

Qualification Pack



Cupping Therapy Assistant

QP Code: HSS/Q4101

Version: 3.0

NSQF Level: 3

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HSS/Q4101: Cupping Therapy Assistant

Brief Job Description

A Cupping Therapy Assistant is an allied healthcare professional who assists an AYUSH practitioner in carrying out dry and wet cupping therapy which is creating suction by placing heated cups on skin by hand.

Personal Attributes

The trainee should be presentable, polite and punctual. They must be patient and also possess good communication skills.

Applicable National Occupational Standards (NOS)

Compulsory NOS:

1. [HSS/N4101: Prepare unit and materials required for cupping therapy in adherence to hygiene standards](#)
2. [HSS/N4102: Provide dry cupping therapy under supervision of an AYUSH practitioner](#)
3. [HSS/N4103: Assist the AYUSH practitioner in wet cupping therapy](#)
4. [HSS/N9624: Maintain a safe and secure working environment](#)
5. [HSS/N9620: Comply with infection control and biomedical waste disposal policies](#)
6. [DGT/VSQ/N0101: Employability Skills \(30 Hours\)](#)

Qualification Pack (QP) Parameters

Sector	Healthcare
Sub-Sector	AYUSH
Occupation	Unani
Country	India
NSQF Level	3
Credits	14

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Aligned to NCO/ISCO/ISIC Code	NCO-2015/2230
Minimum Educational Qualification & Experience	10th grade pass with NA of experience OR 8th Class 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	08/05/2028
NSQC Approval Date	08/05/2025
Version	3.0
Reference code on NQR	QG-03-HE-04230-2025-V2-HSSC
NQR Version	2

Remarks:

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HSS/N4101: Prepare unit and materials required for cupping therapy in adherence to hygiene standards

Description

This unit covers the knowledge, understanding and skills required to prepare units and materials for cupping therapy session.

Scope

The scope covers the following :

- Prepare the therapy room and required equipment

Elements and Performance Criteria

Prepare the therapy room and required equipment

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

- PC1.** wear appropriate and clean attire
- PC2.** ensure infection control measures are implemented at all times
- PC3.** dip used glass cups in water containing 2% sodium hydrochloride solution immediately after removal from the solution
- PC4.** carry out routine cleaning of the equipment such as various types of cups, needles, scalpel etc
- PC5.** sterilize the special cups such as massage cups, glass cups, silicon, bamboo cups and Korean cups according to the practitioner's recommendation/Centers for Disease Control and Prevention (CDC) guidelines.
- PC6.** check that all the instruments are cleaned/ sterilized
- PC7.** collect the required sterilized and clean equipment for the procedure
- PC8.** carry out the routine maintenance of the treatment/ therapy room

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** relevant Indian/ CDC standards, regulations, and guidelines for infection control practices.
- KU2.** cupping therapy as per different systems of medicine such as Ayurveda, Unani, Chinese medicine etc.
- KU3.** history of cupping therapy in Western, Asian and Gulf nations.
- KU4.** traditional and scientific approaches of cupping therapy
- KU5.** various equipments and types of cups used in dry cupping therapy
- KU6.** various materials used to make cups such as glass, plastic, bamboo etc
- KU7.** various methods of cleaning, disinfecting and sterilizing different materials of cups
- KU8.** process of maintaining safe and hygienic environment in the treatment room

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Generic Skills (GS)

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

- GS1.** communicate in a clear manner
- GS2.** read Standard Operating Procedures (SOPs) related to equipment management and infection control techniques
- GS3.** complete all the activities in a timely manner.

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Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Prepare the therapy room and required equipment</i>	51	80	30	50
PC1. wear appropriate and clean attire	-	-	-	-
PC2. ensure infection control measures are implemented at all times	-	-	-	-
PC3. dip used glass cups in water containing 2% sodium hydrochloride solution immediately after removal from the solution	-	-	-	-
PC4. carry out routine cleaning of the equipment such as various types of cups, needles, scalpel etc	-	-	-	-
PC5. sterilize the special cups such as massage cups, glass cups, silicon, bamboo cups and Korean cups according to the practitioner's recommendation/Centers for Disease Control and Prevention (CDC) guidelines.	-	-	-	-
PC6. check that all the instruments are cleaned/sterilized	-	-	-	-
PC7. collect the required sterilized and clean equipment for the procedure	-	-	-	-
PC8. carry out the routine maintenance of the treatment/ therapy room	-	-	-	-
NOS Total	51	80	30	50

