Garbhini Mitra

QP Code: HSS/Q3801

Version: 3.0

NSQF Level: 3

Healthcare Sector Skill Council || 520, DLF Tower A, 5th Floor, Jasola District Centre
New Delhi – 110025 || email:anshu.verma@healthcare-ssc.in

Contents

HSS/Q3801: Garbhini Mitra

Brief Job Description

The individual on this job assists the Prasooti Tantra and Stree roga expert from pre-conceptional to post-natal care of the mothers. They also help in performing basic clerical functions including storekeeping and record maintenance of the day-to-day activities under the guidance of the expert.

Personal Attributes

The role holder should exhibit coordination skills, self-discipline, empathy, dedication, patience, persistence and ethical behaviour. It is also important for the individual to be well groomed and have good communication skills in English/Hindi/local language.

Applicable National Occupational Standards (NOS)

Compulsory NOS:

1. HSS/N3805: Introduction to Prasuti and Stree Roga

2. HSS/N3801: Assist the clients for Pre-conception care as per the guidance of a Gynecologist (Ayurveda)

3. HSS/N3802: Assist the clients for Antenatal Care(Garbhini Paricharya) under the supervision of a Gynecologist (Ayurveda)

4. HSS/N3803: Provide Support for (Sutika Paricharya) Postnatal Care as per the guidance of a Gynecologist (Ayurveda)

5. HSS/N9624: Maintain a safe and secure working environment

6. HSS/N9622: Follow sanitization and infection control guidelines

7. DGT/VSQ/N0101: Employability Skills (30 Hours)

Qualification Pack (QP) Parameters

Sector	Healthcare
Sub-Sector	AYUSH
Occupation	Ayurveda-Allied
Country	India

NSQF Level	3
Credits	12
Aligned to NCO/ISCO/ISIC Code	NCO/2015NIL
Minimum Educational Qualification & Experience	8th grade pass with 3 Years of experience relevant experience OR Previous relevant Qualification of NSQF Level 2.5 with 1.5 years of experience relevant experience
Minimum Level of Education for Training in School	
Pre-Requisite License or Training	NA
Minimum Job Entry Age	18 Years
Last Reviewed On	NA
Next Review Date	NA
NSQC Approval Date	
Version	3.0

HSS/N3805: Introduction to Prasuti and Stree Roga

Description

This Occupational Standard describes the knowledge, understanding and skills required by an individual to get adequate information about Prasooti and the Stree Roga department.

Scope

The scope covers the following :

- Introduction to Prasuti and Stree Roga

Elements and Performance Criteria

Introduction to Prasuti and Stree Roga

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

PC1. Orient about Prasooti Tantra, Stree Roga department, and the Ayush healthcare system.

PC2. Identify the Integration of AYUSH with modern healthcare

PC3. Role of Tridosha (Vata, Pitta, Kapha) in female reproductive health

PC4. Identify Panchamahabhuta and their influence on the human body.

PC5. Explain the philosophical and theoretical foundations of AYUSH systems

PC6. Coordinate effectively with patients and healthcare professionals.

PC7. Explain the Rachna and kriya of the female reproductive system

PC8. Orient about the hormonal regulation of the menstrual cycle, ovulation, fertilization, and pregnancy.

PC9. Identify the stages of Prasava(labour) and the postpartum period.

PC10. Aware of Stree Roga Tantra and its application in clinical practice.

PC11. Assist in Ayurvedic management of menstrual disorders, infertility, and other gynecologic problems.

PC12. Promote Ayurvedic principles of Garbhini Paricharya(prenatal care).

PC13. Guide according to Ayurvedic principles of sutika (postnatal care).

PC14. Coordinate for Garbhini Paricharya: Prenatal care, including dietary guidelines, lifestyle modifications, and herbal therapies.

PC15. Coordinate for Sutika Paricharya: Postnatal care, including dietary recommendations, lifestyle modifications, and herbal therapies to promote healing and lactation

PC16. Orient about Shishu Roga: Pediatric care, including infant health and development.

PC17. Orient about the national program on women and child health

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

KU1. Knowledge about Prasooti Tantra, Stree Roga department, and the Ayush healthcare system

KU2. Collaboration with modern healthcare professionals for holistic patient care.

KU3. Knowledge about Rachna and kriya of the female reproductive system.

KU4. Basic understanding of Tri Dosha and panchmahabhutas.

KU5. Basic knowledge about Garbhini Paricharya,sutika, and Shishu Roga.

KU6. Awareness of the hormonal regulation of the menstrual cycle, ovulation, fertilization, and pregnancy.

