



QUALIFICATION FILE

Yoga Therapy Assistant

☒ 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:

Healthcare Sector Skill Council

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Table of Contents

Section 1: Basic Details.....	3
Section 2: Module Summary.....	5
NOS/s of Qualifications.....	5
Mandatory NOS/s.....	5
Elective NOS/s:.....	
Optional NOS/s	6
Assessment - Minimum Qualifying Percentage	6
Section 3: Training Related.....	7
Section 4: Assessment Related	7
Section 5: Evidence of the need for the Qualification	8
Section 6: Annexure & Supporting Documents Check List	8
Annexure: Evidence of Level	9
Annexure: Tools and Equipment (Lab Set-Up).....	12
Annexure: Industry Validations Summary	14
Annexure: Training & Employment Details.....	15
Annexure: Blended Learning.....	16
Annexure: Detailed Assessment Criteria.....	17
Annexure: Assessment Strategy	24
Annexure: Acronym and Glossary	25

Section 1: Basic Details

1.	Qualification Name	Yoga Therapy Assistant																			
2.	Sector/s	Healthcare (Ayush)																			
3.	Type of Qualification: ☐ New ☒ Revised ☐ Has Electives/Options ☐ OEM	NQR Code & version of existing/previous qualification: <i>(change to previous, once approved)</i> QG-04-HE-04232-2025-V2-HSSC	Qualification Name of existing/previous version: QG-04-HE-00650-2023-V1.1-HSSC																		
4.	a. OEM Name b. Qualification Name <i>(Wherever applicable)</i>																				
5.	National Qualification Register (NQR) Code &Version <i>(Will be issued after NSQC approval)</i>	QG-04-HE-04232-2025-V2-HSSC	6. NCrf/NSQF Level: 4																		
7.	Award (Certificate/Diploma/Advance Diploma/ Any Other) <i>(Wherever applicable specify multiple entry/exits also & provide details in annexure)</i>	Skill Certificate																			
8.	Brief Description of the Qualification	Health care professionals who demonstrate and assist to provide yoga therapies to the individuals by making appropriate and conducive ambience, based on the prescriptions, providing support to patient before, during and after therapy. They support for basic administrative responsibilities and record maintenance																			
9.	Eligibility Criteria for Entry for Student/Trainee/Learner/Employee	a. Entry Qualification & Relevant Experience: <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>10th Grade Pass</td> <td>with 3 years of relevant experience</td> </tr> <tr> <td></td> <td>OR</td> <td></td> </tr> <tr> <td>2</td> <td>12th Grade Pass</td> <td></td> </tr> <tr> <td></td> <td>OR</td> <td></td> </tr> <tr> <td>4</td> <td>Previous relevant Qualification of NSQF Level 3</td> <td>with 3 years of relevant experience.</td> </tr> </tbody> </table> b. Age: 18 yrs		S. No.	Academic/Skill Qualification (with Specialization - if applicable)	Required Experience (with Specialization - if applicable)	1	10th Grade Pass	with 3 years of relevant experience		OR		2	12th Grade Pass			OR		4	Previous relevant Qualification of NSQF Level 3	with 3 years of relevant experience.
S. No.	Academic/Skill Qualification (with Specialization - if applicable)	Required Experience (with Specialization - if applicable)																			
1	10th Grade Pass	with 3 years of relevant experience																			
	OR																				
2	12th Grade Pass																				
	OR																				
4	Previous relevant Qualification of NSQF Level 3	with 3 years of relevant experience.																			
10.	Credits Assigned to this Qualification, Subject to Assessment <i>(as per National Credit Framework (NCrf))</i>	23	11. Common Cost Norm Category (I/II/III) <i>(wherever applicable):</i> Category II																		