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National Occupational Standards (NOS) Parameters

NOS Code	HSS/N4101
NOS Name	Prepare unit and materials required for cupping therapy in adherence to hygiene standards
Sector	Healthcare
Sub-Sector	AYUSH
Occupation	Unani
NSQF Level	3
Credits	7
Version	3.0
Last Reviewed Date	08/05/2025
Next Review Date	08/05/2028
NSQC Clearance Date	08/05/2025

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HSS/N4102: Provide dry cupping therapy under supervision of an AYUSH practitioner

Description

This unit covers the knowledge, understanding and skills required to carry out dry cupping therapy session under supervision

Scope

The scope covers the following :

- Pre-procedural activities
- Carry out dry cupping therapy under supervision
- Post-procedural activities

Elements and Performance Criteria

Pre-procedural activities

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

- PC1.** coordinate the appointment schedule between the patient and the practitioner
- PC2.** document call logs, reports, task lists, and schedules electronically to avoid wastage of paper
- PC3.** ensure that the unit is clean before starting the procedure
- PC4.** adopt a gender neutral approach while introducing oneself to the patient and apprising them of the procedure
- PC5.** address patient's queries and doubts
- PC6.** check that all the pre-procedural preparations of the therapy room are done
- PC7.** ensure that the screen partitions are ready
- PC8.** obtain patient's consent for performing dry cupping procedure
- PC9.** assist the practitioner in checking the vital signs/ parameters of the patient
- PC10.** inform the practitioner in case of any abnormalities and act accordingly as per organizational policies.
- PC11.** arrange all the sterilized equipments required for the procedure

Carry out dry cupping therapy under supervision

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

- PC12.** ensure the patient is comfortable during draping
- PC13.** position the patient according to the points for cupping
- PC14.** provide assistance while positioning a PwD patient if required
- PC15.** clean the treatment part with an antiseptic liquid before applying the cups.
- PC16.** perform fire cupping with glass cups carefully as there are chances of breakage.
- PC17.** carry out weak/light, medium or strong cupping therapy as prescribed
- PC18.** carry out needle cupping as prescribed

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- PC19.** perform Hot Cupping / Moxa Cupping for conditions such as asthma, muscular pains, Dysmenorrhea etc.
- PC20.** carry out massage or moving cupping
- PC21.** carry out water cupping using lukewarm, tap water or cold water
- PC22.** follow the steps to carry out herbal cupping
- PC23.** carry out ice cupping therapy
- PC24.** carry out magnetic cupping therapy with the help of magnetic needles
- PC25.** inform the practitioner immediately in case of any complication like fainting, accidental burning, extensive blistering, and any other adverse reactions.
- PC26.** ensure resource optimisation by reusing the cups if they are in a good condition.

Post-procedural activities

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

- PC27.** bandage the area if any blisters appear.
- PC28.** clean the area with antiseptic liquid after the treatment.
- PC29.** assist the patient in wearing the clothes
- PC30.** discard the consumables like gauze pieces, needles according to the waste management protocols
- PC31.** guide the patient about the post- procedural restrictions, precautions and the follow-up plans

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** correct procedures, tools, and techniques related to dry cupping therapy
- KU2.** practices, relevant standards, regulations and guidelines related to dry cupping therapy.
- KU3.** concept of cupping therapy as per different systems of medicine
- KU4.** importance of cupping therapy in Western, Gulf and Asian world.
- KU5.** cupping in various traditional approach and scientific approach and its management.
- KU6.** benefits and effects of dry cupping therapy
- KU7.** types of dry cupping such as weak/ light cupping, medium cupping, strong cupping, moving or massage cupping, needle cupping, hot cupping/ moxa cupping, empty/ flash cupping, herbal cupping, water cupping, ice cupping, magnetic cupping.
- KU8.** implications of cupping therapy on anatomy and physiology of the body.
- KU9.** various equipment and types of cups used in dry cupping therapy
- KU10.** the risks, benefits, indications, contraindications of the dry cupping procedure to the patient.
- KU11.** methods, etiopathology, and mechanism of dry cupping therapy
- KU12.** classification of cupping therapy as per various systems
- KU13.** anatomy and physiology of human beings
- KU14.** how to measure and record the vital parameters
- KU15.** diagnosis procedure of cupping therapy through skin marks
- KU16.** various techniques and application of cups

