



# Model Curriculum

**QP Name: Introduction to Music Therapy**

**NOS Code: HSS/MCr-0006**

**NOS Version: 1.0**

**NSQF Level: 3**

**Model Curriculum Version: 1.0**

Healthcare Sector Skill Council || Healthcare Sector Skill Council, 520, DLF Tower A, 5th Floor, Jasola  
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## Training Parameters

<b>Sector</b>	Healthcare
<b>Sub-Sector</b>	AYUSH
<b>Occupation</b>	Ayush
<b>Country</b>	India
<b>NSQF Level</b>	3
<b>Aligned to NCO/ISCO/ISIC Code</b>	NCO-2015/NIL
<b>Minimum Educational Qualification and Experience</b>	10 <sup>th</sup> class Or Previous relevant Qualification of NSQF Level 2.5 plus 1-2 years of experience
<b>Pre-Requisite License or Training</b>	
<b>Minimum Job Entry Age</b>	18 Years
<b>Last Reviewed On</b>	30/05/2024
<b>Next Review Date</b>	30/05/2027
<b>NSQC Approval Date</b>	30/05/2024
<b>QP Version</b>	1.0
<b>Model Curriculum Creation Date</b>	30/05/2024
<b>Model Curriculum Valid Up to Date</b>	30/05/2027
<b>Model Curriculum Version</b>	1.0
<b>Minimum Duration of the Course</b>	30 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.

- Basic understanding about Ayush healthcare system.
- Concept of Sharir Rachna and Sharir kriya.
- Understanding the concept of Music Therapy.
- Explain the roles and responsibilities of Music Therapists.
- Understanding the pre-procedure, procedure and post-procedural requirements of Music therapy.
- Understand the benefits of Music therapy as per mechanical, physiological, psychological and reflex effects.
- Prepare the work area to ensure the efficiency and effectiveness of the outcome.
- Basic understanding of self-care according to Music Therapy regime.
- Maintain personal hygiene, grooming, and personal behavior in accordance with the organization's standards.
- Demonstrate the process of maintaining relevant records.

## 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/MCr-0006: Introduction to AYUSH healthcare system	02:00	02:00	00:00	00:00	04:00
HSS/MCr-0006: Basic of Sharira Rachna and Sharira Kriya	03:00	02:00	00:00	00:00	05:00
HSS/MCr-0006: The basic concept of the Therapeutic Application of Music	03:00	04:00	00:00	00:00	07:00
HSS/MCr-0006: Basics of Music Therapy Session	03:00	05:00	00:00	00:00	08:00
HSS/MCr-0006: Mind-Body Connection based on Music Therapy	03:00	03:00	00:00	00:00	06:00
<b>Total Duration</b>	<b>14:00</b>	<b>16:00</b>	<b>00:00</b>	<b>00:00</b>	<b>30:00</b>

## Module Details

### Module 1: Introduction to AYUSH healthcare system

#### Mapped to-HSS/MCr-0006

#### Terminal Outcomes:

- Describe the basic structure and function of AYUSH healthcare delivery system.

<b>Duration:</b> 2 hr	<b>Duration:</b> 2 hr
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>Describe the AYUSH healthcare system in India at the primary, secondary, territory level.</li> <li>Distinguish between private, public, and non-profit AYUSH healthcare systems.</li> <li>List the professionals involved at the healthcare facility along with their scope of work.</li> </ul>	<ul style="list-style-type: none"> <li>Prepare a chart on the AYUSH healthcare delivery system in India</li> </ul>
<b>Classroom Aids:</b>	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, music e-modules	

## Module 2: Basic of Sharira Rachna and Sharira Kriya

### Mapped to-HSS/MCr-0006

#### Terminal Outcomes:

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

<b>Duration:</b> 3 hrs	<b>Duration:</b> 2 hrs
<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 the body's internal environment.</li><li>• Introduction to sensory organs (Eyes, Nose, Ears, Tongue and Skin).</li><li>• Explain the concept of Dosha-Dhatu, Mala.</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: Basic concept of Therapeutic Application of Music

### Mapped to-HSS/MCr-0006

#### Terminal Outcomes:

- Describe body, mind, and soul with the help of music.
- Discuss the importance of Music Therapy.

