Model Curriculum

NOS Name: Vriddha Swasthya Sahayak

NOS Code: HSS/N3804

NOS Version: 1.0

NSQF Level: 4

Model Curriculum Version: 1.0

Healthcare Sector Skill Council || Healthcare Sector Skill Council,520, DLF Tower A, 5th Floor, JasolaDistrict Centre, New Delhi – 110025

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Training Parameters

Sector	Healthcare
Sub-Sector	AYUSH
Occupation	Ayush Health services
Country	India
NSQF Level	4
Aligned to NCO/ISCO/ISIC Code	NCO-2015/5322.9900
Minimum Educational Qualification and Experience	• Grade 12 pass with science Or • 10th class (Auxiliary Nurse Midwifery ANM) Or • 10th Class Pass with 2-3 years of relevant experience in caregiving Or • Previous relevant Qualification of NSQF Level 3 with 2-3 years of relevant experience
Pre-Requisite License or Training	
Minimum Job Entry Age	20 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	60 hrs
Maximum Duration of the Course	60 hrs

Vriddha Swasthya Sahayak

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.

- Demonstrate techniques to maintain the personal hygiene needs of an elderly patient in accordance with Ayurvedic and Yogic principles.
- Demonstrate professional techniques in maintaining daily living activities as per Ayurvedic and Yogic regimes.
- Assist in adopting a healthy lifestyle to support geriatric care.
- Conduct Ayurvedic therapeutic techniques like massage, and steam therapy as per advice and recommendations of the healthcare team.
- Apply skills and knowledge related to Panchakarma, Ayurvedic Massage Assistance as per guidance.
- Possess basic knowledge about the pathya- apathya of Ahara essential for the elderly.
- Discuss Elementary knowledge of Vriddha Janya Vyadhi (Common ill health condition in the elderly)
- Provide support in rehabilitation, assisting geriatrics to cope with ill health conditions.

Compulsory Modules

The table lists the modules and their duration corresponding to the Compulsory NOS.

NOS and Module Details	Theory Duration	Practical Duration	On-the-Job Training Duration (Mandatory)	On-the-Job Training Duration (Recommended)	Total Duration
HSS/N3804: Introduction to AYUSH healthcare system	03:00	07:00	00:00	00:00	10:00
HSS/N3804: Roles and Responsibility of Vriddha Swasthya Sahayak	05:00	05:00	00:00	00:00	10:00
HSS/N3804: Basic of Sharira Rachna and Sharira Kriya	07:00	08:00	00:00	00:00	15:00
HSS/N3804: Essential Knowledge of Vriddha and Vriddha Vikar Vriddha Swasthya Sahayak	10:00	15:00	00:00	00:00	25:00

Total Duration	25:00	35:00	00:00	00:00	60:00

Module Details

Module 1: Introduction to AYUSH healthcare system
Mapped to: HSS/N3804

Terminal Outcomes:

- Describe the basic structure and function of the AYUSH healthcare delivery system.
- Understand Vriddha Awastha and its needs.

Duration: 03:00	**Duration**: 07:00
Theory – Key Learning Outcomes	**Practical – Key Learning Outcomes**
- Describe the AYUSH healthcare system in India at the primary, secondary, and territory levels. - Distinguish between private, public, and non-profit AYUSH healthcare systems. - List the professionals involved at the healthcare facility and their work scope. - Discuss in detail about knowledge of Jara and the pathophysiology of Jara. - Discuss in detail about Jara Janya Vyadhi and management	- Prepare a note on the basic structure and function of India's AYUSH healthcare delivery system. - Prepare a chart of the working setup of all the Ayurvedic clinics. /Ayurvedic hospitals.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	

Vriddha Swasthya Sahayak

Module 2: Roles and Responsibility of Vriddha Swasthya Sahayak

Mapped to: HSS/N3804

Terminal Outcomes:

- Assist in maintaining daily living activities.
- Develop essential knowledge of Jara and Janya Vikar.
- Address queries and doubts from participants.
- Carry out proper documentation and maintain confidentiality.

