

Qualification Pack



Yoga Therapy Assistant

QP Code: HSS/Q4001

Version: 4.0

NSQF Level: 4

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HSS/Q4001: Yoga Therapy Assistant

Brief Job Description

Health care professionals who demonstrate and assist to provide yoga therapies to the individuals by creating appropriate and conducive ambience. These professionals follow prescriptions and provides support to individuals before, during and after therapy. They also perform basic administrative functions including record maintenance of day to day activities at work place.

Personal Attributes

The job requires individuals to have good communication skills,time management skills, basic IT skills, ability to work in a multidisciplinary team. They also need to possess key qualities such as self discipline, confidence, maturity, compassion, patient centricity, active listening, empathy, language proficiency.

Applicable National Occupational Standards (NOS)

Compulsory NOS:

1. [HSS/N4001: Prepare the unit as per yoga therapy needs](#)
2. [HSS/N4002: Carry out initial interaction with individuals for proposed yoga therapy as per directions](#)
3. [HSS/N4003: Conduct yoga therapy session as per prescribed advice](#)
4. [HSS/N4004: Conduct post yoga therapy session review](#)
5. [HSS/N9617: Maintain a safe, healthy and secure working environment](#)
6. [HSS/N9618: Follow infection control policies & procedures including biomedical waste disposal protocols](#)
7. [DGT/VSQ/N0102: Employability Skills \(60 Hours\)](#)

Qualification Pack (QP) Parameters

Sector	Healthcare
Sub-Sector	AYUSH
Occupation	Yoga
Country	India

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NSQF Level	4
Credits	20
Aligned to NCO/ISCO/ISIC Code	NCO-2015/2269
Minimum Educational Qualification & Experience	12th grade Pass with NA of experience OR 10th grade pass with 3 Years of experience relevant experience OR Previous relevant Qualification of NSQF Level (3) with 3 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	4.0
Reference code on NQR	QG-04-HE-04232-2025-V2-HSSC
NQR Version	2

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HSS/N4001: Prepare the unit as per yoga therapy needs

Description

This Occupational Standard describes the skills and knowledge required to maintain conducive environment for yoga therapy session which would help in better concentration and understanding of yoga therapy sessions

Scope

The scope covers the following :

- Apply hygiene standards
- Conduct preprocedural requirements

Elements and Performance Criteria

Apply hygiene standards

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

- PC1.** wear appropriate and clean attire as per organisational policies and procedures
- PC2.** maintain conducive ambience, environment and cleanliness in the unit

Conduct preprocedural requirements

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

- PC3.** follow standard protocols to assess working condition of lights, adequate ventilation, aroma, etc. in the unit
- PC4.** check the appropriateness and working condition of aides like mats, props, etc.
- PC5.** check the schedule and number of participants on daily basis and arrange necessary resources accordingly
- PC6.** check the orders/consent forms or any relevant document from the participant as per organization policies and protocols
- PC7.** study the clinical details and protocol suggested by therapist/consultant before initiating the yoga therapy and plan accordingly
- PC8.** make appropriate changes in the therapy as per orders from consultant/therapist as and when required and maintain a record of it
- PC9.** check if participant is suitably dressed for the therapy
- PC10.** maintain records of appointments, up to the completion of course

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** procedures for safe practice
- KU2.** safety and environmental aspects related to workplace operations
- KU3.** relevant Workplace Health and Safety (WHS) legislation
- KU4.** safety requirements set by accreditation agencies or statutory bodies

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- KU5.** relevant Indian hospital standards, regulations and guidelines
- KU6.** possible hazards in the environment
- KU7.** safety and environmental aspects related to workplace operations
- KU8.** position and posture for therapeutic yoga practices
- KU9.** dos and donts for kriyas, asanas and pranayama
- KU10.** escalation protocols in case of non-compliances
- KU11.** human anatomy and physiology
- KU12.** individual medical history and how to correlate with yoga therapy practises
- KU13.** how to interpret the body language of the participants to assess any discomfort or challenges
- KU14.** indications and contraindications of yogic therapy practice
- KU15.** how to prepare and maintain compliance report to keep a record of the problems and complaints received by the participant
- KU16.** how to improve the attire or ambience based on the feedback received from the participants
- KU17.** how to facilitate the participants to use the required props based on their comfort
- KU18.** sensitivity towards gender concerns

Generic Skills (GS)

