



## QUALIFICATION FILE

### Yoga Trainer-Sports

☒ Short Term Training (STT) ☐ Long Term Training (LTT) ☐ Apprenticeship

☐ Upskilling ☐ Dual/Flexi Qualification ☐ For ToT ☐ For ToA

☒ General ☐ Multi-skill (MS) ☐ Cross Sectoral (CS) ☐ Future Skills ☐ OEM

NCrF/NSQF Level: 4

Submitted By:

Sports, Physical Education, Fitness and Leisure Sector Skill Council (SPEFL-SC)  
207, DLF Galleria Mall, Mayur Vihar Extension, Delhi- 110091

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## Section 1: Basic Details

1.	<b>Qualification Name</b>	Yoga Trainer-Sports																	
2.	<b>Sector/s</b>	Sports																	
3.	<b>Type of Qualification:</b> <input checked="" type="checkbox"/> New <input type="checkbox"/> Revised <input type="checkbox"/> Has Electives/Options <input type="checkbox"/> OEM	<b>NQR Code &amp; version of existing/previous qualification:</b> <i>(change to previous, once approved)</i>	<b>Qualification Name of existing/previous version:</b>																
4.	<b>a. OEM Name</b> <b>b. Qualification Name</b> <i>(Wherever applicable)</i>	NA																	
5.	<b>National Qualification Register (NQR) Code &amp;Version</b> <i>(Will be issued after NSQC approval)</i>	QG-04-SP-00920-2023-V1-SPEFLSC	6. NCrf/NSQF Level: 4																
7.	<b>Award (Certificate/Diploma/Advance Diploma/ Any Other)</b> <i>(Wherever applicable specify multiple entry/exits also &amp; provide details in annexure)</i>	Certificate																	
8.	<b>Brief Description of the Qualification</b>	A yoga trainer is a professional who works with athletes/client to help them improve their physical performance and mental well-being through the practice of basic yoga. The individual, uses yoga to create a positive impact on their performance by reducing stress, improving focus and concentration, and promoting a sense of calm and relaxation.																	
9.	<b>Eligibility Criteria for Entry for Student/Trainee/Learner/Employee</b>	<b>a. Entry Qualification &amp; Relevant Experience:</b> <table border="1"> <thead> <tr> <th>S. No.</th> <th>Academic/Skill Qualification (with Specialization - if applicable)</th> <th>Required Experience (with Specialization - if applicable)</th> </tr> </thead> <tbody> <tr> <td>1.</td> <td>12th Class</td> <td>1 Year of relevant experience</td> </tr> <tr> <td>2.</td> <td>10th Class</td> <td>2 Years of relevant experience</td> </tr> <tr> <td></td> <td>10th grade pass with two years of any combination of NTC/NAC/CITS or equivalent</td> <td></td> </tr> <tr> <td>3.</td> <td>Certificate-NSQF, Level 3- Yoga Assistant-Sports</td> <td>3 Years of relevant experience</td> </tr> </tbody> </table> <b>b. Age: 18</b>			S. No.	Academic/Skill Qualification (with Specialization - if applicable)	Required Experience (with Specialization - if applicable)	1.	12th Class	1 Year of relevant experience	2.	10th Class	2 Years of relevant experience		10th grade pass with two years of any combination of NTC/NAC/CITS or equivalent		3.	Certificate-NSQF, Level 3- Yoga Assistant-Sports	3 Years of relevant experience
S. No.	Academic/Skill Qualification (with Specialization - if applicable)	Required Experience (with Specialization - if applicable)																	
1.	12th Class	1 Year of relevant experience																	
2.	10th Class	2 Years of relevant experience																	
	10th grade pass with two years of any combination of NTC/NAC/CITS or equivalent																		
3.	Certificate-NSQF, Level 3- Yoga Assistant-Sports	3 Years of relevant experience																	
10.	<b>Credits Assigned to this Qualification, Subject to Assessment</b> <i>(as per National Credit Framework (NCrF))</i>	15	11. <b>Common Cost Norm Category (I/II/III)</b> <i>(wherever applicable):</i> NA																