KU7. Basic knowledge about Prasava and its complications

KU8. Awareness about National programs related to women and child health

Generic Skills (GS)

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

GS1. Write messages, notes and short descriptive text with reasonable accuracy for easy interpretation of the information

GS2. Read documents and information displayed at the workplace

GS3. Communicate effectively with co-workers and others

GS4. Plan day to day tasks for optimum productivity

Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
Introduction to Prasuti and Stree Roga	**25**	**20**	**-**	**35**
PC1. Orient about Prasooti Tantra, Stree Roga department, and the Ayush healthcare system.	-	-	-	-
PC2. Identify the Integration of AYUSH with modern healthcare	-	-	-	-
PC3. Role of Tridosha (Vata, Pitta, Kapha) in female reproductive health	-	-	-	-
PC4. Identify Panchamahabhuta and their influence on the human body.	-	-	-	-
PC5. Explain the philosophical and theoretical foundations of AYUSH systems	-	-	-	-
PC6. Coordinate effectively with patients and healthcare professionals.	-	-	-	-
PC7. Explain the Rachna and kriya of the female reproductive system	-	-	-	-
PC8. Orient about the hormonal regulation of the menstrual cycle, ovulation, fertilization, and pregnancy.	-	-	-	-
PC9. Identify the stages of Prasava(labour) and the postpartum period.	-	-	-	-
PC10. Aware of Stree Roga Tantra and its application in clinical practice.	-	-	-	-
PC11. Assist in Ayurvedic management of menstrual disorders, infertility, and other gynecologic problems.	-	-	-	-
PC12. Promote Ayurvedic principles of Garbhini Paricharya(prenatal care).	-	-	-	-
PC13. Guide according to Ayurvedic principles of sutika (postnatal care).	-	-	-	-
PC14. Coordinate for Garbhini Paricharya: Prenatal care, including dietary guidelines, lifestyle modifications, and herbal therapies.	-	-	-	-

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
PC15. Coordinate for Sutika Paricharya: Postnatal care, including dietary recommendations, lifestyle modifications, and herbal therapies to promote healing and lactation	-	-	-	-
PC16. Orient about Shishu Roga: Pediatric care, including infant health and development.	-	-	-	-
PC17. Orient about the national program on women and child health	-	-	-	-
NOS Total	**25**	**20**	**-**	**35**

National Occupational Standards (NOS) Parameters

NOS Code	HSS/N3805
NOS Name	Introduction to Prasuti and Stree Roga
Sector	Healthcare
Sub-Sector	
Occupation	Ayurveda-Allied
NSQF Level	3
Credits	1.5
Version	1.0
Next Review Date	NA

HSS/N3801: Assist the clients for Pre-conception care as per the guidance of a Gynecologist (Ayurveda)

Description

This Occupational Standard describes the knowledge, understanding and skills required by an individual for providing adequate support and care to clients regarding pre conceptional care as per the guidance by Prasooti and Stree Roga expert (Ayurveda Gynecologist)

Scope

The scope covers the following :

- Pre Conception-Care (Garbhadhana Viddhi)

Elements and Performance Criteria

Pre Conception-Care (Garbhadhana Viddhi)

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

PC1.　wear appropriate and clean attire as per organizational policies and procedures

PC2.　maintain conducive ambience, environment and cleanliness in the work area

PC3.　introduce oneself to the client and communicate in a way to reflect gender sensitivity

PC4.　empathize with Persons with Disability (PwD)

PC5.　encourage the client to ask questions, seek advice and express any concerns

PC6.　maintain client's privacy

PC7.　guide about mode of living like lifestyle & diet during menstruation.

PC8.　assist the doctor for body purification process of clients such as Snehana , Swedana, Vamana, Virechana & Basti.

PC9.　inform the client about special diet to be consumed after purification process of the body

PC10.　guide the client to prepare special diet like Mand , Peya, Vilepee, Yavagu etc.

PC11.　prepare the formulations like kalka, swarasa kwatha, Phanta, ksheerpaka etc. as per prescription of doctor

PC12.　inform about yoga specific to pre - conception care like Pranayama ,meditations , Aasana etc.

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

KU1.　relevant protocols, good practices, standards, policies and procedures

KU2.　stree sharira rachana (Brief anatomy of female reproductive system)

KU3.　about the factors essential (healthy Ritu, Kshetra, Beeja and Ambu) for healthy progeny.

KU4.　about Rajaswala Charya and Rutumaticharya

KU5.　about body cleansing procedures like Snehana , Swedana, Vamana, Virechana & Basti

KU6. regarding Dauhrida, sadyogarhitagarbhalakshan, vyaktagarbhalakshan, masanumasik garbhinilakshan.

