



Model Curriculum

QP Name: Yoga Therapy Assistant

QP Code: HSS/Q4001

QP Version: 4.0

NSQF Level: 4

Model Curriculum Version: 1.0

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

Sector	Healthcare
Sub-Sector	AYUSH
Occupation	Yoga
Country	India
NSQF Level	4
Aligned to NCO/ISCO/ISIC Code	NCO-2015/2269
Minimum Educational Qualification And Experience	12th Grade Pass Or 10th Grade Pass with 3 years of relevant experience Or Previous relevant Qualification of NSQF Level 3 with 3 years of relevant experience.
Pre-Requisite License or Training	
Minimum Job Entry Age	18 Years
Last Reviewed On	8-5-2025
Next Review Date	8-5-2028
NSQC Approval Date	8-5-2025
QP Version	4.0
Model Curriculum Creation Date	8-5-2025
Model Curriculum Valid Up to Date	8-5-2028
Model Curriculum Version	1.0
Minimum Duration of the Course	690 Hrs.
Maximum Duration of the Course	690 Hrs.

Program Overview

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

Training Outcomes

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

- Explain the concept and fundamental principles of yoga.
- Discuss the significance of yoga practices.
- Describe basic concepts and fundamental principles of therapeutic Yoga practices.
- Describe various therapeutic measures commonly used in yoga.
- Discuss indication and contraindications of yoga therapy practices
- Communicate accurately and appropriately in the capacity of a yoga therapy assistant.
- Describe the fundamental concepts and principles of therapeutic yoga practices for diabetes
- Describe the basic concepts and fundamental principles of therapeutic yoga practices for palliative care
- Explain the merits of yoga in palliative care
- Maintain personal hygiene, grooming and personal behaviour in accordance with organization's standards.
- Demonstrate the process of maintaining relevant records.
- Maintain a safe, healthy, and secure working environment.
- Follow biomedical waste disposal and infection control policies and procedures.

Compulsory Modules

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

NOS and Module Details	Theory Duration	Practical Duration	On-the-Job Training Duration (Mandatory)	On-the-Job Training Duration (Recommended)	Total Duration
HSS/N4001: Prepare the unit as per yoga therapy needs.	55:00	65:00	45:00	00:00	165:00
Module 1: Introduction to Yoga	20:00	15:00	00:00	00:00	35:00
Module 2: Basic structure and function of the human body (Rachana Sharira and Kriya Sharira)	10:00	10:00	00:00	00:00	20:00
Module 3: Fundamental principles of yoga	10:00	10:00	00:00	00:00	20:00
Module 4: Classification of yoga	10:00	15:00	00:00	00:00	25:00
Module 5: Therapeutic Yogic practices impact on Human body and mind	05:00	15:00	00:00	00:00	20:00
HSS/N4002: Carry out initial interaction with individuals for proposed	30:00	50:00	10:00	00:00	90:00

yoga therapy as per directions					
Module 6: Fundamental Principles of Yoga Therapy	20:00	30:00	00:00	00:00	50:00
Module 7: Yoga therapy assistant key functions and scope	10:00	20:00	00:00	00:00	30:00
HSS/N4003: Conduct yoga therapy session as per prescribed advice	45:00	25:00	35:00	00:00	105:00
Module 8: Purva karma for Yoga Session	15:00	10:00	00:00	00:00	25:00
Module 9: Pradhan Karma for Yoga session	20:00	10:00	00:00	00:00	30:00
Module 10: Paschat karma for Yoga Session	10:00	05:00	00:00	00:00	15:00
HSS/N4004: Conduct post yoga therapy session review	75:00	35:00	85:00	00:00	195:00
Module 11: Yogic concept of Health & Healing	15:00	03:00	00:00	00:00	08:00
Module 12: Yoga Therapy in Diabetes	10:00	02:00	00:00	00:00	07:00
Module 13: Yoga Therapy in Neurological and Psychological Disorders	10:00	05:00	00:00	00:00	10:00
Module 14: Yoga Therapy in Obstetric & Gynecological Disorders	05:00	05:00	00:00	00:00	10:00
Module 15: Yoga Therapy in Palliative Care	05:00	05:00	00:00	00:00	10:00
Module 16: Inventory Control	10:00	05:00	00:00	00:00	15:00
Module 17: Therapeutic communication skills	10:00	05:00	00:00	00:00	10:00
Module 18: Reporting and Documentation	10:00	05:00	00:00	00:00	10:00
HSS/N9617: Maintain a safe, healthy and secure working environment	30:00	30:00	00:00	00:00	60:00
Module 19: Safety and emergency response at workplace	30:00	30:00	00:00	00:00	00:00