12.	<b>Any Licensing requirements for Undertaking Training on This Qualification</b> (wherever applicable)							
13.	<b>Training Duration by Modes of Training Delivery</b> (Specify <b>Total Duration</b> as per selected training delivery modes and as per requirement of the qualification)	<input checked="" type="checkbox"/> Offline <input type="checkbox"/> Online <input type="checkbox"/> Blended (Refer Blended Learning Annexure for details)						
		<b>Training Delivery Modes</b>	<b>Theory (Hours)</b>	<b>Practical (Hours)</b>	<b>OJT Man. (Hours)</b>	<b>OJT Rec. (Hours)</b>	<b>ES (Hours)</b>	<b>Total (Hours)</b>
		Classroom (offline)	90	210	90	-	60	450
		Online						
14.	<b>Aligned to NCO/ISCO Code/s</b> (if no code is available mention the same)	NCO-2015/3423.0204						
15.	<b>Progression path after attaining the qualification</b> (Please show Professional and Academic progression)	Level-5 (Vertical)- Yoga Instructor-Sports						
16.	<b>Other Indian languages in which the Qualification &amp; Model Curriculum are being submitted</b>	Hindi						
17.	<b>Is similar Qualification(s) available on NQR-if yes, justification for this qualification</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No URLs of similar Qualifications:						
18.	<b>Is the Job Role Amenable to Persons with Disability</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No If "Yes", specify applicable type of Disability:						
19.	<b>How Participation of Women will be Encouraged</b>	Encouraging the participation of women in the Yoga Trainer-Sports job role can be achieved through several strategies aimed at creating an inclusive and welcoming environment. Here are some ways to promote and support the participation of women as yoga trainer: <ol style="list-style-type: none"> <li>1. Actively reach out to women's clubs, yoga studios, fitness centres, sports academies, local communities to promote the yoga trainer job role. Participate in career fairs, networking events, and sports clubs to engage with potential candidates.</li> <li>2. Offer training and development programs specifically designed to enhance the skills and knowledge required for the yoga trainer role. Provide equal opportunities for women to participate in these programs, ensuring they have the necessary expertise to excel in the position.</li> <li>3. Establish mentorship programs that pair aspiring female yoga trainer with experienced professionals who can provide guidance, support, and career advice. Highlight successful women who have excelled in the field as role models and showcase their achievements to inspire and motivate others.</li> </ol>						

		4. Collaborate with organizations that promote women's empowerment and gender equality in sports. Seek sponsorship and funding to support initiatives aimed at encouraging women's participation as yoga trainer, such as scholarships or mentorship programs.	
20.	<b>Are Greening/ Environment Sustainability Aspects Covered</b> ( <i>Specify the NOS/Module which covers it</i> )	<input checked="" type="checkbox"/> <b>Yes</b> <input type="checkbox"/> <b>No</b>	
21.	<b>Is Qualification Suitable to be Offered in Schools/Colleges</b>	Schools <input checked="" type="checkbox"/> <b>Yes</b> <input type="checkbox"/> <b>No</b> Colleges <input checked="" type="checkbox"/> <b>Yes</b> <input type="checkbox"/> <b>No</b>	
22.	<b>Name and Contact Details of Submitting / Awarding Body SPOC</b> ( <i>In case of CS or MS, provide details of both Lead AB &amp; Supporting ABs</i> )	<b>Name:</b> Priya Dwivedi <b>Email:</b> Priya.dwivedi@sportsskills.in <b>Contact No.:</b> 011-47563351 <b>Website:</b> www.sportsskills.in	
23.	<b>Final Approval Date by NSQC:</b> 31/08/2023	<b>24. Validity Duration:</b> 3 Years	<b>25. Next Review Date:</b> 31/08/2026

## Section 2: Module Summary

## NOS/s of Qualifications

*(In exceptional cases these could be described as components)*

SPF/N1183: Develop basic yoga program for athletes/client

SPF/N1184: Deliver a variety of yoga sessions

SPF/N1185: Monitor and evaluate yoga program

SPF/N1186: Maintain safety standards at yoga studio/centre

SPF/N1169: Improve workplace resource usage

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

## Mandatory NOS/s:

Specify the training duration and assessment criteria at NOS/ Module level. For further details refer to the curriculum document.

**Th.**-Theory **Pr.**-Practical **OJT**-On the Job **Man.**-Mandatory Training **Rec.**-Recommended **Proj.**-Project

S. No	NOS/Module Name	NOS/Module Code & Version (if applicable)	Core/ Non-Core	NCrF/NSQF Level	Credits as per NCrF	Training Duration (Hours)					Assessment Marks					
						Th.	Pr.	OJT-Man.	OJT-Rec.	Total	Th.	Pr.	Proj.	Viva	Total	Weightage (%) (if applicable)
1.	Develop basic yoga program for athletes/client	SPF/N1183, v1.0	Core	4	2	15	45		-	60	15	35			50	12
2.	Deliver a variety of yoga sessions	SPF/N1184, v1.0	Core	4	4	30	60	30	-	120	26	74			100	26
3.	Monitor and evaluate yoga program	SPF/N1185, v1.0	Core	4	3.5	30	30	45	-	105	36	64			100	26
4.	Maintain safety standards at yoga studio/centre	SPF/N1186, v1.0	Core	4	2.5	05	55	15	-	75	14	36			50	12
5.	Improve workplace resource usage	SPF/N1169, v1.0	Non-core	3	1	10	20	-	-	30	20	30			50	12
6.	Employability Skills (60 Hours)	DGT/VSQ/N0102, v1.0	Non-core	4	2	30	30	-	-	60	20	30			50	12
<b>Duration (in Hours) / Total Marks</b>				4	15	120	240	90		450	131	269			400	100

## Assessment - Minimum Qualifying Percentage

Please specify **any one** of the following:

**Minimum Pass Percentage – Aggregate at qualification level: 70 %** (Every Trainee should score specified minimum aggregate passing percentage at qualification level to successfully clear the assessment.)