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

- GS1.** document findings and procedure details completely and accurately
- GS2.** read and interpret instructions and prescriptions
- GS3.** interpret and follow verbal instructions
- GS4.** complete all activities accurately and in a timely manner
- GS5.** ensure that all activities related to yoga therapy are performed considering participants benefits
- GS6.** solve problems including the ability to use available resources and prioritise workload

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Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Apply hygiene standards</i>	55	50	20	30
PC1. wear appropriate and clean attire as per organisational policies and procedures	30	25	10	15
PC2. maintain conducive ambience, environment and cleanliness in the unit	25	25	10	15
<i>Conduct preprocedural requirements</i>	50	50	20	30
PC3. follow standard protocols to assess working condition of lights, adequate ventilation, aroma, etc. in the unit	50	10	5	5
PC4. check the appropriateness and working condition of aides like mats, props, etc.	-	10	5	5
PC5. check the schedule and number of participants on daily basis and arrange necessary resources accordingly	-	5	5	5
PC6. check the orders/consent forms or any relevant document from the participant as per organization policies and protocols	-	5	5	5
PC7. study the clinical details and protocol suggested by therapist/consultant before initiating the yoga therapy and plan accordingly	-	-	-	5
PC8. make appropriate changes in the therapy as per orders from consultant/therapist as and when required and maintain a record of it	-	-	-	5
PC9. check if participant is suitably dressed for the therapy	-	10	-	-
PC10. maintain records of appointments, up to the completion of course	-	10	-	-
NOS Total	105	100	40	60

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National Occupational Standards (NOS) Parameters

NOS Code	HSS/N4001
NOS Name	Prepare the unit as per yoga therapy needs
Sector	Healthcare
Sub-Sector	AYUSH
Occupation	Yoga
NSQF Level	4
Credits	5.5
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/N4002: Carry out initial interaction with individuals for proposed yoga therapy as per directions

Description

This OS unit is about skills required to carry out initial interaction with client for proposed yoga therapy maintaining effective communication and exhibiting professional behavior to conduct the session in a better way

Scope

The scope covers the following :

- Interaction of participant for proposed yoga therapy

Elements and Performance Criteria

Counselling of participant for proposed yoga therapy

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

- PC1.** introduce oneself to participant
- PC2.** provide information about the session including session duration, precautions to be taken before and after the session
- PC3.** assess the general state of participant before initiating the therapy to check readiness to take the therapy or escalate, if required to the concerned authority
- PC4.** obtain relevant social and occupation related information from the participant as per organization policies and protocols
- PC5.** obtain relevant medical history of participant and family as per organization policies and protocols
- PC6.** comprehend the protocol and/or prescription as referred by the doctor
- PC7.** check with the participant for any past complications which occurred due to yoga therapy procedure
- PC8.** assess the comfort or limitations of the client based on individual preference considering factors like gender, religion, culture, language etc.
- PC9.** identify modulations to be done for sessions based on individual preference without affecting the outcome or deviation from protocol and/or prescription
- PC10.** make the participant aware about the outcome of yoga therapy session

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** how to identify and follow procedures for safe practice
- KU2.** safety and environmental aspects related to workplace operations
- KU3.** relevant organizational standards, regulations and guidelines
- KU4.** relevant Workplace Health and Safety (WHS) legislation

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- KU5.** relevant dos and donts of the organization
- KU6.** individual rights, roles and responsibilities
- KU7.** how to meet and greet the individuals
- KU8.** how to do analysis to understand what is expected out of session
- KU9.** normal values of vital parameters
- KU10.** critical information related to therapy including duration, frequency etc.
- KU11.** how to set expectations about the effort required by participant
- KU12.** human anatomy and physiology
- KU13.** about dos and donts of the yoga therapy session
- KU14.** basic counselling skills
- KU15.** about biometric attendance as per organizational policies and protocols
- KU16.** about information to be obtained to understand about individual and family medical history
- KU17.** how to identify discomfort like body language of the participants for any discomfort or challenges they are facing during the session
- KU18.** about benefits, contraindications, limitations of the practices
- KU19.** how to prepare and maintain compliance report ensuring maintenance of record of the problems and complaints received by the participant
- KU20.** about escalation protocols in case of non-compliances
- KU21.** how to improvise the process based on the feedback from the participants for next session
- KU22.** how to appropriately deliver the instructions for better understanding of the participants
- KU23.** how to facilitate the participant to use the required props based on participants comforts
- KU24.** how to gain better understanding about a practice and its appropriate procedure to administrate it

