



QUALIFICATION FILE

Senior Yoga Instructor (B&W)

- ☒ 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: 5.5

Submitted By:

Beauty & Wellness Sector Skill Council

Tel number(s): 011 –
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Table of Contents

Section 1: Basic Details	3
Section 2: Module Summary	7
NOS/s of Qualifications	7
Mandatory NOS/s:	7
Elective NOS/s:	Error! Bookmark not defined.
Optional NOS/s:	Error! Bookmark not defined.
Assessment - Minimum Qualifying Percentage	10
Section 3: Training Related	10
Section 4: Assessment Related	11
Section 5: Evidence of the need for the Qualification	11
Section 6: Annexure & Supporting Documents Check List	12
Annexure: Evidence of Level	13
Annexure: Tools and Equipment (Lab Set-Up)	20
Annexure: Industry Validations Summary	22
Annexure: Training & Employment Details	25
Annexure: Blended Learning	26
Annexure: Detailed Assessment Criteria	27
Annexure: Assessment Strategy	54
Annexure: Acronym and Glossary	55

Section 1: Basic Details

1.	Qualification Name	Senior Yoga Instructor (B&W)	
2.	Sector/s	Beauty & Wellness	
3.	Type of Qualification: ☐ New ☒ Revised ☐ Has Electives/Options ☐ OEM	NQR Code & version of existing/previous qualification: <i>(change to previous, once approved)</i> NQR Code: QM-06-BW-00441-2023-V1.1-BWSSC Version: 3.0	Qualification Name of existing/previous version: Senior Yoga Trainer
4.	a. OEM Name b. Qualification Name <i>(Wherever applicable)</i>	NA	
5.	National Qualification Register (NQR) Code &Version <i>(Will be issued after NSQC approval)</i>	NQR Code: QG-5.5-BW-00441-2025-V2-BWSSC Version: 4.0	6. NCrF/NSQF Level: 5.5
7.	Award (Certificate/Diploma/Advance Diploma/ Any Other <i>(Wherever applicable specify multiple entry/exits also & provide details in annexure)</i>	Certificate	
8.	Brief Description of the Qualification	A Senior Yoga Instructor (B&W) is a professionally trained individual with an advanced training in Yoga for holistic wellness, happiness and harmony; and is able to work with the clients by conducting the advanced yoga asanas, advanced pranayamas, advanced meditations and relaxation techniques to counterbalance unhealthy lifestyle, and manage a healthy body with a sound mind. S/he is also expected to train Yoga Trainers on the intricacies of yoga services to enhance the quality of life.	

9.	Eligibility Criteria for Entry for Student/Trainee/Learner/Employee	a. Entry Qualification & Relevant Experience:		
		S. No.	Academic/Skill Qualification (with Specialization - if applicable)	Required Experience (with Specialization - if applicable)
		1	Completed 3rd year of 3-year/ 4-years UG	In yogic science
		2	12th Grade Pass with 2 years of any combination of NTC/NAC/CITS or equivalent	1 year experience in yoga industry
		3	Previous relevant qualification of NSQF Level 5	1.5 years relevant experience in yoga industry
4	Previous relevant qualification of NSQF Level 4.5	3 years relevant experience in yoga industry		
		b. Age: 18 years		
10.	Credits Assigned to this Qualification, Subject to Assessment (as per National Credit Framework (NCrF))	20	11. Common Cost Norm Category (I/II/III) (wherever applicable): II	
12.	Any Licensing requirements for Undertaking Training on This Qualification (wherever applicable)	NA		

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 <table border="1" data-bbox="892 232 1921 483"> <thead> <tr> <th>Training Delivery Modes</th> <th>Theory (Hours)</th> <th>Practical (Hours)</th> <th>OJT Mandatory (Hours)</th> <th>OJT Recommended (Hours)</th> <th>Total (Hours)</th> </tr> </thead> <tbody> <tr> <td>Classroom (offline)</td> <td>150</td> <td>300</td> <td>150</td> <td>-</td> <td>600</td> </tr> <tr> <td>Online</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table> <i>(Refer Blended Learning Annexure for details)</i>	Training Delivery Modes	Theory (Hours)	Practical (Hours)	OJT Mandatory (Hours)	OJT Recommended (Hours)	Total (Hours)	Classroom (offline)	150	300	150	-	600	Online					
Training Delivery Modes	Theory (Hours)	Practical (Hours)	OJT Mandatory (Hours)	OJT Recommended (Hours)	Total (Hours)														
Classroom (offline)	150	300	150	-	600														
Online																			
14. Aligned to NCO/ISCO Code/s <i>(if no code is available mention the same)</i>	NCO-2015/3255.0101																		
15. Progression path after attaining the qualification <i>(Please show Professional and Academic progression)</i>	Master Yoga Trainer																		
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 applicable type of Disability: <i>Deaf</i>																		
19. How Participation of Women will be Encouraged	In the various job roles of beauty and wellness industry, women participation is 65%. This job role falls in to the same category and thus promote women's participation.																		
20. Are Greening/ Environment Sustainability Aspects Covered <i>(Specify the NOS/Module which covers it)</i>	☒ Yes ☐ No Prepare and maintain work area- BWS/N9001																		
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	Name: Ms. Monica Bahl Email: ceo@bwssc.in Contact No.: 011 – 40342940/42/44/45																		

	<i>(In case of CS or MS, provide details of both Lead AB & Supporting ABs)</i>	Website: https://www.bwssc.in/	
23.	Final Approval Date by On File Approval: 18-11-2025	24. Validity Duration: 3 years	25. Next Review Date: 18-11-2028

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 NOS/ Module level. For further details refer 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.	Prepare and maintain work area	BWS/N9001 V5.0	Non-Core	3	1	10	20	-	-	30	30	47	-	23	100	10
2.	Conduct the Advanced Yoga sessions for holistic wellness, and train the Yoga Instructors/Trainers	BWS/N2207 V4.0	Core	5.5	1	10	20	-	-	30	28	40	-	32	100	10
3.	Conduct Advanced Hatha Yoga sessions and train the Yoga Instructors/Trainers	BWS/N2205 V4.0	Core	5.5	2	20	40	-	-	60	24	38	-	38	100	10
4.	Conduct face yoga sessions	BWS/N2227 V2.0	Core	4	2	20	40	-	-	60	30	36	-	34	100	10

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)
5.	Corporate yoga sessions for holistic well-being	BWS/N2222 V1.0	Core	5.5	2	20	40	-	-	60	30	40	-	30	100	10
6.	Implement meditation and mindful eating practices	BWS/N2224 V1.0	Core	5.5	1	10	20	-	-	30	30	40	-	30	100	10
7.	Maintain health and safety at the workplace	BWS/N9002 V5.0	Non-Core	3	1	10	20	-	-	30	33	45	-	22	100	10
8.	Create a positive impression at the workplace	BWS/N9003 V5.0	Non-Core	3	1	10	20	-	-	30	35	46	-	19	100	10
9.	Employability Skills	DGT/VSQ/N0103 V1.0	Non-Core	5	3	30	60	-	-	90	07	25	-	18	50	10
10.	On-the-Job Training (Mandatory)				5	0	0	150	-	150	-	-	-	-	-	-
Duration (in Hours) / Total Marks					19	140	280	150	-	570	247	357	-	246	850	90

Elective 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.	Conduct the advanced bal yoga sessions	BWS/N2214-V4.0	Core	5.5	1	10	20	0	-	30	25	40	-	35	100	10
2.	Conduct the advanced mahila yoga sessions	BWS/N2215 V4.0	Core	5.5	1	10	20	0	-	30	28	38	-	34	100	10
3.	Conduct the advanced vridha yoga sessions	BWS/N2216 V4.0	Core	5.5	1	10	20	0	-	30	30	40	-	30	100	10
Duration (in Hours) / Total Marks					3	30	60	0	-	90	83	118	-	99	300	30