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Generic Skills (GS)

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

- GS1.** read and write call logs, reports, task lists, and schedules appropriately
- GS2.** communicate in a clear manner
- GS3.** complete all the activities in a timely manner
- GS4.** build rapport with the patient's/ client's family members
- GS5.** read and interpret written instructions and prescriptions of the AYUSH practitioner if necessary

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Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Pre-procedural activities</i>	47	30	20	22
PC1. coordinate the appointment schedule between the patient and the practitioner	-	-	-	-
PC2. document call logs, reports, task lists, and schedules electronically to avoid wastage of paper	-	-	-	-
PC3. ensure that the unit is clean before starting the procedure	-	-	-	-
PC4. adopt a gender neutral approach while introducing oneself to the patient and apprising them of the procedure	-	-	-	-
PC5. address patient's queries and doubts	-	-	-	-
PC6. check that all the pre-procedural preparations of the therapy room are done	-	-	-	-
PC7. ensure that the screen partitions are ready	-	-	-	-
PC8. obtain patient's consent for performing dry cupping procedure	-	-	-	-
PC9. assist the practitioner in checking the vital signs/ parameters of the patient	-	-	-	-
PC10. inform the practitioner in case of any abnormalities and act accordingly as per organizational policies.	-	-	-	-
PC11. arrange all the sterilized equipments required for the procedure	-	-	-	-
<i>Carry out dry cupping therapy under supervision</i>	50	30	15	22
PC12. ensure the patient is comfortable during draping	-	-	-	-
PC13. position the patient according to the points for cupping	-	-	-	-
PC14. provide assistance while positioning a PwD patient if required	-	-	-	-

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
PC15. clean the treatment part with an antiseptic liquid before applying the cups.	-	-	-	-
PC16. perform fire cupping with glass cups carefully as there are chances of breakage.	-	-	-	-
PC17. carry out weak/light, medium or strong cupping therapy as prescribed	-	-	-	-
PC18. carry out needle cupping as prescribed	-	-	-	-
PC19. perform Hot Cupping / Moxa Cupping for conditions such as asthma, muscular pains, Dysmenorrhea etc.	-	-	-	-
PC20. carry out massage or moving cupping	-	-	-	-
PC21. carry out water cupping using lukewarm, tap water or cold water	-	-	-	-
PC22. follow the steps to carry out herbal cupping	-	-	-	-
PC23. carry out ice cupping therapy	-	-	-	-
PC24. carry out magnetic cupping therapy with the help of magnetic needles	-	-	-	-
PC25. inform the practitioner immediately in case of any complication like fainting, accidental burning, extensive blistering, and any other adverse reactions.	-	-	-	-
PC26. ensure resource optimisation by reusing the cups if they are in a good condition.	-	-	-	-
<i>Post-procedural activities</i>	49	30	20	20
PC27. bandage the area if any blisters appear.	-	-	-	-
PC28. clean the area with antiseptic liquid after the treatment.	-	-	-	-
PC29. assist the patient in wearing the clothes	-	-	-	-
PC30. discard the consumables like gauze pieces, needles according to the waste management protocols	-	-	-	-

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
PC31. guide the patient about the post-procedural restrictions, precautions and the follow-up plans	-	-	-	-
NOS Total	146	90	55	64

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National Occupational Standards (NOS) Parameters

NOS Code	HSS/N4102
NOS Name	Provide dry cupping therapy under supervision of an AYUSH practitioner
Sector	Healthcare
Sub-Sector	AYUSH
Occupation	Unani
NSQF Level	3
Credits	1.5
Version	3.0
Last Reviewed Date	08/05/2025
Next Review Date	08/05/2028
NSQC Clearance Date	08/05/2025

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HSS/N4103: Assist the AYUSH practitioner in wet cupping therapy

Description

This unit covers the knowledge, understanding and skills required by an individual to prepare patient for wet cupping therapy procedure and assisting the AYUSH practitioner during invasive procedures.