**Minimum Pass Percentage – NOS/Module-wise: 70 %** (Every Trainee should score specified minimum passing percentage in each mandatory and selected elective NOS/Module to successfully clear the assessment.)

#### Section 3: Training Related

1.	<b>Trainer's Qualification and experience in the relevant sector (in years)</b> (as per NCVET guidelines)	12th Class with specialization in yoga with 1 years of academic/industry experience and 1 year of training experience.
2.	<b>Master Trainer's Qualification and experience in the relevant sector (in years)</b> (as per NCVET guidelines)	12th Class with specialization in yoga with 2 years of academic/industry experience and 2 years of training experience.
3.	<b>Tools and Equipment Required for Training</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No (If "Yes", details to be provided in Annexure)
4.	<b>In Case of Revised Qualification, Details of Any Upskilling Required for Trainer</b>	NA

#### Section 4: Assessment Related

1.	<b>Assessor's Qualification and experience in relevant sector (in years)</b> (as per NCVET guidelines)	12th Class with specialization in yoga with 2 years of academic/industry experience and 2 years of training experience.
2.	<b>Proctor's Qualification and experience in relevant sector (in years)</b> (as per NCVET guidelines)	
3.	<b>Lead Assessor's/Proctor's Qualification and experience in relevant sector (in years)</b> (as per NCVET guidelines)	
4.	<b>Assessment Mode</b> (Specify the assessment mode)	<b>Theoretical and Practical Assessment</b>
5.	<b>Tools and Equipment Required for Assessment</b>	<input checked="" type="checkbox"/> Same as for training <input type="checkbox"/> Yes <input type="checkbox"/> No (details to be provided in Annexure-if it is different for Assessment)

## Section 5: Evidence of the need for the Qualification

Provide Annexure/Supporting documents name.

1.	<b>Latest Skill Gap Study (not older than 2 years) (Yes/No):</b> Work in Progress
2.	<b>Latest Market Research Reports or any other source (not older than 2 years) (Yes/No):</b>
3.	<b>Government /Industry initiatives/ requirement (Yes/No):</b> Yes
4.	<b>Number of Industry validation provided:</b> 30
5.	<b>Estimated nos. of persons to be trained and employed:</b> 200 in three years
6.	<b>Evidence of Concurrence/Consultation with Line Ministry/State Departments:</b> If "No", why: SPEFL-SC submitted the qualification for the line ministry concurrence.

## Section 6: Annexure &amp; Supporting Documents Check List

Specify Annexure Name / Supporting document file name

1.	<b>Annexure:</b> NCrf/NSQF level justification based on NCrf level/NSQF descriptors <i>(Mandatory)</i>	Yes
2.	<b>Annexure:</b> List of tools and equipment relevant for qualification <i>(Mandatory, except in case of online course)</i>	Yes
3.	<b>Annexure:</b> Detailed Assessment Criteria <i>(Mandatory)</i>	Yes
4.	<b>Annexure:</b> Assessment Strategy <i>(Mandatory)</i>	Yes
5.	<b>Annexure:</b> Blended Learning <i>(Mandatory, in case selected Mode of delivery is "Blended Learning")</i>	-
6.	<b>Annexure:</b> Multiple Entry-Exit Details <i>(Mandatory, in case qualification has multiple Entry-Exit)</i>	-
7.	<b>Annexure:</b> Acronym and Glossary <i>(Optional)</i>	Yes
8.	<b>Supporting Document:</b> Model Curriculum <i>(Mandatory – Public view)</i>	Yes
9.	<b>Supporting Document:</b> Career Progression <i>(Mandatory - Public view)</i>	Yes
10.	<b>Supporting Document:</b> Occupational Map <i>(Mandatory)</i>	Yes
11.	<b>Supporting Document:</b> Assessment SOP <i>(Mandatory)</i>	Yes
12.	<b>Any other document you wish to submit:</b>	



## Annexure: Evidence of Level

NCrF/NSQF Level Descriptors	Key requirements of the job role/ outcome of the qualification	How the job role/ outcomes relate to the NCrF/NSQF level descriptor	NCrF/NSQF Level
<b>Professional Theoretical Knowledge/Process</b>	The Yoga Trainer must be able to adopt different styles and approaches to yoga practice. He/She should also know the principles of goal setting and how to apply them to yoga sessions	The job requires well-developed skills, with clear choice of procedures in familiar context which involves the inspection and assistance to the clients. The yoga trainer requires knowledge, skills and aptitudes that are needed to carry out fitness sessions and maintain health and safety standards to prevent the issues that may arise due to negligence and health issues of the clients. Yoga trainer must be able to make choices about the best procedures to address problems.	4

