

National Occupational Standards

Basic Health and Wellness Skills (Secondary school)

Unit Code: HSS/N8623

Version: 1.0

NSQF Level: 2.5

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

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Description

The purpose of this qualification is to create awareness among school students about safety measures, healthy living, health promotion, basic first aid tips and sensitization on clean, healthy and safe environment. This would habituate them to apply fundamental concepts of healthy body, safety measures, disaster preparedness, CPR, First Aid, Healthy Lifestyle and Safe environment practices into their daily lifestyle and practice.

Scope

The scope covers the following :

- Safety Measures, First Aid and Hands on CPR
- Practice safe and healthy Habits to keep lifestyle and environment healthy
- Sexual, substance Abuse and Mental Health Issues and its prevention

Elements and Performance Criteria

Safety Measures, First Aid and Hands on CPR

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

- PC1.** Apply self and others safety measures
- PC2.** Demonstrate the use of personal safety devices
- PC3.** Use emergency numbers like Police, Ambulance, Hospital etc in case of emergency
- PC4.** Perform First Aid skills
- PC5.** Perform Hands on CPR or chest compressions
- PC6.** Assist in mock drills to manage disaster

Practice safe and healthy Habits to keep lifestyle and environment healthy

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

- PC7.** Apply healthy diet, balanced nutrition and fitness regimes to keep the body healthy, maintain healthy lifestyle and prevent diseases
- PC8.** Perform basic fitness regimes like physical exercises, yoga postures and meditation
- PC9.** Classify the various components of healthy diet and balanced nutrition based on its uses
- PC10.** Perform and maintain personal hygiene and grooming
- PC11.** Practice hygienic measures during menstruation
- PC12.** Identify Biodegradable and non-biodegradable waste
- PC13.** Perform segregation of waste at home and school as per waste management
- PC14.** Perform cleaning and sterilization of classroom, desk, chair and other articles
- PC15.** Practice skills to use, reduce, reuse and recycle of resources like electricity, water, paper, polyethylene bags, fuel, plastic bottles etc.
- PC16.** Practice ways to conserve resources
- PC17.** Practice safe use of internet, gadgets and social media

Sexual, substance Abuse and Mental Health Issues and its prevention

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

- PC18.** Identify Mental Health issues and abuse

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- PC19.** Identify the sign and symptoms of Abuse and mental health issues
- PC20.** Inform issues to parents and family
- PC21.** Take measures to prevent mental health issues and abuse at school

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** Describe self and other safety measures
- KU2.** Identify the emergency
- KU3.** Perform Hands on CPR as per standard procedure
- KU4.** Apply the standard protocols of providing first aid
- KU5.** Identify the need of Socio-emotional learning/awareness
- KU6.** Segregate and dispose of waste disposal according to the SOPs
- KU7.** Apply fundamental concepts of healthy body into their daily lifestyle and practice
- KU8.** Encourage safe use of the Internet, Gadgets and Media
- KU9.** Explain about preventive measures for cyber bullying
- KU10.** Apply 3Rs concept for conservations of resources
- KU11.** Explain about equality, acceptance and inclusivity of differentially abled children
- KU12.** Difference between Biodegradable and non-biodegradable waste
- KU13.** Differentiate between Cleaning and Sanitization
- KU14.** Practice dealing with different emotions and mental health issues
- KU15.** Stress management and mindfulness
- KU16.** Respond to the Disasters and multiple casualty accidents
- KU17.** Communication and writing skills

Generic Skills (GS)

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

- GS1.** read, speak and write in language used at the regional location
- GS2.** take initiative to complete one's tasks and learn new things
- GS3.** use correct language and avoid using inappropriate language

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Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Safety Measures, First Aid and Hands on CPR</i>	40	20	-	-
PC1. Apply self and others safety measures	-	-	-	-
PC2. Demonstrate the use of personal safety devices	-	-	-	-
PC3. Use emergency numbers like Police, Ambulance, Hospital etc in case of emergency	-	-	-	-
PC4. Perform First Aid skills	-	-	-	-
PC5. Perform Hands on CPR or chest compressions	-	-	-	-
PC6. Assist in mock drills to manage disaster	-	-	-	-
<i>Practice safe and healthy Habits to keep lifestyle and environment healthy</i>	25	10	-	-
PC7. Apply healthy diet, balanced nutrition and fitness regimes to keep the body healthy, maintain healthy lifestyle and prevent diseases	-	-	-	-
PC8. Perform basic fitness regimes like physical exercises, yoga postures and meditation	-	-	-	-
PC9. Classify the various components of healthy diet and balanced nutrition based on its uses	-	-	-	-
PC10. Perform and maintain personal hygiene and grooming	-	-	-	-
PC11. Practice hygienic measures during menstruation	-	-	-	-
PC12. Identify Biodegradable and non-biodegradable waste	-	-	-	-
PC13. Perform segregation of waste at home and school as per waste management	-	-	-	-
PC14. Perform cleaning and sterilization of classroom, desk, chair and other articles	-	-	-	-

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
PC15. Practice skills to use, reduce, reuse and recycle of resources like electricity, water, paper, polyethylene bags, fuel, plastic bottles etc.	-	-	-	-
PC16. Practice ways to conserve resources	-	-	-	-
PC17. Practice safe use of internet, gadgets and social media	-	-	-	-
<i>Sexual, substance Abuse and Mental Health Issues and its prevention</i>	35	20	-	-
PC18. Identify Mental Health issues and abuse	-	-	-	-
PC19. Identify the sign and symptoms of Abuse and mental health issues	-	-	-	-
PC20. Inform issues to parents and family	-	-	-	-
PC21. Take measures to prevent mental health issues and abuse at school	-	-	-	-
NOS Total	100	50	-	-

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National Occupational Standards (NOS) Parameters

NOS Code	HSS/N8623
NOS Name	Basic Health and Wellness Skills (Secondary school)
Sector	Healthcare
Sub-Sector	Social Work & Community Health
Occupation	Community Health Services, Social Work
NSQF Level	2.5
Credits	2
Minimum Educational Qualification & Experience	8th grade pass and pursuing continuous schooling (in 9th to 10th Grade)
Version	1.0
Last Reviewed Date	31/01/2024
Next Review Date	31/01/2029
NSQC Clearance Date	31/01/2024
Reference code on NQR	NG-2.5-HE-02091-2024-V1-HSSC
NQR Version	1
CCN Category	3