Scope

The scope covers the following :

- Preparation of the patient before wet cupping therapy
- Providing support during wet cupping therapy session
- Carry out post- procedural activities

Elements and Performance Criteria

Preparation of the patient before wet cupping therapy

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

- PC1.** coordinate between the attending AYUSH practitioner and patient for appointment schedule.
- PC2.** obtain blood reports to rule out any blood/fluid/ borne diseases like HIV, HBsAg etc. or bleeding tendencies
- PC3.** inform the patient about various pre- procedural formalities like bringing their reports and dietary restrictions (NPO etc)
- PC4.** assist the physician in obtaining medical history and consent
- PC5.** ensure that personal articles of the individual are handed safely to the family members as per organizational policy.
- PC6.** assist the AYUSH practitioner in pre- operative care such as epilating the hairy areas for ease of cup application
- PC7.** assist the AYUSH practitioner to check and record the patient's vitals
- PC8.** inform the AYUSH practitioner in case of any abnormalities found and act accordingly as per organizational policies.
- PC9.** wear appropriate dress/ uniform as per organizational policies and procedures
- PC10.** prepare the unit and materials required for wet cupping treatment such as putting off the AC and keeping the equipments handy

Providing support during wet cupping therapy session

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

- PC11.** acquaint the patient/ client with the wet cupping procedure
- PC12.** position the patient appropriately for the wet cupping therapy procedure
- PC13.** massage the cupping area softly
- PC14.** clean the desired area with antiseptic solution
- PC15.** ensure that aseptic techniques are used like using disposable surgical gloves, sterile cotton, bed rolls, disposable plastic cups, disposable surgical blades, surgical gown, and mask are used for all the processes.

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- PC16.** assist the practitioner in creating incisions
- PC17.** inform the attending AYUSH practitioner about any unusual observations during the procedure such as discomfort to the patient etc.
- PC18.** apply the cups on the treatment area with the help of suction gun.
- PC19.** maintain patient's privacy throughout the procedure.

Carry out post- procedural activities

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

- PC20.** inform the therapist/practitioner immediately in case of a complication arising after the procedure such as fainting, uncontrolled bleeding, deviations in the vital signs or any other adverse reaction.
- PC21.** clean the cupped area with a suitable antiseptic liquid after the treatment as directed by the practitioner.
- PC22.** bandage the area using a suitable antiseptic liquid.
- PC23.** assist the patient to wear the clothes
- PC24.** guide the patient about specific post- procedure precautions such as strict adherence to diet plan, not to take bath upto 24 hours
- PC25.** inform the patient/ client about the next follow- up schedule in consultation with the AYUSH practitioner

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** procedure, tools, and techniques related to wet cupping therapy session
- KU2.** relevant cleaning, disinfection and sterilization standards, regulations and guidelines to be followed in wet cupping therapy
- KU3.** concept of wet cupping therapy, its objectives, benefits, indications and contraindications and safety practices
- KU4.** specialties of wet cupping therapy
- KU5.** history of cupping therapy and cupping in traditional and scientific approach
- KU6.** anatomy and physiology of the body
- KU7.** importance of various diagnostic tests like PTINR, CBC, ELISA, HBsAg etc
- KU8.** implications of cupping therapy on anatomy and physiology of the body.
- KU9.** various equipment and types of cups used in wet cupping therapy
- KU10.** methods, etiopathology, and mechanism of wet cupping therapy.
- KU11.** various aspects of wet cupping therapy procedure like, creating incisions, areas to avoid during creation of incisions, dimensions of incisions.
- KU12.** the correct use and disposing of PPEs
- KU13.** concept of drainage and detoxification.
- KU14.** vital points on the body
- KU15.** process of draping the patient according to the procedure
- KU16.** patient's rights and wishes relating to their sex, age, culture, privacy, beliefs, and dignity

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KU17. various patient's positions for cupping therapy procedure such as sitting, prone, supine and Sim's lateral etc

Generic Skills (GS)

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

- GS1.** read and write call logs, reports, task lists, and schedules
- GS2.** write and speak in a clear manner
- GS3.** build rapport with the patient's/ client's family members
- GS4.** maintain cordial relationships with all other team members
- GS5.** read and interpret written instructions and prescriptions of the AYUSH practitioner if necessary