HSS/N9618- Follow infection control policies and procedures including biomedical waste disposal protocols	05:00	05:00	05:00	00:00	15:00
Module 20: Infection control policies and procedures	03:00	03:00	00:00	00:00	06:00
Module 21: Bio-Medical Waste Management	02:00	02:00	00:00	00:00	04:00
Total Duration	240:00	210:00	180:00	00:00	630:00
Module 22: DGT/VSQ/N0102: Employability Skills (60 Hours)	60:00	00:00	00:00	00:00	60:00
Total Duration	300:00	210:00	180:00	00:00	690:00

Module Details

Module 1: Introduction to Yoga Mapped to: HSS/N4001

Terminal Outcomes:

- Understand the fundamental components of Yoga required for a Yoga Therapy Assistant
- Understand the concept and principles of Yoga therapy across various Yoga texts

Duration: 20:00	Duration: 15:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Introduction to Yoga, its etymology and definitions, Aim, objectives and misconceptions about Yoga, • Understand the origin of Yoga, brief history and development of Yoga (Pre-Vedic period to contemporary times), and Schools of Yoga. • Explain the relevance of Sanskrit language and <i>shlokas</i> related to yoga. • Explain about Vedas, Upanishads, Prasthanatrayee and Purushartha Chatushtaya, Goal of human life. • Discuss about Schools of Yoga, Jnana Yoga, Bhakti Yoga and Karma Yoga, Patanjala Yoga and BouddhaYoga, Hatha Yoga. • Understand the concept of Yogic lifestyle • Discuss about Common Yoga Protocol (CYP) • Understand the significance of International Day of Yoga	• Prepare a chart on Yoga facilities and services involved in it. • Demonstrate asanas as per Common Yoga Protocol (CYP)
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	
Tools, Equipment and Other Requirements	
Visit to Yoga facility for field assignment	

Module 2: Basic structure and function of human body (Rachana Sharira and Kriya Sharira)

Mapped to: HSS/N4001

Terminal Outcomes:

- Demonstrate knowledge of the basic structure and function of the human body.
- Elaborate about biomechanics as important in Yoga practice

Duration: 10:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• List down various body parts with a brief understanding of anatomy and physiology. • Explain the concept of homeostasis in the Ayurveda system. • Explain the concept of six regions. (Shadangatwam) of Sharira. • Learn the general biomechanics concepts and principles that influence the human movement • Discuss Biomechanics and Kinesiology • Discuss fundamental concepts of the following terms Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity, Fundamental movements at various joints. • Understand about yogic postures • Explain the concept of qualities (Guna) and disturbing factors (Dosha). • Describe the plasma (Rasa Dhatu), blood (Rakta Dhatu) and muscles (Mamsa Dhatu). • Overview of different anatomical positions of body, Digestive System, Nervous System, Respiratory System, Musculoskeletal, Locomotory, Circulatory, Cardiovascular, etc.	• Prepare a model of human body parts in a skill lab. • Identify Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity, and Fundamental movements at various joints in a model. • Identify different anatomical positions of body, Digestive System, Nervous System, Respiratory System, Musculoskeletal, Locomotory, Circulatory, Cardiovascular, etc, in a model.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, AV Aids for Understanding Human Body Structure and Function	
Tools, Equipment and Other Requirements	
Human Body Skeleton, Charts and Posters on the Body System	

Module 3: Fundamental principles of yoga

Mapped to: HSS/N4001

Terminal Outcomes:

- Explain the fundamental concept of Yoga.
- Explain the concept of yogic health.

Duration: 10:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Explain the concept of integrated health • Explain the concept of mala (waste products) • Explain the concept of yoga and psychology • Explain mantra chanting and <i>dhyana</i> • Explain the concept and benefits of yogic practices (<i>Shuddhi Kriya, Asana, Pranayama, Mudra etc</i>), • Explain the indications and contraindications of therapeutic yoga • Explain Yoga and its practices. • Explain the significance and various poses of <i>Surya Namaskar</i> (sun salutation) • Explain about Yogic <i>Paricharya</i> (<i>Ahara, Vihar, Achar- Vichar</i>) • Discuss in brief various yogic texts such as Patanjali Yogsutra, Hathapradipika, Gheranda, Samhita etc	• Demonstrate relaxation techniques. • Demonstrate different asanas, pranayama, mudra, Shuddhi kriyas etc. • Demonstrate the various poses of Surya Namaskar (sun salutation). • Make a list of all the Yog sutras and Samhitas.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, yoga e-modules	
Tools, Equipment and Other Requirements	
Yoga Mat, yoga e-modules	

Module 4: Classification of yoga

Mapped to: HSS/N4001

Terminal Outcomes:

- Explain about Hatha Yoga and Yoga Sutra.