12.	Any Licensing requirements for Undertaking Training on This Qualification <i>(wherever applicable)</i>	Not Applicable					
13.	Training Duration by Modes of Training Delivery <i>(Specify Total Duration as per selected training delivery modes and as per requirement of the qualification)</i>	☒ Offline ☐ Online ☐ Blended					
		Training Delivery Modes	Theory (Hours)	Practical (Hours)	OJT Mandatory (Hours)	OJT Recommended (Hours)	Total (Hours)
		Classroom (offline)	300	210	180	NA	690
		Online					
		<i>(Refer Blended Learning Annexure for details)</i>					
14.	Aligned to NCO/ISCO Code/s <i>(if no code is available mention the same)</i>	NCO-2015/2269					
15.	Progression path after attaining the qualification <i>(Please show Professional and Academic progression)</i>	Horizontal Progression: Level 4: Yoga Wellness Trainer Vertical Progression: Level 5: Patient Relation Associate					
16.	Other Indian languages in which the Qualification & Model Curriculum are being submitted	Hindi					
17.	Is similar Qualification(s) available on NQR-if yes, justification for this qualification	☐ Yes ☒ No URLs of similar Qualifications:					
18.	Is the Job Role Amenable to Persons with Disability	☐ Yes ☒ No If "Yes", specify the applicable type of Disability: All types of disability					
19.	How Participation of Women will be Encouraged	Encouraging women's participation as Yoga Therapy Assistants involves a multi-faceted approach that addresses potential barriers and creates a supportive environment.					
20.	Are Greening/ Environment Sustainability Aspects Covered <i>(Specify the NOS/Module which covers it)</i>	☒ Yes ☐ No HSS/N9617					
21.	Is Qualification Suitable to be Offered in Schools/Colleges	Schools ☒ Yes ☐ No Colleges ☒ Yes ☐ No					
22.	Name and Contact Details of Submitting / Awarding Body SPOC <i>(In case of CS or MS, provide details of both Lead AB & Supporting ABs)</i>	Name: Mr. Ashish Jain Email: ashish.jain@healthcare-ssc.in Contact No.: 011-40505850,011 41017346 Website: www.healthcare-ssc.in					
23.	Final Approval Date by NSQC: 8-5-2025	24. Validity:3yrs			25. Next Review Date: 8-5-2028		

Section 2: Module Summary

NOS/s of Qualifications

(In exceptional cases these could be described as components)

Mandatory NOS/s:

Specify the training duration and assessment criteria at the 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.	HSS/N4001: Prepare the unit as per yoga therapy needs.	HSS/N4001,v4	Core	4	5.5	55	65	45		165	105	100	40	60	305	30
2.	HSS/N4002 : Carry out initial interaction with individuals for proposed yoga therapy as per directions	HSS/N4002,v4	Core	4	3	30	50	10		90	100	95	30	30	255	30
3.	HSS/N4003:Conduct yoga therapy session as per prescribed advice	HSS/N4003,v4	Core	4	3.5	45	25	35		105	54	50	38	30	172	20
4.	HSS/N4004:Conduct post yoga therapy session review	HSS/N4004,v4		4	6.5	75	35	85		195	30	25	20	20	95	5
5.	HSS/N9617: Maintain a safe, healthy and secure working environment	HSS/N9617, Version:2.0	Non-Core	4	2	30	30	0		60	20	0	9	30	59	5
6.	HSS/N9618- Follow infection control policies and procedures including biomedical waste disposal protocols	HSS/N9618 Version:2.0	Non-Core	4	0.5	5	5	5		15	21	0	13	30	64	5

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)
7.	DGT/VSQ/N0102, V1.0, Employability Skills (60 Hours)	DGT/VSQ/N0102 Version 1.0	Non-Core	4	2	60	0	0	0	60	20	30	0	0	50	5
Duration (in Hours) / Total Marks				28	23	300	210	180	0	690	350	300	150	200	1000	100

Elective NOS:

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.																
2.																
Duration (in Hours) / Total Marks																

Optional NOS/s:

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.																
2.																
Duration (in Hours) / Total Marks																

Assessment - Minimum Qualifying Percentage

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

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

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

Section 3: Training Related

1.	Trainer's Qualification and experience in the relevant sector (in years) (as per NCVET guidelines)	- Graduate in any stream with certification/diploma in Yoga with 3 years of relevant experience - Diploma in Yoga with 4 years of relevant experience - Post Graduate in Yoga with 2 years of relevant experience
2.	Master Trainer's Qualification and experience in the relevant sector (in years) (as per NCVET guidelines)	- Graduate in any stream with certification/diploma in Yoga with 4 years of relevant experience - Diploma in Yoga with 5 years of relevant experience - Post Graduate in Yoga with 3 years of relevant experience
3.	Tools and Equipment Required for Training	☒ Yes ☐ No (If "Yes", details to be provided in Annexure)
4.	In Case of Revised Qualification, Details of Any Upskilling Required for Trainer	