<b>Duration:</b> 3 hrs	<b>Duration:</b> 4 hrs
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Describe the culture, philosophy, science, customs, ritual and spirituality on the basis of music.</li> <li>• Discuss the significance of Music Therapy.</li> <li>• Understand the concept of different layers or kosha according to Ayurveda</li> <li>• Explain the Annamaya , Pranamaya , Manomaya, Vijnanamaya and Anandamaya kosha</li> <li>• Check the participant requirements and plan the session accordingly.</li> <li>• Discuss the Definition, Schools, Genres of Music; History, and evolution of Indian Music;</li> <li>• Discuss the basic elements or the technical compartments of Indian music – Nada, Shruti, Swara, Raga, Tala, Rasa</li> <li>• Understand about therapeutic application of the Right Indian Raga (Melody) to a particular disease.</li> <li>• Discuss the fundamental concept of cosmos, space, and time of the body, mind, and soul.</li> <li>• Discuss the philosophical concept of Music and aesthetics.</li> <li>• Understand the concept of Mana, Indriya's, and Atma related to music.</li> <li>• Understand the concept of three stages of music -speech, speech -music, and song</li> </ul>	<ul style="list-style-type: none"> <li>• Identify various music instruments in a lab</li> <li>• Apply music-based interventions in a role play</li> </ul>
<b>Classroom Aids:</b>	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, music e-modules	



## Module 4 : Basics of Music Therapy Session

### Mapped to-HSS/MCr-0006

#### Terminal Outcomes:

- Pre procedural, procedural and post procedural requirements of music therapy session.

<b>Duration:</b> 3 Hrs	<b>Duration:</b> 5 hrs
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Introduction to types &amp; techniques of Music Therapy to be applied as per needs.</li> <li>• Discuss about techniques of interview, guiding, mentoring to the client</li> <li>• Apply relevant music therapy based client needs as per concept of Music therapy in Mind and emotions; Mind-body connection</li> <li>• Assess the client for an impact of a session</li> <li>• Understand the importance of follow-up and counseling</li> <li>• Understanding the frequency of the Chakra and matching it with related Rasa and Ragas, Bija mantra, and Swara</li> <li>• Explain the Chakras</li> <li>• Explain the Raga, Bija mantra, and Swara.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate safe work practices.</li> <li>• Demonstrate different genres of Music Therapy.</li> <li>• Demonstrate the compartments of Indian music – Nada, Shruti, Swara, Raga, Tala, Rasa</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>	
Instruments required for different Music therapy.	

## Module 5: Mind-Body Connection based on Music Therapy

### Mapped to-HSS/MCr-0006

#### Terminal Outcomes:

- Describe body, mind, and soul connection with the help of music.
- Discuss the importance of healing with the help of Music Therapy.

<b>Duration:</b> 3 hrs	<b>Duration:</b> 3 hrs
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"><li>• Understand the concept of mechanism of the body, mind, and spirit with music and yoga.</li><li>• Explain the concept of Nadis and chakras.</li><li>• Possess knowledge about different chakras, Bija Mantras.</li><li>• Discuss about Psychology, Neuropsychology, and therapeutic benefits of healing with the music.</li><li>• Explain about healing different disorders with the help of musical notes and related sound.</li></ul>	<ul style="list-style-type: none"><li>• Demonstrate the healing concept with music.</li><li>• Demonstrate different chakras and their associated attributes.</li><li>• Demonstrate different bija mantras.</li></ul>
<b>Classroom Aids:</b>	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, music e-modules	

# Annexure

## Trainer Requirements

Trainer Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training Experience		Remarks
		Years	Specialization	Years	Specialization	
Graduate	Certificate with Diploma in music therapy or relevant experience in music therapy	1				
Class 12 <sup>th</sup> Pass	Certificate with Diploma in music therapy or relevant experience in music therapy	2				

Trainer Certification	
Domain Certification	Platform Certification
Certified for MCr: Introduction to Music Therapy QP: HSS/MCr-0006 with a minimum score of 80%.	Recommended that the Trainer is certified for the Job Role: "Trainer", (VET and Skills)", mapped to the Qualification Pack: "MEP/Q2601,v2.0" with a minimum score of 80%.