Duration: 10:00	Duration: 15:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Understand about Hatha Yoga and its Practices • Describe Yogasutra and Hatha Yoga and its component • Discuss the classification of Ashtanga yoga eight components of yoga sutra like Yama, Niyamas, Āsana, Prāṇāyāma, Pratyāhāra, Dhāraṇā, Dhyāna, Samādhi. • Discuss about Hatha Yogic Practices (Asana & Shatkarma, Pranyama, Bandha, Mudra and Nadanusandhana) • Describe the schools of yoga eg bhakti yoga, karma yoga ,gyan yoga etc. • Learn the concept of Bhavas and Bhavanas with its relevance in Health and well-being	• Demonstrate correct techniques of Hatha Yoga • Demonstrate the correct technique of Yoga sutra, Asanas, Bandhas, mudras etc.
-Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, e- modules on CYP guidelines	
Tools, Equipment and Other Requirements	
Checklist format	

Module 5: Therapeutic Yogic practices impact on Human body and mind

Mapped to: HSS/N4001

Terminal Outcomes:

- Explain the concept of body, soul and mind and holistic well being
- Identify different ailments due to sedentary lifestyle.
- Explain how yoga can prevent and cure these ailments.
- Explain the importance of Pranayama and Meditation on human body and mind.

Duration: 05:00	Duration: 15:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Understand about therapeutic yoga and its importance in integrated health approach • Discuss the importance of Pranayama and Meditation on human body and mind • Understand about Psycho-physiological effects of pranayama • Learn different types of meditation its impacts on central nervous system and peripheral nervous system. • Learn different types of meditation its impacts on the cardiovascular system, respiratory system, nervous system, muscular system etc. • Discuss the importance of Warm up Exercise and Kriyas • Explain the yogic concept of healthy living • Explain yoga as a preventive and promotive health care. • Describe common musculoskeletal diseases • Explain common lifestyle and metabolic diseases • Explain the common nutrition, ageing and Immunity-related diseases • Describe metastasis and its classification • Discuss cardiovascular diseases in brief • Discuss psychosomatic diseases in brief	• Perform different asanas, breathing exercises and pranayama. • Prepare a chart depicting various lifestyle disorders. • Prepare a chart of different asanas, breathing exercises and pranayama.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster.	
Tools, Equipment and Other Requirements	
Yoga Mat, Human Body Skeleton, Charts and Posters on body systems, AV Aids for understanding Human Body Structure and Function, Yoga dress for male and female	

Module 6: Fundamental Principles of Yoga Therapy

Mapped to: HSS/N4002

Terminal Outcomes:

- Understand the concept of body and health from the perspective of Yoga
- Understand the Yogic concept of Disease and the remedial measures therein as per Yoga

Duration: 20:00	Duration: 30:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Understand the concept of Health according to Ayurveda. • List down the potential causes of Ill-health including mental and emotional health. • Discuss the role of Shuddhi kriyas in preventive healthcare. • Understand about Yogic concepts for health and healing. • Discuss the importance of Yogic Principles of Healthy Living: Aahara, Vihara, Aachara and Vichara. • Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living • Demonstrate Yogic principles of Lifestyle management and its role in the prevention of disease and health promotion. • Discuss about Yogic Principles of Diet and its role in Healthy living.	• Recite Hymns from Upanishad & Yoga Texts, and Shanti Mantras. • Perform Shuddhi kriyas. • Prepare a chart on Yogic Principles of Diet and its role in Healthy living.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster,	
Tools, Equipment and Other Requirements	
yoga mat, charts of various asanas and mudras, lights, props, sound system, and yoga dress for males and females.	

Module 7: Yoga therapy assistant key functions and scope

Mapped to: HSS/N4002

Terminal Outcomes:

- Explain role and responsibilities of Yoga Therapy Assistant.
- Measure and record vital parameters.

Duration: 10:00	Duration: 20:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Describe the roles and responsibilities of Yoga Therapy Assistant in Purva, Pradhan and Paschat Karma of Yoga • Explain the importance of maintaining conducive environment for session • Define the scope and limitations of professionals working as Yoga Therapy Assistants • Learn the protocol and process of measuring and recording vital parameters • Identify the vital parameters and their normal range. • Measure the vital parameters to assess the general state of participants such as Blood Pressure, Temperature, Pulse, Respiration, RBS • Discuss the importance of confidentiality and privacy while working with clients • Discuss the escalation matrix or referral in case vital parameter deviates from normal readings • Discuss in detail about Yoga set services involved, and the professionals involved • Understand about career prospects in the field of Yoga • Explain the importance of employees' responsibilities such as discipline, integrity, grievance redressal and punctuality.	• Demonstrate hand washing techniques • Demonstrate the assessment process of vital parameters • Demonstrate the charting process for vital parameters records
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, yoga e-modules	
Tools, Equipment and Other Requirements	
BP instrument, and vital sign measurement things required.	

Module 8: Purva Karma for Yoga Session

Mapped to: HSS/N4003

Terminal Outcomes:

- Demonstrate the method of physical examination of the body.
- Demonstrate Purva karma compliance for effective session.

