Model Curriculum

NOS Name: Basics of Millets Nutrition (Shree Anna)

NOS Code: HSS/MCr-0005

NOS Version: 1.0

NSQF Level: 1

Model Curriculum Version: 1.0

Table of Contents

Training Parameters

Sector	Healthcare
Sub-Sector	AYUSH
Occupation	Ayush
Country	India
NSQF Level	1
Aligned to NCO/ISCO/ISIC Code	NCO-2015/NIL
Minimum Educational Qualification and Experience	• 6th Class (With continuous school Education)
Pre-Requisite License or Training	
Minimum Job Entry Age	14 Years
Last Reviewed On	30/05/2024
Next Review Date	30/05/2027
NSQC Approval Date	30/05/2024
QP Version	1.0
Model Curriculum Creation Date	30/05/2024
Model Curriculum Valid Up to Date	30/05/2027
Model Curriculum Version	1.0
Minimum Duration of the Course	15hrs
Maximum Duration of the Course	15hrs

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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 fundamental concept of Millets.
- Understanding the concept of nutritional value, health benefits, and culinary aspects of millet.
- Understanding to raise awareness about the benefits of Vedic principles and millet-based diet.
- Understanding of balanced meal plans that adhere to Vedic principles.
- Basic knowledge of Satvik Nutrition of Millets according to Ayurveda.
- Understand the importance of emphasizing the impact on overall well-being, health promotion, and disease prevention with millets.
- Knowledge about the seasonal and regional benefits of millet.

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/MCr-0005: Introduction of Diet and Nutrition according to Ayurvedic principles	05:00	03:00	00:00	00:00	08:00
HSS/MCr-0005: Basic knowledge of Millets, Identification and benefits	05:00	02:00	00:00	00:00	07:00
Total Duration	**10:00**	**05:00**	**00:00**	**00:00**	**15:00**

Module Details

Module 1: Introduction of Diet and Nutrition according to Ayurvedic principles
Mapped to: HSS/MCr-0005

Terminal Outcomes:

- Introduction of Diet and Nutrition with respect to Millets

Duration: 05:00	**Duration**: 03:00
Theory – Key Learning Outcomes	**Practical – Key Learning Outcomes**
- Introduction of Millets (Major/Minor/Little) as per the doshas. - Discuss about indication of Millets according to doshas. - Explain about nutritional value, health benefits, and culinary aspects of millets. - Satvik Nutrition of Millets according to Ayurveda - Discuss the variety of millet-based recipes. - Explain the balanced meal plans that adhere to Vedic principles.	Prepare a presentation about millets along with pictures of Major, minor and little millets.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, Foxtail Millet, kodo Millet. Barnyard Millet, Ragi Millet, Jowar Millet and Pearl Millet, utensils .	

Module 2 : Basic knowledge of Millets, Identification and benefits

Mapped to: HSS/MCr-0005

Terminal Outcomes:

- Discuss about identification of millets.
- Benefits of including millets in the diet

Duration: 05:00	Duration: 02:00
Theory – Key Learning Outcomes	**Practical – Key Learning Outcomes**
- Basic knowledge of Identification of types of Millets. - Check about the seasonal and regional benefits of Millets. - Knowledge of Herbal supplements related to millet. - Basic knowledge of Millet-based recipes. - Discuss the Vedic principles and millet-based diets. - Understanding of to motivate for adopting millets in regular diet. - Understanding of major millets eg Sorghum (Jowar),Pearl Millet (Bajra), Finger Millet(Ragi) - Understanding Minor Millets e.g. Foxtail millet (Kakum),Kodo millets (Kodon)Barnyard millets	- Identify Millet type in a skill lab. - Prepare a chart with a picture of Millets.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster.	
Tools, Equipment and Other Requirements	
Utensils, Foxtail Millet, kodo Millet. Barnyard Millet, Ragi Millet, Jowar Millet and Pearl Millet.	