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:** 50 % (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.	Trainer's Qualification and experience in the relevant sector (in years) (as per NCVET guidelines)	Graduate in Yoga with 3 years of sector specific experience and 2 years of training experience
2.	Master Trainer's Qualification and experience in the relevant sector (in years) (as per NCVET guidelines)	Graduate with 5 years' experience in Yoga (min 2 years as a trainer)
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 with specialization and Advance Diploma in Yoga or certified in relevant CITS course with 4 years of experience.
2.	Proctor's Qualification and experience in relevant sector (in years) (as per NCVET guidelines)	NA
3.	Lead Assessor's/Proctor's Qualification and experience in relevant sector (in years) (as per NCVET guidelines)	NA
4.	Assessment Mode (Specify the assessment mode)	Offline
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): Yes
2.	Latest Market Research Reports or any other source (not older than 2 years) (Yes/No): The Skill Gap Study Report for the Fitness and Wellness Sector of India highlights a growing demand for skilled Senior Yoga Trainers. Currently valued at approximately INR 20,000 crore, the yoga industry is projected to expand to around INR 30,000 crore by 2026. As the industry matures, the workforce requirement for Senior Yoga Trainers is expected to reach 1 lakh by 2030, up from 30,000 in 2022. This increase emphasizes the need for highly qualified professionals who can lead advanced training and mentorship programs. This Qualification Pack will be utilized across organized sectors, including yoga studios, wellness centers, and educational institutions, with the Skill Sector Council (SSC) monitoring employment generated to enhance the quality and reach of yoga training in the country.
3.	Government /Industry initiatives/ requirement (Yes/No): Yes
4.	Number of Industry validation provided: 21
5.	Estimated nos. of persons to be trained and employed: 500/year
6.	Evidence of Concurrence/Consultation with Line Ministry/State Departments: Yes

	If “No”, why: No, we do not have a Line Ministry
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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>)	Annexure 1
2.	Annexure: List of tools and equipment relevant for qualification (<i>Mandatory, except in case of online course</i>)	Annexure 2
3.	Annexure: Detailed Assessment Criteria (<i>Mandatory</i>)	Annexure 6
4.	Annexure: Assessment Strategy (<i>Mandatory</i>)	Annexure 7
5.	Annexure: Blended Learning (<i>Mandatory, in case selected Mode of delivery is “Blended Learning”</i>)	Annexure 5
6.	Annexure: Multiple Entry-Exit Details (<i>Mandatory, in case qualification has multiple Entry-Exit</i>)	Yes
7.	Annexure: Acronym and Glossary (<i>Optional</i>)	Annexure 8
8.	Supporting Document: Model Curriculum (<i>Mandatory – Public view</i>)	Model Curriculum attached separately
9.	Supporting Document: Career Progression (<i>Mandatory - Public view</i>)	Attached below
10.	Supporting Document: Occupational Map (<i>Mandatory</i>)	Occupational Map attached separately
11.	Supporting Document: Assessment SOP (<i>Mandatory</i>)	Annexure 9
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	The individual is expected to conduct Advanced Ashtanga Vinyasa yoga, Advanced Hatha yoga sessions for groups and individuals combining poses/breathing and meditation exercises as well as conduct extensive training sessions and research in the field of yoga.	The role demands wide range of specialized technical skill, clarity of knowledge and practice in broad range of activities involving standard and non-standards practices, such as maintaining neat and clean work area at all times, inform guests/ guests/ participants in various forms of yoga and its effect on body and mind, perform and demonstrate all kriya's /yoga techniques/mudras & bandhas, assist guests to perform all techniques effectively, evaluate asanas performed by guests and recommend correction, design courses/practice modules/schedules and the lesson plans, provide specialized trainings theoretically & graphically to yoga instructors to become specialized in Hatha Yoga and Ashtanga Vinyasa yoga and to assess their performance & design upskilling programs for them if needed. Along with these the Teacher is also expected to exhibit impeccable personal grooming and behavior to create a positive.	5.5

Professional and Technical Skills/ Expertise/ Professional Knowledge	The individual is expected to exhibit in depth knowledge of Yoga perspectives on the structure/states/functioning and conditions of the mind. knowledge of the range of Yoga practices and their potential therapeutic effects for common conditions, knowledge of counselling/ teaching methodology and knowledge & ability to design/implement/assess and evaluate programmes to suit different groups of guests / students.	The job holder is expected to exhibit factual and theoretical in broad contexts within Hatha Yoga & Ashtanga Vinyasa yoga such as knowledge of applicable legislation relating to the workplace/ evolution of the teachings and philosophy of Yoga tradition and its relevance and application/understanding of Patanjali Yoga Sutras/ Hatha Yoga Pradipika/Gheranda Samhita/ Shiva Samhita, understanding/effects & implications of various asanas /pranayams & mudras/ yama & niyama / yogic diet & yogic lifestyle. S/he should know about counseling/teaching methodology, in depth knowledge of Human Anatomy and Physiology, generally accepted ethical principles of health care codes of conduct and yoga's ethical principles, current trends and recent developments in the field. S/he is also supposed to have basic knowledge and understanding of other schools of Yoga like Bhakti Yoga, Gyan Yoga, Karma Yoga etc. Ability to speak read and write in the local vernacular language and English is always preferable for this position. Since all of the mentioned knowledge are related to factual and theoretical in broad contexts within Yoga services,	5.5
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		therefore the individual can be placed at level 5.5. The Job holder is expected to possess professional knowledge more than just knowledge of facts, principles, processes and general concepts about Yoga services but rather encompasses theoretical knowledge in broad contexts such as theories of adult learning and how to apply them in training delivery (like behavioral learning theory, cognitive learning theory & information processing theory) and factual knowledge of Yoga services like use of assessment tools to identify individual learning needs (one-to-one discussion, self-assessment & formal assessment tools), therefore s/he can't be placed at level 5 And as the job holders professional knowledge doesn't require to be wide ranging in regards to factual & theoretical knowledge like being able to do a comparative analysis of actual performance to expected outcomes of the Yoga services trainings delivered or to perform its evaluation of the effectiveness and efficiency or of its delivery & content, hence s/he can't be placed at level 7.	
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Employment Readiness & Entrepreneurship Skills & Mind-set/Professional Skill	The Job holder is expected to plan & organize the schedule for all services & bookings to be undertaken by self or by the team and ensure adherence to the same. Further s/he must be able to take practical decisions on a regular basis & solve problem being faced by self and team by applying basic methods, tools, materials and information. The Job holder should also be able to analyze the data pertinent to the guest/ product/services and evaluate future course of action to make a decision.	The job holder is expected to exhibit a range of cognitive and practical skills required to generate solutions to specific in Hatha Yoga & Ashtanga Vinyasa Yoga such as decision-making ability pertaining to work, planning & organizing service feedback forms, building & managing relationships with customers, being a solution specialist. The job holder must also apply, analyse, and evaluate the information gathered from observation. Since all of the mentioned professional skills are related to cognitive & practical skills to generate solutions to specific problems within Yoga Services, therefore the individual can be placed at level 6. The Job holder is expected to possess professional skills which are more than cognitive & practical skills required to accomplish tasks but rather practicing the same skills to generate solutions to specific problems in Yoga Services such as providing constructive and motivational feedback to improve the learner's application of learning of Yoga practices and related products at work to ensure maximum benefit to the guests and higher satisfaction levels which will result in increased interest of	5.5
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		the learners in the training sessions and will also lower down the trend of absenteeism among the learners. Also managing a group environment in such a way that the learners feel valued, supported, confident and be able to learn without any inhibitions. Therefore, the job holder can't be placed at level 5 and as the job holders cognitive & practical skills are not so wide enough to capture the planning and designing of appropriate instruments as per need of Yoga Services training's assessment or to know the various assessment methods and instruments for assessments the training delivery of Yoga Services modules, hence the s/he can't be placed at level 7	
Broad Learning Outcomes/Core Skill	The individual is expected to exhibit good communication skills including strong guest relationship establishment and maintenance, perform accurate record maintaining and possess basic understanding of environment to cater to the different requirements of varied types of guests tele along with reading about new products and services with reference to the organization and also from external forums such as websites and blogs	The job holder is expected to be reasonably good in mathematical calculation, a good understanding of social, political and should be reasonably good in data collecting, organizing information and logical communication such as knowledge of documenting call logs/reports/task lists/schedules, knowledge of drafting memos and e-mail providing work updates and enquiring relevant information's without language errors. The incumbent should keep oneself abreast about new products and services and should know what to say,	5.5