<b>Professional and Technical Skills/ Expertise/ Professional Knowledge</b>	The Yoga Trainer should be able to identify the needs and preferences of the athletes/client by considering their individual goals, areas for improvement, and any specific challenges they may be facing. They should also be able to adjust the session plan based on the athlete/client progress and feedback from previous training sessions	The Yoga Trainer must have knowledge of facts, principles, processes and general concepts, in a field of work or study. The yoga trainer is responsible for completion of their own work and expected to learn and improve their performance on the job. They will require well-developed practical and cognitive skills to complete their work such as creating training schedules based on the age, abilities and skill levels of the clients. They may also have some responsibility for others' work and learning like those of the clients and sometimes the PATs who might be assisting them.	4
<b>Employment Readiness &amp; Entrepreneurship Skills &amp; Mind-set/Professional Skill</b>	<ol style="list-style-type: none"> <li>1. speak with others using some basic English phrases or sentences.</li> <li>2. follow good manners while communicating with others</li> <li>3. communicate and behave appropriately with all genders and PwD</li> <li>4. calculate income, expenses, savings etc.</li> <li>use internet and social media platforms securely and safely</li> <li>5. identify customer needs and address them appropriately</li> </ol>	Recall and demonstrate practical skill, routine and repetitive in a narrow range of application, using appropriate tools.	4

<b>Broad Learning Outcomes/Core Skill</b>	A yoga trainer should be able to identify information to be collected to design a yoga program for athletes/client. They also plan to make a yoga session effective and injury free	Desired mathematical skill; understanding of social, political; and some skill of collecting and organising information, communication. S/he must be able to communicate and demonstrate the previous knowledge and skills in the occupation, and know the application of facts, principles, processes and general concepts in the occupation. They are expected to conduct themselves in ways which show an understanding of the social and political environment.	4
<b>Responsibility</b>	The yoga trainer must be able to oversee the coordination and supervision of the activities of the assistants. They should proactively manage daily workflow at the yoga studio and make a yoga training session productive and hassle free by keeping all the safety checks and other fundamentals into consideration.	Responsibility for own work and learning and some responsibility for others' works and learning. They are expected to understand the quality of the work that needs to be delivered. They are expected to operate hygienically and demonstrate an understanding of environmental issues. They will take account of health and safety issues as they affect the work they carry out or supervise.	4

## Annexure: Tools and Equipment (Lab Set-Up)

List of Tools and Equipment

Batch Size: 30

S. No.	Tool / Equipment Name	Specification	Quantity for specified Batch size
1	Yoga Mats	Standard	30
2	Yoga Blocks	Standard	30
3	Straps or Bolsters	Standard	30
4	Medicine Ball	Standard	2
5	Swiss Ball	Standard	2
6	Alcohol based sanitizer	Hand sanitizer, disinfecting wipes	1 litre
7	Surface disinfectant	Standard	1 Litre
8	First aid kit	Basic essentials	1 box
9	Gloves	Non-slip, breathable	30
10	Safety goggles	Impact-resistant	30
11	Ladder	Portable, adjustable	1

## Classroom Aids

The aids required to conduct sessions in the classroom are:

1. Laptop
2. Whiteboard
3. Marker
4. Projector
5. Chart paper
6. Clipboards
7. Height & Weight chart

## Annexure: Industry Validations Summary

Provide the summary information of all the industry validations in table. This is not required for OEM qualifications.

S. No	Organization Name	Representative Name	Designation	Contact Address	Contact Phone No	E-mail ID	LinkedIn Profile (if available)
1	Xtreme Fitness	Prakash Pujari	Managing partner	Karnataka	9886201037	xtremefitnesshubli.prakash@gmail.com	
2	Golds Gym	Dishant Dutt	Manager	Uttar Pradesh	9899430264	dishantdutt090@gmail.com	
3	ELITE FITNESS	Sandeep	Owner	Karnataka	98455-52624	sandeep_4543@yahoo.co.in	
4	Ian Fitness	Srinivas Priyanka	Manager	Karnataka	9739100962	Srinivas.priyanka@ianfitnessventure.com	