Duration: 15:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Interpret the prescription, orders/consent forms, clinical details of participant to plan appropriate yoga therapy sessions • Discuss counselling session required information from participants for therapeutic yoga • Carry out vital parameter's examination of the participant. • Explain the complications due to yogic procedure to the participant as per the prescription. • Identify limitations or comfort areas of participant basis on preferences considering factors such as gender, religion, culture, language etc. • Illustrate various modulations for effective sessions based on individual preference • Describe the importance of pre-procedural preparedness for therapeutic yoga sessions • Discuss the importance of readiness of resources including lights/props/mats/sound system etc. • Discuss the importance of ventilation, aroma and therapeutic milieu for better conduction of a therapy session. • Prepare yoga therapy unit as per organizational policies and protocols.	• Demonstrate various techniques like postures and asanas for effective session based on individual preference. • Demonstrate the calm and relaxed position before starting a yoga session. • Interpret prescriptions, orders/consent forms, and clinical details in a mock set-up.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster,	
Tools, Equipment and Other Requirements	
Yoga mat, charts of various asanas and mudras, lights, props, sound system, yoga dress for males and females	

Module 9: Pradhan Karma for Yoga Session

Mapped to: HSS/N4003

Terminal Outcomes:

- Demonstrate the correct technique of asanas and pranayama.
- Organize and perform yoga sessions for participants.
- Instruct participants to perform different postures, asanas, and meditation

Duration: 20:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Organize work and prioritize the activities as per the instructions of the therapist/ doctor • Demonstrate therapeutic asana to the participant as per yogic practices • Explain the use of complementary practices of yogic principles • Ensure that the proceedings of the yoga session are being followed by the participant • Describe ways to avoid unnecessary physical contact with a participant during the session. • Follow appropriate techniques to make session useful and safe • Classify and discuss the techniques of <i>karṇa Shat karma, pranayama, Sukshma vyaama, stool vyama, Śakti Vikāsaka</i> • mukha, dhauti • vāk sakti vikāsaka • nādānusandhāna • Pādahastāsana • ardhakaṭi cakrāsana • ardha cakrāsana • bhujaṅgāsana • simhāsana • yogendra prāṇāyāma • jalaneti • Sutra Neti and Kunjal Kriya	• Demonstrate correct techniques of ambulation to participant. • Demonstrate comfortable position to the participants. ▪ Demonstrate different therapeutic yoga as per prescription • Demonstrate therapeutic techniques of - karṇa Śakti Vikāsaka - mukha, dhauti - vāk sakti vikāsaka - nādānusandhāna - Pādahastāsana - ardhakaṭi cakrāsana - ardha cakrāsana - bhujaṅgāsana - simhāsana - yogendra prāṇāyāma - jalaneti - Jivhāmūlaśodhanam - Kinjal Kriya and sutra neti
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, yoga e-modules	
Tools, Equipment and Other Requirements	
Yoga Mat, yoga e-modules, charts related to yoga postures and kriyas.	

Module 10: Paschat Karma for Yoga Session

Mapped to: HSS/N4003

Terminal Outcomes:

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

Duration: 10:00	Duration: 05:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Explain how to maintain grievances record and escalate to the concerned authority. • Explain the performance of the participant and limitations if any to the therapist/doctor. • Carry out regular follow-ups with participants as directed by therapists/doctors. • Inform participants about the next schedule with the therapist/doctor. • Design feedback forms as per session needs • Explain the importance of the feedback form. • Assess the emotional state of the individual post-therapy sessions and record it as per organizational policies. • Explain suitable suggestions to the patient based on performance without deviating from standard procedures or protocols. • Explain the modifications in practices carried out during the session to the therapist/consultant. • Explain to the therapist/consultant any abnormal sign observed during practice. • Explain the therapist/consultant and the patient the progress during sessions.	• Demonstrate the process of addressing participant expectations, perceptions, knowledge, and concerns. • Demonstrate the use of effective communication skills and technical knowledge in guiding participants about the dos and don'ts after a yoga session. • Prepare a sample participant report and feedback form.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, B	
Tools, Equipment and Other Requirements	
Sample formats of feedback forms, Sample formats of reports and records, Sample formats of reports and hospital documents, Scenario based learning modules, Vitals assessment equipment; BP Apparatus, Thermometer, Pulse Oximeter (Finger), Stethoscope	

Module 11: Yogic concept of Health & Healing

Mapped to: HSS/N4004

Terminal Outcomes:

- Explain the concept of Yogic lifestyle in health and healing.
- Understand the concept of Yogic Principles of Healthy Living through Aahara, Vihara, Aachara and Vichara

