



Model Curriculum

QP Name: Yoga Training Assistant

QP Code: HSS/Q4002

QP Version: 3.0

NSQF Level: 2.5

Model Curriculum Version: 2.0

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Training Parameters

Sector	Healthcare
Sub-Sector	AYUSH
Occupation	Yoga
Country	India
NSQF Level	2.5
Aligned to NCO/ISCO/ISIC Code	NCO-2015/2269
Minimum Educational Qualification and Experience	9th Grade Pass or 8th Grade Pass with 1.5 years of relevant experience
Pre-Requisite License or Training	
Minimum Job Entry Age	18 Years
Last Reviewed On	24-1- 2025
Next Review Date	18-02-2028
NSQC Approval Date	24-1- 2025
QP Version	3.0
Model Curriculum Creation Date	24-1- 2025
Model Curriculum Valid Up to Date	18-02-2028
Model Curriculum Version	2.0
Minimum Duration of the Course	270 Hrs.
Maximum Duration of the Course	270 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 about Common Yoga Protocol (CYP) and its significance.
- Prepare the work area with required equipment and accessories such as AV aides, yoga mat etc. to ensure the efficiency and effectiveness of the outcome.
- Demonstrate yoga sessions in accordance with CYP.
- Demonstrate the pre- and post-yoga session requirements.
- Demonstrate the correct techniques of various yoga postures, asanas, mudras etc.
- 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.	15:00	15:00			30:00
Module 1: Introduction to yoga and yogic practices	05:00	02:00	-		07:00
Module 2: Basic structure and function of human body	05:00	10:00	-		15:00
Module 3: Roles and responsibilities of Yoga Training Assistant	05:00	03:00	-		08:00

HSS/N4018: Prepare set up and client for yoga sessions based on the provided instructions.	15:00	05:00	10:00		30:00
Module 4: Prerequisites to pre-yoga session	15:00	05:00	10:00		30:00
HSS/N4019: Assist clients during yoga postures based on the Common Yoga Protocol (CYP) and instructions	60:00	15:00	30:00		105:00
Module 5: Display different yoga postures and techniques	60:00	15:00	30:00		105:00
HSS/N4020: Coordinate for post yoga session compliances.	20:00	15:00	10:00		45:00
Module 6: Prerequisites to post-yoga session	20:00	15:00	10:00		45:00
HSS/N9624: Maintain a safe and secure working environment	05:00	05:00	20:00		30:00
Module 7: Safety, emergency medical response and first aid	05:00	05:00	05:00		15:00
Total Duration	60:00	120:00	60:00	-	240:00
Module 8: DGT/VSQ/N0101 : Employability Skills (30 Hours)	30:00	00:00	-		30:00
Total Duration	90:00	120:00	60:00	00:00	270:00

Module Details

Module 1: Introduction to yoga and yogic practices

Mapped to: N4014

Terminal Outcomes:

- Discuss the classification and significance of yoga.
- Discuss the importance of yogic practices.

Duration: 05:00	Duration: 02:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Understand yoga with its brief history, origin, and development of yoga. • Describe ancient yoga text such as Bhagwat Gita, Patanjali yoga Sutra, Narad Bhakti Sutra, Ramayana. • Explain the principles of yoga (Triguna, Antahkarana-chatustaya, Tri-Sharira/ Panchakosha). • Discuss about classification of yoga (Karma yoga, Jnana yoga, Bhakti yoga and Kriya yoga). • Understand the importance of practicing Asanas and Kriyas. • Explain about yogic paricharya (Ahara, Vihar, Achar- Vichar). • Discuss about international yoga day and its impact and significance. 	<ul style="list-style-type: none"> • Demonstrate standing, sitting, prone, supine postures of yoga asanas • demonstrate meditation techniques of Dhyana, Sankalpa, Santih Patha
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 the concept of Dosha-Dhatu, Mala. • 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.
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: Roles and responsibilities of Yoga Training Assistant

Mapped to: N4014

Terminal Outcomes:

- Describe roles and responsibilities of Yoga Training Assistant.
- Demonstrate the process of preparing SOP checklist.

