



Model Curriculum

QP Name: Yoga Wellness Trainer

QP Code: HSS/Q4003

QP Version: 3.0

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 11th Grade Pass and pursuing continuous schooling Or 10th Grade Pass with 3-year relevant experience Or Previous relevant Qualification of NSQF Level 3.5 with 1.5-year relevant experience or Previous relevant Qualification of NSQF Level 2.5 with 4.5-year relevant experience
Pre-Requisite License or Training	
Minimum Job Entry Age	18 Years
Last Reviewed On	17/11/2022

Next Review Date	20/05/2024
NSQC Approval Date	24/06/2021
QP Version	3.0
Model Curriculum Creation Date	18/02/2021
Model Curriculum Valid Up to Date	17/11/2025
Model Curriculum Version	1.0
Minimum Duration of the Course	450 Hrs.
Maximum Duration of the Course	450 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.
- Explain the principles of yoga and practices of healthy living.
- Explain the concept of Jnana yoga, Bhakti yoga and Karma yoga.
- Explain the benefits of yoga in prevention and management of lifestyle disorders.
- Setting up of work area.
- Discuss Tri Bandha and their health benefits.
- Explain about Dhyana and its significance in health and wellbeing.
- Advanced breathing, and meditation exercises in groups or individuals.
- Conduct the hatha yoga sessions in groups or individuals.
- Discuss the role of Tridoshas, Sapta Dhatu, Agni, Vayu, and Mala in wellness.
- Explain the significance of Dinacharya and Ritucharya in wellbeing.
- Explain the role of yoga in the management of non-communicable diseases.
- Discuss the role of Ahara, Nidra and Brahmacharya in wellbeing.
- Discuss the role of the psychosocial environment for health and wellness.
- Maintain personal hygiene, grooming and personal behavior 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.
- Maintain interpersonal relationships with others.
- Maintain professional and medico-legal conduct in accordance with legislation, protocols and guidelines set up by the relevant authorities.

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/N4014: Practice yoga postures and meditation techniques as per Common Yoga Protocols to enhance personal readiness.	25:00	35:00	15:00	-	75:00

Module 1: Introduction to yoga and yoga texts	05:00	05:00	04:00	-	14:00
Module 2: Basic structure and function of human body	05:00	10:00	05:00	-	20:00
Module 3: Preparation of participant and work area for session	15:00	20:00	06:00	-	41:00
HSS/N4015: Assess clients' needs and design a yoga program accordingly	30:00	60:00	15:00	-	105:00
Module 4: Yoga for health and wellness	15:00	20:00	07:00	-	42:00
Module 5: Yoga for prevention and management of lifestyle disorders	15:00	40:00	08:00	--	63:00
HSS/N4016: Conduct yoga session	45:00	75:00	15:00	-	135:00
Module 6: Conduct yoga session	45:00	75:00	15:00	-	135:00
HSS/N4017: Perform administrative tasks at the yoga facility	15:00	30:00	15:00		60:00
Module 7: Post yoga session review	10:00	15:00	07:00		32:00
Module 8: Administrative Task at Yoga facility	05:00	15:00	08:00		28:00
HSS/N9624: Maintain a safe and secure working environment	05:00	10:00	0:00		15:00
Module 9: Safety, emergency medical response and first aid Mapped to: HSS/N9624	05:00	10:00	00:00		15:00
Total Duration	120:00	210:00	60:00	00:00	390:00

Module 10: DGT/VSQ/N0102: Employability Skills (60 Hours)	60:00	00:00	00:00	00:00	60:00
Total Duration	180:00	210:00	60:00	00:00	450:00

Module Details

Module 1: Introduction to yoga and Yoga Texts

Mapped to: N4014

Terminal Outcomes:

- Discuss the classification and significance of yoga.
- Discuss the importance of yoga texts in health and wellbeing.

Duration: 05:00	Duration: 05:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Describe the brief history, origin, and development of yoga. • Explain etymology and definitions of Yoga (Patanjala Yoga Sutra, Bhagwad Gita, Kathopanishad). • Describe ancient yoga text such as Bhagwat Gita, Patanjali yoga Sutra, Narad Bhakti Sutra, Ramayana. • Discuss Bandha & Mudra and their health benefits. • Explain the importance and relevance of Hatha yoga practices in health and wellbeing. • Explain the principles of yoga (Triguna, Antahkarana-chatustaya, Tri-Sharira/ Panchakosha). • Explain the significance and various poses of Surya Namaskar (sun salutation). • Explain the significance of Bahiranga yoga. • Discuss about classification of yoga (Karma yoga, Jnana yoga, Bhakti yoga and Kriya yoga). • Explain yogic relaxation techniques such as yoga Nidra. • Explain the concept and principles of each sadhanas and their significance in health and wellbeing. • Explain about yogic Paricharya (Ahara, Vihar, Achar- Vichar). • Discuss about international yoga day and its impact and significance. 	<ul style="list-style-type: none"> • Practice yoga postures as per common yoga protocol • 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	
NA	