Section 4: Assessment Related

1.	Assessor's Qualification and experience in relevant sector (in years) (as per NCVET guidelines)	- Graduate in any stream with certification/diploma in Yoga with 4 years of relevant experience - Diploma in Yoga with 5 years of relevant experience - Post Graduate in Yoga with 3 years of relevant experience
2.	Proctor's Qualification and experience in relevant sector (in years) (as per NCVET guidelines)	Diploma/Graduate
3.	Lead Assessor's/Proctor's Qualification and experience in relevant sector (in years) (as per NCVET guidelines)	- Graduate in any stream with certification/diploma in Yoga with 5 years of relevant experience - Diploma in Yoga with 6 years of relevant experience - Post Graduate in Yoga with 4 years of relevant experience
4.	Assessment Mode (Specify the assessment mode)	Blended (Theory: Online, Practical and Viva: Blended)
5.	Tools and Equipment Required for Assessment	☒ Same as for training ☐ Yes ☐ 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.	Latest Skill Gap Study (not older than 2 years) (Yes/No):
2.	Latest Market Research Reports or any other source (not older than 2 years) (Yes/No):
3.	Government /Industry initiatives/ requirement (Yes/No): Yes
4.	Number of Industry validations provided: 21
5.	Estimated nos. of persons to be trained and employed: 1500
6.	Evidence of Concurrence/Consultation with Line Ministry/State Departments: Yes, If “No”, why:

Section 6: Annexure & Supporting Documents Check List

Specify Annexure Name / Supporting document file name

1.	Annexure: NCrf/NSQF level justification based on NCrf level/NSQF descriptors <i>(Mandatory)</i>	Yes
2.	Annexure: List of tools and equipment relevant for qualification <i>(Mandatory, except in case of online course)</i>	Yes
3.	Annexure: Detailed Assessment Criteria <i>(Mandatory)</i>	Yes
4.	Annexure: Assessment Strategy <i>(Mandatory)</i>	Yes
5.	Annexure: Blended Learning <i>(Mandatory, in case selected Mode of delivery is “Blended Learning”)</i>	No
6.	Annexure: Multiple Entry-Exit Details <i>(Mandatory, in case qualification has multiple Entry-Exit)</i>	No
7.	Annexure: Acronym and Glossary <i>(Optional)</i>	Yes

8.	Supporting Document: Model Curriculum (<i>Mandatory – Public view</i>)	Yes
9.	Supporting Document: Career Progression (<i>Mandatory - Public view</i>)	Yes
10.	Supporting Document: Occupational Map (<i>Mandatory</i>)	Yes
11.	Supporting Document: Assessment SOP (<i>Mandatory</i>)	Yes
12.	Any other document you wish to submit:	

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
Professional Theoretical Knowledge/Process	• Possesses specialized knowledge of Asanas, kriyas and various Yoga Therapies. • Possesses specialized operational knowledge and understanding of the Yoga Therapies. • Has complete knowledge of the Yoga Asanas and therapies. • Has knowledge of collecting and interpreting the available information, concluding & communicating the same. • Understands the financial and feasibility aspect of work in Yoga session.	The individual in the job follows a range of skills and technical capabilities of carrying out a choice of processes and procedures within the range of familiar contexts. Refer to the evidence provided in the adjacent column. Hence it falls under Level 4	4
Professional and Technical Skills/ Expertise/ Professional Knowledge	• Possesses specialized professional and technical skills; displays clarity of Professional knowledge and technical skills in carrying a successful yoga session. • Can apply the required knowledge for successfully implementing or	The individual in the job follows a range of skills and technical capabilities of carrying out a choice of processes and procedures within the range of familiar contexts. Refer to the evidence provided in the adjacent column. Hence it falls under Level 4	4

	applying techniques/processes in a Yoga Session. • The ability to gain, and where relevant apply a range of knowledge, skills and Understanding of Yoga Therapy session. • Can identify the relevant tools like a Yoga mat, ropes, charts related to yoga etc, and has advanced knowledge of conducting a Yoga session. • Possesses the required operational skills for the work/ job.Skill to deliver job/work with the required precision and in the estimated timelines. • Capabilities of carrying out a choice of processes and procedures within the range of Yoga department.		
Employment Readiness & Entrepreneurship Skills & Mind-set/Professional Skill	• Have much broader Employability Skills including understanding of the career planning, digital skills, financial and legal literacy. • Good Communication skills, both oral and written knowledge for the Yoga Therapy session. • Initiative and Leadership Abilities in conducting a yoga session. • Advanced literacy and Numeracy skills. • Has good skills for self-employment And entrepreneurship skills/ Entrepreneurial Mind-set for Yoga session. • Skills for accurate workshop/ mathematical calculation and estimations, and understanding of	The individual should have practical skills which are routine and repetitive and should use quality concepts. These professionals work as a member of a team/ within a team. They display self. Motivation, Positive Attitude & Passion for Work. Refer to the evidence provided in the adjacent column. Hence it falls under Level 4	4