5	ZABT Fitness Club	Vikram	Manager	Karnataka	8762883999	infor@zabtfitness.com
6	ZUESE Fitness Club	Adithya Pai	Manager	Karnataka	9164973777	info@zuesefitness.in
7	Absolute Fitness	Hari Prakash	Manager	Tamil Nadu	9150418332	hariprakashdb@gmail.com
8	Aesthetic Fitness	Ajilan H	Manager	Karnataka	7411847765	astheticfitness@gmail.com
9	Anis Gym	Imran Daroji	Manager	Karnataka	8951714318	aneeschampion@gmail.com
10	Anis Gym	Anis Ahmed	Manager	Karnataka	9986141522	aneeschampion@gmail.com
11	Anytime Fitness	Mukesh Samal	Manager	Delhi	7838640414	malviyanagar.delhi@anytimefitness.in
12	Fit Map	Satish	Manager	Telangana	081213 30777	regionalmanager@fitmap.in
13	Fast Fitness	Amal Kumar roy	Owner	West Bengal	9831234454	sales@fastfitnessindia.com
14	Fitness Zone	Yogbal Anima	Manager	Tamil Nadu	99523 23339	Yogbal88.fitnesszones@gmail.com
15	GM Group of companies	Charles Raj	General Manager	Punjab	98761-01067	Charles@gurumann.com
16	Grit Fitness	Pompy Rao	Owner	Kolkata	9831883716	gritfitnesskolkata@gmail.com
17	Groundsport Fitness	Royster Dsouza	Manager	Karnataka	81054 22 007	info.groundsport@gmail.com
18	Health dot com	Saranraj N	Manager	Tamil Nadu	094424 37327	info@healthdotcom.in
19	IBIS Educational services	Sandheep R Menon	Executive Director Compliance	kerala	9656078888	sandheep.r.menon@gmail.com
20	Kahlian Technology PVT.ltd.	Kumari Manorma	HR head	Maharashtra	7715800004	help@skilladvisor.in
21	New Karisidheshwar gym	Maltesh Kurubar	Manager	Karnataka	9901129869	mddilshad9806@gmail.com
22	Mettle The Gym	Bharat Kumar	Manager	Telangana	9030555533	mettlethegym@gmail.com
23	My choice Gym-Fitness centre	Mohammed saleem gaur	Manager	Karnataka	9480073559	aneeschampion@gmail.com
24	Nuclear Fitness	Pawan Kumar	Manager	Karnataka	8212565786	nuclear.fitness@gmail.com
25	O2 Gym	Harsha	Manager	Telangana	7287020202	myo2gym@gmail.com
26	Physique Gym	Yunus Jamadar	Manager	Karnataka	9620057340	Gym-vijaykumersh1993@gmail.com
27	Politechno	Aniruddh tiwari	Director	Maharashtra	9819482231	aniruddh@politechno.in
28	Pulse 8 Elite	David	Functional Trainer	Hyderabad	7032936695	pulse8gym@gmail.com
29	New Siddheshwar Gym	Sadanand G	Manager	Karnataka	7975930627	Gym-vivansahil13@gmail.com
30	Shri Sai Gym	Vinod Jadhav	Manager	Karnataka	9611110899	sudip.79das2014@gmail.com
31	Steel Gym	Kunal	Trainer	Telangana	9542999999	info.steelgym@gmail.com
32	Fit Villa Center Pvt. Ltd.	Apurva Gaurav	Administrator	Uttar Pradesh	7503677206	fitvillafitness@gmail.com

33	Fitness Mandi	Shabishta Ansari	Fitness Center Head	Uttar Pradesh	8882686122	info@fitnessmandi.com
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**Annexure: Training & Employment Details**  
**Training and Employment Projections:**

Year	Total Candidates		Women		People with Disability	
	Estimated Training #	Estimated Employment Opportunities	Estimated Training #	Estimated Employment Opportunities	Estimated Training #	Estimated Employment Opportunities
1	50	50	10	10	-	-
2	75	75	15	15	-	-
3	75	75	15	15	-	-

*Data to be provided year-wise for next 3 years*

**Training, Assessment, Certification, and Placement Data for previous versions of qualifications:**

Qualification Version	Year	Total Candidates				Women				People with Disability			
		Trained	Assessed	Certified	Placed	Trained	Assessed	Certified	Placed	Trained	Assessed	Certified	Placed

*Applicable for revised qualifications only, data to be provided year-wise for past 3 years.*

**List Schemes in which the previous version of Qualification was implemented:**

- 1.
- 2.

**Content availability for previous versions of qualifications:**

☐ Participant Handbook ☐ Facilitator Guide ☐ Digital Content ☐ Qualification Handbook ☐ Any Other:

**Languages in which Content is available:**

## Annexure: Blended Learning

**Blended Learning Estimated Ratio & Recommended Tools:**

**Refer NCVET “Guidelines for Blended Learning for Vocational Education, Training & Skilling” available on:**

<https://ncvet.gov.in/sites/default/files/Guidelines%20for%20Blended%20Learning%20for%20Vocational%20Education,%20Training%20&%20Skilling.pdf>

S. No.	Select the Components of the Qualification	List Recommended Tools – for all Selected Components	Offline : Online Ratio
1	<input type="checkbox"/> Theory/ Lectures - Imparting theoretical and conceptual knowledge		
2	<input type="checkbox"/> Imparting Soft Skills, Life Skills, and Employability Skills /Mentorship to Learners		
3	<input type="checkbox"/> Showing Practical Demonstrations to the learners		
4	<input type="checkbox"/> Imparting Practical Hands-on Skills/ Lab Work/ workshop/ shop floor training		
5	<input type="checkbox"/> Tutorials/ Assignments/ Drill/ Practice		
6	<input type="checkbox"/> Proctored Monitoring/ Assessment/ Evaluation/ Examinations		
7	<input type="checkbox"/> On the Job Training (OJT)/ Project Work Internship/ Apprenticeship Training		

## Annexure: Detailed Assessment Criteria

Detailed assessment criteria for each NOS/Module are as follows:

**SPF/N1183: Develop basic yoga program for athletes/client**

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<b><i>Determine the objectives of athletes/client</i></b>	<b>5</b>	<b>14</b>	<b>-</b>	<b>-</b>
PC1. identify the specific goal or purpose of the yoga session, such as improving flexibility, enhancing strength and balance, or promoting relaxation and stress reduction	1	3	-	-

