type: none"> <li>Discuss importance of relevant 21st century skills.</li> <li>Exhibit 21st century skills like Self-Awareness, Behavior Skills, time management, critical and adaptive thinking, problem-solving, creative thinking, social and cultural awareness, emotional awareness, learning to learn etc. in personal or professional life.</li> <li>Describe the benefits of continuous learning.</li> </ul>	2.5
4.	Basic English Skills	<ul style="list-style-type: none"> <li>Show how to use basic English sentences for every day conversation in different contexts, in person and over the telephone.</li> <li>Read and interpret text written in basic English</li> <li>Write a short note/paragraph / letter/e -mail using basic English.</li> </ul>	10
5.	Career Development & Goal Setting	<ul style="list-style-type: none"> <li>Create a career development plan with well-defined short- and long-term goals.</li> </ul>	2
6.	Communication Skills	<ul style="list-style-type: none"> <li>Demonstrate how to communicate effectively using verbal and nonverbal communication etiquette.</li> <li>Explain the importance of active listening for effective communication.</li> <li>Discuss the significance of working collaboratively with others in a team.</li> </ul>	5
7.	Diversity & Inclusion	<ul style="list-style-type: none"> <li>Demonstrate how to behave, communicate, and conduct oneself appropriately with all genders and PwD.</li> <li>Discuss the significance of escalating sexual harassment issues as per POSH act.</li> </ul>	2.5
8.	Financial and Legal Literacy	<ul style="list-style-type: none"> <li>Outline the importance of selecting the right financial institution, product, and service.</li> <li>Demonstrate how to carry out offline and online financial transactions, safely and securely.</li> <li>List the common components of salary and compute income, expenditure, taxes, investments etc.</li> <li>Discuss the legal rights, laws, and aids.</li> </ul>	5
9.	Essential Digital Skills	<ul style="list-style-type: none"> <li>Describe the role of digital technology in today's life.</li> <li>Demonstrate how to operate digital devices and use the</li> </ul>	10

		<p>associated applications and features, safely and securely.</p> <ul style="list-style-type: none"> <li>• Discuss the significance of displaying responsible online behavior while browsing, using various social media platforms, e-mails, etc., safely and securely.</li> <li>• Create sample word documents, excel sheets and presentations using basic features.</li> <li>• Utilize virtual collaboration tools to work effectively.</li> </ul>	
10.	Entrepreneurship	<ul style="list-style-type: none"> <li>• Explain the types of entrepreneurship and enterprises.</li> <li>• Discuss how to identify opportunities for potential business, sources of funding and associated financial and legal risks with its mitigation plan.</li> <li>• Describe the 4Ps of Marketing-Product, Price, Place and Promotion and apply them as per requirement.</li> <li>• Create a sample business plan, for the selected business opportunity.</li> </ul>	7
11	Customer Service	<ul style="list-style-type: none"> <li>• Describe the significance of analyzing different types and needs of customers.</li> <li>• Explain the significance of identifying customer needs and responding to them in a professional manner.</li> <li>• Discuss the significance of maintaining hygiene and dressing appropriately.</li> </ul>	5
12	Getting Ready for Apprenticeship & Jobs	<ul style="list-style-type: none"> <li>• Create a professional Curriculum Vitae (CV).</li> <li>• Use various offline and online job search sources such as employment exchanges, recruitment agencies, and job portals respectively.</li> <li>• Discuss the significance of maintaining hygiene and confidence during an interview.</li> <li>• Perform a mock interview.</li> <li>• List the steps for searching and registering for apprenticeship opportunities.</li> </ul>	8

**LIST OF TOOLS & EQUIPMENT FOR EMPLOYABILITY SKILLS**

S No.	Name of the Equipment	Quantity
1.	Computer (PC) with latest configurations – and Internet connection with standard operating system and standard word processor and worksheet software (Licensed) (all software should either be latest version or one/two version below)	As required
2.	UPS	As required
3.	Scanner cum Printer	As required
4.	Computer Tables	As required
5.	Computer Chairs	As required
6.	LCD Projector	As required
7.	White Board 1200mm x 900mm	As required

*Note: Above Tools & Equipment not required, if Computer LAB is available in the institute.*

## Trainer Requirements

# Annexure

Trainer Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training Experience		Remarks
		Years	Specialization	Years	Specialization	
Post-Graduation in yoga		2		1		
Graduation in any stream	Diploma/certificate in yoga	2		1		
Diploma in yoga		3		1		

Trainer Certification	
Domain Certification	Platform Certification
Certified for Job Role: "Yoga Wellness Trainer" mapped to QP: "HSS/Q4003 v2.0" with minimum score of 80%.	Recommended that the Trainer is certified for the Job Role: "Trainer", mapped to the Qualification Pack: "MEP/Q2601 v1.0" with minimum score of 80%.