Module 2: Basic structure and function of human body

Mapped to: N4014

Terminal Outcomes:

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

Duration: 05:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • List down various body parts. • Explain about basic anatomy and physiology of human body (Sharira, Kosha, Prana, Nadi, Chakra, Marma). • Explain about homeostasis, its mechanism to maintain the internal environment of the body. • Introduction to sensory organs (Eyes, Nose, Ears, Tongue and Skin). • Explain the concept of Dosha-Dhatu, Mala. • Discuss the benefits of Shatkarma, Yogasana, Pranayama and Bandha on Respiratory, Circulatory, Musculoskeletal system. • Explain the nine systems of the human body- their structure and functions and influence of yogic practices on the different body systems. 	<ul style="list-style-type: none"> • Prepare a model of human body parts using waste material depicting different anatomical parts. • Demonstrate all the parts of the body on a mannequin. • Demonstrate the physiology of the body • Prepare the models of the sensory organs. • Demonstrate the nine systems of the body along with their functions.
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 body systems	

Module 3: Preparation of participant and work area for session

Mapped to: N4014

Terminal Outcomes:

- Describe the importance of pre-procedural preparedness for yoga session.
- Demonstrate the use of equipment, tools, etc., for yoga session.

Duration: 15:00	Duration: 20:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain the importance of creating a safe space for clients to explore their mental and emotional states through yoga and meditation. • Discuss about importance of designing a yoga program • Check the participant requirements, fitness and other health condition to plan the session accordingly. • Identify limitations or comfort areas of participant basis on preferences considering factors such as gender, religion, culture, language etc. • Explain the importance of yoga cleansing techniques like empty stomach, cleansing the bowel etc. • Discuss the precautions to be taken for yoga session. • Explain the complications due to yogic session to the participant. • Communicate and behave in a professional manner when dealing with participant. 	<ul style="list-style-type: none"> • Demonstrate safe work practices during the yoga session. • Demonstrate in a role play to design a yoga session • Demonstrate in a role play, to deal with patients before the session. • Prepare the charts on cleansing techniques of the body. • Demonstrate the cleansing techniques of the body.
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 4: Yoga for Health and Wellness

Mapped to: N4015

Terminal Outcomes:

- Explain the yogic concept of health, wellness, and illness.

Duration: 15:00	Duration: 20:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Discuss the yogic concept of health, wellness, and illness. • Discuss the importance of psycho-social environment for health and wellness. • Describe the role of yoga in various dimensions (physical, mental, social, and spiritual) of health. • Explain about the importance of following Dinacharya and Ritucharya for wellbeing. • Describe the role of Ahara, Nidra and Brahmacharya in wellness. • Explain the concept of Adhi and Vyadhi, Yoga as a preventive Health care- Heyam dukham anagamam. • Explain the yogic concept of holistic health and its importance in the management of diseases. • Explain the importance of Trigunas, Pancha-Kosha, Pancha-Prana and Shatkchakra and their role in health and wellness. 	<ul style="list-style-type: none"> • Perform different asanas, breathing exercises and pranayama. • Prepare a chart depicting various lifestyle disorders. • Prepare a chart of different asanas, breathing exercises and pranayama. • Prepare the chart for daily routine. • Prepare a list for Trigunas, Shatkchakras • Demonstrate various yoga postures related to wellness.
-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, yoga mat, charts of various asanas and mudras, lights, props, sound system, yoga dress for males and females.	

Module 5: Yoga for prevention and management of lifestyle disorders

Mapped to: N4015

Terminal Outcomes:

- Identify lifestyle related disorders.

Duration: 15:00	Duration: 40:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain the concept of yogic lifestyle and its relevance. • Explain the concept of holistic wellbeing. • Explain about different signs and symptoms of Acidity, Constipation, Irritable bowel syndrome (IBS), Bronchial Asthma, Sinusitis, Hypertension, Neck pain, Lower Backache, Osteo-arthritis etc disorders. • Explain the role of yoga in prevention and management of common disorder: Acidity, Constipation, Irritable bowel syndrome (IBS), Bronchial Asthma, Sinusitis, Hypertension, Neck pain, Lower Backache, Osteo-arthritis. • Discuss the role of yoga as an integrative medication. 	<ul style="list-style-type: none"> • Perform different asanas, breathing exercises and pranayama. • Prepare a chart depicting various lifestyle disorders. • Prepare a chart of different asanas, breathing exercises and pranayama. • In a role play, Demonstrate list of Yoga asanas for different diseases. • Demonstrate different mudras • In a role play, Demonstrate Yoga Kriyas.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster.	
Tools, Equipment and Other Requirements	
Sample formats of feedback forms, Sample formats of reports and records	

Module 6: Conduct yoga session

Mapped to: N4016

Terminal Outcomes:

- Organise and perform yoga sessions for participant.
- Instruct participants to perform different postures, asanas, and meditation.

