



Model Curriculum

QP Name: Panchakarma Assistant

QP Code: HSS/ Q3603

QP Version: 3.0

NSQF Level: 3

Model Curriculum Version: 1.0

Healthcare Sector Skill Council | Healthcare Sector Skill Council, 520, DLF Tower A, 5th Floor, Jasola District Centre, New Delhi – 110025

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Training Parameters

Sector	Healthcare
Sub-Sector	AYUSH
Occupation	Ayurveda Therapy
Country	India
NSQF Level	3
Aligned to NCO/ISCO/ISIC Code	NCO-2015/224
Minimum Educational Qualification and Experience	<ul style="list-style-type: none"> 10th Grade pass or 8th Grade pass with 3 years of relevant experience or Previous relevant Qualification of NSQF Level 2.5 with 1.5 years of relevant experiences
Pre-Requisite License or Training	
Minimum Job Entry Age	18 Years
Last Reviewed On	18 th February 2025
Next Review Date	18 th February 2028
NSQC Approval Date	18th February 2025
QP Version	3.0
Model Curriculum Creation Date	18th February 2025
Model Curriculum Valid Up to Date	18 th February 2028
Model Curriculum Version	3.0
Minimum Duration of the Course	480 Hrs.
Maximum Duration of the Course	480 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 Ayurveda.
- Discuss the significance of Ayurveda in Panchakarma procedures.
- Understand the scope of work in the role of a Panchakarma Assistant.
- Demonstrate the skills required for carrying out work including preparation of medicine, patient, equipment, and instruments and providing support to the patient before, during and after the procedure.
- Assist the therapist/doctor and other related professionals during the procedure.
- Prepare the work area with required equipment and medicines to ensure the efficiency and effectiveness of the outcome.
- Demonstrate the process of maintaining relevant records.
- 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/N3610,V3: Assist in preparing the clients and medicaments for panchakarma procedure as per instructions or prescriptions	65:00	85:00	30:00	00:00	180:00
Module 1: Introduction to AYUSH Healthcare System	10:00	00:00	00:00	00:00	10:00
Module 2: Basic structure and function of human body	10:00	15:00	00:00	00:00	25:00
Module 3: Roles and responsibilities of Panchakarma Assistant	10:00	15:00	00:00	00:00	25:00

Module 4: Prerequisites to Panchakarma procedure	35:00	55:00	00:00	00:00	90:00
HSS/N3609,V3: Assist in providing support during panchakarma procedure	20:00	40:00	45:00	00:00	105:00
Module 5: Provide support to client and other professionals during procedure	20:00	40:00	00:00	00:00	60:00
HSS/N3608,V3: Assist in post- procedure compliance of panchakarma Session	25:00	35:00	45:00	00:00	105:00
Module 6: Post Panchakarma procedure care	25:00	35:00	45:00	00:00	105:00
HSS/N9622: Follow sanitisation and infection control guidelines	10:00	20:00	30:00	00:00	60:00
Module 7: Infection control practices and waste management	10:00	20:00	00:00	00:00	30:00
Total Duration	120:00	180:00	150:00	00:00	450:00
Module 8: Employability Skills DGT/VSQ/N0101 (30 Hours)	30:00	00:00	00:00	00:00	30:00
Total Duration	150:00	180:00	150:00	00:00	480:00

Module Details

Module 1: Introduction to AYUSH healthcare systems

Mapped to: HSS/N3610,V3

Terminal Outcomes:

- Describe the basic structure and function of AYUSH healthcare delivery system in India.

Duration: 10:00	Duration: 00:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> Understand about Ayush related healthcare services in the country Discuss in detail the Ayurveda healthcare setup and services involved along with the wellness centre. Understanding the importance of the Panchkarma department and its scope of services in the Ayush Sector. 	
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	
Tools, Equipment and Other Requirements	
Visit to AYUSH Hospital for field assignment	

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

Mapped to: HSS/N3610,V3

Terminal Outcomes:

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

Duration: 10:00	Duration: 15:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • 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. • 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. 	<ul style="list-style-type: none"> • Prepare a chart about healthcare services provided at Ayurveda healthcare, organisations and centre. • Prepare a model of human body parts using waste material depicting different anatomical parts. • Prepare a chart of body parts depicting the physiological process of the human body system.
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: Roles and responsibilities of Panchakarma Assistant

Mapped to: HSS/N3610,V3

Terminal Outcomes:

- Describe the roles and responsibilities of Panchakarma Assistant.