Duration: 15:00	Duration: 03:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Discuss about the role of Yoga as a therapy in various ➤ musculoskeletal conditions ➤ Cardiovascular disorders ➤ digestive disorders ➤ Endocrine and metabolic disorders ➤ Obstetric & Gynaecological disorders ➤ neurological conditions • Discuss the concept of Trigunas, Pancha-Maha Bhutas, Pancha-prana and their role in Health and Healing • Understand the concept of Pancha-koshas & Shat-chakra and their role in Health and Healing. • Explain the concept of Cleansing (Shuddi), its role and importance in Health and Healing. • Learn the Yogic Principles of Healthy Living through Aahara, Vihara, Aachara and Vichara • Discuss about Yogic Practices of Healthy living i.e. Yama, Niyama, Shat-karma, Asana, Mudra & Bandha Pranayama, Pratyahara, Dharna and Dhyana, and their role in Healthy living. • Understand the concept of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living, the Concept of Bhavas and Bhavana's with its relevance in Health and well-being • Understand the concept of Yogic principles in Lifestyle management and its role in prevention of disease and health promotion • Discuss about Yogic Principles of Diet and its role in Healthy living	• Demonstrate Yama, Niyama, Shat-karma, Asana, Mudra & Bandha Pranayama, Pratyahara, Dharna and Dhyana • Prepare a chart on Yogic Principles of Diet and its role in Healthy living
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, yoga e-modules	
Tools, Equipment and Other Requirements	
Charts and Posters on body systems related to diabetes, AV Aids for understanding human Body structure and function, Yoga dress for male and female for each participant, Vitals assessment equipment; Sphygmomanometer, Thermometer, Pulse Oximeter (Finger), Stethoscope, Sample yoga diet chart for various conditions	

Module 12: Yoga Therapy in Diabetes

Mapped to: HSS/N4004

Terminal Outcomes:

- Explain the benefits of Yoga therapy in Diabetes.

Duration: 10:00	Duration: 02:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Explain diabetes, its types and effects of diabetes on the human body • Explain various complications that could occur due to diabetes • Explain the concept of hypoglycemia and hyperglycemia • Explain stress and autoimmunity • Explain the dietary management of diabetes with yoga and the importance of therapeutic yoga practice • Explain do's and don'ts for patients related to yoga therapy for diabetes • Discuss the importance of performing Ardha Matsyendrasana, Paschimottanasana, Mandukasana, and Balasana in controlling diabetes. • Discuss lifestyle and Ahara management as per yogic needs for diabetes • Explain properties and classifications of <i>ahara dravya</i> • Explain <i>hita avam ahitra ahara</i> based on <i>doshika prakriti</i> • Explain the properties of cereals, pulses, vegetables and fruits • Explain the relevance of milk and milk products in health and disease	• Demonstrate <i>yogasanas, Pranayama, Kriyas</i>, Meditation sessions. • Demonstrate Asanas like Ardha Matsyendrasana, Paschimottanasana, Mandukasana, Balasana • Demonstrate the method of vital recording like BP, Temp, Pulse etc.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, yoga e-modules	
Tools, Equipment and Other Requirements	
Charts and Posters on body systems related to diabetes, AV Aids for understanding human Body structure and function, Yoga dress for male and female for each participant, Vitals assessment equipment; Sphygmomanometer, Thermometer, Pulse Oximeter (Finger), Stethoscope, Sample yoga diet chart for various conditions like diabetes.	

Module 13: Yoga Therapy in Neurological and Psychological disorders

Mapped to: HSS/N4004

Terminal Outcomes:

- Demonstrate the correct technique of asanas and pranayama in Neurological and Psychological disorders
- Instruct participants to perform different postures, asanas, and meditation techniques.

Duration: 10:00	Duration: 05:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Discuss the importance of neurological and psychological care. • Describe various disorders like Migraine, Headaches, Multiple sclerosis, Parkinsons Disease, Epilepsy, and Alzheimer's disease, Depression, Anxiety and mental retardation. • Explain the importance of assessment of prescriptions, orders/consent forms, clinical details etc related to disease condition • Enlist do's and don'ts for patients for therapeutic yoga for Neurology and psychology. • Discuss <i>ahara</i> (diet) related to disorders. • Discuss the importance of <i>asanas</i>, <i>Pranayama</i>, <i>Meditation</i> and <i>Yoga Nidra</i>. • Describe Vrikshasana (Tree Pose) , Tadasana (Mountain Pose) , Balasana (Child's Pose)Savasana (Corpse Pose) etc for Neurological and Psychological health.	• Demonstrate meditation and pranayama, along with relaxing yoga poses. • Demonstrate Vrikshasana (Tree Pose) , Tadasana (Mountain Pose) , Balasana (Child's Pose)Savasana (Corpse Pose) . • Demonstrate a comfortable position to participate. • Demonstrate meditation Techniques.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, yoga e-modules	
Tools, Equipment and Other Requirements	
Charts and Posters on body systems, AV Aids, Vitals assessment equipment; Stethoscope, Human Body Structure and Function, Yoga dress for male and female	

Module 14: Yoga Therapy in Obstetric & Gynaecological Disorders

Mapped to: HSS/N4004

Terminal Outcomes:

- Demonstrate the correct technique of asanas and pranayama in Obstetric & Gynaecological Disorders.
- Instruct participants to perform different postures, asanas, and meditation