		when to say & how to say to the customers without using jargon, slang or acronyms. Thus, considering the core skills the job holder can be placed at level 5.5 Since the job holder core skills are not limited to having fair authority on mathematical calculation but is expected to be reasonably good in it as s/he needs to practically & factually exhibit it to the learners (i.e., Yoga Instructors) that how using the various products, economically with least possible spillage and without compromising on the standard of the yoga services, it can result in the substantial savings and a positive impact on the centre's budget, hence s/he can't be placed at level 5 And as the core skills are not so broad enough to expect the job holder to be perfect in the mathematical skills which would have helped in planning/ designing/ evaluating of the assessment of Yoga services. Thus, considering the core skills the job holder can be placed at level 6 Since the job holder core skills are not limited to having fair authority on mathematical calculation but is expected to be reasonably good in it as s/he needs to practically & factually exhibit it to the learners (i.e. Yoga Instructors) that how using the various resources, economically with least possible spillage and without	
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		compromising on the standard of the Yoga services it can result in the substantial savings and a positive impact on the centre's budget, hence s/he can't be placed at level 5 and as the core skills are not so broad enough to expect the job holder to be perfect in the mathematical skills which would have helped in planning/ designing/ evaluating of the assessment of Yoga Services training delivery, therefore s/he can't be placed at level 7.	
Responsibility	The individual is responsible to deliver assessing and training of Yoga Instructors and guests for a range of therapies S/he is also responsible for managing & leading the team of subordinates.	The job holder is expected to take responsibility for own work & learning as S/he is an expert Yoga Instructor with extensive training to be able to impart or teach the Yoga Instructors to specialize in Hatha Yoga & Ashtanga Vinyasa Yoga tradition and counsel the guests using a broad range of mind body based yogic tools. The individual conducts Yoga training sessions, extensive research and assessments for adherence to quality norms. The job holder is also expected to take full responsibility for other's works and learning. Given that the individual is responsible for own work & learning and also responsible for the work & learning of the team i.e., Yoga Instructors & Yoga teachers, hence s/he can be placed at level 6 Since the individual's responsibility is not limited to being partially responsible for his/her team's	5.5

		performance but is fully responsible as better the conduct of Yoga Instructors & Yoga teachers will be in their respective services, higher the guest satisfaction index ratio will go which will result in repeat business from guests, referrals to new potential guests and also retention of regular guests. And as job holder's responsibilities are not so wide enough to be fully responsible for the output of the entire Yoga Centre since that's the responsibility of Centre Head because that includes conducting all required measures to meet/exceed centre's sales target, developing public relations, ensuring IT and data handling of the centre and etc., hence s/he can't be placed at level 7.	
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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	Projector	Nos.	2
2	Flip chart	Nos.	3
3	White board	Nos.	2
4	Safety gears	Pack	1
5	Sanitizer	Liter	1
6	First aid box	Nos.	1
7	Yoga mats	Nos.	30

8	Towels – medium	Nos.	30
9	Geyser	Nos.	1
10	Bucket	Nos.	5
11	Mugs	Nos.	5
12	Glasses	Nos.	30
13	Container (25 litres)	Nos.	2
14	Yoga cushions	Nos.	30
15	Small tables for lecture	Nos.	30
16	Students chair	Nos.	30
17	Candle stand	Nos.	12
18	Monitor/volunteers	Nos.	1

Classroom Aids

The aids required to conduct sessions in the classroom are:

1. Computer
2. Projector
3. Duster
4. Marker/Pen
5. Handbooks/Booklets
6. White Board

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	Glizz Gurukulam: The Beauty School of India	Bhargav Gokani	Honorary Director	"SHREE GIRIRAJ", Jyotinagar Main Road, Near Masoom School, Near Akashwani Chowk, University Road, Rajkot 360005	709630888	www.glizzgurukulam.in	
2	Studio pro academy	L.Shashidhar	Business Head		7337048847	shashidhar@studioproacademy.com	
3	Haryana institute of information technology	Ankit Zandu	Director	Horton building near aggarsain chowk, ADJ, ambala hisar flyover, ambala city, Haryana 134003	9996669962	director@hiitambala.com	
4	IICTN Pvt. Ltd.	Dr. Jhoumer jaitly	CMD	Unit No. 201, 2 nd floor, shree nityanand CHS Ltd, Andheri east, Mumbai-400069	9820000030	info@iictn.org	
5	Leaders school of fashion & beauty	Drishya	Marketing manager	1 st floor, Emad Tower. Fort Rd, Kannur, Kerala 670001	7994607173	Drishya.leaders@gmail.com	
6	Satya skill college	Dr. satya surrender singla	Director	Under dabra chowk overbridge, hisar 125001	9812364058	Satyamsingla058@gmail.com	
7	Skill medics institution	Dr. B. Nadeem	Lecturer & Principal	No 43, 1 st floor, M.M Road, Frazer Town, Bangalore-560005	9900957878	info@cuppingtherapy.org.in	

8	Vishwakarma Computer Saksharta Mission	Mr. Suresh Jangra	Chairman	Paschim vihar colony, kalmri road, hisar-125001	9215573086	vkcsmskills@gmail.com	
9	Prime Fashion Academy	Ms. Nikita Singh	HR	Address 1: D-413, First Floor, Ramphal Chowk Rd, Near RBL Bank, Block D, Dwarka, Sector 7, New Delhi-110075	8269926992	myprime5@gmail.com	
10	Radiance Aesthetic Academy	Dr. Brijesha Chauhan	Founder Director	408, green palladia	9033162172	drdrijsclinic@gmail.com	
11	Yours herbal parlour and training center	Mrs. Shalini Arora	Master Trainer	Khasra No. 123/21/1/1 Main Market Landmark Aggarwal Sweet Sant Nagar Village Burari, North Delhi, Delhi, Delhi, India, 110084.	9990798983	Shaliniarora1970@gmail.com	
12	3 layers foundation	Mr. hardev singh arora	Founder		9821065676	3layersfoundation@gmail.com	
13	Academic council of skill development & vocational training	Gaupaukar	Director		9872449056	info@acsvt.org	
14	Glamifix	Lubna Sadaf	Center Director (Head)	F/I Chandaka Industrial Estate next to trident academy	7377330033	Sadaflubna786@gmail.com	
15	Lee's International Beauty and Spa Institute	Ms. Leena Khandekar	Founder & Director		9822333382	leesspa@gmail.com	
16	Livart	Stephy Sebastian Vadakara	Academy Head	Madukappilly Tower Pathadipalam, Edappally, P.O, Kalamassery, Kochi Kerala, Pin: 682024	9633211161	livartacademy@gmail.com	

17	Priya Beauty Parlour and academy	Mrs. Priya Jaiswal	Trainer	Kaimur (bhabhua), Bihar	9304411583	Pj0485523@gmail.com	
18	Saffron Institute	Mr. Atul B. Sharma	Director	Saffron square, 12/6 mathura road, NH-2, Faridabad-121003	9205985140	director@saffroninstitute.in	
19	Smile and Faces	Dr. Deepti Sharma	Consultant		9582610747	Sharmadeepti73@gmail.com	
20	Taj Makeover & Academy	Mrs. Manmeet Kaur	Trainer	RZD-1/302, street no.5 mahavir enclave, near sulabh international school, new delhi-110045	7042522563	manu.skills75@gmail.com	
21	Tricos international institute of beauty and hair	Dhaval Bhatti	Marketing head		9137336767	tricosinternational@gmail.com	

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
2025-2026	08	06	04	04	NA	NA
2026-2027	10	08	05	05	NA	NA
2027-2028	12	10	07	07	NA	NA

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
3.0	2022-23	90	90	90	NA	70	65	70	NA	NA	NA	NA	NA
	2023-24	32	32	32	NA	25	25	25	NA	NA	NA	NA	NA
	2024-25	17	17	17	NA	10	10	10	NA	NA	NA	NA	NA

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. PMKVY
2. DDUGKY
3. SANKALP

Content availability for previous versions of qualifications:

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

Languages in which Content is available: English & Hindi

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	NA	NA
2	☒ Imparting Soft Skills, Life Skills, and Employability Skills /Mentorship to Learners	NA	NA
3	☒ Showing Practical Demonstrations to the learners	NA	NA
4	☒ Imparting Practical Hands-on Skills/ Lab Work/ workshop/ shop floor training	NA	NA
5	☒ Tutorials/ Assignments/ Drill/ Practice	NA	NA
6	☒ Proctored Monitoring/ Assessment/ Evaluation/ Examinations	NA	NA
7	☒ On the Job Training (OJT)/ Project Work Internship/ Apprenticeship Training	NA	NA