KU7. about Samanya garbhini Paricharya(Dietetics and mode of life indicated during pregnancy.), Masanumasik garbhini paricharya., Garbha Upaghatakara Bhavas

KU8. national programs related to women and child health

Generic Skills (GS)

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

GS1. write messages, notes and short descriptive text with reasonable accuracy for easy interpretation of the information

GS2. read documents and information displayed at the workplace

GS3. communicate effectively with co-workers and others

GS4. plan day to day tasks for optimum productivity

Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
Pre Conception-Care (Garbhadhana Viddhi)	**100**	**80**	**50**	**60**
PC1. wear appropriate and clean attire as per organizational policies and procedures	-	-	-	-
PC2. maintain conducive ambience, environment and cleanliness in the work area	-	-	-	-
PC3. introduce oneself to the client and communicate in a way to reflect gender sensitivity	-	-	-	-
PC4. empathize with Persons with Disability (PwD)	-	-	-	-
PC5. encourage the client to ask questions, seek advice and express any concerns	-	-	-	-
PC6. maintain client's privacy	-	-	-	-
PC7. guide about mode of living like lifestyle & diet during menstruation.	-	-	-	-
PC8. assist the doctor for body purification process of clients such as Snehana , Swedana, Vamana, Virechana & Basti.	-	-	-	-
PC9. inform the client about special diet to be consumed after purification process of the body	-	-	-	-
PC10. guide the client to prepare special diet like Mand , Peya, Vilepee, Yavagu etc.	-	-	-	-
PC11. prepare the formulations like kalka, swarasa kwatha, Phanta, ksheerpaka etc. as per prescription of doctor	-	-	-	-
PC12. inform about yoga specific to pre - conception care like Pranayama ,meditations , Aasana etc.	-	-	-	-
NOS Total	100	80	50	60

National Occupational Standards (NOS) Parameters

NOS Code	HSS/N3801
NOS Name	Assist the clients for Pre-conception care as per the guidance of a Gynecologist (Ayurveda)
Sector	Healthcare
Sub-Sector	AYUSH
Occupation	Ayurveda-Allied
NSQF Level	3
Credits	2
Version	3.0
Next Review Date	NA

HSS/N3802: Assist the clients for Antenatal Care(Garbhini Paricharya) under the supervision of a Gynecologist (Ayurveda)

Description

This Occupational Standard describes the skills and knowledge required to assist Ayurveda Gynecologist based on the client needs for (Garbhini Paricharya) Antenatal Care.

Scope

The scope covers the following :

- Assistance during Antenatal Care(Garbhini paricharya)

Elements and Performance Criteria

Assistance during Antenatal Care(Garbhini paricharya)

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

PC1. maintain conducive ambience, environment and cleanliness in the unit

PC2. introduce oneself to the client and gain the confidence of patient

PC3. maintain client's privacy throughout the procedure

PC4. wear Personal Protective Equipments as per organizational policies and procedures

PC5. assist the patient with urine pregnancy test under the supervision and guidance of a Prasooti expert or Ayurveda Gynecologist Prasooti expert.

PC6. guide about healthy diet and mode of life during ante natal period.

PC7. inform about schedule and frequency for antenatal check up with its importance

PC8. Guide to notice alarming signs of high-risk pregnancy.

PC9. Guide regarding yoga specific to garbhini as per the guidance of Prasooti expert

PC10. accompany the Garbhini(pregnant lady) at the time of delivery to provide emotional support and assurance during labour(Prasava)

PC11. guide garbhini regarding(clothes ,accessories etc) as required during and after delivery(Prasava).

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

KU1. relevant protocols, good practices, standards, policies and procedures.

KU2. regarding Samanya Garbhini paricharya(Antenatal care according to Ayurveda

KU3. specific foods items beneficial during pregnancy.

KU4. about common ailments during pregnancy

KU5. about Garbha-upaghatkara Bhava(harmful factors in pregnancy)

KU6. about true and false labour pain.

KU7. about breast care during pregnancy

KU8. vaccination program and schedule during pregnancy

KU9. about changes during Puerperium, Sutika-paricharya, contraceptive methods, breast feeding, Jatamatra-paricharya.