Duration: 10:00	Duration: 15:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> Explain the role and responsibilities of a panchakarma assistant. Distinguish the scope of practice of a panchakarma assistant. Explain the process of preparing a patient for the procedure. Explain about different instruments and equipment to be used in the role of a panchakarma assistant. Explain the process of record keeping. Explain the purpose of obtaining consent before procedure. Explain the importance of using computers, internet in day-to-day activities related the scope of work. 	<ul style="list-style-type: none"> Demonstrate effective interaction with other professionals to promote appropriate implementation of services. Create a sample set of documents to record procedure-related information about the panchakarma procedure. Identify the equipment required in the role of a panchakarma assistant in a skill lab.
-Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	
Tools, Equipment and Other Requirements	
Document and guidelines with detailed role descriptions and limitations	

Module 4: Prerequisites to Panchakarma procedure

Mapped to: HSS/N3610,V3

Terminal Outcomes:

- Explain the importance of maintaining correct techniques of positioning and draping during procedure.
- Demonstrate the use of required articles, herbs, and related formulations during procedure.
- Demonstrate the method of preparing the panchakarma unit/set up as per the requirement.
- Explain the importance of maintaining a record of expired materials/ medicaments.

Duration: 35:00	Duration: 55:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain about the roles of a panchakarma assistant for setting up of a panchakarma unit as per required procedure. • Explain about importance of articles, herbs, and related formulations required for procedure. • Explain the functions and processes of maintaining instruments and equipment used in panchakarma unit. • Discuss the significance of ventilation, and cleanliness in the unit. • Identify limitations or comfort areas of client basis on needs considering factors such as gender, religion, culture, language etc. • Explain the medicaments and their properties and identification Ocimum Sanctum – Tulsi, Vitex Negundo – five leaved chaste tree, Azadirachta Indica – Neem, Calotropis Gigantea – Arka, Datura metel – Datur, Anethum Graveolens – Dill, Zingiber officinale – Ginger, Curcuma longa – Haldi, Piper Nigrum – Black pepper, Piper longum – Pippali, Cynodon Dactylon – Durv, Sesamum indicum – Til, Oryza Sativa – Sashtik Rice Terminalia Chebula – Harida, Phyllanthus Emblica – Amla, Santalum album – Chandan, Chrysopogon zizanioides. • Communicate and how to behave professionally when dealing with clients. • Discuss the role in handling the disabled patients in mobilising and treatment etc. 	<ul style="list-style-type: none"> • Demonstrate safe work practices during the Panchakarma session. • Demonstrate various voice modulation for effective sessions based on individual preference. • Demonstrate the correct method of positioning as per the panchakarma procedure. • Identify commonly used medicinal plants and herbs in a skill lab like Ocimum Sanctum – Tulsi, Vitex Negundo – five leaved chaste tree, Azadirachta Indica – Neem, Calotropis Gigantea – Arka, Datura metel – Datur, Anethum Graveolens – Dill, Zingiber officinale – Ginger, Curcuma longa – Haldi, Piper Nigrum – Black pepper, Piper longum – Pippali, Cynodon Dactylon – Durv, Sesamum indicum – Til, Oryza Sativa – Sashtik Rice Terminalia Chebula – Harida, Phyllanthus Emblica – Amla, Santalum album – Chandan, Chrysopogon zizanioides. • Role play or perform case study on communication with clients and their guardians
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster,	
Tools, Equipment and Other Requirements	
Herbs and medicinal plants like Tulsi, Vitex Negundo, Chandan, Chrysopogon zizanioides, Neem, Calotropis Gigantea etc	

Module 5: Provide support to client and other professionals during procedure

Mapped to: HSS/N3609,V3

Terminal Outcomes:

- Demonstrate the Panchkarma procedure like Abhyanga, Shirobhyanga, Udwarthanam, and Padabhyanga.