Generic Skills (GS)

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

- GS1.** read and interpret instructions and prescriptions
- GS2.** demonstrate communication skills as required by specific work role
- GS3.** interpret and follow verbal instructions
- GS4.** report incidents in line with organisation requirements
- GS5.** complete all activities accurately and in a timely manner
- GS6.** solve problems including the ability to use available resources and prioritise workload

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Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Counselling of participant for proposed yoga therapy</i>	100	95	27	29
PC1. introduce oneself to participant	10	10	30	30
PC2. provide information about the session including session duration, precautions to be taken before and after the session	10	13	-	-
PC3. assess the general state of participant before initiating the therapy to check readiness to take the therapy or escalate, if required to the concerned authority	10	5	-	-
PC4. obtain relevant social and occupation related information from the participant as per organization policies and protocols	15	12	-	-
PC5. obtain relevant medical history of participant and family as per organization policies and protocols	10	5	-	-
PC6. comprehend the protocol and/or prescription as referred by the doctor	4	10	-	-
PC7. check with the participant for any past complications which occurred due to yoga therapy procedure	10	10	-	-
PC8. assess the comfort or limitations of the client based on individual preference considering factors like gender, religion, culture, language etc.	10	10	-	-
PC9. identify modulations to be done for sessions based on individual preference without affecting the outcome or deviation from protocol and/or prescription	13	10	-	-
PC10. make the participant aware about the outcome of yoga therapy session	8	10	-	-
NOS Total	100	95	30	30

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National Occupational Standards (NOS) Parameters

NOS Code	HSS/N4002
NOS Name	Carry out initial interaction with individuals for proposed yoga therapy as per directions
Sector	Healthcare
Sub-Sector	AYUSH
Occupation	Yoga
NSQF Level	4
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/N4003: Conduct yoga therapy session as per prescribed advice

Description

This OS unit is about skills required to carry out initial interaction with client for proposed yoga therapy maintaining effective communication and exhibiting professional behavior to conduct the session in a better way

Scope

The scope covers the following :

- Demonstrating yoga therapy posture
- Abide by post therapy sessions compliances

Elements and Performance Criteria

Demonstrating yoga therapy posture

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

- PC1.** work and prioritize the activities as per the instructions of the therapist/doctor
- PC2.** check vital parameters including blood pressure, temperature, pulse, respiration to assess physical state of individual
- PC3.** show asanas to the individuals as per yogic practices applying complementary practices of yogic principles
- PC4.** conduct voice modulation as per the need of the environment
- PC5.** ambulate patient in a proper way
- PC6.** guide the individual to be in a comfortable position
- PC7.** guide the participant for minimizing mistakes during practice and to make the session more useful and safer
- PC8.** be vigilant towards the participant during the practice
- PC9.** avoid unnecessary physical contact with the individuals

Abide by posttherapy sessions compliances

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

- PC10.** document practice list and schedule of the participants
- PC11.** record individual grievances if any and escalate to the concerned authority
- PC12.** update the therapist/doctor regarding the performance of an individual and limitations if any or any other area of concern
- PC13.** provide details to the participant about next schedule or follow up session as per therapist/ doctors advice

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** how to identify and follow procedures for safe practice

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- KU2.** about organisational policies related to the yoga space maintenance
- KU3.** safety and environmental aspects related to workplace operation
- KU4.** relevant Workplace Health and Safety (WHS) legislation
- KU5.** safety requirements set by accreditation agencies or statutory bodies
- KU6.** relevant dos and donts of the organization
- KU7.** how to meet and greet the individuals
- KU8.** importance of doing asanas regularly for oneself following yogic ethics (yama niyama)
- KU9.** position and posture for therapeutic yoga practices
- KU10.** how to facilitate the participant to use the required props based on participants comforts
- KU11.** how to improve the operational therapeutic yoga skills based on the feedback from the participants
- KU12.** how to modulate instructions for better understanding by participants
- KU13.** how to carry out modifications in the procedure of instructions based on the complications of an ailments
- KU14.** how to do analysis to understand what is expected out of session
- KU15.** normal values of vital parameters
- KU16.** critical information related to therapy including duration, frequency etc. to be informed to the participant
- KU17.** how to set expectations about the effort to be made by participant
- KU18.** human anatomy and physiology
- KU19.** about dos and donts of the yoga therapy session
- KU20.** how to identify discomfort like body language of the participants for any discomfort or challenges they are facing while doing session
- KU21.** how to appropriately deliver the instructions for better understanding of the participants

