

Qualification Pack



Ayurveda Ahara & Poshana Sahayak

QP Code: HSS/Q3901

Version: 3.0

NSQF Level: 3

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HSS/Q3901: Ayurveda Ahara & Poshana Sahayak

Brief Job Description

An Ayurveda Ahara & Poshana Sahayaka (Ayurveda Diet & Nutrition Assistant) works under the supervision of an Ayurveda Dietician and coordinates with Ayurveda cook for food preparation as per Ayurvedic principles. They also help Ayurveda Dietician in performing basic clerical functions including storekeeping and record maintenance at workplace.

Personal Attributes

They should exhibit good coordination with client. The individual must be polite and show empathy, maturity, compassion and customer centricity.

Applicable National Occupational Standards (NOS)

Compulsory NOS:

1. [HSS/N3903: Carry out routine activities in the kitchen.](#)
2. [HSS/N3902: Support during cooking procedures in lines with Ayurveda principles](#)
3. [HSS/N3901: Provide support to Ayurveda Dietician in administrative work](#)
4. [HSS/N9617: Maintain a safe, healthy and secure working environment](#)
5. [DGT/VSQ/N0101: Employability Skills \(30 Hours\)](#)

Qualification Pack (QP) Parameters

Sector	Healthcare
Sub-Sector	AYUSH
Occupation	Ayurveda-Diet
Country	India
NSQF Level	3
Credits	14
Aligned to NCO/ISCO/ISIC Code	NCO/2015-2265.0200

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Minimum Educational Qualification & Experience	10th grade pass with NA of 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	08/05/2030
NSQC Approval Date	08/05/2025
Version	3.0
Reference code on NQR	QG-03-HE-04228-2025-V2-HSSC
NQR Version	2

Remarks:

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HSS/N3903: Carry out routine activities in the kitchen.

Description

This Occupational Standard describes the knowledge, understanding and skills required by an individual for identification, collection and storage of food items and material prior to food preparation.

Scope

The scope covers the following :

- Maintain self-hygiene and cleanliness in the kitchen
- Procure, Identify and Check food items and material
- Label, Store and Preserve raw materials

Elements and Performance Criteria

Maintain self-hygiene and cleanliness in the Kitchen

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

- PC1.** maintain personal hygiene
- PC2.** wash hands before and after handling foods items to avoid cross contamination
- PC3.** use personal protective equipment like head cap, face mask and gloves while handling food items
- PC4.** maintain cleanliness of the surrounding, equipment, tools, and utensils while handling food

Procure, Identify and Check food items and material

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

- PC5.** procure required raw food material from market or vendor
- PC6.** obtain the required part from procured raw food material as per prescription
- PC7.** identify other raw material such as spices etc required for food preparation from prescribed diet chart
- PC8.** check for any adulterants in food items and escalate to the concerned authorities as per organizational policies

Label, Store and Preserve raw materials

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

- PC9.** label raw materials, cooking essentials, tools and equipment as per organizational process
- PC10.** follow safe storage practices for raw food material as per recommended guidelines
- PC11.** follow inventory management processes such as FIFO to prevent spoilage
- PC12.** preserve food items using appropriate preservatives as per instructions
- PC13.** monitor stored items regularly

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

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- KU1.** relevant protocols, good practices, standards, policies and procedures related to personal hygiene, especially with relation to food handling
- KU2.** the role and importance of an Ayurveda Dietician
- KU3.** the importance of self hygiene
- KU4.** basic structure and function of the Ayurveda healthcare system in the country
- KU5.** basic concepts of Ayurveda and Ahara
- KU6.** types of utensils used in kitchen for preparation of meal
- KU7.** Ayurveda terminology used for food items and materials
- KU8.** basic nutritional information regarding different food items
- KU9.** advances in the field of Ayurvedic nutrition and dietary practices
- KU10.** how to use personal protective equipment in kitchen
- KU11.** importance of storing food material
- KU12.** concept of preservation and its types
- KU13.** procurement of raw food items from vendor and market

Generic Skills (GS)

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

- GS1.** document and complete reports on regular basis related to routine activities in kitchen
- GS2.** decide whether the place is safe and hygienic for keeping and storing food items
- GS3.** read and interpret important instructions provided by Ayurveda Dietician
- GS4.** complete all the activities accurately and in a timely manner
- GS5.** make decision to ensure that food items are being stored in kitchen by using first in first out (FIFO) method