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
BWS/N9001 Prepare & maintain work area	Prepare and maintain work area				
	PC1. ensure that ambient conditions are suitable for the client and the service procedures to be carried out in a hygienic, safe and disinfected environment such as using air purifiers to reduce dust, dander, smoke, allergens & odour resulting in a healthier, fresher & cleaner environment, restructuring the workplace set-up, by keeping a minimum distance of 2 meters in between two clientele, practicing social distancing by avoiding handshakes/ hugs to coworkers/ clientele, etc.	2	4	0	2
	PC2. identify and select suitable equipment and products required for the respective services/ session	2	3	0	2
	PC3. set up the area for services/ session in adherence to the organizational/ beauty salon/ centre's guidelines	2	3	0	2
	PC4. place disposable towels, glasses for water, tea/ coffee and other items/ tools/ equipment's (applicable if any) in area convenient for efficient service/ session delivery	2	3	0	2
	PC5. prepare sterilisation solution as per organizational/ salon standards using approved products and as per manufacturers instructions	2	3	0	2
	PC6. sterilize, disinfect the area as per organizational standards using recommended solutions and conditions	2	4	0	2
	PC7. dispose waste materials in adherence to the industry requirements; waste materials such as	2	3	0	2

	disposable linen, disposable head bands, disposable gowns, disposable apron, disposable face mask, disposable gloves, etc.				
	PC8. identify ways to optimize usage of material including water in various tasks/activities/processes	2	3	0	2
	PC9. check for spills/leakages occurred while providing services	2	3	0	1
	PC10. identify and segregate recyclable, nonrecyclable and hazardous waste generated in separate bin	2	3	0	1
	PC11. store the unused disposable material properly in a dedicated area; material such as disposable masks, gloves, etc.	2	3	0	1
	PC12. ensure electrical equipment and appliances are switched off when not in use	2	3	0	1
	PC13. store records, materials and equipment securely in line with the policies	2	3	0	1
	PC14. conduct awareness program (such as for Covid19) for the employees and display posters/signage's promoting regular hand-washing and respiratory hygiene in the premises	2	3	0	1
	PC15. set up and promote digital modes of payment to lessen any kind of cross infection	2	3	0	1
	Total Marks	30	47	0	23
BWS/N2207 Conduct the Advanced Yoga sessions for holistic wellness, and train the Yoga Instructors/Trainers	Conduct the Advanced Yoga sessions and train the Yoga Instructors				
	PC1. ensure appropriate ambience for guests to perform the Advanced Yoga sessions	0.5	1	0	0.5
	PC2. provide appropriate opening and closure of the session through prayer/chanting/meditation	1	1	0	1
	PC3. recognise, adjust and adapt to specific guest needs in the evolving professional relationship	0	0.5	0	0.5
	PC4. recognise and manage the subtle dynamics inherent in the teacher/ guest relationship	0.5	1	0	0.5

	PC5. implement effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the guests progress and cope with unique difficulties / successes	1	1	0	1
	PC6. transmit the value of self-awareness and selfresponsibility throughout the process	0	0.5	0	0.5
	PC7. develop appropriate practice strategies to the guest	1	1	0	1
	PC8. set the goals, expectations and aspirations of the guest	0.5	1	0	0.5
	PC9. determine which aspects of the guests' conditions, goals and aspirations might be addressed through Advanced Yoga sessions	0.5	1	0	0.5
	PC10. select and prioritise the use of yoga tools and techniques	0.5	1	0	0.5
	PC11. modify and adapt the sequence of yoga practices appropriate to the needs of guests	1	1	0	1
	PC12. deliver appropriate practices for individuals as well as group, taking into consideration the assessment of their conditions, limitations, possibilities and the overall practice strategy	1	1	0	0.5
	PC13. provide instruction, demonstration, education of the guest using multi-model strategies of education such as audio-visual tools, kinaesthetic learning tools, etc.	0.5	1	0	0.5
	PC14. foster trust by establishing an appropriate environment through privacy, confidentiality and safety	0.5	1	0	0.5
	PC15. practice effective, guest-centered communication based upon a respect for and sensitivity to individual familial, cultural, social, ethnic and religious factors	1	1	0	1
	PC16. address new and changing conditions, goals, aspirations and priorities of the guest and to provide appropriate support	0	0.5	0	0.5

	PC17. accept and follow ethical principles and related concepts from the yoga tradition to professional interactions and relationships	0.5	1	0	0.5
	PC18. maintain neat and clean work area at all times	1	1	0	1
	PC19. inform guests about the various forms of Advanced Yoga sessions and its effect on body and mind	0.5	1	0	0.5
	PC20. use a broad range of-body-mindsoul based healing / spiritual healing tools in conjunction with exercise based on needs, ages, and ability levels to create effective practices against ailments	1	1	0	1
	PC21. apply yogic principles to conduct guest sessions to enhance well-being, overcome illness and live a healthier and more meaningful life	1	1	0	1
	PC22. perform and demonstrate all Advanced Yoga techniques to guests and ensure compliance to safety and health standards	0.5	1	0	0.5
	PC23. assist guests to perform all Advanced Yoga sessions techniques effectively	0.5	1	0	0.5
	PC24. evaluate exercises performed by guests and recommend correction whenever required	0.5	1	0	0.5
	PC25. ensure guest satisfaction and assist in answering all guest queries	0	0.5	0	0.5
	PC26. store guest and equipment records, securely in line with the organizations policies	1	1	0	1
	PC27. leave the work area in a clean and hygienic condition suitable for further classes	0.5	1	0	0.5
	PC28. communicate any shortcomings to the supervisor	1	1	0	1
	PC29. explain the Yoga Trainers - the evolution of philosophy and teachings of yoga tradition from vedic and post vedic periods, samkhya yoga, tantra, etc.	1	1	0	1
	PC30. explain the Yoga Trainers - the structure, states, functioning and conditions of the mind referred in the	0.5	1	0	1

	texts including but not limited to yoga sutras, Bhagavad Gita, Upanishads, etc.				
	PC31. conduct intake and assess the guests, including: taking history of guest and their condition(s); assessing the current conditions using the tools relevant to the Senior Yoga Trainer , including an evaluation of the physical, energetic, mental, emotional and spiritual dimensions of well-being	1	1	0	1
	PC32. identify priorities to prepare and design both long-term and short-term goals of the guests	1	1	0	1
	PC33. prepare strategies for yoga instructors to address common disorders and pathologies of the major human systems and common mental health conditions, as well as other goals and aspirations of the student as relevant to the work of a Yoga Trainer	1	1	0	1
	PC34. prepare strategies and planning - to combine intake, evaluation, observation and working assessment to develop an appropriate practice session for individual and group	0	1	0	1
	PC35. design courses, practice modules, schedules and the lesson plans	1	1	0	1
	PC36. assess the guests' progress and achievements	0	1	0	0
	PC37. review the course modules and the teaching skills of yoga instructors	1	1	0	1
	PC38. provide yogic spiritual counselling to the participants/ guests to set their long- or short-term goals	1	1	0	1
	PC39. provide specialized trainings theoretically and graphically to yoga instructors to become Yoga Trainers	0	1	0	1
	PC40. assess the performance of Yoga Trainers and instructors and design upskilling programs for them as per their needs	1	1	0	1

	PC41. develop research methodologies and provide inputs/ participate in conducting research programs to evaluate the efficacies of yogic practice	1	1	0	1
	PC42. represent the institutions in seminars/ workshops/ public forums/ conferences, etc.	1	1	0	1
	Total Marks	28	40	0	32
BWS/N2205 Conduct Advanced Hatha Yoga sessions and train the Yoga Instructors/Trainers	Conduct Advanced Hatha Yoga sessions and train the Yoga Instructors				
	PC1. ensure appropriate ambience for guests to perform the Advanced Hatha Yoga session	0.5	1	0	1
	PC2. provide appropriate opening and closure of the session through prayer/chanting/meditation	0.5	1	0	1
	PC3. perform and instruct loosening exercises or sukshma vyayama as agreed with the guest and arrangement of the organisation	0.5	1	0	1
	PC4. perform and instruct classical asanas as agreed with the guest and arrangement of the organisation	0.5	1	0	1
	PC5. perform and instruct pranayamas as agreed with the guest and arrangement of the organisation	0.5	1	0	1
	PC6. perform and instruct mudras and bandhas as agreed with the guest and arrangement of the organisation	0.5	1	0	1
	PC7. perform and instruct kriyas as agreed with the guest and arrangement of the organisation	0.5	1	0	1
	PC8. recognise, adjust and adapt to specific guest needs in the evolving professional relationship	0.5	1	0	1
	PC9. recognise and manage the subtle dynamics inherent in the guest relationship	0.5	1	0	1
	PC10. implement effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the guests progress, and cope with unique difficulties / successes	0.5	1	0	1
	PC11. transmit the value of self-awareness and selfresponsibility throughout the process	0.5	1	0	1