KU10. Janani-Suraksha-Yojana(JSY),Janani-shishu-suraksha-karyakrama(JSSK), Kasthurba-Poshan Sahay-Yojana(KPSY),Pradhan-Mantri-Surakshit-Matritwa-Abhiyana (PMSMA)

KU11. importance of AyurvediyaPrasuti Tantra evamStriRoga in women health care

KU12. strivishishtasharirrachana (applied anatomy of female reproductive system, pelvis, and pelvic floor)

KU13. how to motivate the pregnant lady and her family members for institutional delivery and aware them about the hazards of home delivery

KU14. procedures for safe practice

KU15. relevant Workplace Health and Safety (WHS) legislation

KU16. donning and doffing of Personal Protective Equipment (PPE)

Generic Skills (GS)

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

GS1. write messages, notes and short descriptive text with reasonable accuracy for easy interpretation of the information

GS2. read documents and information displayed at the workplace

GS3. communicate effectively with co-workers and others

GS4. plan day to day tasks for optimum productivity

Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
Assistance during Antenatal Care(Garbhini paricharya)	**98**	**80**	**50**	**50**
PC1. maintain conducive ambience, environment and cleanliness in the unit	-	-	-	-
PC2. introduce oneself to the client and gain the confidence of patient	-	-	-	-
PC3. maintain client's privacy throughout the procedure	-	-	-	-
PC4. wear Personal Protective Equipments as per organizational policies and procedures	-	-	-	-
PC5. assist the patient with urine pregnancy test under the supervision and guidance of a Prasooti expert or Ayurveda Gynecologist Prasooti expert.	-	-	-	-
PC6. guide about healthy diet and mode of life during ante natal period.	-	-	-	-
PC7. inform about schedule and frequency for antenatal check up with its importance	-	-	-	-
PC8. Guide to notice alarming signs of high-risk pregnancy.	-	-	-	-
PC9. Guide regarding yoga specific to garbhini as per the guidance of Prasooti expert	-	-	-	-
PC10. accompany the Garbhini(pregnant lady) at the time of delivery to provide emotional support and assurance during labour(Prasava)	-	-	-	-
PC11. guide garbhini regarding(clothes ,accessories etc) as required during and after delivery(Prasava).	-	-	-	-
NOS Total	**98**	**80**	**50**	**50**

National Occupational Standards (NOS) Parameters

NOS Code	HSS/N3802
NOS Name	Assist the clients for Antenatal Care(Garbhini Paricharya) under the supervision of a Gynecologist (Ayurveda)
Sector	Healthcare
Sub-Sector	AYUSH
Occupation	Ayurveda-Allied
NSQF Level	3
Credits	3
Version	3.0
Next Review Date	NA

HSS/N3803: Provide Support for (Sutika Paricharya) Postnatal Care as per the guidance of a Gynecologist (Ayurveda)

Description

This Occupational Standard describes the knowledge, understanding and skills required by an individual to provide assistance to clients during (Sutika Paricharya)post-natal period under the guidance and supervision of Ayurveda Gynecologist.

Scope

The scope covers the following :

- Provide routine care to Sutika(mother) and new born(navjat shishu) as per ayurvedic priniciples

Elements and Performance Criteria

Provide routine care to Sutika(mother) and new born(navjat shishu) as per ayurvedic priniciples

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

PC1. Assist sutika (new mother) in bathing, grooming, dressing up, feeding, and maintaining normal elimination under the guidance of prasooti and stree roga expert.

PC2. Provide support to Sutika(new mother) for exclusive breastfeeding and its techniques.

PC3. Guide mother regarding assisting the (Navjata Shishu) neonate with burping techniques

PC4. Assist in (Navjata Shishu) newborn care under the guidance of Balrog Acharya

PC5. Guide Sutika(new mother) to carry out (Navjata Shishu) newborn massage and guide about its techniques

PC6. Assist for(Sutika) post-natal massage(Abhyanga)

PC7. Assist for swedana and dhoompana

PC8. Assist mother for Udara-patta bandhana (abdominal binder)

PC9. Educate and assist mother about yoga /perineal exercise specific to postnatal duration

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

KU1. about changes during Puerperium, Sutika-paricharya, contraceptive methods, breast feeding, common breast problems during post-natal period, Jatamatra-paricharya

KU2. about providing massage to a mother and new born

KU3. about Janani-Suraksha-Yojana(JSY),Janani-shishu-suraksha-karyakrama(JSSK), Kasthurba-Poshan Sahay-Yojana(KPSY),Pradhan-Mantri-Surakshit-Matritwa-Abhiyana (PMSMA)

KU4. Ayurvedic prasuti tantra evam StriRoga in women health care

KU5. applied anatomy of female reproductive system, pelvis and pelvic floor

KU6. about new born vaccination schedule as per the guidelines

KU7. about specific foods useful during post natal period.