Duration: 20:00	Duration: 40:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> Explain about importance of maintaining cleanliness and orderliness in the Panchakarma unit during the procedure. Explain the importance of maintaining client privacy during the procedure. Explain the significant techniques, pressures, and rhythms during massage procedures. Explain about three divisions of Shirodhara as per medium/oil used. Explain the importance of maintaining correct posture during the panchkarma process. Explain about different oils used as per the Panchkarma process, their description and uses. Discuss the preparation of diet according to different Panchkarma procedure like peya, vilepi, Akrita yusha, Krita yusha, Akrita mamsarasa, Krita mamsarasa. Explain the importance of following correct techniques, pressure, and rhythm during massage procedures. Explain the importance of maintaining a participant's privacy and confidentiality. Explain the process of escalating any safety issues to the concerned authority. 	<ul style="list-style-type: none"> Demonstrate the correct techniques of Abhyanga, Shirobhyanga, Udwarthanam, Padabhyanga etc. Demonstrate panchakarma procedures and required tools as per procedures. Like; Snehana, Swedan, abhayanga, sthanika basti, dhara, avagaha, basti Netra etc Demonstrate the preparation of diet according to different Panchkarma procedure like peya, vilepi, Akrita yusha, Krita yusha, Akrita mamsarasa, Krita mamsarasa
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	
Tools, Equipment and Other Requirements	
Oils, droni, Shiro Basti Cap, Shirodhara Sweda, Kundi/Kumbhika for pouring oil, Basti Netra Bras etc	

Module 6: Post-panchakarma procedure care

Mapped to: HSS/N3608,V3

Terminal Outcomes:

- Describe Do's and Don'ts after the panchakarma procedure.
- Carry out proper records and maintain confidentiality.
- Carry out post-procedure activities of the panchakarma unit.

Duration: 25:00	Duration: 35:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain the procedure to clean the client's body after the procedure. • Enlist post dos and don'ts of related panchakarma sessions as per prescriptions/orders. • Explain the process of cleaning/ disinfection/ sterilization of panchakarma set-up and equipment. • Explain the process of maintaining client's records and confidentiality. • Explain the process of maintaining records of consumable and non-consumables items like sheets, towels, napkins etc. • Explain about safety measures of crude medicine from moist, water, fire, rodents, insects, and mites etc. • Explain the process of report any malfunction, damage, shortage of stock, missing item, or sub-optimal performance to the appropriate authority. • Preparation of Patient Bed, Linen disposal, and washing. 	<ul style="list-style-type: none"> • Prepare panchakarma unit for next procedure as per organizational policies. • Demonstrate the process of packing and storing equipment, materials, and consumables. • Demonstrate the process of Sterilization of instruments and procedure room. • Prepare a checklist of equipment, materials and consumables for storage practices. • Demonstrate Preparation of Patient Bed, Linen disposal etc.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster.	
Tools, Equipment and Other Requirements	
Linen, sheets, towel, napkins, gloves, mask, cleaning agents, disinfectants, water, sample formats of reports and records	

Module 7: Infection control practices and waste management

Mapped to: HSS/N9622,V2

Terminal Outcomes:

- Apply self-hygiene and social distancing practices and follow infection control guidelines.
- Demonstrate correct waste disposal methods as per guidelines and regulations

Duration: 10:00	Duration: 20:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Discuss the concept of disease outbreaks, epidemics, and pandemics and their impact on society at large. • Explain the basics of first aid. • Explain the significance of following prescribed rules and guidelines during an epidemic or a pandemic. • Differentiate between self-quarantine and self-isolation and their significance. • Discuss the significance of social distancing and alternate ways of carrying out everyday tasks (use of e-payment gateways/online learning/virtual meetings, etc.) during a pandemic. • Discuss the significance of conforming to basic personal and workplace hygiene practices such as washing hands, using alcohol-based hand sanitizers, examining office supplies/deliveries and their sanitization, etc. • List various surfaces that may serve as potential fomites at workplace. • Identify PPE to be used at workplace and the process of donning, doffing, and discarding them. • Discuss the importance and process of identifying and reporting symptoms to the concerned authorities. • Discuss organizational hygiene and sanitation guidelines and ways of following them and reporting breaches/gaps if any. • Explain the importance and 	<ul style="list-style-type: none"> • Show how to sanitize and disinfect one's work area regularly. • In a role play demonstrate the first aid technique • Demonstrate the correct way of washing hands using soap and water and alcohol-based hand rubs. • Display the correct way of donning, doffing and discarding PPE such as face masks, hand gloves, face shields, PPE suits, etc. • Demonstrate appropriate social and behavioral etiquette (greeting and meeting people, spitting/coughing/sneezing, etc.). • Prepare a list of relevant hotline/emergency numbers. • Select different types of waste and various types of colour-coded bins/containers used for disposal of waste.