	PC12. develop appropriate practice strategies to the guest	0.5	1	0	1
	PC13. set the goals, expectations and aspirations of the guest	1	1	0	1
	PC14. develop a working assessment of the guests condition, limitations and possibilities	0.5	1	0	1
	PC15. determine which aspects of the guest conditions, goals and aspirations might be addressed through Advanced Hatha yoga	1	1	0	1
	PC16. deliver appropriate practices for individuals as well as group, taking into consideration the assessment of their conditions, limitations, possibilities and the overall practice strategy	0.5	1	0	1
	PC17. provide instruction, demonstration, education of the guest using multi-model strategies of education such as audio-visual tools, kinaesthetic learning tools, etc.	0.5	1	0	1
	PC18. practice effective, guest-centered communication based upon a respect for and sensitivity to individual familial, cultural, social, ethnic and religious factors	0.5	1	0	1
	PC19. address new and changing conditions, goals, aspirations and priorities of the guest and to provide appropriate support	1	1	0	1
	PC20. accept and follow ethical principles and related concepts from the yoga tradition to professional interactions and relationships	0.5	1	0	1
	PC21. maintain neat and clean work area at all times	0.5	1	0	1
	PC22. inform guests about the various forms of Advanced Hatha yoga and its effect on body and mind	1	1	0	1
	PC23. use a broad range of mind-body-based healing tools in conjunction with exercise based on needs, ages and ability levels to create effective practices against ailments	0.5	1	0	1

	PC24. apply yogic principles to conduct guest sessions to enhance well-being, overcome illness and live a healthier and more meaningful life	0.5	1	0	1
	PC25. perform and demonstrate all Advanced Hatha yoga techniques to guests and ensure compliance to safety and health standards	1	1	0	1
	PC26. assist guests to perform all Advanced Hatha techniques effectively	0.5	1	0	1
	PC27. evaluate exercises performed by guests and recommend correction whenever required	1	1	0	1
	PC28. ensure guest satisfaction and assist in answering all guest queries	0.5	1	0	1
	PC29. store guest and equipment records, securely in line with the organizations policies	1	1	0	1
	PC30. leave the work area in a clean and hygienic condition suitable for further classes	0.5	1	0	1
	PC31. design courses, practice modules, schedules and the lesson plans	0.5	1	0	1
	PC32. assess the guests' progress and achievements	0.5	1	0	1
	PC33. review the course modules and the teaching skills of yoga instructors	1	1	0	1
	PC34. provide yogic counselling to the guests to set their long or short term goals	0.5	1	0	1
	PC35. provide specialized trainings theoretically and graphically to yoga instructors to become specialized Yoga Trainers	0.5	1	0	1
	PC36. assess the performance of Yoga Trainers and instructors and design up skilling programs for them as per their needs	1	1	0	1
	PC37. develop research methodologies and provide inputs/ participate in conducting research programs to evaluate the efficacies of yogic practice	0.5	1	0	1
	PC38. represent the institutions in seminars/ workshops/ public forums/ conferences, etc.	1	1	0	1
	Total Marks	24	38	0	38

BWS/N2227 Conduct face yoga sessions	Perform face yoga sessions				
	PC1. ensure the space is well-lit, quiet, and free from distractions	2	2	0	2
	PC2. provide yoga mats with back support if needed. Guest should be seated upright with a relaxed spine	2	2	0	2
	PC3. briefly explain what Face Yoga is — a combination of facial exercises, massages, and relaxation techniques for toning and rejuvenating the face	2	2	0	2
	PC4. discuss the purpose, benefits, and expected outcomes of the session. Check for any discomfort, facial injuries, or contraindications	2	2	0	2
	PC5. ensure hands are clean before touching the face	2	2	0	2
	PC6. sit comfortably, close your eyes, and take a few deep breaths to relax your mind and body	2	2	0	2
	PC7. perform gentle warm-up movements like neck rolls, shoulder shrugs, and light tapping on the face to increase blood flow	2	3	0	3
	PC8. keep your spine straight and shoulders relaxed throughout the session for better energy flow	2	3	0	3
	PC9. • teach various face yoga asanas such as: • simhasana (lion's pose) for releasing toxins, facial tension • sirasana (headstand pose): boosts blood flow, rejuvenates skin • sarvangasana (shoulder stand): promotes circulation to face, neck • halasana (plow pose): enhances skin tone, vitality • adhomukhasana (downward dog): tones face, neck, and shoulders • viparita karani (legs up pose): reduces puffiness, fatigue, and swelling kapal randhra dhouti: stimulates blood flow, reduces wrinkles	3	4	0	3

	PC10. drink water before and after the session to support skin elasticity and detoxification	2	2	0	2
	PC11. ensure exercises are performed evenly on both sides of the face to maintain balance	3	3	0	3
	PC12. instruct guest to avoid over- stretching facial muscles. All exercises should be gentle and controlled	2	3	0	3
	PC13. pause for a few seconds between exercises, gently relax the face, and breathe deeply	2	3	0	2
	PC14. finish with light face tapping, a few deep breaths, a soothing massage, and a few minutes of mindfulness or gratitude to absorb the benefits	2	3	0	3
	Total Marks	30	36	0	34
BWS/N2222 Corporate yoga sessions for holistic well-being	Understand corporate yoga needs	3	6	0	3
	PC1. analyze common corporate health issues (e.g., stress, anxiety, back pain, digital strain, sedentary lifestyle)	1	2	0	1
	PC2. identify the psychological and physical demands of corporate professionals	1	2	0	1
	PC3. assess the corporate culture and customize yoga sessions accordingly	1	2	0	1
	Plan and design corporate yoga sessions	8	12	0	8
	PC4. develop structured yoga modules for various corporate levels (entry level, mid-level, senior level and executive level)	2	3	0	2
	PC5. integrate hatha yoga, chair yoga, pranayama, meditation, and relaxation techniques	2	3	0	2
	PC6. incorporate mindfulness, breathwork, and workplace-friendly postures	2	3	0	2
	PC7. modify sessions for short breaks (15-30 min) and longer in-depth workshops	2	3	0	2
	Conduct effective corporate yoga sessions	8	8	0	8
	PC8. deliver engaging, time-efficient, and goal oriented yoga classes	2	2	0	2
	PC9. demonstrate proper alignment, modifications, and accessibility options	2	2	0	2

	PC10. apply stress-relief techniques through yoga nidra, guided relaxation, and mindfulness	2	2	0	2
	PC11. adapt to hybrid and online corporate setups for virtual yoga sessions	2	2	0	2
	Nutrition and lifestyle for well-being	3	4	0	3
	PC12. discuss the role of food, hydration, and mindful eating in health	1	1	0	1
	PC13. teach detoxification and natural healing methods	1	1	0	1
	PC14. promote healthy daily routines (dinacharya) for optimal energy and mental clarity	1	2	0	1
	Health and safety considerations	5	6	0	5
	PC15. learn how to improve posture and make office spaces more comfortable to prevent strain and pain	2	2	0	2
	PC16. address individual limitations and provide safe modifications	1	2	0	1
	PC17. educate participants on lifestyle integration and self-care practices	2	2	0	2
	Professional communication and client management	3	4	0	3
	PC18. effectively communicate with corporate clients and HR teams	1	2	0	1
	PC19. develop reports and feedback mechanisms for continuous improvement	2	2	0	2
	Total Marks	30	40	0	30
BWS/N2224 Implement meditation and mindful eating practices	Understanding meditation and mindful awareness	3	3	0	3
	PC1. learn the science behind meditation and its impact on the brain and body	1	1	0	1
	PC2. understand the role of mindfulness in reducing stress, anxiety, and emotional imbalances	1	1	0	1
	PC3. explore the connection between meditation, yoga, and holistic well-being	1	1	0	1
	Types of meditation practices	6	6	0	6
	PC4. breath awareness meditation (focus on deep, conscious breathing for relaxation)	1	1	0	1