KU8. breastfeeding techniques

KU9.   about weaning and its techniques

KU10.   new born massage process, indications and contraindications

Generic Skills (GS)

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

GS1.   read protocol updates and policy changes

GS2.   be updated with the latest knowledge and advancements

GS3.   build customer relationships and use customer centric approach

GS4.   review the information gathered from observation, experience, reasoning, or communication to act efficiently

Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
Provide routine care to Sutika(mother) and new born(navjat shishu) as per ayurvedic priniciples	**80**	**60**	**50**	**52**
PC1. Assist sutika (new mother) in bathing, grooming, dressing up, feeding, and maintaining normal elimination under the guidance of prasooti and stree roga expert.	-	-	-	-
PC2. Provide support to Sutika(new mother) for exclusive breastfeeding and its techniques.	-	-	-	-
PC3. Guide mother regarding assisting the (Navjata Shishu) neonate with burping techniques	-	-	-	-
PC4. Assist in (Navjata Shishu) newborn care under the guidance of Balrog Acharya	-	-	-	-
PC5. Guide Sutika(new mother) to carry out (Navjata Shishu) newborn massage and guide about its techniques	-	-	-	-
PC6. Assist for(Sutika) post-natal massage(Abhyanga)	-	-	-	-
PC7. Assist for swedana and dhoompana	-	-	-	-
PC8. Assist mother for Udara-patta bandhana (abdominal binder)	-	-	-	-
PC9. Educate and assist mother about yoga /perineal exercise specific to postnatal duration	-	-	-	-
NOS Total	**80**	**60**	**50**	**52**

National Occupational Standards (NOS) Parameters

NOS Code	HSS/N3803
NOS Name	Provide Support for (Sutika Paricharya) Postnatal Care as per the guidance of a Gynecologist (Ayurveda)
Sector	Healthcare
Sub-Sector	AYUSH
Occupation	Ayurveda-Allied
NSQF Level	3
Credits	2
Version	3.0
Next Review Date	NA

HSS/N9624: Maintain a safe and secure working environment

Description

This OS unit is about the ensuring a safe and secure working environment

Scope

The scope covers the following :

- Workplace safety and security

Elements and Performance Criteria

Workplace safety and security

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

PC1. identify potential hazards of safe work practices

PC2. use various hospital codes for emergency situations

PC3. comply with safety, and security procedures within the defined scope of competence and authority

PC4. provide Basic Life Support (BLS) and first aid whenever applicable under defined scope of work

PC5. follow organizations' procedures related to any emergency efficiently

PC6. report any identified breaches in health, safety, and security procedures to the designated person

PC7. complete any health and safety records accurately

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

KU1. the importance of health, safety, and security in the workplace

KU2. how to identify safety and security hazards

KU3. the importance of identifying individual responsibilities in relation to maintaining workplace safety and security requirements

KU4. the relevant up-to-date information on safety, and security that applies to the workplace

KU5. how to report any emergency

KU6. various hospital codes for emergency situations

KU7. how to create safety records and maintain them

KU8. concept of first aid and BLS

KU9. the importance of raising alarm about hazards for safety of others

Generic Skills (GS)

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

GS1. read and understand organization policies and procedures

GS2. prepare status and progress reports

GS3. • communicate information (for example, facts, ideas, or messages) in a brief, clear, and
• organized manner

GS4. make decisions pertaining to the area of work

GS5. plan for safety of the work environment

GS6. identify hazards, evaluate possible solutions and suggest effective solutions

GS7. analyze the seriousness of hazards

Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
Workplace safety and security	**10**	**10**	**-**	**10**
PC1. identify potential hazards of safe work practices	-	-	-	-
PC2. use various hospital codes for emergency situations	-	-	-	-
PC3. comply with safety, and security procedures within the defined scope of competence and authority	-	-	-	-
PC4. provide Basic Life Support (BLS) and first aid whenever applicable under defined scope of work	-	-	-	-
PC5. follow organizations' procedures related to any emergency efficiently	-	-	-	-
PC6. report any identified breaches in health, safety, and security procedures to the designated person	-	-	-	-
PC7. complete any health and safety records accurately	-	-	-	-
NOS Total	**10**	**10**	**-**	**10**

National Occupational Standards (NOS) Parameters

NOS Code	HSS/N9624
NOS Name	Maintain a safe and secure working environment
Sector	Healthcare
Sub-Sector	Generic
Occupation	Generic
NSQF Level	4
Credits	1
Version	2.0
Last Reviewed Date	03/05/2023
Next Review Date	03/05/2026
NSQC Clearance Date	03/05/2023

HSS/N9622: Follow sanitization and infection control guidelines

Description

This OS unit is about following ways for sanitization to prevent the spread of infection as per sectoral working requirements.

Scope

The scope covers the following :

- Social distancing practices
- Personal and workplace hygiene
- Waste disposal methods
- Reporting and information gathering
- Mental and emotional wellbeing

Elements and Performance Criteria

Social distancing practices

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

PC1. maintain appropriate social distance as per specified protocols, for example, while greeting people, when in crowded places, using contactless mode of delivery of goods, etc.

