



# Prakriti Parikshan

Unit Code: HSS/N3629

Version: 1.0

NSQF Level: 6

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

## Description

The individuals in this job will be trained to assess the Prakriti as per the lifestyle, physical traits, and physiological functioning such as digestion, excretion, moods, nature, etc, and guide the patients for modifications in the lifestyle based on Ayurveda regimen.

## Scope

The scope covers the following :

- Collect information, Interpret and evaluate the information received to determine Prakriti of individual

## Elements and Performance Criteria

### *Collect information, Interpret and evaluate the information received*

To be competent, the user/individual on the job must be able to:

- PC1.** Prepare prakriti checklist/questionnaire as per standard protocols
- PC2.** Introduce oneself to the volunteer
- PC3.** Seek the consent from volunteers (verbal/written) as per organizational policies
- PC4.** Interview the volunteer after gaining confidence
- PC5.** Maintain volunteer's privacy and confidentiality
- PC6.** Communicate in a way that reflects cultural, religious, PwD and gender sensitivity and modify the communication pattern as and when necessary
- PC7.** Provide prakriti checklist/questionnaire to the volunteer for filling up the personal information
- PC8.** Observe and examine the visible traits and features of volunteers and make a record in a preset format
- PC9.** Compile the received data
- PC10.** Interpret the required information from the compiled data
- PC11.** Prepare prakriti report as per the information received
- PC12.** Provide appropriate feedback to the volunteer as per prakriti assessment
- PC13.** Address the queries and doubts of the volunteer
- PC14.** Educate volunteers about lifestyle modification as per prakriti analysis
- PC15.** Store and maintain relevant records related to the session
- PC16.** Retrieve the records as and when the requirement arises

## Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** Health and Safety (WHS) legislation
- KU2.** Professional standards and codes of practice for the area of work
- KU3.** Basic concepts of Prakriti (Body Constitution)
- KU4.** Manasika Prakriti (Mental Constitution)
- KU5.** Diet & lifestyle according to Prakriti

- KU6.** Seasonal concept in Ayurveda
- KU7.** Factors affecting the formation of Prakriti
- KU8.** Physical and mental traits of different Doshas
- KU9.** Interviewing and counselling process
- KU10.** Storage and retrieval of information as per organizational policy
- KU11.** Importance of confidentiality and privacy

### **Generic Skills (GS)**

User/individual on the job needs to know how to:

- GS1.** Prepare checklist
- GS2.** Communicate information (for example, facts, ideas, or messages) in a brief, clear, and organized manner
- GS3.** Build customer relationships and use customer-centric approach
- GS4.** Review the information gathered from observation, experience, reasoning, or communication to act efficiently
- GS5.** Prepare status reports

## Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Collect information, Interpret and evaluate the information received</i>	40	80	-	-
<b>PC1.</b> Prepare prakriti checklist/questionnaire as per standard protocols	-	-	-	-
<b>PC2.</b> Introduce oneself to the volunteer	-	-	-	-
<b>PC3.</b> Seek the consent from volunteers (verbal/written) as per organizational policies	-	-	-	-
<b>PC4.</b> Interview the volunteer after gaining confidence	-	-	-	-
<b>PC5.</b> Maintain volunteer's privacy and confidentiality	-	-	-	-
<b>PC6.</b> Communicate in a way that reflects cultural, religious, PwD and gender sensitivity and modify the communication pattern as and when necessary	-	-	-	-
<b>PC7.</b> Provide prakriti checklist/questionnaire to the volunteer for filling up the personal information	-	-	-	-
<b>PC8.</b> Observe and examine the visible traits and features of volunteers and make a record in a preset format	-	-	-	-
<b>PC9.</b> Compile the received data	-	-	-	-
<b>PC10.</b> Interpret the required information from the compiled data	-	-	-	-
<b>PC11.</b> Prepare prakriti report as per the information received	-	-	-	-
<b>PC12.</b> Provide appropriate feedback to the volunteer as per prakriti assessment	-	-	-	-
<b>PC13.</b> Address the queries and doubts of the volunteer	-	-	-	-
<b>PC14.</b> Educate volunteers about lifestyle modification as per prakriti analysis	-	-	-	-

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<b>PC15.</b> Store and maintain relevant records related to the session	-	-	-	-
<b>PC16.</b> Retrieve the records as and when the requirement arises	-	-	-	-
<b>NOS Total</b>	<b>40</b>	<b>80</b>	-	-

## National Occupational Standards (NOS) Parameters

<b>NOS Code</b>	HSS/N3629
<b>NOS Name</b>	Prakriti Parikshan
<b>Sector</b>	Healthcare
<b>Sub-Sector</b>	
<b>Occupation</b>	Ayurveda Therapy
<b>NSQF Level</b>	6
<b>Credits</b>	4
<b>Minimum Job Entry Age</b>	21
<b>Minimum Educational Qualification &amp; Experience</b>	UG in relevant field (Bachelor in Ayurvedic and Medicine and Surgery (BAMS)) with 1.5 years of experience
<b>Version</b>	1.0
<b>Last Reviewed Date</b>	NA
<b>Next Review Date</b>	NA
<b>CCN Category</b>	2