Generic Skills (GS)

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

- GS1.** document findings and procedure details completely and accurately
- GS2.** read and interpret instructions and prescriptions
- GS3.** demonstrate communication skills as required by specific work role
- GS4.** interpret and follow verbal instructions
- GS5.** report incidents in line with organisation requirements
- GS6.** complete all activities accurately and in a timely manner
- GS7.** solve problems including the ability to use available resources and prioritise workload

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Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Demonstrating yoga therapy posture</i>	27	25	18	20
PC1. work and prioritize the activities as per the instructions of the therapist/doctor	2	4	18	4
PC2. check vital parameters including blood pressure, temperature, pulse, respiration to assess physical state of individual	3	6	-	4
PC3. show asanas to the individuals as per yogic practices applying complementary practices of yogic principles	4	5	-	2
PC4. conduct voice modulation as per the need of the environment	5	5	-	1
PC5. ambulate patient in a proper way	2	2	-	2
PC6. guide the individual to be in a comfortable position	3	3	1	4
PC7. guide the participant for minimizing mistakes during practice and to make the session more useful and safer	2	-	-	1
PC8. be vigilant towards the participant during the practice	2	-	-	1
PC9. avoid unnecessary physical contact with the individuals	4	-	-	1
<i>Abide by posttherapy sessionscompliances</i>	27	25	20	10
PC10. document practice list and schedule of the participants	7	5	20	2
PC11. record individual grievances if any and escalate to the concerned authority	8	5	-	3
PC12. update the therapist/doctor regarding the performance of an individual and limitations if any or any other area of concern	5	5	-	3

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
PC13. provide details to the participant about next schedule or follow up session as per therapist/ doctors advice	7	10	-	2
NOS Total	54	50	38	30

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National Occupational Standards (NOS) Parameters

NOS Code	HSS/N4003
NOS Name	Conduct yoga therapy session as per prescribed advice
Sector	Healthcare
Sub-Sector	AYUSH
Occupation	Yoga
NSQF Level	4
Credits	3.5
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/N4004: Conduct post yoga therapy session review

Description

This Occupational Standard describes the skills and knowledge required by an individual to carry out analysis of therapy performed, which would help in improvement of next sessions

Scope

The scope covers the following :

- Maintain reflective report of yoga therapy session

Elements and Performance Criteria

Maintain reflective report of yoga therapy session

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

- PC1.** take feedback from the participant about the session as per organizational policies and procedure
- PC2.** check the vitals of the participant post therapy and record it
- PC3.** update the findings to the physician or concerned authorities in case of deviation from normal findings of vitals
- PC4.** provide suitable time of appointment to the participant in consultation with concerned authority
- PC5.** assess the emotional state of the participant post therapy sessions and record it as per organizational policies
- PC6.** give suitable suggestions to the participant based on performance without deviating from standard procedures or protocols
- PC7.** list the modifications in practices carried out during the session to therapist/consultant.
- PC8.** update therapist/consultant regarding any abnormal sign observed during practice.
- PC9.** update the therapist/consultant and participant regarding the progress from the course of sessions

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** how to identify and follow procedures for safe practice
- KU2.** about organisational policies related to the yoga space maintenance
- KU3.** safety and environmental aspects related to workplace operation
- KU4.** relevant organizational standards, regulations and guidelines
- KU5.** relevant Workplace Health and Safety (WHS) legislation
- KU6.** safety requirements set by accreditation agencies or statutory bodies
- KU7.** relevant dos and donts of the organization

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- KU8.** how to identify and describe relevant incident
- KU9.** how to identify areas of improvement for self
- KU10.** possible actions to be taken during the situation when individual is unable to perform yogic practice efficiently
- KU11.** how to do evaluation and analysis of a session
- KU12.** how to conclude a session based on evaluation and analysis
- KU13.** possible action plan to prevent such recurrences
- KU14.** information, charts, documentation, checklists and training materials related to reflective report of yoga therapy session.
- KU15.** normal values of vital parameters
- KU16.** human anatomy and physiology
- KU17.** how to identify discomfort like body language of the participants for any discomfort or challenges they are facing doing session
- KU18.** how to prepare and maintain compliance report ensuring maintenance of the record of the problems and complaints received by the participant
- KU19.** about escalation protocols in case of non-compliances
- KU20.** how to improvise the process based on the feedback from the participants for next session
- KU21.** about use of digital technology for maintaining records, scheduling appointments etc.
- KU22.** Hospital Information System (HIS) for maintaining relevant hospital records