PC2. identify the needs and preferences of the athlete/client by considering their individual goals, areas for improvement, and any specific challenges they may be facing	1	3	-	-
PC3. align the objective with the overall training or performance goals of the athlete/client	1	3	-	-
PC4. consider any specific requirements or considerations related to the athletes'/client sports activities/general activities or upcoming competitions	1	3	-	-
PC5. ensure that the objective is realistic and attainable within the given time frame of the yoga session	1	2	-	-
<b><i>Prepare athletes/client for the yoga program</i></b>	<b>10</b>	<b>21</b>	<b>-</b>	<b>-</b>
PC6. provide guidance on the appropriate attire for yoga sessions, emphasizing comfort, flexibility, and freedom of movement	1	3	-	-
PC7. identify any concerns or questions athletes/client may have about incorporating yoga into their training routine	1	3	-	-
PC8. instruct athletes/client to arrive at the yoga session well-hydrated and properly fueled, considering their nutritional needs and timing	1	3	-	-
PC9. inform athletes/client about the potential physical sensations they may experience during yoga, such as stretching sensations or muscle fatigue	1	3	-	-
PC10. identify athletes'/client medical history and any existing injuries or health conditions	2	3	-	-
PC11. review the yoga session plan with the yoga assistant, if available and delegate specific tasks to them	2	3	-	-
PC12. adjust the session plan based on the athletes'/client progress and feedback from previous training sessions	2	3	-	-
NOS Total	15	35	-	-

**SPF/N1184: Deliver a variety of yoga sessions**

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<b><i>Teach basics of yoga poses to the athletes/client</i></b>	<b>10</b>	<b>30</b>	<b>-</b>	<b>-</b>
PC1. carry out effective warm up, stretching and cool down exercises	1	3	-	-



PC2. demonstrate and teach basics of yoga poses and sequences	1	3	-	-
PC3. demonstrate and teach athletes the proper alignment, technique, and modifications for various yoga poses	1	3	-	-
PC4. provide clear and concise verbal cues during the yoga session	1	3	-	-
PC5. provide clear and concise instructions on how to enter and exit poses safely and effectively	1	3	-	-
PC6. teach yoga poses to accommodate different fitness levels and individual needs	1	3	-	-
PC7. use the appropriate methods of instruction	1	3	-	-
PC8. ensure the usage of props and equipment, such as yoga blocks, straps, or bolsters, to support athletes in their practice	1	3	-	-
PC9. guide athletes/client in finding their balance and stability while performing the yoga poses	1	3	-	-
PC10. carry out dynamic and static stretching exercises within yoga poses to improve flexibility	1	3	-	-
<b><i>Teach basic of breathing techniques to the athletes/client</i></b>	<b>9</b>	<b>27</b>	<b>-</b>	<b>-</b>
PC11. teach athletes/client the concept of breath awareness and its importance	1	3	-	-
PC12. teach techniques to establish a connection between breath and various aspects of physical and mental well-being	1	3	-	-
PC13. teach the diaphragmatic breathing technique to deepen their breath and increase lung capacity	1	3	-	-
PC14. guide in finding a comfortable and relaxed posture for breathwork exercise	1	3	-	-
PC15. demonstrate the process of inhaling deeply through the nose and exhaling fully through the mouth	1	3	-	-
PC16. teach the importance of slow and controlled breathing to promote relaxation and focus	1	3	-	-
PC17. demonstrate breathwork for specific sports movements or techniques	1	3	-	-

PC18. guide to incorporate breath awareness during dynamic movements and high-intensity training	1	3	-	-
PC19. teach athletes/client to use breath as a way of regulating energy level	1	3	-	-
<b>Teach basic of meditation to the athletes/client</b>	<b>4</b>	<b>9</b>	<b>-</b>	<b>-</b>
PC20. introduce the concept and benefits of meditation for sports performance	1	3	-	-
PC21. provide guidance on finding a quiet and comfortable space for meditation	1	3	-	-
PC22. carry out meditation techniques to enhance focus, mental clarity, and emotional well-being for optimal sports performance	1	3	-	-
PC23. identify goal-setting exercises and visualization techniques into meditation	1	-	-	-
<b>Work effectively with others</b>	<b>3</b>	<b>8</b>	<b>-</b>	<b>-</b>
PC24. interact (verbal, non-verbal and written) in a gender, disability, and culturally sensitive manner	1	3	-	-
PC25. promote a safe and interactive environment	1	3	-	-
PC26. identify and report inappropriate behaviour (e.g. sexual harassment) to appropriate authority	1	2	-	-
NOS Total	26	74	-	-

### SPF/N1185: Monitor athlete/client and evaluate yoga program

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<b>Monitor athletes/client while practicing yoga</b>	<b>26</b>	<b>49</b>	<b>-</b>	<b>-</b>
PC1. identify the athletes'/client alignment and posture during yoga poses	2	4	-	-
PC2. identify the ability of athletes/client to perform stretches and yoga poses				