	PC5. mindfulness meditation (train the mind to stay present and focused)	1	1	0	1
	PC6. loving-kindness meditation (cultivate compassion and positive thinking)	1	1	0	1
	PC7. yoga nidra (induce deep relaxation and stress relief)	1	1	0	1
	PC8. chakra meditation (balance energy centers for emotional and spiritual well-being)	1	1	0	1
	PC9. mantra meditation (use sound vibrations to enhance mental focus and inner peace)	1	1	0	1
	Preparing for meditation	7	9	0	7
	PC10. choose a peaceful environment where you won't be disturbed	1	1	0	1
	PC11. sit in a relaxed posture, cross- legged on the floor, on a cushion, or in a chair with feet flat on the ground	2	2	0	2
	PC12. gently close your eyes and take deep breaths, inhaling through the nose and exhaling through the mouth	2	2	0	2
	PC13. focus on gratitude, relaxation, or mindful awareness	1	2	0	1
	PC14. slowly open your eyes and take a deep breath before moving on	1	2	0	1
	Understanding mindful eating	3	3	0	3
	PC15. learn the concept of mindful eating and its benefits for digestion and mental clarity	1	1	0	1
	PC16. recognize the impact of food choices on energy, emotions, and overall health	1	1	0	1
	PC17. understand ayurvedic principles of eating based on body constitution (doshas)	1	1	0	1
	Process of mindful eating	8	14	0	8
	PC18. look at your meal, noticing the colours, textures and aromas	1	2	0	1
	PC19. before taking a bite, inhale the aroma, appreciate the texture and be fully present	1	2	0	1

	PC20. chew each bite thoroughly, paying attention to the taste and sensation	2	2	0	2
	PC21. eat without screens, reading, or multitasking. Focus only on your meal	1	2	0	1
	PC22. eating until you are satisfied rather than stuffed	1	2	0	1
	PC23. put your utensils down between bites to slow down the eating process	1	2	0	1
	PC24. observe how the food makes you feel physically and emotionally	1	2	0	1
	integrating meditation and mindful eating into daily life	3	5	0	3
	PC25. develop customized meditation and mindful eating plans for individuals and corporate clients	1	2	0	1
	PC26. conduct workshops on stress management through meditation and nutrition	1	2	0	1
	PC27. promote long-term lifestyle changes for sustained physical and mental well-being	1	1	0	1
	Total Marks	30	40	0	30
BWS/N9002 Maintain health and safety at the workplace	Maintain health and safety at the workplace	33	45	0	22
	PC1. ensure proper supply of Personal Protective Equipment such as tissues, antibacterial soaps, alcohol-based hand cleansers, triple layered surgical face masks, gloves, etc. for the employees and clientele	3	5	0	2
	PC2. ensure maintaining basic hygiene and keep proper distance between the clientele to avoid any kind of cross infection, basic hygiene such as wearing disposable N-95/ triple layered surgical face mask, gloves, apron, washing/ sanitizing hands & taking bath at regular intervals, etc.	3	4	0	2
	PC3. set up and position oneself, equipment, chemicals, products and tools in the work area to meet legal, hygiene and safety requirements	3	4	0	2
	PC4. clean and sterilize all tools and equipment before and after use	3	4	0	2

	PC5. maintain one's posture and position to minimize fatigue, risk of injury and chances of cross infection	3	4	0	2
	PC6. dispose waste materials in accordance to the industry accepted standards	3	4	0	2
	PC7. maintain first aid kit and keep oneself updated on the first aid procedures	3	4	0	2
	PC8. identify and document potential risks and hazards in the workplace	3	4	0	2
	PC9. accurately maintain accident reports	3	4	0	2
	PC10. report health and safety risks/ hazards to concerned personnel	3	4	0	2
	PC11. use tools, equipment, chemicals and products in accordance with the guidelines and manufacturers' instructions	3	4	0	2
	Total Marks	33	45	0	22
BWS/N9003 Create a positive impression at the workplace	Appearance and Behavior				
	PC1. ensure maintaining good health and personal hygiene such as sanitized hands, neatly tied and covered hair, clean nails, etc.	2	3	0	1
	PC2. meet the organization's standards of grooming (courtesy, behavior and efficiency) such as engaging with clients with no gender stereotyping, positioning self and client in a manner, to ensure privacy, comfort and well-being of all the genders throughout the services, etc.	2	3	0	1
	PC3. stay free from intoxicants while on duty	1	2	0	1
	PC4. wear and carry organization's uniform and accessories correctly and smartly by sanitizing it in hot water with detergent and bleach	2	2	0	2
	Task execution as per organization's standards				
	PC5. take appropriate and approved actions in line with instructions and guidelines	2	2	0	1
	PC6. participate in workplace activities as a part of the larger team	2	3	0	1

	PC7. report to supervisor immediately in case there are any work issues	2	2	0	1
	PC8. use appropriate language, tone and gestures while interacting with guests from different cultural and religious backgrounds, age, disabilities and gender	2	3	0	1
	PC9. improve upon existing techniques of services by updating skills, such as, learning about digital technologies (by using digital platform for booking an appointment, making bills & payments, collecting feedback); financial literacy (opening savings bank accounts, linking Aadhaar card to bank account, using various e-commerce platforms); self-ownership, etc.	2	3	0	1
	Communication and Information record				
	PC10. communicate procedure related information to guests based on the sectors code of practices and organisations procedures/ guidelines	2	3	0	1
	PC11. communicate role related information to stakeholders in a polite manner and resolve queries, if any	2	2	0	1
	PC12. assist and guide guests to services or products based on their needs	2	3	0	1
	PC13. report and record instances of aggressive/ unruly behavior and seek assistance	2	2	0	1
	PC14. use communication equipment (phone, email etc.) as mandated by the organization	2	2	0	1
	PC15. carry out routine documentation (such as recording details related to employee's tasks, services taken and feedback given by clients) legibly and accurately in the desired format	2	2	0	1
	PC16. maintain confidentiality of information, as required, in the role	2	3	0	1
	PC17. communicate the internalization of gender & its concepts at work place	2	3	0	1

	PC18. conduct various workshops for the employees at workplace; using range of technologies that aid PwDs at the workplace, etc.	2	3	0	1
	Total Marks	35	46	0	19
DGT/VSQ/N0103 Employability Skills (90 hours)	Introduction to Employability Skills				
	PC1. understand the significance of employability skills in meeting the current job market requirement and future of work	0.5	0.5	0	0.5
	PC2. identify and explore learning and employability relevant portals	0	1	0	0.5
	PC3. research about the different industries, job market trends, latest skills required and the available opportunities	0	1	0	2
	Constitutional values – Citizenship				
	PC4. recognize the significance of constitutional values, including civic rights and duties, citizenship, responsibility towards society etc. and personal values and ethics such as honesty, integrity, caring and respecting others, etc.	0	1	0	0.5
	PC5. follow environmentally sustainable practices	0	0.5	0	0.5
	Becoming a Professional in the 21st Century				
	PC6. recognize the significance of 21st Century Skills for employment	0	0.5	0	0.5
	PC7. practice the 21st Century Skills such as SelfAwareness, Behaviour Skills, time management, critical and adaptive thinking, problem-solving, creative thinking, social and cultural awareness, emotional awareness, learning to learn for continuous learning etc. in personal and professional life	0.5	0.5	0	0.5
	PC8. adopt a continuous learning mindset for personal and professional development	0	1	0	0
	Basic English Skills				
	PC9. use basic English for everyday conversation in different contexts, in person and over the telephone	0	0.5	0	0.5