Duration: 45:00	Duration: 75:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Discuss the reference of yoga in ancient texts such as Bhagwat Gita, Patanjali Yoga Sutra, Narad Bhakti Sutra, Ramayana. • Explain about Veda and Upanishad in relation to yoga. • Explain the concepts of Nadis, Prana and Pranayama. • Explain about Hatha yoga practices for wellness. • Define yogic diet and explain the contents of a yogic diet. • Explain the concept of mental wellbeing according to Patanjali Yoga Sutra including concept of Chitta, Chitta Bhumi, Chitta Vritti, Chitta Vikshepa, Chittaprasadanam, Klesha and Vivek-Khyati. • Explain the concept and role of Tridoshas, Sapta Dhatu, Agni, Vayu, and Mala in wellness. • Explain the importance of Ahara, Nidra and Brahmacharya in wellbeing. • Explain the importance of following correct techniques of asanas, mudras, and meditation in standing, sitting and prone position. • Explain the importance of maintaining a participant's privacy and confidentiality. 	<ul style="list-style-type: none"> • Perform breathing-practices such as - hand in and out, hands stretch breathing, ankle stretch breathing, rabbit breathing, tiger breathing, dog breathing. • Perform Shanti prayer, Yogic Mantra, Shanti Mantra. • Perform loosening practices (Sithalakarana Vyayama) such as - jogging practices. • Perform Suryanamaskar. • Perform Patanjali yoga sutras. • Perform hatha yoga pradipika. • Perform asana for meditation which include Padmasana, Vajrasana, Sukhasana, Siddhasana, Siddhioniasana, Bhadrasana, Dhyana veerasana. • Perform various types of pranayam techniques such as Bhastrika, Vibhagiya pranayam, Surya anuloma viloma, Chandra anuloma viloma, Nadi suddhi, Sithili pranayama-cooling pranayama, Sitkari pranayama - cooling pranayama, Satanta - cooling pranayama, Ujjai pranayama, Bhramari pranayama. • Perform asanas in standing positions such as Vikchasana, Parvatasana, Trikonasana, Parvritha trikonasana, Hastautasana, Gadurasana, Uthit janusirasana, Pada hastasana, Natvarasana. • Perform asanas in sitting positions such as Pascimotasana, Gomukhasana, Bhunamanasana, Vakrasana, Aradha matsyendrasana, Vajrasana, Ustrasana, Mandukasana, Veerasana, Shankasana Marjariasana, Janu Sirasana. • Perform asanas in prone positions such as Navasana, Bhujanagasana, Sarpasana, Nilambha salbhasana, Salbhasana, Dhanurasana. • Perform asanas in supine positions such as Setubandhasana, Pavanmuktasana, Savasana. • Perform Bandhas and mudras like Nasagra mudra, Chin mudras, Chinmaya mudra, Brahma mudra, Adi mudra, Bhairava

	<p>mudra, Shambhavi mudra, Aswini mudra, Yog mudra.</p> <ul style="list-style-type: none"> • Perform Meditation/ Deep silence / Shānti Paṭha/ Closing prayer.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, AV aids.	
Tools, Equipment and Other Requirements	
yoga mat, charts on various yoga postures, asanas, mudras	

Module 7: Post yoga session review

Mapped to: N4017

Terminal Outcomes:

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

Duration: 10:00	Duration: 15:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Identify the contra-indications related to various yoga asanas and postures. • Explain the modifications in practices carried out during the session. • Explain the relevance and importance of feedback to participant. • Explain suitable suggestions to the patient based on performance without deviating from standard procedures or protocols. • Explain the importance of maintaining confidentiality of documents related to yoga session. 	<ul style="list-style-type: none"> • Demonstrate the process of addressing participant expectations, perceptions, knowledge, and concerns. • Demonstrate the use of effective communication skills and technical knowledge in guiding participant about the dos and don'ts after a yoga session. • Prepare a sample of participant report and feedback form. • Prepare a sample questionnaire for participants queries and doubts.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster.	
Tools, Equipment and Other Requirements	
Sample formats of feedback forms, Sample formats of reports and records	

Module 8: Administrative Task at Yoga facility

Mapped to:N4017

Terminal Outcomes:

- Manage schedules, track attendance, and handle administrative tasks for yoga sessions.