	2	4	-	-
PC3. pay attention to the breathing patterns to ensure they are maintaining a steady and controlled breath throughout the session	2	4	-	-
PC4. monitor level of engagement and focus	2	4	-	-
PC5. identify the signs of fatigue or physical discomfort	2	4	-	-
PC6. identify the overall sense of well-being and satisfaction	2	4	-	-
PC7. identify the range of motion of athletes/client	2	4	-	-
PC8. foster a sense of body-mind connection to enhance their overall yoga experience	2	4	-	-
PC9. identify athletes'/client muscular strength and endurance in relation to yoga poses	2	4	-	-
PC10. ensure that the athletes'/client stabilize and engage the appropriate muscles during poses	2	4	-	-
PC11. identify the concerns or questions athletes/client may have about incorporating yoga into their training routine	2	3	-	-
PC12. provide guidance on the appropriate attire for yoga sessions, emphasizing comfort, flexibility, and freedom of movement	2	3	-	-
PC13. ensure that the athletes/client remain well-hydrated	2	3	-	-
<b>Evaluate the yoga program</b>	10	15	-	-
PC14. identify, from the feedback provided, how well your instructing style matched athletes'/client needs	2	3	-	-
PC15. discuss your ideas with other professionals and consider their views	2	3	-	-
PC16. reflect on your own professional practice and modify, if required	2	3	-	-
PC17. identify methods and sources to keep you up to date with developments in yoga methods	2	3	-	-
PC18. develop a personal action plan that will help you improve your professional practice	2	3	-	-
NOS Total	36	64	-	-

**SPF/N1186: Maintain safety standards at yoga studio/centre**

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<b><i>Assess the yoga studio/centre environment</i></b>	<b>4</b>	<b>12</b>	-	-
PC1. evaluate the studio space, including flooring, equipment, and props, for potential safety hazards or risks	1	3	-	-
PC2. assess the suitability of the studio environment for a yoga session	1	3	-	-
PC3. analyze the suitability of the studio's space in terms of size, ventilation, and accessibility	1	3	-	-
PC4. evaluate the lighting conditions in the yoga studio/center, ensuring that it is adequate for athletes/client to perform poses safely	1	3	-	-
<b><i>Implement safety protocols</i></b>	<b>2</b>	<b>6</b>	-	-
PC5. implement safety protocols and guidelines specific to yoga practices	1	3	-	-
PC6. establish clear procedures for warm-up, cool-down, and modifications to ensure the safety	1	3	-	-
<b><i>Inspect yoga props and equipment</i></b>	<b>4</b>	<b>9</b>	-	-
PC7. assess the condition of equipment and props used during sports-focused yoga sessions, such as yoga mats, blocks, straps, and bolsters	1	3	-	-
PC8. assess the storage areas and equipment organization within the yoga studio/center	1	2	-	-
PC9. ensure that equipment, props, and accessories are properly stored, labelled, and easily accessible	1	2	-	-
PC10. identify the maintenance and repair needs	1	2	-	-
<b><i>Prepare for an emergency situation</i></b>	<b>4</b>	<b>9</b>	-	-
PC11. develop and implement emergency preparedness plans	2	5	-	-

PC12. establish procedures for handling injuries, medical emergencies, or other unforeseen circumstances that may arise during yoga session	1	2	-	-
PC13. ensure to share safety tips and reminders through signage, pre-session briefings, and educational materials	1	2	-	-
NOS Total	14	36	-	-

### SPF/N1169: Improve workplace resource usage

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<b>conservation procedures for materials</b>	4	12	-	-
PC1. determine ways to optimize usage of material including water in various tasks/activities/processes	1	3	-	-
PC2. examine various tasks/activities/processes for spills/leaks	1	3	-	-
PC3. eliminate spills/leaks and escalate to appropriate authorities if they cannot be corrected	1	3	-	-
PC4. conduct routine cleaning of tools, machines, and equipment	1	3	-	-
<b>power conservation practices</b>	8	10	-	-
PC5. determine ways to optimize usage of electricity/energy in various tasks/activities/processes	2	3	-	-
PC6. ensure if the equipment/machine is functioning normally before commencing work and rectify wherever required	2	2	-	-
PC7. report equipment malfunctions (fumes/sparks/emission/vibration/noise) and lapses in maintenance	2	2	-	-
PC8. ensure that all electrical equipment and appliances are correctly connected and turned off when not in use	2	2	-	-
<b>waste management/recycling procedures</b>	8	8	-	-
PC9. determine recyclable and non-recyclable, and hazardous waste generated	2	2	-	-
PC10. separate waste into different categories	2	2	-	-

PC11. discard non-recyclable waste appropriately	2	2	-	-
PC12. store recyclable and reusable materials in a designated spot	2	2	-	-
Total Marks	20	30	-	-