Duration: 05:00	Duration: 05:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Discuss the importance of Obstetric and Gynecological care. • Describe various disorders like Menstrual Disorder (menstrual cramps, dysmenorrhea, pre-menstrual syndrome), Polycystic Ovarian Syndrome (PCOS/PCOD), Pre-eclampsia or pregnancy-induced hypertension (PIH) etc. • Explain the importance of assessment of prescriptions, orders/consent forms, clinical details etc related to disease condition • Enlist do's and don'ts for patients for therapeutic yoga for Obstetric and Gynecological care. • Discuss the importance of <i>asanas</i>, <i>Pranayama</i>, • Describe Setu bandh asana, savasana ,Kalpalbhati ,Tadasna balasana , Nadi Shodhana Pranayam , Sheetkari Pranayam etc.	• Demonstrate meditation and pranayama, along with relaxing yoga poses. • Demonstrate Setu bandh asana , savasana ,Kalpalbhati ,Tadasna balasana , Nadi Shodhana Pranayam , Sheetkari Pranayam etc. • Demonstrate a comfortable position to participate.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, yoga e-modules	
Tools, Equipment and Other Requirements	
Charts and Posters on body systems, AV Aids, Vitals assessment equipment; Stethoscope, Human Body Structure and Function, Yoga dress for male and female	

Module 15: Yoga Therapy in Palliative Care

Mapped to: HSS/N4004

Terminal Outcomes:

- Demonstrate the correct technique of asanas and pranayama.
- Organize and perform yoga session as palliative care for participant.
- Instruct participant to perform different postures, asanas, and meditation

Duration: 05:00	Duration: 05:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Discuss about importance of palliative care • Describe the psychology of patients who require palliative care • Explain the importance of assessment of prescription, orders/consent forms, clinical details etc related to diseases condition • Check and record the patient vitals • Discuss the importance of relaxation postures and yoga nidra, Yoga poses (asanas): regulated breathing techniques (pranayama): Diaphragmatic breathing, Deep yogic breathing, Gestures (mudra): Balancing, calming mudra, Internalized awareness Yoga Nidra (conscious, dynamic, yogic sleep), Nada Yoga (chanting mantra or singing) • Enlist do's and don'ts' for palliative care patients with respect to therapeutic yoga • Discuss about <i>ahara</i> (diet) related to palliative care patients • Discuss the importance of <i>asanas</i> in clearing out toxins offrom human body • Explain the importance of yoga inreducing stress and anxiety	• Demonstrate meditation and pranayama, along with relaxing yoga poses. • Demonstrate a comfortable position to participate. • Demonstrate the process and importance of relaxation postures and yoga nidra, Yoga poses (asanas): regulated breathing techniques (pranayama): Diaphragmatic breathing, Deep yogic breathing, Gestures (mudra): Balancing, calming mudra, Internalized awareness Yoga Nidra (conscious, dynamic, yogic sleep), Nada Yoga (chanting mantra or singing).
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, yoga e-modules	
Tools, Equipment and Other Requirements	
Charts and Posters on body systems, AV Aids, Vitals assessment equipment; Sphygnomanometer , Thermometer, Pulse Oximeter (Finger), Stethoscope, Human Body Structure and Function, Yoga dress for male and female	

Module 16: Inventory Control

Mapped to: HSS/N4004

Terminal Outcomes:

- Demonstrate the technique of maintaining inventory or stock
- Maintain inventory register and checklist
- Report any loss of commodities and inventory

Duration: 10:00	Duration: 05:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Explain the importance of maintaining stock • Report any loss of commodities or consumables as per organizational policy. • Discuss inventory replenishment and distribution systems. • Understand the importance of Identifying, recording and removing stock not complying with inventory control guidelines. • Explain about Re-processing or discard stock processes which do not comply with inventory control guidelines.	• Prepare a chart on the importance of inventory control and management • In a role play - demonstrate how to maintain inventory.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, Whiteboard/Smart Board, Marker, Duster.	
Tools, Equipment and Other Requirements	
Inventory registers, sample inventory lists, inventory separators	

Module 17: Therapeutic communication skills

Mapped to: HSS/N4004

Terminal Outcomes:

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

Duration: 10:00	Duration: 05:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Discuss the importance of effective communication with patients, relatives, and colleagues. • Discuss confidentiality and privacy practices related to patient information. • Discuss the importance of teamwork. • Discuss the importance of following the rules and policies of the organization for maintaining a code of conduct and scope of work. • Discuss the various communication styles for maintaining gender-neutral behaviour and PwD (Divyangs) sensitivity.	• Demonstrate the usage of technical terms to ensure effective communication. • Apply time management skills during daily activities. • Prepare reports using the information gathered from observation, experience, reasoning, or communication.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	
Tools, Equipment and Other Requirements	
Case studies and demonstrative videos on teamwork, group dynamics/role play	