## Assessor Requirements

Assessor Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Assessor Experience		Remarks
		Years	Specialization	Years	Specialization	
Graduate	Certificate/ Diploma in music therapy or relevant experience in music therapy	3				
Class 12 <sup>th</sup> Pass	Certificate/ Diploma in music therapy or relevant experience in music therapy	4				
Assessor Certification						
Domain Certification			Platform Certification			
Certified for MCr: Introduction to Music Therapy QP: HSS/MCr-0006 with a minimum score of 80%.			Recommended that the Trainer is certified for the Job Role: "Assessor", (VET and Skills)", mapped to the Qualification Pack: : "MEP/Q2701,v2.0" with a minimum score of 80%.			

## Annexure: Assessment Strategy

This section includes the processes involved in identifying, gathering, and interpreting information to evaluate the Candidate on the required competencies of the program.

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*Mention the detailed assessment strategy in the provided template.*

### <1. Assessment System Overview:

- Batches assigned to the assessment agencies for conducting the assessment on SIP or email
- Assessment agencies send the assessment confirmation to VTP/TC looping SSC
- Assessment agency deploys the ToA certified Assessor for executing the assessment
- SSC monitors the assessment process & records

### 2. Testing Environment:

- Check the Assessment location, date and time
- If the batch size is more than 30, then there should be 2 Assessors.
- Check that the allotted time to the candidates to complete Theory & Practical Assessment is correct.

### 3. Assessment Quality Assurance levels/Framework:

- Question bank is created by the Subject Matter Experts (SME) are verified by the other SME
- Questions are mapped to the specified assessment criteria
- Assessor must be ToA certified & trainer must be ToT Certified

### 4. Types of evidence or evidence-gathering protocol:

- Time-stamped & geotagged reporting of the assessor from the assessment location
- Centre photographs with signboards and scheme-specific branding

### 5. Method of verification or validation:

- Surprise visit to the assessment location

### 6. Method for assessment documentation, archiving, and access

- Hard copies of the documents are stored

## Annexure: Acronym and Glossary

### Acronym

Acronym	Description
AA	Assessment Agency
AB	Awarding Body
NCrF	National Credit Framework
NOS	National Occupational Standard(s)
NQR	National Qualification Register
NSQF	National Skills Qualifications Framework

### Glossary

Term	Description
<b>National Occupational Standards (NOS)</b>	NOS define the measurable performance outcomes required from an individual engaged in a particular task. They list down what an individual performing that task should know and also do.
<b>Qualification</b>	A formal outcome of an assessment and validation process which is obtained when a the competent body determines that an individual has achieved learning outcomes to given standards

<b>Qualification File</b>	A Qualification File (QF) is a template designed to capture necessary information of a Qualification from the perspective of NSQF compliance. The Qualification File will be normally submitted by the awarding body for the qualification.
<b>Sector</b>	A grouping of professional activities on the basis of their main economic function, product, service or technology.
<b>Skill India Digital Hub (SIDH)</b>	Skill India Digital Hub (SIDH) is specially designed and developed to skill, reskill and upskill Indian individuals through an online training platform, API-based trusted skill credentials, payment and discovery layers for jobs and entrepreneurial opportunities
<b>Vocational Training Provider (VTP)</b>	A Vocational Training Provider (VTP) is an organization that offers training in a specific trade or skill.
<b>Training Centre (TC)</b>	A Training Centre (TC) is a training set up where learners undergo skills training related to a specific task or role.