Basics of Millets Nutrition (Shree Anna)

Annexure

Trainer Requirements

<table>
<tr><th colspan="6">Trainer Prerequisites</th></tr>
<tr><th rowspan="2">Minimum Educational Qualification</th><th rowspan="2">Specialization</th><th colspan="2">Relevant Industry Experience</th><th colspan="2">Training Experience</th><th rowspan="2">Remarks</th></tr>
</table>

Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training Experience		Remarks
		Years	*Specialization*	*Years*	*Specialization*	
Any Graduate with a certificate in diet and nutrition		2				

Trainer Certification	
Domain Certification	**Platform Certification**
Certified for MCr: Basics of Millets nutrition (Shree Anna) mapped to HSS/MCr-0005" with a 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 a minimum score of 80%.

Assessor Requirements

Assessor Prerequisites						
Minimum Educational Qualification	**Specialization**	**Relevant Industry Experience**		**Training/Assessment Experience**		**Remarks**
		Years	*Specialization*	*Years*	*Specialization*	
Graduate with a certificate program in Diet/Nutrition		4				

Assessor Certification	
Domain Certification	**Platform Certification**
Certified for MCr: Basics of Millets Nutrition (Shree Anna) mapped to QP: HSS/MCr-0005 with a 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 a minimum score of 80%.

Annexure: Assessment Strategy

This section includes the processes involved in identifying, gathering, and interpreting information to evaluate the Candidate on the required competencies of the program.

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Mention the detailed assessment strategy in the provided template.

<1. Assessment System Overview:
- Batches assigned to the assessment agencies for conducting the assessment on SIP or email
- Assessment agencies send the assessment confirmation to VTP/TC looping SSC
- Assessment agency deploys the ToA certified Assessor for executing the assessment
- SSC monitors the assessment process & records

2. Testing Environment:
- Check the Assessment location, date and time
- If the batch size is more than 30, then there should be 2 Assessors.
- Check that the allotted time to the candidates to complete Theory & Practical Assessment is correct.

3. Assessment Quality Assurance levels/Framework:
- Question bank is created by the Subject Matter Experts (SME) are verified by the other SME
- Questions are mapped to the specified assessment criteria
- Assessor must be ToA certified & trainer must be ToT Certified

4. Types of evidence or evidence-gathering protocol:
- Time-stamped & geotagged reporting of the assessor from the assessment location
- Centre photographs with signboards and scheme-specific branding

5. Method of verification or validation:
- Surprise visit to the assessment location

6. Method for assessment documentation, archiving, and access
- Hard copies of the documents are stored

Annexure: Acronym and Glossary

Acronym

Acronym	Description
AA	Assessment Agency
AB	Awarding Body
NCrF	National Credit Framework
NOS	National Occupational Standard(s)
NQR	National Qualification Register
NSQF	National Skills Qualifications Framework

Glossary

Term	Description
National Occupational Standards (NOS)	NOS define the measurable performance outcomes required from an individual engaged in a particular task. They list down what an individual performing that task should know and also do.
Qualification	A formal outcome of an assessment and validation process which is obtained when a the competent body determines that an individual has achieved learning outcomes to given standards
Qualification File	A Qualification File (QF) is a template designed to capture necessary information of a Qualification from the perspective of NSQF compliance. The Qualification File will be normally submitted by the awarding body for the qualification.

Sector	A grouping of professional activities on the basis of their main economic function, product, service or technology.
Skill India Digital Hub (SIDH)	Skill India Digital Hub (SIDH) is specially designed and developed to skill, reskill and upskill Indian individuals through an online training platform, API-based trusted skill credentials, payment and discovery layers for jobs and entrepreneurial opportunities
Vocational Training Provider (VTP)	A Vocational Training Provider (VTP) is an organization that offers training in a specific trade or skill.
Training Centre (TC)	A Training Centre (TC) is a training set up where learners undergo skills training related to a specific task or role.