PC2. carry out daily tasks using alternate methods e.g. virtual meetings, e-payments, etc.

Personal and workplace hygiene

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

PC3. follow recommended personal hygiene and sanitation practices, for example, washing/sanitizing hands, covering face with a bent elbow while coughing/sneezing, using PPE, etc.

PC4. follow recommended workplace hygiene and sanitation practices, for example, sanitizing workstation and equipment regularly, using disposable wipes and utensils, using alternative systems to mark attendance, etc.

PC5. clean and disinfect all materials/supplies before and after use.

Waste disposal methods

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

PC6. segregate waste as per guidelines

PC7. dispose waste as per guidelines

Reporting and information gathering

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

PC8. keep abreast of the latest information and guidelines from reliable sources.

PC9. report signs and symptoms related to illness of self and others immediately to appropriate authority

Mental and emotional wellbeing

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

PC10. seek help and guidance in case of stress and anxiety

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

KU1.   solid waste management Rules 2016

KU2.   significance of personal hygiene practice including hand hygiene

KU3.   social distancing norms

KU4.   correct method of donning and doffing of PPE

KU5.   significance of appropriate waste disposal methods and organizational and national waste management principles and procedures

KU6.   ways to handle waste appropriately to reduce the risk of contamination

KU7.   the logistics of waste management

KU8.   the current national legislation, guidelines, local policies, and protocols related to work

KU9.   ways to manage infectious risks in the workplace

KU10. the path of disease transmission

KU11. different methods of cleaning, disinfection, sterilization, and sanitization

KU12. the types of cleaning agents

KU13. symptoms of infections like fever, cough, redness, swelling and inflammation

KU14. signs of stress and anxiety

Generic Skills (GS)

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

GS1.   write formal and informal letters/emails, memos, reports, etc

GS2.   read and interpret internal communications correctly

GS3.   communicate the information effectively during interactions

GS4.   analyze situations and make appropriate decisions

GS5.   prioritize, organize, and accomplish work within prescribed timelines

Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
Social distancing practices	**5**	**3**	-	-
PC1. maintain appropriate social distance as per specified protocols, for example, while greeting people, when in crowded places, using contactless mode of delivery of goods, etc.	-	-	-	-
PC2. carry out daily tasks using alternate methods e.g. virtual meetings, e-payments, etc.	-	-	-	-
Personal and workplace hygiene	**4**	**4**	-	-
PC3. follow recommended personal hygiene and sanitation practices, for example, washing/sanitizing hands, covering face with a bent elbow while coughing/sneezing, using PPE, etc.	-	-	-	-
PC4. follow recommended workplace hygiene and sanitation practices, for example, sanitizing workstation and equipment regularly, using disposable wipes and utensils, using alternative systems to mark attendance, etc.	-	-	-	-
PC5. clean and disinfect all materials/supplies before and after use.	-	-	-	-
Waste disposal methods	**3**	**2**	-	-
PC6. segregate waste as per guidelines	-	-	-	-
PC7. dispose waste as per guidelines	-	-	-	-
Reporting and information gathering	**3**	**2**	-	-
PC8. keep abreast of the latest information and guidelines from reliable sources.	-	-	-	-
PC9. report signs and symptoms related to illness of self and others immediately to appropriate authority	-	-	-	-
Mental and emotional wellbeing	**2**	**2**	-	-
PC10. seek help and guidance in case of stress and anxiety	-	-	-	-

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
NOS Total	**17**	**13**	**-**	**-**

National Occupational Standards (NOS) Parameters

NOS Code	HSS/N9622
NOS Name	Follow sanitization and infection control guidelines
Sector	Healthcare
Sub-Sector	Generic
Occupation	Generic
NSQF Level	3
Credits	2
Version	2.0
Last Reviewed Date	03/05/2023
Next Review Date	03/05/2026
NSQC Clearance Date	03/05/2023

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

Description

This unit is about employability skills, Constitutional values, becoming a professional in the 21st Century, digital, financial, and legal literacy, diversity and Inclusion, English and communication skills, customer service, entrepreneurship, and apprenticeship, getting ready for jobs and career development.

Scope

The scope covers the following :

- Introduction to Employability Skills
- Constitutional values - Citizenship
- Becoming a Professional in the 21st Century
- Basic English Skills
- Communication Skills
- Diversity & Inclusion
- Financial and Legal Literacy
- Essential Digital Skills
- Entrepreneurship
- Customer Service
- Getting ready for Apprenticeship & Jobs

Elements and Performance Criteria

Introduction to Employability Skills

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

PC1. understand the significance of employability skills in meeting the job requirements

Constitutional values – Citizenship

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

PC2. identify constitutional values, civic rights, duties, personal values and ethics and environmentally sustainable practices

Becoming a Professional in the 21st Century

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

PC3. explain 21st Century Skills such as Self-Awareness, Behavior Skills, Positive attitude, self-motivation, problem-solving, creative thinking, time management, social and cultural awareness, emotional awareness, continuous learning mindset etc.