	PC10. read and understand routine information, notes, instructions, mails, letters etc. written in English	0	1	0	0.5
	PC11. write short messages, notes, letters, e-mails etc. in English	0.5	1	0	1
	Career Development & Goal Setting				
	PC12. identify career goals based on the skills, interests, knowledge, and personal attributes	0	1	0	1
	PC13. prepare a career development plan with short- and long-term goals	0	1	0	1
	Communication Skills				
	PC14. follow verbal and non-verbal communication etiquette while communicating in professional and public settings	0	0.5	0	0
	PC15. use active listening techniques for effective communication	0	0.5	0	0.5
	PC16. communicate in writing using appropriate style and format based on formal or informal requirements	0.5	0.5	0	0
	PC17. work collaboratively with others in a team	0	0.5	0	0.5
	Diversity & Inclusion				
	PC18. communicate and behave appropriately with all genders and PwD	0	0	0	0.5
	PC19. escalate any issues related to sexual harassment at workplace according to POSH Act	0	0.5	0	0.5
	Financial and Legal Literacy				
	PC20. identify and select reliable institutions for various financial products and services such as bank account, debit and credit cards, loans, insurance etc.	0	0.5	0	0
	PC21. carry out offline and online financial transactions, safely and securely, using various methods and check the entries in the passbook	0	0.5	0	0.5
	PC22. identify common components of salary and compute income, expenses, taxes, investments etc	0.5	0.5	0	0.5
	PC23. identify relevant rights and laws and use legal aids to fight against legal exploitation	0.5	0.5	0	0.5
	Essential Digital Skills				

	PC24. operate digital devices and use their features and applications securely and safely	0	0.5	0	0.5
	PC25. carry out basic internet operations by connecting to the internet safely and securely, using the mobile data or other available networks through Bluetooth, Wi-Fi, etc.	0.5	0.5	0	0.5
	PC26. display responsible online behaviour while using various social media platforms	0.5	1	0	0
	PC27. create a personal email account, send and process received messages as per requirement	0.5	1	0	0
	PC28. carry out basic procedures in documents, spreadsheets and presentations using respective and appropriate applications	0.5	1	0	0.5
	PC29. utilize virtual collaboration tools to work effectively	0.5	0.5	0	0.5
	Entrepreneurship				
	PC30. identify different types of Entrepreneurship and Enterprises and assess opportunities for potential business through research	0.5	0.5	0	0
	PC31. develop a business plan and a work model, considering the 4Ps of Marketing Product, Price, Place and Promotion	0	0.5	0	0.5
	PC32. identify sources of funding, anticipate, and mitigate any financial/ legal hurdles for the potential business opportunity	0	0.5	0	0.5
	Customer Service				
	PC33. identify different types of customers and ways to communicate with them	0	0	0	0.5
	PC34. identify and respond to customer requests and needs in a professional manner	0	0.5	0	0
	PC35. use appropriate tools to collect customer feedback	0	0.5	0	0.5
	PC36. follow appropriate hygiene and grooming standards	0.5	0.5	0	0.5
	Getting ready for apprenticeship & Jobs				

	PC37. create a professional Curriculum vitae (Résumé)	0	0.5	0	0.5
	PC38. search for suitable jobs using reliable offline and online sources such as Employment exchange, recruitment agencies, newspapers etc. and job portals, respectively	0	0.5	0	0
	PC39. apply to identified job openings using offline /online methods as per requirement	0.5	0.5	0	0
	PC40. answer questions politely, with clarity and confidence, during recruitment and selection	0	0.5	0	0.5
	PC41. identify apprenticeship opportunities and register for it as per guidelines and requirements	0	0.5	0	0
	Total Hours	7	25	0	18
BWS/N2214 Conduct the advanced bal yoga sessions	Conduct the Advanced Bal Yoga sessions				
	PC1. components that should be covered during the session yoga sloka bhajans meditation chanting om and its essence group activity moral values skit/activity	1	1	0	1
	PC2. ensure appropriate ambience for the children to perform the Advanced Bal yoga	1	1	0	1
	PC3. provide appropriate opening and closure of the session through prayer/chanting/meditation	0.5	1	0	1
	PC4. obtain information of child's medical history, background, preferences from parents before starting the session	1	1	0	1
	PC5. work on enhancing child's resilience and coping frequency, thereby helping them adapt and cope with negative life events	0.5	1	0	1
	PC6. work on cultivating balanced psychological and physiological responses to stress, such as improved stress management reduced problematic stress responses decreased cortisol concentrations	0.5	2	0	1
	PC7. address the spiritual needs of the children and help to mould their character through value-based curriculum	0.5	1	0	1

	PC8. introduce children to various Indian scriptures (Ramayana, Bhagwat Purana) and derive lessons of right values and moral principles	0.5	1	0	1
	PC9. provide a fun and non-competitive environment for children to internalize the teachings	0.5	2	0	1
	PC10. ensure that there is discipline and respect among children and for their respective teachers	0.5	1	0	1
	PC11. ensure that the teachings in class are inclusive and applicable to all children and their respective communities. The parents should feel comfortable reinforcing at home what is taught in classes	1	2	0	1
	PC12. implement effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the child's progress, and cope with unique difficulties / successes	0.5	1	0	1
	PC13. transmit the value of self-awareness and self-responsibility throughout the process	0.5	1	0	1
	PC14. elicit the goals, expectations and aspirations of the child	0.5	1	0	1
	PC15. integrate information from the intake, evaluation and observation to develop a working assessment of the child's condition, limitations and possibilities	1	1	0	1
	PC16. determine which aspects of the children's conditions, goals and aspirations might be addressed through Advanced Bal yoga	0.5	1	0	1
	PC17. select and prioritise the use of yoga tools and techniques	1	2	0	1
	PC18. modify and adapt the sequence of yoga practices appropriate to the needs of children	1	1	0	1
	PC19. deliver appropriate practices for individuals as well as group, taking into consideration the assessment of their conditions, limitations, possibilities and the overall practice strategy	1	1	0	1
	PC20. provide instruction, demonstration, education of the children using multi-model strategies of education	1	1	0	1

	such as audio-visual tools, kinaesthetic learning tools, etc.				
	PC21. foster trust by establishing an appropriate environment through privacy, confidentiality and safety	1	2	0	1
	PC22. practise effective student-centered communication based upon a respect for and sensitivity to individual familial, cultural, social, ethnic and religious factors	1	1	0	1
	PC23. gather feedback, re-assess and refine the practice to determine short-term or long-term goals and priorities	0.5	1	0	1
	PC24. accept and follow ethical principles and related concepts from the yoga tradition to professional interactions and relationships	0.5	1	0	1
	PC25. inform children about the various forms of yoga and its effect on body and mind	1	1	0	1
	PC26. use a broad range of mind-body-based healing tools in conjunction with exercise based on needs, ages and ability levels to create effective practices against ailments	0.5	1	0	1
	PC27. apply yogic principles while conducting sessions to enhance well-being, overcome illness and live a healthier and more meaningful life	0.5	1	0	1
	PC28. perform and demonstrate all Advanced Bal Yoga techniques to children and ensure compliance to safety and health standards	1	1	0	1
	PC29. assist children to perform all Advanced Bal Yoga techniques effectively	0.5	1	0	1
	PC30. evaluate exercises performed by children and recommend correction whenever required	0.5	1	0	1
	PC31. coordinate with childrens parents on yogic lifestyle counselling to ensure healthy body and mind	1	1	0	1
	PC32. ensure parents' satisfaction and assist in answering all queries that the children may have	0.5	1	0	1

	PC33. leave the work area in a clean and hygienic condition suitable for further classes	1	1	0	1
	PC34. communicate any shortcomings to the supervisor	0.5	1	0	1
	PC35. address the spiritual needs of the childrens and help to mould their character through value based curriculum	0.5	1	0	1
	Total Hours	25	40	0	35
BWS/N2215 Conduct the advanced mahila yoga sessions	Conduct the Advanced Mahila Yoga sessions	22.5	31		27.5
	PC1. ensure appropriate ambience for guests to perform the Advanced Mahila yoga sessions	0	0.5	0	0.5
	PC2. provide appropriate opening and closure of the session through prayer/chanting/meditation	0	0.5	0	0.5
	PC3. obtain permission/ notify the client for a physical contact with the guest during session, if required	1	1	0	1
	PC4. obtain information on guests medical history, background, preferences, etc. before starting the session	1	1	0	0.5
	PC5. recognise, adjust and adapt to specific guest needs in the evolving professional relationship	0.5	0.5	0	0
	PC6. recognise and manage the subtle dynamics inherent in the teacher /guest relationship	0	0.5	0	0.5
	PC7. implement effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the guests progress, and cope with unique difficulties / successes	1	1	0	1
	PC8. transmit the value of self-awareness and selfresponsibility throughout the process	0	0.5	0	0.5
	PC9. develop and adjust appropriate practice strategies to the guest	0	0.5	0	0.5
	PC10. integrate information from the intake, evaluation and observation to develop a working assessment of the guests condition, limitations and possibilities	1	1	0	1