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Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Preparation of the patient before wet cupping therapy</i>	50	30	20	20
PC1. coordinate between the attending AYUSH practitioner and patient for appointment schedule.	-	-	-	-
PC2. obtain blood reports to rule out any blood/fluid/ borne diseases like HIV, HBsAg etc. or bleeding tendencies	-	-	-	-
PC3. inform the patient about various pre-procedural formalities like bringing their reports and dietary restrictions (NPO etc)	-	-	-	-
PC4. assist the physician in obtaining medical history and consent	-	-	-	-
PC5. ensure that personal articles of the individual are handed safely to the family members as per organizational policy.	-	-	-	-
PC6. assist the AYUSH practitioner in pre- operative care such as epilating the hairy areas for ease of cup application	-	-	-	-
PC7. assist the AYUSH practitioner to check and record the patient's vitals	-	-	-	-
PC8. inform the AYUSH practitioner in case of any abnormalities found and act accordingly as per organizational policies.	-	-	-	-
PC9. wear appropriate dress/ uniform as per organizational policies and procedures	-	-	-	-
PC10. prepare the unit and materials required for wet cupping treatment such as putting off the AC and keeping the equipments handy	-	-	-	-
<i>Providing support during wet cupping therapy session</i>	26	20	20	20
PC11. acquaint the patient/ client with the wet cupping procedure	-	-	-	-
PC12. position the patient appropriately for the wet cupping therapy procedure	-	-	-	-

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
PC13. massage the cupping area softly	-	-	-	-
PC14. clean the desired area with antiseptic solution	-	-	-	-
PC15. ensure that aseptic techniques are used like using disposable surgical gloves, sterile cotton, bed rolls, disposable plastic cups, disposable surgical blades, surgical gown, and mask are used for all the processes.	-	-	-	-
PC16. assist the practitioner in creating incisions	-	-	-	-
PC17. inform the attending AYUSH practitioner about any unusual observations during the procedure such as discomfort to the patient etc.	-	-	-	-
PC18. apply the cups on the treatment area with the help of suction gun.	-	-	-	-
PC19. maintain patient's privacy throughout the procedure.	-	-	-	-
<i>Carry out post- procedural activities</i>	26	26	20	20
PC20. inform the therapist/practitioner immediately in case of a complication arising after the procedure such as fainting, uncontrolled bleeding, deviations in the vital signs or any other adverse reaction.	-	-	-	-
PC21. clean the cupped area with a suitable antiseptic liquid after the treatment as directed by the practitioner.	-	-	-	-
PC22. bandage the area using a suitable antiseptic liquid.	-	-	-	-
PC23. assist the patient to wear the clothes	-	-	-	-
PC24. guide the patient about specific post-procedure precautions such as strict adherence to diet plan, not to take bath upto 24 hours	-	-	-	-
PC25. inform the patient/ client about the next follow- up schedule in consultation with the AYUSH practitioner	-	-	-	-

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
NOS Total	102	76	60	60

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National Occupational Standards (NOS) Parameters

NOS Code	HSS/N4103
NOS Name	Assist the AYUSH practitioner in wet cupping therapy
Sector	Healthcare
Sub-Sector	AYUSH
Occupation	Unani
NSQF Level	3
Credits	3
Version	3.0
Last Reviewed Date	08/05/2025
Next Review Date	08/05/2028
NSQC Clearance Date	08/05/2025

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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:

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- 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

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Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Workplace safety and security</i>	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

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

Qualification Pack

HSS/N9620: Comply with infection control and biomedical waste disposal policies

Description

This OS unit is about the safe handling and management of health care waste and following infection control policies

Scope

The scope covers the following :

- Management of Healthcare Waste (Biomedical and General waste)
- Infection control practices

Elements and Performance Criteria

Management of Healthcare Waste (Biomedical and General waste)

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

- PC1.** segregate healthcare waste as per the updated organizational/ state policies
- PC2.** handle, package, label, store, transport and dispose off waste appropriately as per scope of work

Infection control practices

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

- PC3.** follow Universal Precautions to avoid contact with patients' bodily fluids, by wearing Personal Protective Equipment (PPE) and maintaining hand hygiene as and when required
- PC4.** identify infection risks and plan for response appropriately as per organizational policies under scope of work
- PC5.** follow incident reporting protocols as per SOPs in incidents such as needle stick injuries etc.
- PC6.** follow spill management protocols

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** significance of appropriate waste disposal methods as per organizational policies and procedures
- KU2.** person(s) responsible for health, safety, and security in the organization
- KU3.** ways to handle waste appropriately to reduce the risk of contamination
- KU4.** good personal hygiene practices including hand hygiene
- KU5.** types of bio medical waste
- KU6.** different types of color codes designated for types of wastes
- KU7.** concept of segregation, disposal and treatment of bio medical waste
- KU8.** the hazards and risks associated with the waste disposal