Duration: 05:00	Duration: 03:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain role and responsibilities of Yoga Training Assistant • Discuss about general guidelines for yoga Practice in accordance with Common Yoga Protocol (CYP): Before, During and After practice. • Summarize the do's and don'ts related to functions of Yoga Training Assistant. • Define the scope and limitations of working for Yoga Training Assistant. 	<ul style="list-style-type: none"> • Demonstrate various Asanas and Kriyas. • Prepare a SOP checklist for pre-yoga and post- yoga session.
-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 4: Prerequisites to pre-yoga session

Mapped to: N4018

Terminal Outcomes:

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

Duration: 05:00	Duration: 15:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none">• List the equipment and disposable required for session.• Discuss the significance of ventilation, aroma, and aides for better conduct of yoga session.• Check the participant schedule on daily basis and arrangement of required resources.• 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.• Explain the importance of maintaining personal hygiene.• Explain the need for and importance of wearing light clothes for self and the participant while performing yoga.• Discuss the precautions to be taken for yoga session.	<ul style="list-style-type: none">• Demonstrate the process of setting up a work area or yoga session area along with the required tools, equipment, consumables etc.• Demonstrate a calm and relaxed position before starting a yoga session.• Demonstrate safe work practices during the yoga session.• In a role play, demonstrate various voice modulation foreffective sessions based on individual preference.• Demonstrate different techniques of Asanas and Kriyas and mudras.• Prepare a checklist for the equipment’s required for the session.• Demonstrate the cleansing techniques.
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 5: Yoga postures and techniques

Mapped to: N4019

Terminal Outcomes:

- Demonstrate the process to initiate yoga session.
- Demonstrate techniques of different postures, asanas, and meditation.

Duration: 20:00	Duration: 55:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain the concepts of Nadis, Prana and Pranayama. • Discuss about Hatha yoga practices for wellness. • 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 benefits of Shanti prayer, Yogic Mantra, Shanti Mantra. • 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 about the importance of correct techniques of asanas, mudras, and meditation in standing, sitting and prone position. • Explain about correct loosening techniques. • Explain the use of complementary practices of yogic principles. • Describe ways to avoid unnecessary physical contact with participant during session. 	<ul style="list-style-type: none"> • Demonstrate the process of starting the yoga session with prayer to relax the mind. • Demonstrate asana to the participant as per yogic practices and common yoga protocol. • Demonstrate breathing practices such as breathing in and out. • Demonstrate correct techniques of ambulation to the participant. • Demonstrate appropriate techniques of yoga to make session useful and safe. • Demonstrate the techniques of loosening practices such as neck bending, trunk twisting, knee movement, etc. • Demonstrate the techniques of asanas in standing positions such as Vikchasana, Parvatasana, Trikonasana, Parvitha 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, Sukāsana/Padmāsana/Vajrāsana and cyclic meditation. • Demonstrate the techniques of Nadishodhana or Anuloma/Viloma pranayamas.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, AV aids, mick	
Tools, Equipment and Other Requirements	
yoga mat, charts on various yoga postures, asanas, mudras	

Module 6: Prerequisites to post-yoga session

Mapped to: N4020

Terminal Outcomes:

- Describe Do's and Don'ts after yoga session.
- Carry out post session activities.

Duration: 15:00	Duration: 20:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Discuss the contra-indications related to various yoga asanas. • Describe the process of scheduling appointments of participants. • Explain the process of maintaining client's records and confidentiality. • Explain the importance of maintaining yoga setup for scheduled session. • Explain the relevance and importance of feedback form. • Explain post therapy sessions compliances. • Inform participants about next schedule. • Explain the process of escalating any grievance issues to the concerned authority. 	<ul style="list-style-type: none"> • Demonstrate the use of effective communication skills and technical knowledge in guiding participant about the dos and don'ts after a yoga session. • Prepare unit for next yoga session in a skill lab.
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	

Module 7: 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: 10:00	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 8: Employability Skills (30 hours)
Mapped to Module: DGT/VSQ/N0101 : Employability Skills (30 Hours)

Mandatory Duration: 30:00			
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 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 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: 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 the calm and relaxed position before starting a yoga session.
- 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, Sukāsana/Padmāsana/Vajrāsana and cyclic meditation.
- Demonstrate the techniques of Nadishodhana or Anuloma/Viloma pranayamas.
- Demonstrate handling of biomedical waste from its segregation in different coloured dustbin as per the local biomedical waste management protocol.
- Demonstrate the use of effective communication skills and technical knowledge in guiding participant about the dos and don'ts after a yoga session.
- Prepare unit for next yoga session in a skill lab.

Annexure

Trainer Requirements

Trainer Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training Experience		Remarks
		Years	Specialization	Years	Specialization	
Post-Graduation in yoga						
Graduation in any stream	Diploma/certificate in yoga	1				
Diploma in yoga		2				
12 th pass	Diploma/certificate in yoga	4				

Trainer Certification	
Domain Certification	Platform Certification
Certified for Job Role: “Yoga Training Assistant” mapped to QP: “ HSS/Q4002v3.0” 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		1				
Graduation in any stream	Diploma/certificate in yoga	2				
Diploma in yoga		3				
12 th pass	Diploma/certificate in yoga	5				

Assessor Certification	
Domain Certification	Platform Certification
Certified for Job Role: “Yoga Training Assistant” mapped to QP: “ HSS/Q4002v3.0” 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 started 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	Cardiopulmonary Resuscitation