	PC11. determine which aspects of the guests conditions, goals and aspirations might be addressed through Advanced Mahila yoga sessions	0	1	0	0.5
	PC12. understand from guests, poses causing any sort of discomfort to them	1	1	0	1
	PC13. educate the guests on benefits both baby and mother are gaining through this Advanced Mahila yoga session	1	1	0	1
	PC14. select and prioritise the use of Advanced Mahila yoga tools and techniques	1	1	0	1
	PC15. modify and adapt the sequence of yoga practices appropriate to the needs of guests	1	1	0	1
	PC16. deliver appropriate practices for individuals as well as group, taking into consideration the assessment of their conditions, limitations, possibilities and the overall practice strategy	1	1	0	1
	PC17. provide instruction, demonstration, education of the guests using multi-model strategies of education such as audio-visual tools, kinesthetic learning tools, etc.	1	1	0	1
	PC18. foster trust by establishing an appropriate environment through privacy, confidentiality and safety	1	1	0	1
	PC19. practice effective, guest-centered communication based upon a respect for, and sensitivity to, individual familial, cultural, social, ethnic and religious factors	1	1	0	1
	PC20. gather feedback, re-assess and refine the practice to determine short-term or long-term goals and priorities	1	1	0	1
	PC21. address new and changing conditions, goals, aspirations and priorities of the guest and to provide appropriate support	1	1	0	1
	PC22. accept and follow ethical principles and related concepts from the yoga tradition to professional interactions and relationships	1	1	0	1

	PC23. maintain neat and clean work area at all times	1	1	0	1
	PC24. inform guests about various forms of Advanced Mahila yoga and its effect on body and mind	0.5	1	0	0.5
	PC25. use a broad range of mind-body-based healing tools in conjunction with exercise based on needs, ages and ability levels to create effective practices against ailments	1	1	0	1
	PC26. apply yogic principles to conduct guest sessions to enhance well-being, overcome illness and live a healthier and more meaningful life	0	1	0	0.5
	PC27. perform and demonstrate all Advanced Mahila yoga techniques to guests and ensure compliance to safety and health standards	0.5	1	0	1
	PC28. assist guests to perform all Advanced Mahila techniques effectively	0.5	1	0	1
	PC29. evaluate exercises performed by guests and recommend correction whenever required	0.5	1	0	1
	PC30. coordinate with guests on yogic lifestyle counselling to ensure healthy body and mind	0.5	1	0	1
	PC31. ensure guest satisfaction and assist in answering all guest queries	0	1	0	0.5
	PC32. store guest and equipment records, securely in line with the organizations policies	0.5	1	0	0.5
	PC33. leave the work area in a clean and hygienic condition suitable for further classes	1	1	0	1
	PC34. communicate any shortcomings to the supervisor	1	1	0	1
	Conduct yoga during menstrual periods	4.5	7	0	6.5
	PC35. overview of the menstrual cycle (follicular, ovulatory, luteal, menstrual) and hormonal fluctuations	0.5	0.5	0	0.5
	PC36. list common menstrual discomforts like cramps, bloating, fatigue, and mood swings	1	1	0	1
	PC37. recommend various yoga asanas for menstrual relief such as supta baddha konasana, balasana,	1	1	0	1

	viparita karani, marjaryasan- bitilasana, setu bandha sarvangasana, paschimottanasana				
	PC38. avoid strong inversions like headstand and shoulder stand, which may disrupt natural downward energy flow	1	1	0	1
	PC39. role of pranayama & meditation • helps balance hormones and reduce stress • calms the mind and soothes mood swings • promotes deep relaxation and emotional stability	1	1	0	1
	PC40. drink warm water or herbal teas (ginger, fennel, chamomile) to soothe discomfort	0	1	0	0.5
	PC41. follow up with light meals and avoid heavy physical exertion for better menstrual health	1	1	0	1
	PC42. maintain a self-care routine, including warm baths or aromatherapy for added relief	0	0.5	0	0.5
	Total Hours	28	38	0	34
BWS/N2216	Conduct the Advanced Vridha Yoga sessions				
Conduct the vridha yoga sessions	PC1. ensure appropriate ambience for the elderly guests to perform the Advanced Vridha yoga sessions	1	2	0	1
	PC2. provide appropriate opening and closure of the session through prayer/chanting/meditation	0.5	1	0	0.5
	PC3. obtain permission/ notify the guests for a physical contact with the guest during Advanced Vridha yoga session, if required	1	1	0	1
	PC4. obtain information on guests medical history, background, preferences, etc. before starting the Advanced Vridha yoga session	1	1	0	1
	PC5. recognise, adjust and adapt to specific client/student needs in the evolving therapeutic/professional relationship	0.5	1	0	0.5
	PC6. recognise and manage the subtle dynamics inherent in the teacher/ guest relationship	1	2	0	1
	PC7. analyze the difficulties individuals are facing, due to ageing, in performing various Advanced Vridha yoga poses	0.5	1	0	0.5

	PC8. suggest guests to substitute warm-ups with brisk walking and joint movements	1	1	0	1
	PC9. teach standing yoga poses triangle pose (konasana series) and standing spinal twist (kati chakrasanas)	1	2	0	1
	PC10. teach sitting yoga poses butterfly pose, cradling (if possible), body rotation, cat stretch and child pose (shishu asana)	1	1	0	1
	PC11. teach yoga poses which are performed lying on the back or stomach and focus on repetitions rather than holding any posture such as the cobra pose (bhujangasana), the locust pose (shalabhasana) or the knee to chin press (pawanmuktasana)	1	2	0	1
	PC12. teach yoga nidra which is by far the most essential part of any yoga practice, and as age progresses, it becomes even more essential to help assimilate the effect of the asana practice into our system	1	2	0	1
	PC13. implement effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the guests progress, and cope with unique difficulties / successes	1	1	0	1
	PC14. transmit the value of self-awareness and selfresponsibility throughout the process	1	1	0	1
	PC15. modify and adapt the sequence of yoga practices appropriate to the needs of guests	1	1	0	1
	PC16. deliver appropriate practices for individuals as well as group, taking into consideration the assessment of their conditions, limitations, possibilities and the overall practice strategy	1	1	0	1
	PC17. foster trust by establishing an appropriate environment through privacy, confidentiality and safety	1	2	0	1
	PC18. practise effective, guest-centered communication based upon a respect for, and	0.5	1	0	0.5

	sensitivity to, individual familial, cultural, social, ethnic and religious factors				
	PC19. gather feedback, re-assess and refine the practice to determine short-term or long-term goals and priorities	1	1	0	1
	PC20. address new and changing conditions, goals, aspirations and priorities of the guest and to provide appropriate support	1	1	0	1
	PC21. accept and follow ethical principles and related concepts from the yoga tradition to professional interactions and relationships	1	2	0	1
	PC22. maintain neat and clean work area at all times	1	1	0	1
	PC23. inform guests about the various forms of Advanced Vridha yoga and its effect on body and mind	1	1	0	1
	PC24. use a broad range of mind-body-based healing tools in conjunction with exercise based on needs, ages and ability levels to create effective practices against ailments	0.5	1	0	0.5
	PC25. apply yogic principles to conduct Advanced Vridha yoga sessions to enhance well-being, overcome illness and live a healthier and more meaningful life	1	1	0	1
	PC26. perform and demonstrate all Advanced Vridha yoga techniques to guests and ensure compliance to safety and health standards	1	1	0	1
	PC27. assist guests to perform all Advanced Vridha yoga techniques effectively	1	1	0	1
	PC28. evaluate exercises performed by guests and recommend correction whenever required	1	1	0	1
	PC29. coordinate with guests on yogic lifestyle counselling to ensure healthy body and mind	0.5	1	0	0.5
	PC30. ensure guest satisfaction and assist in answering all guest queries	1	1	0	1

	PC31. store guest and equipment records, securely in line with the organizations policies	1	1	0	1
	PC32. leave the work area in a clean and hygienic condition suitable for further classes	1	1	0	1
	PC33. communicate any shortcomings to the supervisor	1	1	0	1
	Total Hours	30	40	0	30
	Grand Total	330	475	0	345

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 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
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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
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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