Basic English Skills

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

PC4. speak with others using some basic English phrases or sentences

Communication Skills

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

PC5. follow good manners while communicating with others

PC6. work with others in a team

Diversity & Inclusion

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

PC7. communicate and behave appropriately with all genders and PwD

PC8. report any issues related to sexual harassment

Financial and Legal Literacy

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

PC9. use various financial products and services safely and securely

PC10. calculate income, expenses, savings etc.

PC11. approach the concerned authorities for any exploitation as per legal rights and laws

Essential Digital Skills

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

PC12. operate digital devices and use its features and applications securely and safely

PC13. use internet and social media platforms securely and safely

Entrepreneurship

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

PC14. identify and assess opportunities for potential business

PC15. identify sources for arranging money and associated financial and legal challenges

Customer Service

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

PC16. identify different types of customers

PC17. identify customer needs and address them appropriately

PC18. follow appropriate hygiene and grooming standards

Getting ready for apprenticeship & Jobs

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

PC19. create a basic biodata

PC20. search for suitable jobs and apply

PC21. identify and register apprenticeship opportunities as per requirement

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

KU1. need for employability skills

KU2. various constitutional and personal values

KU3. different environmentally sustainable practices and their importance

KU4. Twenty first (21st) century skills and their importance

KU5. how to use basic spoken English language

KU6. Do and dont of effective communication

KU7. inclusivity and its importance

KU8. different types of disabilities and appropriate communication and behaviour towards PwD

KU9. different types of financial products and services

KU10. how to compute income and expenses

KU11. importance of maintaining safety and security in financial transactions

KU12. different legal rights and laws

KU13. how to operate digital devices and applications safely and securely

KU14. ways to identify business opportunities

KU15. types of customers and their needs

KU16. how to apply for a job and prepare for an interview

KU17. apprenticeship scheme and the process of registering on apprenticeship portal

Generic Skills (GS)

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

GS1. communicate effectively using appropriate language

GS2. behave politely and appropriately with all

GS3. perform basic calculations

GS4. solve problems effectively

GS5. be careful and attentive at work

GS6. use time effectively

GS7. maintain hygiene and sanitisation to avoid infection

Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
Introduction to Employability Skills	1	1	-	-
PC1. understand the significance of employability skills in meeting the job requirements	-	-	-	-
Constitutional values – Citizenship	1	1	-	-
PC2. identify constitutional values, civic rights, duties, personal values and ethics and environmentally sustainable practices	-	-	-	-
Becoming a Professional in the 21st Century	1	3	-	-
PC3. explain 21st Century Skills such as Self-Awareness, Behavior Skills, Positive attitude, self-motivation, problem-solving, creative thinking, time management, social and cultural awareness, emotional awareness, continuous learning mindset etc.	-	-	-	-
Basic English Skills	2	3	-	-
PC4. speak with others using some basic English phrases or sentences	-	-	-	-
Communication Skills	1	1	-	-
PC5. follow good manners while communicating with others	-	-	-	-
PC6. work with others in a team	-	-	-	-
Diversity & Inclusion	1	1	-	-
PC7. communicate and behave appropriately with all genders and PwD	-	-	-	-
PC8. report any issues related to sexual harassment	-	-	-	-
Financial and Legal Literacy	3	4	-	-
PC9. use various financial products and services safely and securely	-	-	-	-
PC10. calculate income, expenses, savings etc.	-	-	-	-

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
PC11. approach the concerned authorities for any exploitation as per legal rights and laws	-	-	-	-
Essential Digital Skills	**4**	**6**	**-**	**-**
PC12. operate digital devices and use its features and applications securely and safely	-	-	-	-
PC13. use internet and social media platforms securely and safely	-	-	-	-
Entrepreneurship	**3**	**5**	**-**	**-**
PC14. identify and assess opportunities for potential business	-	-	-	-
PC15. identify sources for arranging money and associated financial and legal challenges	-	-	-	-
Customer Service	**2**	**2**	**-**	**-**
PC16. identify different types of customers	-	-	-	-
PC17. identify customer needs and address them appropriately	-	-	-	-
PC18. follow appropriate hygiene and grooming standards	-	-	-	-
Getting ready for apprenticeship & Jobs	**1**	**3**	**-**	**-**
PC19. create a basic biodata	-	-	-	-
PC20. search for suitable jobs and apply	-	-	-	-
PC21. identify and register apprenticeship opportunities as per requirement	-	-	-	-
NOS Total	**20**	**30**	**-**	**-**