	arithmetic and algebraic principles. • Can comfortably use most of the basic digital tools, have clear understanding of Financial and Digital literacy, Aadhaar and Mobile, uses digital payments etc. with proficiency • Good understanding of Constitutional values & Citizenship, inclusion and Diversity. • Very Good understanding of social, political, and work environment		
Broad Learning Outcomes/Core Skill	• The candidate must be able to carry out a specialized job in the Yoga Therapy Unit. • Focus on range of applications of standard and non-standard procedures and somewhat complex operations in production/ services in the Yoga and meditation Unit. • Able to identify the problems and a wider possible range of solutions with pros and cons in the Yoga Department. • Complex tasks are performed by himself without much instructions and supervision. • Apply related occupational safety & general hygiene norms and environmental aspects • Applies a range of well-developed technical skills with clarity of activities involving clear choices within Yoga	The candidates in this role are skilled enough to be able to carry out assigned tasks in a familiar, predictable, routine, situation of clear choice. These professionals focus on a range of applications of standard procedures in a range of services. Refer to the evidence provided in the adjacent column. Hence it falls under Level 4	4

	Unit. - Has Knowledge and can continuously improve processes which the individual uses for Yoga job roles. - Has information of associated Risks with related Yoga job roles.		
Responsibility	- At level 4 the candidate is a highly skilled master technician. - Can perform all nonstandard procedures and non-routine tasks with confidence.	These professionals take responsibility for their work Refer to the evidence provided in the adjacent column. Hence it falls under Level 4	4

Annexure: Tools and Equipment (Lab Set-Up)

List of Tools and Equipment

Batch Size: _ 20

S. No.	Tool / Equipment Name	Specification	Quantity for specified Batch size
1	Hand sanitizer	Each	2
2	Wash Basin	Each	2
3	Mirror for Visualizing the complete body	Each	3
4	Sound system for light Yoga Music	Each	1

5	Anti-septic creams	Each	2
6	Cushion	Each	5
7	First aid Kit	Each	2
8	Water supply	Each	1
9	Half body Manikin	Each	1
10	Personal Protective equipment	Each	2sets
11	Stethoscope	Each	2
12	Pulse Oximeter (Finger)	Each	2
13	Thermometer Digital/Manual	Each	2
14	Sphygmomanometer	Each	2
15	Yoga Mat	Each	10
16	Yoga dress for male	Each	2sets
17	Yoga dress for Female	Each	2sets
18	Human body skeleton	Each	1
19	Laptop/Computer	Each	2
20	White board	Each	1
21	Marker	Each	1
22	Projector(desirable)	Each	1
23	IEC material related to Therapeutic Yoga		

Classroom Aids

The aids required to conduct sessions in the classroom are:

1. AV Aids
2. Computer (PC) with latest configurations – and Internet connection with standard operating system and standard word processor and worksheet software (Licensed)
3. (all software should either be latest version or one/two version below)
4. UPS

5. Computer Tables
6. Computer Chairs
7. White Board/Smart Board 1200mm x 900mm
8. Marker
9. Duster
10. Charts
11. Flip Chart

Annexure: Industry Validations Summary

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

S.no	Organisation	Name Of Representative	Designation
1	Dr Peace Polyclinic	Dr Mohammed Abdul Musqsit	Consultant
2	Godwill Healthcare Centre	Dr Afiya Sayyad	Consultant
3	Shifa Clinic	Dr Asima Momin	Consultant
4	Life Clinic	Dr. Aaiman Hudli	Physician
5	Menizer Polyclinic	Dr Misbah Hamlekar	Consultant
6	Bodycare Wellness	Dr . Nadeem	Consultant
7	Om Prakash Ayurvedic Clinic	Dr Poonam Kumar Jain	Physician
8	Zoya Sports Clinic	Kashaf-I-Makashi	Consultant
9	Prime life Hospital	Dr. Kashvar Zamani	Consultant
10	Vida clinics Goa	Dr Mohammed Shahia	Physician
11	Peace Polyclinic	Dr Sabah Bin Saleh	Consultant
12	Muskan Healthcare Centre	Dr. Shaikh Muskan	Physician
13	Mediversal Clinic	Dr.Sana Kalsekar	Consultant