## Assessor Requirements

Assessor Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training/Assessment Experience		Remarks
		Years	Specialization	Years	Specialization	
Post-Graduation in yoga		3		1		
Graduation in any stream	Diploma/certificate in yoga	3		1		
Diploma in yoga		5		1		

Assessor Certification	
Domain Certification	Platform Certification
Certified for Job Role: “Yoga Wellness Trainer” mapped to QP: “HSS/Q4003 v2.0” with minimum score of 80%.	Recommended that the Assessor is certified for the Job Role: “Assessor”, mapped to the Qualification Pack: “MEP/Q2701 v1.0” with minimum score of 80%.

## Assessment Strategy

The emphasis is on 'learning-by-doing' and practical demonstration of skills and knowledge based on the performance criteria. Accordingly, assessment criteria for each job role is set and made available in qualification pack.

The assessment papers for both theory and practical would be developed by Subject Matter Experts (SME) from National Health Authority (NHA) or hired by Healthcare Sector Skill Council or with the HSSC accredited Assessment Agency as per the assessment criteria mentioned in the Qualification Pack. The assessments papers would also be checked for the various outcome-based parameters such as quality, time taken, precision, tools & equipment requirement etc.

Each NOS in the Qualification Pack (QP) is assigned a relative weightage for assessment based on the criticality of the NOS. Therein each Element/Performance Criteria in the NOS is assigned marks on relative importance, criticality of function and training infrastructure.

The following tools would be used for final assessment:

**1. Practical Assessment:** This comprises of a creation of mock environment in the skill lab which is equipped with all equipment required for the qualification pack.

Candidate's soft skills, communication, aptitude, safety consciousness, quality consciousness etc. is ascertained by observation and marked in observation checklist. The outcome is measured against the specified dimensions and standards to gauge the level of their skill achievements.

**2. Viva/Structured Interview:** This tool is used to assess the conceptual understanding and the behavioral aspects with regard to the job role and the specific task at hand. It also includes questions on safety, quality, environment, and equipment etc.

**3. Written Test:** Question paper consisting of 100 MCQs (Hard:40, Medium:30 and Easy: 30) with questions from each element of each NOS. The written assessment paper is comprised of following types of questions:

- i. True / False Statements
- ii. Multiple Choice Questions
- iii. Matching Type Questions.
- iv. Fill in the blanks.
- v. Scenario based Questions.
- vi. Identification Questions

### QA Regarding Assessors:

Assessors are selected as per the "eligibility criteria" laid down by HSSC for assessing each job role. The assessors selected by Assessment Agencies are scrutinized and made to undergo training and introduction to HSSC Assessment Framework, competency based assessments, assessors guide etc. HSSC conducts "Training of Assessors" program from time to time for each job role and sensitize assessors regarding assessment process and strategy which is outlined on following mandatory parameters:

- 1) Guidance regarding NSQF
- 2) Qualification Pack Structure
- 3) Guidance for the assessor to conduct theory, practical and viva assessments
- 4) Guidance for trainees to be given by assessor before the start of the assessments.
- 5) Guidance on assessments process, practical brief with steps of operations practical observation checklist and mark sheet
- 6) Viva guidance for uniformity and consistency across the batch.
- 7) Mock assessments
- 8) Sample question paper and practical demonstration

## References

## Glossary

<b>Sector</b>	Sector is a conglomeration of different business operations having similar business and interests. It may also be defined as a distinct subset of the economy whose components share similar characteristics and interests.
<b>Sub-sector</b>	Sub-sector is derived from a further breakdown based on the characteristics and interests of its components.
<b>Occupation</b>	Occupation is a set of job roles, which perform similar/ related set of functions in an industry.
<b>National Occupational Standards (NOS)</b>	NOS are occupational standards which apply uniquely in the Indian context.
<b>Qualifications Pack (QP)</b>	QP comprises the set of OS, together with the educational, training and other criteria required to perform a job role. A QP is assigned a unique qualifications pack code.
<b>Vikchasana</b>	Vrikshasana or Tree Pose is a balancing asana. It is one of the very few standing poses in medieval hatha yoga and remains popular in modern yoga as exercise.
<b>Trikonasana</b>	Trikonasana or Triangle Pose is a standing asana in modern yoga as exercise.
<b>Anuloma Pranayama</b>	Anuloma Prāṇāyāma is one of several Pranayama or breath exercises used in the practice of Hatha yoga.
<b>Viloma Pranayama</b>	Viloma pranayama is a pranayama breathing technique where inhaling and exhaling is not a continuous process, but one that is interrupted by several pauses.
<b>Navasana</b>	Boat Pose (Navasana) was around long before the yoga world starting talking about core strength and dipping into the Pilates well for new variations on crunches and leg lifts
<b>Bandha</b>	A Bandha is a "body lock" in Hatha Yoga, being a kind of mudra. Maha Bandha ("the great lock") combines all the other three bandhas.
<b>Mudras</b>	Yoga mudras are basically simple hand gestures that activate the flow of energy within the body.



## Acronyms and Abbreviations

NOS	National Occupational Standard(s)
NSQF	National Skills Qualifications Framework
QP	Qualifications Pack
CYP	Common Yoga Protocol
PPE	Personal Protective Equipment
SOP	Standard Operating Procedure
CPR	Cardio Pulmonary Resuscitation