Module 18: Reporting and Documentation

Mapped to: HSS/N4004

Terminal Outcomes:

- Demonstrate technical skills of Storage and retention and retrieval of database and records.
- Maintain confidentiality of records

Duration: 10:00	Duration: 05:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Define the scope of practice for Yoga Therapy Assistant in reporting and documentation • Define and discuss the method of reporting matrix. • Explain the importance of maintenance of records. • Explain the various types of records to be maintained by the Yoga Therapy Assistant • Demonstrate essential components of various records and the method of their documentation and retrieval • Explain essential components of various records and the method of their documentation and retrieval • Explain abbreviations and symbols relevant to yoga	• In a role play Enter data in various forms and formats according to the standard guidelines. • Create a sample set of documents to record procedure-related information of client.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, Whiteboard/Smart Board, Marker, Duster.	
Tools, Equipment and Other Requirements	
Sample formats of reports and hospital documents, various forms of consent	

Module 19: Safety and emergency response at workplace

Mapped to: HSS/N9617

Terminal Outcomes

- Respond to institutional emergencies safely and appropriately.

Duration: 30:00	Duration: 30:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
- List the precautions to be taken for personal safety. - Explain the use of protective devices such as restraints and safety devices. - List the hospital emergency codes. - Explain about fire emergencies and safe use of electrical appliances - Explain disaster management techniques to deal with institutional emergencies. - List the common emergencies which could happen in a healthcare setting. - Explain about First Aid Kit and its components and its applicability - Discuss standard protocols while providing first aid care to victims - List the various do's and don'ts to be followed while providing first aid care	- Demonstrate usage of hospital emergency codes and basic emergency response in a mock drill depicting an institutional emergency. - Create a chart depicting common emergency situations and its referral mechanism in a yoga session
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	
Tools, Equipment and Other Requirements	
Crash cart trolley, first aid box, CPR Manikin, Ambu Bag with Mask Adult, Torch, physical restraints, Fire extinguisher	

Module 20: Infection control policies and procedures

Mapped to: HSS/N9618

Terminal Outcomes

- Develop techniques of self-hygiene.
- Apply infection control policies and procedures during daily activities.

Duration: 03:00	Duration: 03:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Explain the concept of healthy living. • Describe the importance of infection control and prevention. • List strategies for preventing transmission of pathogenic organisms. • Describe the nosocomial infections or hospital acquired infections. • Explain the importance of incident reporting. • Discuss in brief about pandemics and special precautions taken during it. • Explain the concept of immunization. • Describe the hand-hygiene guidelines and procedures used in healthcare-settings. • Explain the importance of using Personal Protective Equipment (PPE). • List the types of PPE. • Describe the process of wearing and removing each of the PPE. • Explain various vaccinations against common infectious diseases.	• Demonstrate the steps of spill management. • Demonstrate the procedures of hand hygiene. • Demonstrate donning, doffing and discarding of PPE
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	
Tools, Equipment and Other Requirements	
Hypochlorite solution, chlorhexidine, alcohol swab, Apron, lab coat, gloves, mask, cap, shoes, safety goggles and spectacles, towels, cotton, isopropyl alcohol Disposable cartridge and syringes, Spill Kit	

Module 21: Bio Medical Waste Management

Mapped to: HSS/N9618

- Dispose of different types of biomedical waste in appropriate colour-coded bins/containers.
- Apply local guidelines of biomedical waste disposal system during daily activities.

Duration: 02:00	Duration: 02:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Categorize the different types of biomedical waste. • Explain the importance and mechanism of proper and safe disposal, transportation and treatment of bio-medical waste. • Identify the various types of colour coded bins/containers used for disposal of biomedical waste. • Explain the importance of following local guidelines of biomedical waste disposal.	• Segregate biomedical waste applying the local guidelines. • Create a chart depicting different types of biomedical waste and various types of colour-coded bins/containers used for disposal of biomedical waste.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	
Tools, Equipment and Other Requirements	
Different coded color bins, chart for color coding of bins Visit to the biomedical waste treatment plant for the field assignment	

Module 22: Employability Skills (30 hours)

Mapped to DGT/VSQ/N0101: Employability Skills (30 Hours)