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Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Maintain self-hygiene and cleanliness in the Kitchen</i>	44	50	30	30
PC1. maintain personal hygiene	-	10	-	-
PC2. wash hands before and after handling foods items to avoid cross contamination	-	15	-	-
PC3. use personal protective equipment like head cap, face mask and gloves while handling food items	-	10	-	-
PC4. maintain cleanliness of the surrounding, equipment, tools, and utensils while handling food	-	15	-	-
<i>Procure, Identify and Check food items and material</i>	53	50	30	30
PC5. procure required raw food material from market or vendor	-	10	-	-
PC6. obtain the required part from procured raw food material as per prescription	-	10	-	-
PC7. identify other raw material such as spices etc required for food preparation from prescribed diet chart	-	15	-	-
PC8. check for any adulterants in food items and escalate to the concerned authorities as per organizational policies	-	15	-	-
<i>Label, Store and Preserve raw materials</i>	48	50	21	30
PC9. label raw materials, cooking essentials, tools and equipment as per organizational process	-	10	-	-
PC10. follow safe storage practices for raw food material as per recommended guidelines	-	10	-	-
PC11. follow inventory management processes such as FIFO to prevent spoilage	-	10	-	-

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
PC12. preserve food items using appropriate preservatives as per instructions	-	10	-	-
PC13. monitor stored items regularly	-	10	-	-
NOS Total	145	150	81	90

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National Occupational Standards (NOS) Parameters

NOS Code	HSS/N3903
NOS Name	Carry out routine activities in the kitchen.
Sector	Healthcare
Sub-Sector	AYUSH
Occupation	Ayurveda-Diet
NSQF Level	3
Credits	5
Version	3.0
Last Reviewed Date	08/05/2025
Next Review Date	08/05/2030
NSQC Clearance Date	08/05/2025

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HSS/N3902: Support during cooking procedures in lines with Ayurveda principles

Description

This Occupational Standard describes the knowledge, understanding and skills required by an individual to assist an Ayurveda cook in cooking procedure.

Scope

The scope covers the following :

- Carry out required preparation for cooking procedure
- Disposal of leftover food and waste material after food preparation

Elements and Performance Criteria

Carry out required preparation for cooking

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

- PC1.** coordinate with cook for hygiene maintenance of equipment and utensils in kitchen.
- PC2.** check if kitchen is adequately ventilated and temperature is maintained
- PC3.** arrange equipment like grinder, chapati skillet, oven, refrigerator etc for cooking
- PC4.** assist in washing, peeling, chopping, cutting, grinding etc
- PC5.** identify the ways to optimize the usage of material including water in various tasks
- PC6.** check for any spills/leakages during procedure
- PC7.** plug spill/leakage of water or gas immediately and escalate to appropriate authority if unable to rectify

Disposal of leftover food and waste material after food preparation

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

- PC8.** identify the types of waste generated
- PC9.** check if waste is promptly removed from food preparation area
- PC10.** segregate the waste into recyclable, non-recyclable, and hazardous waste at work area
- PC11.** follow food waste disposal techniques as per industry protocol and guidelines

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** relevant protocols, good practices, standards, policies, and procedures related to cooking procedure
- KU2.** relevant legislation, regulatory guidelines, standards, policies and procedures related to food safety and disposal
- KU3.** use of water in food preparation
- KU4.** about different cooking methods (Ahara Paka Vidhi)

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- KU5.** importance of correct selection of utensils for food preparation
- KU6.** best practices related to hygiene and sanitation to avoid contamination of food
- KU7.** common ailments associated with food contamination
- KU8.** methods of peeling, cutting, chopping, grinding etc
- KU9.** proper maintenance of utensils and equipment eg- cleaning, drying, storage in hygienic condition
- KU10.** waste segregation and management procedures
- KU11.** Hospital Infection Control (HIC) standards regarding kitchen
- KU12.** advances in the field of Ayurvedic nutrition and dietary practices

Generic Skills (GS)

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

- GS1.** write in at least one local/ official language used in the local community
- GS2.** read and correctly interpret the important instructions provided by cook
- GS3.** read instructions for storing equipment
- GS4.** communicate effectively with client, dietician and cook
- GS5.** complete all activities accurately and in a timely manner
- GS6.** build interpersonal relationships that foster inter and intra-departmental unity