Duration: 05:00	Duration: 15:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Discuss about organizing and managing class schedules to accommodate client needs and studio availability. • Explain the process of client registration and processing payments for services as per organizational policy and protocol. • Discuss about promotional strategies, including promoting classes, special events, and workshops • Discuss about various channels such as social media, newsletters, and flyers for dissemination of information. • Explain about Inventory management 	<ul style="list-style-type: none"> • Prepare a chart of social media platforms • Through a demonstration, plan mass promotion yoga session for the community • Prepare a sample format for inventory management

Module 9: Safety, emergency medical response and first aid

Mapped to: HSS/N9624

Terminal Outcomes:

- Perform Basic Life Support or basic first aid in medical emergency situations, as and when required.
- Respond to institutional emergencies appropriately.

Duration: 05:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain the basics of first aid. • List the precautions to be taken for personal safety. • Discuss how to perform Basic Life Support (BLS). • Explain the use of protective devices such as restraints and safety devices. • Identify precautions to be taken for self-safety. • Explain about disaster management techniques to deal with institutional emergencies. • Discuss about the escalation matrix for referral and management of common emergencies. 	<ul style="list-style-type: none"> • Create a chart depicting different types of protective devices such as restraints and safety devices. • Create a flow chart depicting common emergency situations and its referral mechanism.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, Whiteboard/Smart Board, Marker, Duster.	
Tools, Equipment and Other Requirements	
Crash cart trolley, first aid box, CPR nursing manikin, Ambu bag with mask adult, torch, physical restraints, fire extinguisher	

Module 10: Employability Skills (60 hours)

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

Mandatory Duration: 60:00

Location: On-Site

S.No.	Module Name	Key Learning Outcomes	Duration (hours)
1.	Introduction to Employability Skills	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Create a career development plan with well-defined short- and long-term goals. 	2
6.	Communication Skills	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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: 60:00

Module Name: On-the-Job Training

Location: On Site

Terminal Outcomes

- Prepare a SOP checklist for pre-yoga and post- yoga session
- Demonstrate the process of setting up work area or yoga session area along with the required tools, equipment, consumables etc.
- Demonstrate safe work practices during the yoga session.
- Demonstrate various voice modulation for effective sessions based on individual preference.
- Demonstrate the techniques of asanas in standing positions such as Vikchasana, Parvatasana, Trikonasana, Parvritha trikonasana, Hastautasana, Gadurasana , Uthit janusirasana , Pada hastasana , Natvarasana.
- Demonstrate the techniques of asanas in sitting positions such as Pascimotasana, Gomukhasana, Bhunamanasana , Vakrasana , Aradha matsyendrasana , Vajrasana ,Ustrasana, Mandukasana , Veerasana , Shankasana Marjariasana , Janu Sirasana.
- Demonstrate the techniques of asanas in prone positions such as Navasana, Bhujanagasana, Sarpasana, Nilambha salbhasana, Salbhasana , Dhanurasana.
- Demonstrate the techniques of asanas in supine positions such as Śetubandhasana, Pavanmuktasana, Savasana.
- Demonstrate the techniques of Bandhas and mudras.
- Demonstrate the techniques of yoga Nidra, Suḷāsana/Padmāsana/Vajrāsana and cyclic meditation.
- Demonstrate the techniques of Nadishodhana or Anuloma/Viloma pranayamas.
- Demonstrate effective skills for smooth coordination and administrative tasks at the facility.

Annexure

Trainer Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training Experience		Remarks
		Years	Specialization	Years	Specialization	
Post-Graduation in yoga		1				
Graduation in any stream	Diploma/certificate in yoga	2				
Diploma in Yoga		3				

Trainer Certification	
Domain Certification	Platform Certification
Certified for Job Role: "Yoga Wellness Trainer" mapped to QP: "/HSS/Q4003 v3.0" with 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 in yoga		2				
Graduation in any stream	Diploma/certificate in yoga	3				
Diploma in Yoga		4				

Assessor Certification	
Domain Certification	Platform Certification
Certified for Job Role: “Yoga Wellness Trainer” mapped to QP: “HSS/Q4003 v3.0” with 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 assessments papers would also be checked for the various outcome-based parameters such as quality, time taken, precision, tools & equipment requirement.

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 MCQs inclusive of hard, medium and easy question type from each element of each NOS.

QA Regarding Assessors:

Assessors are selected as per the "eligibility criteria" laid down by HSSC for assessing each job role. 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

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