14	Unmat Multi speciality	Dr Lukman.M.Memon	Physician
15	Life Care Hospital	Dr H.Abdul Kareem	Consultant
16	Healthcare Dispensary	Dr Sadiya A Menon	Consultant
17	Sri Srinivas Healthcare consultant	Dr Nagarjun KP	Consultant
18	AIIA	Dr Namrata Raj	Sr. Yoga Instructor
19	All India Institute of Ayurveda	Ashish kumar Mishra	Yoga Instructor
20	Sunaina Clinic	Dr Sunaina	Consultant
21	Dhari Chikitsalya	Dr Padmavati	Consultant

Annexure: Training & Employment Details

Training and Employment Projections: 1500

Year	Total Candidates		Women		People with Disability	
	Estimated Training #	Estimated Employment Opportunities	Estimated Training #	Estimated Employment Opportunities	Estimated Training #	Estimated Employment Opportunities
2026	500	70				
2027	500	70				
2028	500	70				

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
	22-23	460	434	415	NA	NA	NA	NA	NA	NA	NA	NA	NA
	23-24	1155	974	921									
	24-25	521	493	460									

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	☐ Theory/ Lectures - Imparting theoretical and conceptual knowledge	Learning management source Computer, internet connectivity	
2	☐ Imparting Soft Skills, Life Skills, and Employability Skills /Mentorship to Learners	Computer, internet connectivity Computer, AV Aids, LCD	
3	☐ Showing Practical Demonstrations to the learners	Skill lab	
4	☐ Imparting Practical Hands-on Skills/ Lab Work/ workshop/ shop floor training	Learning management source, classroom training, computer.	
5	☐ Tutorials/ Assignments/ Drill/ Practice	Computer, LCD, AV aids	
6	☐ Proctored Monitoring/ Assessment/ Evaluation/ Examinations	Computer, mobile phone, email address. Internet facility, classroom facility	
7	☐ On the Job Training (OJT)/ Project Work Internship/ Apprenticeship Training	Not applicable	

Annexure: Detailed Assessment Criteria

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

NOS/Module Name	Assessment Criteria for Performance Criteria/Learning Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks	Total Marks
HSS/N4001: Prepare the unit as per yoga therapy needs	<i>Apply hygiene standards</i>	55	50	20	30	155
	PC1. Wear appropriate and clean attire as per organisational policies and procedures					
	PC2. Maintain conducive ambience, environment and cleanliness in the unit					
	<i>Conduct preprocedural requirements</i>	50	50	20	30	150
	PC3. Follow standard protocols to assess the working conditions of lights, adequate ventilation, aroma, etc. in the unit					
	PC4. Check the appropriateness and working condition of aides like mats, props, etc.					
	PC5. Check the schedule and number of participants on daily basis and arrange necessary resources accordingly					
	PC6. Check the orders/consent forms or any relevant document from the participant as per organization policies and protocols					
	PC7. Study the clinical details and protocol suggested by therapist/consultant before initiating the yoga therapy and plan accordingly					
	PC8. Make appropriate changes in the therapy as per orders from the consultant/therapist as and when required and maintain a record of it					
	PC9. Check if the participant is suitably dressed for the therapy					

	PC10.Maintain records of appointments, up to the completion of course					
	Nos Total	105	100	40	60	305
HSS/N4002: Carry out initial interaction with individuals for proposed yoga therapy as per directions	<i>Interaction of participant for proposed yogatherapy</i>	100	95	30	30	255
	PC1. Introducing oneself to the participant					
	PC2. provide information about the session including session duration, precautions to be taken before and after the session					
	PC3. assess the general state of participant before initiating the therapy to check readiness to take the therapy or escalate, if required to the concerned authority					
	PC4. obtain relevant social and occupation related information from the participant as per organization policies and protocols					
	PC5. Obtain relevant medical history of participant and family as per organization policies and protocols					
	PC6. Comprehend the protocol and/or prescription as referred by the doctor					
	PC7. Check with the participant for any past complications which occurred due to yoga therapy procedure					
	PC8. Assess the comfort or limitations of the client based on individual preference considering factors like gender, religion, culture, language etc.					
	PC9. Identify modulations to be done for sessions based on individual preference without affecting the outcome or deviation from the protocol and/or prescription					
	PC10. Make the participant aware of the outcome of the yoga therapy session					
	Nos Total	100	95	30	30	255
HSS/N4003: Conduct yoga therapy session as per prescribed advice	<i>Demonstrating yoga therapy posture</i>	27	25	18	20	90
	PC1. work and prioritize the activities as per the instructions of the therapist/doctor					
	PC2. Check vital parameters including blood pressure, temperature, pulse, respiration to assess physical state of individual					
	PC3. Show asanas to the individuals as per yogic practices applying complementary practices of yogic principles					