Generic Skills (GS)

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

- GS1.** document findings and procedure details completely and accurately
- GS2.** demonstrate communication skills as required by specific work role
- GS3.** interpret and follow verbal instructions
- GS4.** report incidents in line with organisation requirements
- GS5.** complete all activities accurately and in a timely manner
- GS6.** solve problems including the ability to use available resources and prioritise workload

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Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Maintain reflective report of yoga therapy session</i>	30	25	20	20
PC1. take feedback from the participant about the session as per organizational policies and procedure	3	2	20	2
PC2. check the vitals of the participant post therapy and record it	3	1	-	2
PC3. update the findings to the physician or concerned authorities in case of deviation from normal findings of vitals	5	2	-	2
PC4. provide suitable time of appointment to the participant in consultation with concerned authority	2	5	-	2
PC5. assess the emotional state of the participant post therapy sessions and record it as per organizational policies	3	4	-	2
PC6. give suitable suggestions to the participant based on performance without deviating from standard procedures or protocols	3	3	-	2
PC7. list the modifications in practices carried out during the session to therapist/consultant.	3	4	-	2
PC8. update therapist/consultant regarding any abnormal sign observed during practice.	5	3	-	2
PC9. update the therapist/consultant and participant regarding the progress from the course of sessions	3	2	-	4
NOS Total	30	25	20	20

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National Occupational Standards (NOS) Parameters

NOS Code	HSS/N4004
NOS Name	Conduct post yoga therapy session review
Sector	Healthcare
Sub-Sector	AYUSH
Occupation	Yoga
NSQF Level	4
Credits	4.5
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/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 away 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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HSS/N9618: Follow infection control policies & procedures including biomedical waste disposal protocols

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 :

- Classification of the Waste Generated, Segregation of Biomedical Waste, Proper collection and storage of Waste

Elements and Performance Criteria

Classification of the Waste Generated, Segregation of Biomedical Waste, Proper collection and storage of Waste

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

- PC1.** handle, package, label, store, transport and dispose of waste appropriately to minimize potential for contact with the waste and to reduce the risk to the environment from accidental release
- PC2.** store clinical or related waste in an area that is accessible only to authorized persons
- PC3.** minimize contamination of materials, equipment and instruments by aerosols and splatter

Complying with an effective infection control protocols

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

- PC4.** apply appropriate health and safety measures following appropriate personal clothing & protective equipment for infection prevention and control
- PC5.** identify infection risks and implement an appropriate response within own role and responsibility in accordance with the policies and procedures of the organization
- PC6.** follow procedures for risk control and risk containment for specific risks. Use signs when and where appropriate
- PC7.** follow protocols for care following exposure to blood or other body fluids as required
- PC8.** remove spills in accordance with the policies and procedures of the organization
- PC9.** clean and dry all work surfaces with a neutral detergent and warm water solution before and after each session or when visibly soiled
- PC10.** demarcate and maintain clean and contaminated zones in all aspects of health care work
- PC11.** confine records, materials and medicaments to a well designated clean zone
- PC12.** confine contaminated instruments and equipment to a well designated contaminated zone
- PC13.** decontaminate equipment requiring special processing in accordance with quality management systems to ensure full compliance with cleaning, disinfection and sterilization protocols
- PC14.** replace surface covers where applicable

Qualification Pack

PC15. maintain and store cleaning equipment

PC16. report and deal with spillages and contamination in accordance with current legislation and procedures

Maintaining personal protection and preventing the transmission of infections from person to person

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

PC17. maintain hand hygiene following hand washing procedures before and after patient contact /or after any activity likely to cause contamination

PC18. cover cuts and abrasions with waterproof dressings and change as necessary

PC19. change protective clothing and gowns/aprons daily, more frequently if soiled and where appropriate, after each patient contact

PC20. perform additional precautions when standard precautions alone may not be sufficient to prevent transmission of infection

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

KU1. relevant up-to-date information on health, safety, and security that applies to the organization

KU2. organizations emergency procedures and responsibilities for handling hazardous situations

KU3. person(s) responsible for health, safety, and security in the organization

KU4. good personal hygiene practice including hand care

KU5. importance of and how to handle, package, label, store, transport and dispose of waste appropriately to minimize potential for contact with the waste and to reduce the risk to the environment from accidental release