<p>mechanism of proper and safe disposal, transportation, and treatment of waste.</p> <ul style="list-style-type: none"> • Discuss the ways of dealing with stress and anxiety during a disease outbreak. 	
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, Whiteboard/Smart Board, Marker, Duster.	
Tools, Equipment and Other Requirements	
Different coded color bins, chart for color coding of bins	

Module 8: 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	<ul style="list-style-type: none"> Discuss the importance of Employability Skills in meeting the job requirements. 	1
2.	Constitutional values - Citizenship	<ul style="list-style-type: none"> Explain constitutional values, civic rights, duties, citizenship, responsibility towards society etc. that are required to be followed to become a responsible citizen. Show how to practice different environmentally sustainable practices. 	1
3.	Becoming a Professional in the 21st Century	<ul style="list-style-type: none"> Discuss 21st century skills. Display positive attitude, self -motivation, problem solving, time management skills and continuous learning mindset in different situations. 	1
4.	Basic English Skills	<ul style="list-style-type: none"> Use appropriate basic English sentences/phrases while speaking. 	2
5.	Communication Skills	<ul style="list-style-type: none"> Demonstrate how to communicate in a well -mannered way with others. Demonstrate working with others in a team. 	4
6.	Diversity & Inclusion	<ul style="list-style-type: none"> Show how to conduct oneself appropriately with all genders and PwD. Discuss the significance of reporting sexual harassment issues in time. 	1
7.	Financial and Legal Literacy	<ul style="list-style-type: none"> Discuss the significance of using financial products and services safely and securely. Explain the importance of managing expenses, income, and savings. Explain the significance of approaching the concerned authorities in time for any exploitation as per legal rights and laws. 	4
8.	Essential Digital Skills	<ul style="list-style-type: none"> Show how to operate digital devices and use the associated applications and features, safely and securely. Discuss the significance of using internet for browsing, accessing social media platforms, safely and securely. 	3
9.	Entrepreneurship	<ul style="list-style-type: none"> Discuss the need for identifying opportunities for potential business, sources for arranging money and potential legal and financial challenges. 	7
10.	Customer Service	<ul style="list-style-type: none"> Differentiate between types of customers. Explain the significance of identifying customer needs and addressing them. Discuss the significance of maintaining hygiene and dressing appropriately. 	4
11	Getting ready for apprenticeship & Jobs	<ul style="list-style-type: none"> Create a biodata. Use various sources to search and apply for jobs. Discuss the significance of dressing up neatly and maintaining hygiene for an interview. Discuss how to search and register for apprenticeship opportunities. 	2

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

Mandatory Duration: 150:00

Module Name: On-the-Job Training

Location: On Site

Terminal Outcomes

- Demonstrate activities to be performed by Panchakarma Assistant.
- Demonstrate the skills required for carrying out work including preparation of medicine, patient, equipment, instruments and providing support to the patient before, during and after the procedure.
- Demonstrate the process of packing and storing equipment, materials, and consumables.
- Demonstrate the process of Sterilization of instruments and procedure room.
- Prepare a checklist of equipments, materials and consumables for storage practices.
- Demonstrate the correct techniques of Abhyanga, Shirobhyanga, Udwarthanam, Padabhyanga etc.
- Assist the therapist/doctor and other related professionals during the procedure.
- Prepare the work area with required equipment and medicines to ensure the efficiency and effectiveness of the outcome.
- Demonstrate the process of maintaining relevant records.
- Demonstrate strong interpersonal skills, emotional intelligence, and self-awareness.
- Demonstrate the process of donning and doffing of Personal Protective Equipment (PPE).
- Demonstrate handling of biomedical waste from its segregation in different coloured dustbin as per the local biomedical waste management protocol to record entry of inventory of materials purchase for waste disposal.

Annexure

Trainer Requirements

Trainer Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training Experience		Remarks
		Years	Specialization	Years	Specialization	
M.D.	Panchakarma/ Kayachikista	1				
B.A.M.S.		5				

Trainer Certification	
Domain Certification	Platform Certification
Certified for Job Role: "Panchakarma Assistant" mapped to the Qualification Pack: "HSS/ Q3603" 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 v1.0 with minimum score of 80%.

Assessor Requirements

Assessor Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training/Assessment Experience		Remarks
		Years	Specialization	Years	Specialization	
M.D.	Panchakarma/ Kayachikista	3				
B.A.M.S.		7				

Assessor Certification	
Domain Certification	Platform Certification
Certified for Job Role: “Panchakarma Assistant” mapped to the Qualification Pack: “HSS/Q3603” 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 v1. 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) hired by Healthcare Sector Skill Council or with the HSSC accredited Assessment Agency as per the assessment criteria mentioned in the Qualification Pack. The assessments papers would also be checked for the various outcome-based parameters such as quality, time taken, precision, tools and 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.

Acronyms and Abbreviations

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