National Occupational Standards (NOS) Parameters

NOS Code	DGT/VSQ/N0101
NOS Name	Employability Skills (30 Hours)
Sector	Cross Sectoral
Sub-Sector	Professional Skills
Occupation	Employability
NSQF Level	2
Credits	1
Version	1.0
Last Reviewed Date	30/05/2024
Next Review Date	30/05/2027
NSQC Clearance Date	30/05/2024

Assessment Guidelines and Assessment Weightage

Assessment Guidelines

1. Criteria for assessment for each Qualification Pack will be created by the Sector Skill Council. Each Performance Criteria (PC) will be assigned marks proportional to its importance in NOS.

2. The assessment for the theory part will be based on knowledge bank of questions created by the SSC.

3. Individual assessment agencies will create unique question papers for theory part as per assessment criteria below

4. Individual assessment agencies will create unique evaluations for skill practical based on these criteria.

5. In case of unsuccessful completion, the trainee may seek reassessment on the Qualification Pack

Minimum Aggregate Passing % at QP Level : 70

(**Please note**: Every Trainee should score a minimum aggregate passing percentage as specified above, to successfully clear the Qualification Pack assessment.)

Assessment Weightage

Compulsory NOS

National Occupational Standards	Theory Marks	Practical Marks	Project Marks	Viva Marks	Total Marks	Weightage
HSS/N3805.Introduction to Prasuti and Stree Roga	25	20	-	35	80	10
HSS/N3801.Assist the clients for Pre-conception care as per the guidance of a Gynecologist (Ayurveda)	100	80	50	60	290	20
HSS/N3802.Assist the clients for Antenatal Care(Garbhini Paricharya) under the supervision of a Gynecologist (Ayurveda)	98	80	50	50	278	25
HSS/N3803.Provide Support for (Sutika Paricharya) Postnatal Care as per the guidance of a Gynecologist (Ayurveda)	80	60	50	52	242	15
HSS/N9624.Maintain a safe and secure working environment	10	10	-	10	30	10
HSS/N9622.Follow sanitization and infection control guidelines	17	13	-	-	30	10
DGT/VSQ/N0101.Employability Skills (30 Hours)	20	30	-	-	50	10
Total	**350**	**293**	**150**	**207**	**1000**	**100**

Acronyms

NOS	National Occupational Standard(s)
NSQF	National Skills Qualifications Framework
QP	Qualifications Pack
TVET	Technical and Vocational Education and Training

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.
Job role	Job role defines a unique set of functions that together form a unique employment opportunity in an organisation.
Occupational Standards (OS)	OS specify the standards of performance an individual must achieve when carrying out a function in the workplace, together with the Knowledge and Understanding (KU) they need to meet that standard consistently. Occupational Standards are applicable both in the Indian and global contexts.
Performance Criteria (PC)	Performance Criteria (PC) are statements that together specify the standard of performance required when carrying out a task.
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.
Unit Code	Unit code is a unique identifier for an Occupational Standard, which is denoted by an 'N'
Unit Title	Unit title gives a clear overall statement about what the incumbent should be able to do.
Description	Description gives a short summary of the unit content. This would be helpful to anyone searching on a database to verify that this is the appropriate OS they are looking for.
Scope	Scope is a set of statements specifying the range of variables that an individual may have to deal with in carrying out the function which have a critical impact on quality of performance required.
Knowledge and Understanding (KU)	Knowledge and Understanding (KU) are statements which together specify the technical, generic, professional and organisational specific knowledge that an individual needs in order to perform to the required standard.

Organisational Context	Organisational context includes the way the organisation is structured and how it operates, including the extent of operative knowledge managers have of their relevant areas of responsibility.
Technical Knowledge	Technical knowledge is the specific knowledge needed to accomplish specific designated responsibilities.
Core Skills/ Generic Skills (GS)	Core skills or Generic Skills (GS) are a group of skills that are the key to learning and working in today's world. These skills are typically needed in any work environment in today's world. These skills are typically needed in any work environment. In the context of the OS, these include communication related skills that are applicable to most job roles.
Electives	Electives are NOS/set of NOS that are identified by the sector as contributive to specialization in a job role. There may be multiple electives within a QP for each specialized job role. Trainees must select at least one elective for the successful completion of a QP with Electives.
Options	Options are NOS/set of NOS that are identified by the sector as additional skills. There may be multiple options within a QP. It is not mandatory to select any of the options to complete a QP with Options.