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- KU9.** the required actions and reporting procedures for any accidents and spillages
- KU10.** the requirements of the relevant external agencies involved in the transportation and receiving of waste
- KU11.** the impact of waste on environmental changes
- KU12.** the policies and guidance that clarify scope of practice, accountabilities and the working relationship between oneself and others
- KU13.** management of infection risks at workplace
- KU14.** the path of disease transmission including direct contact and penetrating injuries, risk of acquisition
- KU15.** difference between clean, sterile, and unsterile area
- KU16.** concept of Universal precautions
- KU17.** types of PPE used in healthcare domain such as gloves, gown, goggles etc
- KU18.** correct method of Donning and Doffing of PPE
- KU19.** steps of hand washing according to the updated guidelines
- KU20.** difference between hand rub and hand washing and indications of both
- KU21.** various types of cleaning agents and disinfectants
- KU22.** types of hazardous spills
- KU23.** concept of injection safety
- KU24.** concept of respiratory hygiene

Generic Skills (GS)

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

- GS1.** • read and understand latest guidelines on managing biomedical waste and
• infection control and prevention
- GS2.** communicate effectively with others
- GS3.** report hazards and incidents clearly with the appropriate level of urgency
- GS4.** plan for safety of the work environment
- GS5.** identify risk, evaluate possible solutions and suggest effective solutions
- GS6.** analyse the seriousness of hazards pertaining to hospital waste and related infections
- GS7.** make decisions pertaining to the area of work
- GS8.** • apply, analyze, and evaluate the information gathered from observation, experience,
• reasoning, or communication, as a guide to act

Qualification Pack

Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Management of Healthcare Waste (Biomedical and General waste)</i>	9	7	2	8
PC1. segregate healthcare waste as per the updated organizational/ state policies	-	-	-	-
PC2. handle, package, label, store, transport and dispose off waste appropriately as per scope of work	-	-	-	-
<i>Infection control practices</i>	12	7	3	8
PC3. follow Universal Precautions to avoid contact with patients' bodily fluids, by wearing Personal Protective Equipment (PPE) and maintaining hand hygiene as and when required	-	-	-	-
PC4. identify infection risks and plan for response appropriately as per organizational policies under scope of work	-	-	-	-
PC5. follow incident reporting protocols as per SOPs in incidents such as needle stick injuries etc.	-	-	-	-
PC6. follow spill management protocols	-	-	-	-
NOS Total	21	14	5	16

Qualification Pack

National Occupational Standards (NOS) Parameters

NOS Code	HSS/N9620
NOS Name	Comply with infection control and biomedical waste disposal policies
Sector	Healthcare
Sub-Sector	Allied Health & Paramedics
Occupation	Generic
NSQF Level	4
Credits	1
Version	2.0
Last Reviewed Date	08/05/2025
Next Review Date	08/05/2028
NSQC Clearance Date	08/05/2025

Qualification Pack

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

Qualification Pack

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

Qualification Pack

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	-	-	-	-

Qualification Pack

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) will be assigned marks proportional to its importance in NOS. SSC will also lay down the proportion of marks for Theory and Skills Practical for each PC.
2. The assessment for the theory part will be based on the knowledge bank of questions created by the SSC.
3. Assessment will be conducted for all compulsory NOS, and where applicable, on the selected elective/option NOS/set of NOS.
4. Individual assessment agencies will create unique question papers for the theory part for each candidate at each examination/training center (as per assessment criteria below).
5. Individual assessment agencies will create unique evaluations for skill practical for every student at each examination/ training center based on these criteria.
6. To pass the Qualification Pack assessment, every trainee should score a minimum of 70% of % aggregate marks to successfully clear the assessment.

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7. 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/N4101.Prepare unit and materials required for cupping therapy in adherence to hygiene standards	51	80	30	50	211	20
HSS/N4102.Provide dry cupping therapy under supervision of an AYUSH practitioner	146	90	55	64	355	30
HSS/N4103.Assist the AYUSH practitioner in wet cupping therapy	102	76	60	60	298	20
HSS/N9624.Maintain a safe and secure working environment	10	10	-	10	30	10
HSS/N9620.Comply with infection control and biomedical waste disposal policies	21	14	5	16	56	10
DGT/VSQ/N0101.Employability Skills (30 Hours)	20	30	-	-	50	10
Total	350	300	150	200	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
CT	Computed Tomography
CBC	Complete Blood Count
HIV	Human Immunodeficiency Virus
BMW	Biomedical Waste

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.

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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.