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Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Carry out required preparation for cooking</i>	45	50	20	15
PC1. coordinate with cook for hygiene maintenance of equipment and utensils in kitchen.	-	5	-	-
PC2. check if kitchen is adequately ventilated and temperature is maintained	-	5	-	-
PC3. arrange equipment like grinder, chapati skillet, oven, refrigerator etc for cooking	-	10	-	-
PC4. assist in washing, peeling, chopping, cutting, grinding etc	-	10	-	-
PC5. identify the ways to optimize the usage of material including water in various tasks	-	10	-	-
PC6. check for any spills/leakages during procedure	-	5	-	-
PC7. plug spill/leakage of water or gas immediately and escalate to appropriate authority if unable to rectify	-	5	-	-
<i>Disposal of leftover food and waste material after food preparation</i>	45	40	20	25
PC8. identify the types of waste generated	-	10	-	-
PC9. check if waste is promptly removed from food preparation area	-	10	-	-
PC10. segregate the waste into recyclable, non-recyclable, and hazardous waste at work area	-	10	-	-
PC11. follow food waste disposal techniques as per industry protocol and guidelines	-	10	-	-
NOS Total	90	90	40	40

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National Occupational Standards (NOS) Parameters

NOS Code	HSS/N3902
NOS Name	Support during cooking procedures in lines with Ayurveda principles
Sector	Healthcare
Sub-Sector	AYUSH
Occupation	Ayurveda-Diet
NSQF Level	3
Credits	3.5
Version	4.0
Last Reviewed Date	08/05/2025
Next Review Date	08/05/2030
NSQC Clearance Date	08/05/2025

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HSS/N3901: Provide support to Ayurveda Dietician in administrative work

Description

This occupational standard describes the knowledge, skills and understanding required by Ayurveda Ahara & Poshana Sahayak for aiding an Ayurveda Dietician in day to day activities including basic clerical functions

Scope

The scope covers the following :

- Provide support in client management
- Maintain record of stock and client appointments

Elements and Performance Criteria

Provide support in client management

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

- PC1.** communicate in a way that reflects cultural, religious, PwD and gender sensitivity and modify the communication pattern as and when necessary
- PC2.** offer help to PwD if required
- PC3.** enter client details in prescribed format as per organizational policies
- PC4.** provide information to client about the diet chart
- PC5.** prepare and provide Ayurveda diet packets to client as per prescription and instructions
- PC6.** inform the client about follow-up visits as per confirmation from Ayurveda Dietician
- PC7.** provide appropriate IEC material to client as per organizational policy and procedures
- PC8.** maintain client's confidentiality
- PC9.** report to Ayurveda Dietician if needs of the client has not been met

Maintain records of stock and client appointments

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

- PC10.** arrange essential stationary such as printer, cartridge, stapler etc. for documentation
- PC11.** store and maintain record of client appointments in a prescribed format as per organizational policies
- PC12.** assist Ayurveda Dietician in monitoring authentication of client records
- PC13.** report to Ayurveda Dietician if any concerns found in documents
- PC14.** maintain confidentiality of stored records

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** organizational structure and escalation matrix
- KU2.** organizational values and the professional standards

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- KU3.** guidelines, policies, and process of record keeping including its storage and retrieval
- KU4.** guidelines on maintaining record's confidentiality
- KU5.** registration and consulting process
- KU6.** national nutrition programs
- KU7.** basic structure and function of human body system
- KU8.** dispensing process of food packets
- KU9.** impact of design of information brochures on client engagement
- KU10.** about FSSAI Act & Rules/ Licensing
- KU11.** importance of using prescribed documents, diet charts, pamphlets and other documents designed by Ayurveda Dietician for routine use

Generic Skills (GS)

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

- GS1.** read and correctly interpret diet instructions provided by Ayurveda Dietician
- GS2.** avoid using jargon, slang or acronyms when communicating with others
- GS3.** write and speak in unambiguous manner
- GS4.** respect personal space
- GS5.** read and follow instructions for following standard practices for storage of information
- GS6.** identify areas of objections, reluctance to dietary changes and inform to Ayurveda Dietician