**DGT/VSQ/N0102: Employability Skills (60 Hours)**

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<b>Introduction to Employability Skills</b>	1	1		
PC1. understand the significance of employability skills in meeting the job requirements	-	-	-	-
PC2. identify and explore learning and employability portals				
<b>Constitutional values – Citizenship</b>	1	1	-	-
PC3. identify constitutional values, civic rights, duties, personal values and ethics and environmentally sustainable practices	-	-	-	-
PC4. follow environmentally sustainable practices				
<b>Becoming a Professional in the 21st Century</b>	2	4	-	-
PC5. recognize the significance of 21st Century Skills for employment				
PC6. explain 21st Century Skills such as Self Awareness, Behavior Skills, Positive attitude, self-motivation, problem-solving, creative thinking, time management, social and cultural awareness, emotional awareness, continuous learning mindset etc	-	-	-	-
<b>Basic English Skills</b>	2	3	-	-
PC7. use basic English for everyday conversation in different contexts, in person and over the telephone				
PC8. read and understand routine information, notes, instructions, mails, letters etc. written in English				
PC9. write short messages, notes, letters, e-mails etc. in English	-	-	-	-

<b><i>Career Development &amp; Goal Setting</i></b>	1	2		
PC10. understand the difference between job and career				
PC11. prepare a career development plan with short- and long-term goals, based on aptitude				
<b><i>Communication Skills</i></b>	2	2		
PC12. follow verbal and non-verbal communication etiquette and active listening techniques in various settings	-	-		
PC13. work collaboratively with others in a team	-	-	-	-
<b><i>Diversity &amp; Inclusion</i></b>	1	2	-	-
PC14. communicate and behave appropriately with all genders and PwD	-	-	-	-
PC15. communicate and behave appropriately with all genders and PwD	-	-	-	-
<b><i>Financial and Legal Literacy</i></b>	2	3		
PC16. select financial institutions, products and services as per requirement	-	-	-	-
PC17. carry out offline and online financial transactions, safely and securely	-	-		
PC18. identify common components of salary and compute income, expenses, taxes, investments etc	-	-		
PC19. identify relevant rights and laws and use legal aids to fight against legal exploitation				
<b><i>Essential Digital Skills</i></b>	3	4		
PC20. operate digital devices and carry out basic internet operations securely and safely	-	-		
PC21. use e- mail and social media platforms and virtual collaboration tools to work effectively	-	-		

PC22. use basic features of word processor, spreadsheets, and presentations				
<b>Entrepreneurship</b>	2	3		
PC23. identify different types of Entrepreneurship and Enterprises and assess opportunities for potential business through research	-	-		
PC24. develop a business plan and a work model, considering the 4Ps of Marketing Product, Price, Place and Promotion	-	-		
PC25. identify sources of funding, anticipate, and mitigate any financial/ legal hurdles for the potential business opportunity				
<b>Customer Service</b>	1	2		
PC26. identify different types of customers	-	-		
PC27. identify and respond to customer requests and needs in a professional manner.	-	-		
PC28. follow appropriate hygiene and grooming standards	-	-		
<b>Getting ready for apprenticeship &amp; Jobs</b>	2	3		
PC29. create a professional Curriculum vitae (Résumé)	-	-		
PC30. search for suitable jobs using reliable offline and online sources such as Employment exchange, recruitment agencies, newspapers etc. and job portals, respectively	-	-		
PC31. apply to identified job openings using offline /online methods as per requirement	-	-		
PC32. answer questions politely, with clarity and confidence, during recruitment and selection				
PC33. identify apprenticeship opportunities and register for it as per guidelines and requirements				
<b>NOS TOTAL</b>	20	30	-	-



## 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.

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

## &lt;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 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

**On the Job:**

1. Each module (which covers the job profile of Automotive Service Assistant Technician) will be assessed separately.
2. The candidate must score 60% in each module to successfully complete the OJT.
3. Tools of Assessment that will be used for assessing whether the candidate is having desired skills and etiquette of dealing with customers, understanding needs & requirements, assessing the customer and perform Soft Skills effectively:
  - Videos of Trainees during OJT
  -
4. Assessment of each Module will ensure that the candidate is able to:
  - Effective engagement with the customers
  - Understand the working of various tools and equipment

## Annexure: Acronym and Glossary

## Acronym

Acronym	Description
<b>AA</b>	Assessment Agency
<b>AB</b>	Awarding Body
<b>ISCO</b>	International Standard Classification of Occupations
<b>NCO</b>	National Classification of Occupations
<b>NCrF</b>	National Credit Framework
<b>NOS</b>	National Occupational Standard(s)
<b>NQR</b>	National Qualification Register
<b>NSQF</b>	National Skills Qualifications Framework
<b>OJT</b>	On the Job Training

## 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 competent body determines that an individual has achieved learning outcomes to given standards
<b>Qualification File</b>	A Qualification File 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>Long Term Training</b>	Long-term skilling means any vocational training program undertaken for a year and above. <a href="https://ncvet.gov.in/sites/default/files/NCVET.pdf">https://ncvet.gov.in/sites/default/files/NCVET.pdf</a>