Duration:5:00	Duration:5:00
Theory – Key Learning Outcomes	**Practical – Key Learning Outcomes**
- Develop the skill of providing supporting care to elderly people through Ayurveda as a Jara Sahayak. - Help with oral hygiene/mouth care, sponge bath/bed bath, care of hair lice, hair wash, back care, shaving, and foot & nail care. - Assist in basic Aushadh and Aahar Kalpana, Yoga, Matra, and Anupan etc. - Demonstrate common yoga protocols to aid in rehabilitation as per prescription. - Identify limitations or comfort areas of participants based on preferences considering factors such as gender, religion, culture, language, etc. - Understand about Ashtavidha Pariksha, Swedna, lepa, Pichu, and Abhyanga procedures. - Assist with geriatric movement using safe equipment for transferring to avoid falls or injuries. - Assist in using bedpan, urinal, uro-bag, diaper change, or other elimination equipment as per instructions of the health care team and health condition of geriatrics. - Communicate and behave in a professional manner when dealing with elderly people. - Assist the geriatric in the event of symptoms of distress like coughing and regurgitation while feeding and drinking report accordingly.	- Basic demonstration of the basic Aushadh and Aahar Kalpana, Yoga, Matra, and Anupan etc. - Basic demonstration of the basic yoga sessions for elderly people. - Carry out basic demonstration of Ashtavidha Pariksha, Swedna, lepa, Pichu, and Abhyanga procedures.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, Yoga mat	
Tools, Equipment, and Other Requirements	
Instruments required for helping elderly people like Hand sanitizers, catheters, oxygen cylinders, wheelchairs, kidney trays, patients daily articles, urine pots, etc	

Module 3: Basic of Sharira Rachna and Sharira Kriya
Mapped to: HSS/N3804

Terminal Outcomes:

- Demonstrate knowledge of the basic structure and function of the human body.

Duration: 7:00	Duration: 8:00
Theory – Key Learning Outcomes	**Practical – Key Learning Outcomes**
- List down various body parts. - Explain the basic anatomy and physiology of the human body (Sharira, Kosha, Prana, Chakra, Marma). - Introduction to sensory organs (Eyes, Nose, Ears, Tongue, and Skin). - Explain the concept of Dosha-Dhatu, Mala. - Explain the nine systems of the human body- their structure and functions on the different body systems.	- Prepare a model of human body parts using waste material depicting different anatomical parts. - Prepare models and charts to explain different body parts and organs. - Demonstrate the kriya(physiology) of different systems of the body.
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 4: Essential Knowledge of Vriddha and Vriddha Vikar
Mapped to: HSS/N3804

Terminal Outcomes:

- To have basic knowledge related to the diseases and conditions of old age (Jarajanya Vyadhi).
- To develop the skill of providing supporting care to old age people through Ayurveda as a Jara Sahayak.
- To have the ability to perform ayurvedic procedures and knowledge about pathya-apathya.

Duration: 10:00	Duration: 15:00
Theory – Key Learning Outcomes	**Practical – Key Learning Outcomes**
- Discuss about fundamentals knowledge of vriddha (old age) - Explain age-related diseases according to Ayurveda. - Understand about ageing process. - Identification and reporting the emergency conditions related to old age and supporting care such as Aushadh and Aahar Kalpana, Yoga, Matra, and Anupan etc, Pathya – Apathya, Yoga	Demonstrate skills required for therapeutic – Bahi – Parimarjan – Abhyang, Samvahan Therapy, Svedena, lepa, picchu, Basti(local), Kshalan, Bandhan, Basti Therapy and Enema Procedure etc.
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	
Droni, Yoga mat, water inlet, clothes, essential oils, watch, protective and restrictive tools, supporting tools, Human Body Skeleton, Charts and Posters on Body Systems	

Annexure

Trainer Requirements

Trainer Prerequisites					
Minimum Educational Qualification	**Specialization**	**Relevant Industry Experience**		**Training Experience**		**Remarks**
		Years	*Specialization*	*Years*	*Specialization*	
BAMS	Ayurveda	1yr				

Trainer Certification	
Domain Certification	**Platform Certification**
Certified for NOS: Vriddha Swasthya Sahayak mapped to QP: "HSS/N3804 v1.0" with a minimum. score of 80%.	Recommended that the Trainer is certified for the Job Role: "Trainer", mapped to the Qualification Pack: "MEP/Q2601 v1.0" with a minimum score of 80%.

Assessor Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training/Assessment Experience		Remarks
		Years	Specialization	Years	Specialization	
BAMS	Ayurveda	3yr				

Assessor Certification	
Domain Certification	Platform Certification
Certified for NOS : Vriddha Swasthya Sahayak Assistant mapped to QP: "HSS/Q3804 v1.0" with a minimum score of 80%.	Recommended that the Assessor is certified for the Job Role: "Assessor", mapped to the Qualification Pack: "MEP/Q2701 v1.0" 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.

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