Mandatory Duration: 30:00

Location: On-Site

S.N o.	Module Name	Key Learning Outcomes	Duration (hours)
1.	Introduction to Employability Skills	- Discuss the Employability Skills required for jobs in various industries. - List different learning and employability related GOI and private portals and their usage.	1.5
2.	Constitutional values - Citizenship	- Explain the constitutional values, including civic rights and duties, citizenship, responsibility towards society and personal values and ethics such as honesty, integrity, caring and respecting others that are required to become a responsible citizen. - Show how to practice different environmentally sustainable practices.	1.5
3.	Becoming a Professional in the 21st Century	- Discuss importance of relevant 21st century skills. - Exhibit 21st century skills like Self-Awareness, Behavior Skills, time management, critical and adaptive thinking, problem-solving, creative thinking, social and cultural awareness, emotional awareness, learning to learn etc. in personal or professional life. - Describe the benefits of continuous learning.	2.5
4.	Basic English Skills	- Show how to use basic English sentences for every day. conversation in different contexts, in person and over the telephone. - Read and interpret text written in basic English - Write a short note/paragraph / letter/e -mail using basic English.	10
5.	Career Development & Goal Setting	Create a career development plan with well-defined short- and long-term goals.	2
6.	Communication Skills	- Demonstrate how to communicate effectively using verbal and nonverbal communication etiquette. - Explain the importance of active listening for effective communication. - Discuss the significance of working collaboratively with others in a team.	5
7.	Diversity & Inclusion	- Demonstrate how to behave, communicate, and conduct oneself appropriately with all genders and PwD. - Discuss the significance of escalating sexual harassment issues as per POSH act.	2.5
8.	Financial and Legal Literacy	- Outline the importance of selecting the right financial institution, product, and service. - Demonstrate how to carry out offline and online financial transactions, safely and securely. - List the common components of salary and compute income, expenditure, taxes, investments etc. - Discuss the legal rights, laws, and aids.	5

9.	Essential Digital Skills	- Describe the role of digital technology in today's life. - Demonstrate how to operate digital devices and use the associated applications and features, safely and securely. - Discuss the significance of displaying responsible online behavior while browsing, using various social media platforms, e-mails, etc., safely and securely. - Create sample word documents, excel sheets and presentations using basic features. - Utilize virtual collaboration tools to work effectively.	10
10.	Entrepreneurship	- Explain the types of entrepreneurship and enterprises. - Discuss how to identify opportunities for potential business, sources of funding and associated financial and legal risks with its mitigation plan. - Describe the 4Ps of Marketing-Product, Price, Place and Promotion and apply them as per requirement. - Create a sample business plan, for the selected business opportunity.	7
11	Customer Service	- Describe the significance of analyzing different types and needs of customers. - Explain the significance of identifying customer needs and responding to them in a professional manner. - Discuss the significance of maintaining hygiene and dressing appropriately.	5
12	Getting Ready for Apprenticeship & Jobs	- Create a professional Curriculum Vitae (CV). - Use various offline and online job search sources such as employment exchanges, recruitment agencies, and job portals respectively. - Discuss the significance of maintaining hygiene and confidence during an interview. - Perform a mock interview. - List the steps for searching and registering for apprenticeship opportunities.	8

LIST OF TOOLS & EQUIPMENT FOR EMPLOYABILITY SKILLS

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

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

Mandatory Duration: 150	Recommended Duration:
Module Name: On-the-Job Training	
Location: On Site	
Terminal Outcomes • Explain the complete concept of Therapeutic Yoga, its method and types, uses on different diseased conditions etc. • Discuss Yoga for maintaining health and also in diseased conditions like diabetes, palliative care. • Identify various yoga poses and the proper way of posture for each yoga session. • Demonstrate the various Yoga postures. • Follow aseptic techniques while managing material. • Identify one's own role in carrying out the procedure of Yoga. • Convey information to colleagues and patients concisely and accurately. • Demonstrate strong interpersonal skills, emotional intelligence, and self-awareness.	

Annexure

Trainer Requirements

Trainer Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training Experience		Remarks
		Years	Specialization	Years	Specialization	
Post-Graduation	Yoga	2				
Graduation in any stream	with a certification/ diploma in yoga	3				
Diploma	In yoga	4				

Trainer Certification	
Domain Certification	Platform Certification
Certified for Job Role: “Yoga Therapy Assistant” mapped to QP: “HSS/Q4001 v4.0” with a minimum score of 80%.	Recommended that the Trainer is certified for the Job Role: “Trainer (VET and Skills)”, mapped to the Qualification Pack: “MEP/Q2601, v2.0” with minimum score of 80%.

Assessor Requirements

Assessor Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training/Assessment Experience		Remarks
		Years	Specialization	Years	Specialization	
Post-Graduation	yoga	3				
Graduation in any stream	with certification/ diploma in yoga	4				
Diploma	In yoga	5				

Assessor Certification	
Domain Certification	Platform Certification
Certified for Job Role: “Yoga Therapy Assistant” mapped to QP: “HSS/Q4001v4.0” with a minimum score of 80%.	Recommended that the Assessor is certified for the Job Role: “Assessor (VET and Skills)”, mapped to the Qualification Pack: “MEP/Q2701, v2.0” with minimum score of 80%.

Assessment Strategy

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

The assessment papers for both theory and practical would be developed by Subject Matter Experts (SME). The assessments papers would also be checked for the various outcome-based parameters such as quality, time taken, precision, tools & equipment requirement etc.

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

The following tools would be used for final assessment:

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

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

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

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

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

QA Regarding Assessors:

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

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

References

Glossary

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

Acronyms and Abbreviations

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