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Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Provide support in client management</i>	35	30	5	5
PC1. communicate in a way that reflects cultural, religious, PwD and gender sensitivity and modify the communication pattern as and when necessary	-	3	-	-
PC2. offer help to PwD if required	-	3	-	-
PC3. enter client details in prescribed format as per organizational policies	-	3	-	-
PC4. provide information to client about the diet chart	-	3	-	-
PC5. prepare and provide Ayurveda diet packets to client as per prescription and instructions	-	5	-	-
PC6. inform the client about follow-up visits as per confirmation from Ayurveda Dietician	-	4	-	-
PC7. provide appropriate IEC material to client as per organizational policy and procedures	-	3	-	-
PC8. maintain client's confidentiality	-	3	-	-
PC9. report to Ayurveda Dietician if needs of the client has not been met	-	3	-	-
<i>Maintain records of stock and client appointments</i>	40	30	10	10
PC10. arrange essential stationary such as printer, cartridge, stapler etc. for documentation	-	5	-	-
PC11. store and maintain record of client appointments in a prescribed format as per organizational policies	-	10	-	-
PC12. assist Ayurveda Dietician in monitoring authentication of client records	-	5	-	-
PC13. report to Ayurveda Dietician if any concerns found in documents	-	5	-	-
PC14. maintain confidentiality of stored records	-	5	-	-

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
NOS Total	75	60	15	15

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National Occupational Standards (NOS) Parameters

NOS Code	HSS/N3901
NOS Name	Provide support to Ayurveda Dietician in administrative work
Sector	Healthcare
Sub-Sector	AYUSH
Occupation	Ayurveda-Diet
NSQF Level	3
Credits	3.5
Version	4.0
Last Reviewed Date	08/05/2025
Next Review Date	08/05/2030
NSQC Clearance Date	08/05/2025

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HSS/N9617: Maintain a safe, healthy and secure working environment

Description

This OS unit is about monitoring the working environment and ensuring a safe, healthy, secure and effective working conditions

Scope

The scope covers the following :

- Complying the health, safety and security requirements and procedures for workplace
- Handling hazardous situation
- Reporting any hazardous situation

Elements and Performance Criteria

Complying the health, safety and security requirements and procedures for work place

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

- PC1.** identify individual responsibilities in relation to maintaining workplace health safety and security requirements
- PC2.** comply with health, safety and security procedures for the workplace
- PC3.** comply with health, safety and security procedures and protocols forenvironmental safety

Handling hazardous situation

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

- PC4.** identify potential hazards and breaches of safe work practices
- PC5.** identify and interpret various hospital codes for emergency situations
- PC6.** correct any hazards that individual can deal with safely, competently and within the limits of authority
- PC7.** provide basic life support (BLS) and first aid in hazardous situations, whenever applicable
- PC8.** follow the organizations emergency procedures promptly, calmly, and efficiently
- PC9.** identify and recommend opportunities for improving health, safety, and security to the designated person
- PC10.** complete any health and safety records legibly and accurately

Reporting any hazardous situation

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

- PC11.** report any identified breaches in health, safety, and security procedures to the designated person
- PC12.** promptly and accurately report the hazards that individual is not allowed to deal with to the relevant person and warn other people who may get affected

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

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- KU1.** the importance of health, safety, and security in the workplace
- KU2.** the basic requirements of the health and safety and other legislations and regulations that apply to the workplace
- KU3.** the person(s) responsible for maintaining healthy, safe, and secure workplace
- KU4.** the relevant up-to-date information on health, safety, and security that applies to the workplace
- KU5.** the responsibilities of individual to maintain safe, healthy and secure workplace
- KU6.** how to report the hazard
- KU7.** requirements of health, safety and security in workplace
- KU8.** how to create safety records and maintaining them
- KU9.** the importance of being alert to health, safety, and security hazards in the work environment
- KU10.** the common health, safety, and security hazards that affect people working in an administrative role
- KU11.** how to identify health, safety, and security hazards
- KU12.** the importance of warning others about hazards and how to do so until the hazard is dealt with

Generic Skills (GS)

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

- GS1.** report and record incidents
- GS2.** read and understand company policies and procedures
- GS3.** clearly report hazards and incidents with the appropriate level of urgency
- GS4.** make decisions pertaining to the area of work
- GS5.** plan for safety of the work environment
- GS6.** communicate effectively with patients and their family, physicians, and other members of the health care team
- GS7.** be capable of being responsive, listen empathetically to establish rapport in a way that promotes openness on issues of concern
- GS8.** identify hazards, evaluate possible solutions and suggest effective solutions
- GS9.** analyze the seriousness of hazards
- GS10.** analyze, evaluate and apply the information gathered from observation, experience, reasoning, or communication to act efficiently