	PC4. Conduct voice modulation as per the need of the environment					
	PC5. Ambulate patient in a proper way					
	PC6. Guide the individual to be in a comfortable position					
	PC7. Guide the participant for minimizing mistakes during practice, and to make the session more useful and safer					
	PC8. Be vigilant towards the participant during the practice					
	PC9. Avoid unnecessary physical contact with the individuals					
	<i>Abide by the post therapy sessions compliances</i>	27	25	20	10	82
	PC10. Document practice list and schedule of the participants					
	PC11. Record individual grievances if any and escalate to the authority concerned					
	PC12. Update the therapist/doctor regarding the performance of an individual and limitations if any or any other area of concern					
	PC13. Provide details to the participant about next schedule or follow-up session as per therapist/doctors advice					
	Nos Total	54	50	38	30	172
HSS/N4004: Conduct post yoga therapy session review	<i>Maintain reflective report of yogatherapy session</i>	30	25	20	20	95
	PC1. Take feedback from the participant about the session as per organizational policies and procedure					
	PC2. Check the vitals of the participant post therapy and record it					
	PC3. Update the findings to the physician or concerned authorities in case of deviation from normal findings of vitals					
	PC4. Provide a suitable time of appointment to the participant in consultation with concerned authority					

	PC5. Assess the emotional state of the participant post therapy sessions and record it as per organizational policies					
	PC6. give suitable suggestions to the participant based on performance without deviating from standard procedures or protocols					
	PC7. list the modifications in practices carried out during the session to therapist/consultant.					
	PC8. update therapist/consultant regarding any abnormal sign observed during practice.					
	PC9. update the therapist/consultant and participant regarding the progress from the course of sessions					
	Nos Total	30	25	20	20	95
HSS/N9617: Maintain a safe, healthy and secure working environment	<i>Complying with the health, safety and security requirements and procedures for workplace</i>	7	0	2	10	19
	PC1. identify individual responsibilities in relation to maintaining workplace health safety and security requirements					
	PC2. comply with health, safety and security procedures for the workplace					
	PC3. comply with health, safety and security procedures and protocols for environmental safety					
	<i>Handling hazardous situation</i>	8		5	10	23
	PC4. identify potential hazards and breaches of safe work practices					
	PC5. identify and interpret various hospital codes for emergency situations					
	PC6. correct any hazards that individual can deal with safely, competently and within the limits of authority					

	PC7. provide basic life support (BLS) and first aid in hazardous situations, whenever applicable					
	PC8. follow the organisation's emergency procedures promptly, calmly, and efficiently					
	PC9. identify and recommend opportunities for improving health, safety, and security to the designated person					
	PC10. complete any health and safety records legibly and accurately					
	<i>Reporting any hazardous situation</i>	5		2	10	
	PC11. report any identified breaches in health, safety, and security procedures to the designated person					
	PC12. promptly and accurately report the hazards that the individual is not allowed to deal with to the relevant person and warn other people who may get affected					
	Nos Total	20	0	9	30	59
HSS/N9618 Follow biomedical waste disposal and infection control policies and procedures						
	<i>Classification of the waste generated segregation of biomedical waste, proper collection and storage of waste</i>	5	0	3	10	18
	PC1. handle, package, label, store, transport and dispose of waste appropriately to minimize potential for contact with the waste and to reduce the risk to the environment from accidental release					
	PC2. store clinical or related waste in an area that is accessible only to authorized persons					
	PC3. minimize contamination of materials, equipment and instruments by aerosols and splatter					
	<i>Complying with effective infection control protocols that ensure the safety of the patient (or end-user of health-related products/services)</i>	8	0	5	10	23
	PC4. apply appropriate health and safety measures following appropriate personal clothing and protective equipment for infection prevention and control					