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Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Complying the health, safety and security requirements and procedures for work place</i>	7	-	2	10
PC1. identify individual responsibilities in relation to maintaining workplace health safety and security requirements	-	-	-	-
PC2. comply with health, safety and security procedures for the workplace	-	-	-	-
PC3. comply with health, safety and security procedures and protocols forenvironmental safety	-	-	-	-
<i>Handling hazardous situation</i>	8	-	5	10
PC4. identify potential hazards and breaches of safe work practices	-	-	-	-
PC5. identify and interpret various hospital codes for emergency situations	-	-	-	-
PC6. correct any hazards that individual can deal with safely, competently and within the limits of authority	-	-	-	-
PC7. provide basic life support (BLS) and first aid in hazardous situations, whenever applicable	-	-	-	-
PC8. follow the organizations emergency procedures promptly, calmly, and efficiently	-	-	-	-
PC9. identify and recommend opportunities for improving health, safety, and security to the designated person	-	-	-	-
PC10. complete any health and safety records legibly and accurately	-	-	-	-
<i>Reporting any hazardous situation</i>	5	-	2	10
PC11. report any identified breaches in health, safety, and security procedures to the designated person	-	-	-	-

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
PC12. promptly and accurately report the hazards that individual is not allowed to deal with to the relevant person and warn other people who may get affected	-	-	-	-
NOS Total	20	-	9	30

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National Occupational Standards (NOS) Parameters

NOS Code	HSS/N9617
NOS Name	Maintain a safe, healthy and secure working environment
Sector	Healthcare
Sub-Sector	Social Work & Community Health, Healthcare Management, Allied Health & Paramedics
Occupation	Generic
NSQF Level	4
Credits	0.5
Version	2.0
Last Reviewed Date	08/05/2025
Next Review Date	08/05/2028
NSQC Clearance Date	08/05/2025

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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

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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

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- 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

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Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Introduction to Employability Skills</i>	1	1	-	-
PC1. understand the significance of employability skills in meeting the job requirements	-	-	-	-
<i>Constitutional values – Citizenship</i>	1	1	-	-
PC2. identify constitutional values, civic rights, duties, personal values and ethics and environmentally sustainable practices	-	-	-	-
<i>Becoming a Professional in the 21st Century</i>	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.	-	-	-	-
<i>Basic English Skills</i>	2	3	-	-
PC4. speak with others using some basic English phrases or sentences	-	-	-	-
<i>Communication Skills</i>	1	1	-	-
PC5. follow good manners while communicating with others	-	-	-	-
PC6. work with others in a team	-	-	-	-
<i>Diversity & Inclusion</i>	1	1	-	-
PC7. communicate and behave appropriately with all genders and PwD	-	-	-	-
PC8. report any issues related to sexual harassment	-	-	-	-
<i>Financial and Legal Literacy</i>	3	4	-	-
PC9. use various financial products and services safely and securely	-	-	-	-

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
PC10. calculate income, expenses, savings etc.	-	-	-	-
PC11. approach the concerned authorities for any exploitation as per legal rights and laws	-	-	-	-
<i>Essential Digital Skills</i>	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	-	-	-	-
<i>Entrepreneurship</i>	3	5	-	-
PC14. identify and assess opportunities for potential business	-	-	-	-
PC15. identify sources for arranging money and associated financial and legal challenges	-	-	-	-
<i>Customer Service</i>	2	2	-	-
PC16. identify different types of customers	-	-	-	-
PC17. identify customer needs and address them appropriately	-	-	-	-
PC18. follow appropriate hygiene and grooming standards	-	-	-	-
<i>Getting ready for apprenticeship & Jobs</i>	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	-	-

Qualification Pack

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	08/05/2025
Next Review Date	08/05/2028
NSQC Clearance Date	08/05/2025

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) (PC) will be assigned marks proportional to its importance in NOS. SSC will also lay down proportion of marks for Theory and Skills Practical for each PC.
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 for each candidate at each examination/training center (as per assessment criteria below).
4. Individual assessment agencies will create unique evaluations for skill practical for every student at each examination/ training center based on these criteria.

Qualification Pack

5. In case of successfully passing only certain number of NOSs, the trainee is eligible to take subsequent assessment on the balance NOS's to pass the Qualification Pack.

6. 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/N3903.Carry out routine activities in the kitchen.	145	150	81	90	466	30
HSS/N3902.Support during cooking procedures in lines with Ayurveda principles	90	90	40	40	260	20
HSS/N3901.Provide support to Ayurveda Dietician in administrative work	75	60	15	15	165	20
HSS/N9617.Maintain a safe, healthy and secure working environment	20	-	9	30	59	20
DGT/VSQ/N0101.Employability Skills (30 Hours)	20	30	-	-	50	10
Total	350	330	145	175	1000	100

Qualification Pack

Acronyms

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

Qualification Pack

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.

Qualification Pack

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.