	PC5. identify infection risks and implement an appropriate response within own role and responsibility in accordance with the policies and procedures of the organization					
	PC6. follow procedures for risk control and risk containment for specific risks. Use signs when and where appropriate					
	PC7. follow protocols for care following exposure to blood or other body fluids as required					
	PC8. remove spills in accordance with the policies and procedures of the organization					
	PC9. clean and dry all work surfaces with a neutral detergent and warm water solution before and after each session or when visibly soiled					
	PC10. demarcate and maintain clean and contaminated zones in all aspects of health care work					
	PC11. confine records, materials and medicaments to a well designated clean zone					
	PC12. confine contaminated instruments and equipment to a well designated contaminated zone					
	PC13. decontaminate equipment requiring special processing in accordance with quality management systems to ensure full compliance with cleaning, disinfection and sterilization protocols					
	PC14. replace surface covers where applicable					
	PC15. maintain and store cleaning equipment					
	PC16. report and deal with spillages and contamination in accordance with current legislation and procedures					
	<i>Maintaining personal protection and preventing the transmission of infections from person to person</i>	8	0	5	10	23
	PC17. maintain hand hygiene following hand washing procedures before and after patient contact /or after any activity likely to cause contamination					
	PC18. cover cuts and abrasions with waterproof dressings and change as necessary					
	PC19. change protective clothing and gowns/aprons daily, more frequently if soiled and where appropriate, after each patient contact					

	PC20. perform additional precautions when standard precautions alone may not be sufficient to prevent transmission of infection					
	Nos Total	21	0	13	30	64
DGT/VSQ/N0102, V1.0, Employability Skills (60 Hours)	<i>Introduction to Employability Skills</i>					
	PC1. understand the significance of employability skills in meeting the job requirements					
	<i>Constitutional values – Citizenship</i>					
	PC2. identify constitutional values, civic rights, duties, personal values and ethics and environmentally sustainable practices					
	Becoming a Professional in the 21st Century					
	PC3. explain 21st Century Skills such as Self-Awareness, Behavior Skills, Positive attitude, selfmotivation, problem-solving, creative thinking, time management, social and cultural awareness, emotional awareness, continuous learning mindset etc.					
	<i>Basic English Skills</i>					
	PC4. speak with others using some basic English phrases or sentences					
	Communication Skills					
	PC5. follow good manners while communicating with others					
	PC6. work with others in a team					
	<i>Diversity & Inclusion</i>					
	PC7. communicate and behave appropriately with all genders and PwD					
	PC8. report any issues related to sexual harassment					
	<i>Financial and Legal Literacy</i>					
	PC9. use various financial products and services safely and securely					
	PC10. calculate income, expenses, savings etc.					
	PC11. approach the concerned authorities for any exploitation as per legal rights and laws					
	<i>Essential Digital Skills</i>					
	PC12. operate digital devices and use its features and applications securely and safely					

	PC13. use internet and social media platforms securely and safely					
	<i>Entrepreneurship</i>					
	PC14. identify and assess opportunities for potential business					
	PC15. identify sources for arranging money and associated financial and legal challenges					
	<i>Customer Service</i>					
	PC16. identify different types of customers					
	PC17. identify customer needs and address them appropriately					
	PC18. follow appropriate hygiene and grooming standards					
	<i>Getting ready for apprenticeship & Jobs</i>					
	PC19. create a basic biodata					
	PC20. search for suitable jobs and apply					
	PC21. identify and register apprenticeship opportunities as per requirement					
	NOS Total	20	30			50
	Grand Total	350	300	150	200	1000

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.

<1. Assessment System Overview:

- Batches assigned to the assessment agencies for conducting the assessment on SIDH or email.
- Assessment agencies send the assessment confirmation to TC looping SSC
- Assessment agency deploys the ToA certified Assessor to execute 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

Annexure: Acronym and Glossary

Acronym

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

Glossary

Term	Description
National Occupational Standards (NOS)	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.
Qualification	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
Qualification File	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.
Sector	A grouping of professional activities on the basis of their main economic function, product, service or technology.
Long Term Training	Long-term skilling means any vocational training program undertaken for a year and above. https://ncvet.gov.in/sites/default/files/NCVET.pdf

Skill India Digital Hub (SIDH)	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
Vocational Training Provider (VTP)	A Vocational Training Provider (VTP) is an organisation that offers training in a specific trade or skill.
Training Centre (TC)	A Training Centre (TC) is a training set up where learners undergo skills training related to a specific task or role.