KU6. the importance to adhere to the organizational and national waste management principles and procedures

KU7. the hazards and risks associated with the disposal and the importance of risk assessments and how to provide these

KU8. the required actions and reporting procedures for any accidents, spillages and contamination involving waste

KU9. the requirements of the relevant external agencies involved in the transport and receipt of your waste

KU10. the importance of organizing, monitoring and obtaining an assessment of the impact the waste may have on the environment

KU11. The current national legislation, guidelines, local policies and protocols which affect work practice

KU12. the policies and guidance that clarify scope of practice, accountabilities and the working relationship between yourself and others

KU13. identification and management of infectious risks in the workplace

KU14. aspects of infectious diseases including opportunistic organisms & pathogens

KU15. basic microbiology including bacteria and bacterial spores, fungi, viruses

KU16. the path of disease transmission including direct contact and penetrating injuries, risk of acquisition

Qualification Pack

- KU17.** how to clean and sterile techniques
- KU18.** susceptible hosts including persons who are immune suppressed, have chronic diseases such as diabetes and the very young or very old
- KU19.** routine surface cleaning procedures at the start and end of the day, managing a blood or body fluid spill
- KU20.** sharps handling and disposal techniques
- KU21.** effective hand hygiene including hand wash, surgical hand wash, when hands must be washed
- KU22.** good personal hygiene practice including hand care
- KU23.** how to use personal protective equipment such as: The personal clothing and protective equipment required to manage the different types of waste generated by different work activities

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 to managing biomedical waste and infection control and prevention
- GS3.** listen patiently
- GS4.** report hazards and incidents clearly with the appropriate level of urgency
- GS5.** take in to account opportunities to address waste minimization, environmental responsibility and sustainable practice issues
- GS6.** apply additional precautions when standard precautions are not sufficient
- GS7.** consistently ensure instruments used for invasive procedures are sterile at time of use (where appropriate)
- GS8.** consistently follow the procedure for washing and drying hands
- GS9.** consistently maintain clean surfaces and limit contamination
- GS10.** how to make exceptional effort to keep the environment and work place clean
- GS11.** identify hazards and suggest effective solutions to identified problems pertaining to hospital waste and related infections
- GS12.** analyze the seriousness of hazards pertaining to hospital waste and related infections
- GS13.** apply, analyze, and evaluate the information gathered from observation, experience, reasoning, or communication, as a guide to act
- GS14.** take into account opportunities to address waste minimization, prevent infection, environmental responsibility and sustainable practice issues

Qualification Pack

Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Classification of the Waste Generated, Segregation of Biomedical Waste, Proper collection and storage of Waste</i>	5	-	3	10
PC1. handle, package, label, store, transport and dispose of waste appropriately to minimize potential for contact with the waste and to reduce the risk to the environment from accidental release	-	-	-	-
PC2. store clinical or related waste in an area that is accessible only to authorized persons	-	-	-	-
PC3. minimize contamination of materials, equipment and instruments by aerosols and splatter	-	-	-	-
<i>Complying with an effective infection control protocols</i>	8	-	5	10
PC4. apply appropriate health and safety measures following appropriate personal clothing & protective equipment for infection prevention and control	-	-	-	-
PC5. identify infection risks and implement an appropriate response within own role and responsibility in accordance with the policies and procedures of the organization	-	-	-	-
PC6. follow procedures for risk control and risk containment for specific risks. Use signs when and where appropriate	-	-	-	-
PC7. follow protocols for care following exposure to blood or other body fluids as required	-	-	-	-
PC8. remove spills in accordance with the policies and procedures of the organization	-	-	-	-
PC9. clean and dry all work surfaces with a neutral detergent and warm water solution before and after each session or when visibly soiled	-	-	-	-
PC10. demarcate and maintain clean and contaminated zones in all aspects of health care work	-	-	-	-
PC11. confine records, materials and medicaments to a well designated clean zone	-	-	-	-

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
PC12. confine contaminated instruments and equipment to a well designated contaminated zone	-	-	-	-
PC13. decontaminate equipment requiring special processing in accordance with quality management systems to ensure full compliance with cleaning, disinfection and sterilization protocols	-	-	-	-
PC14. replace surface covers where applicable	-	-	-	-
PC15. maintain and store cleaning equipment	-	-	-	-
PC16. report and deal with spillages and contamination in accordance with current legislation and procedures	-	-	-	-
<i>Maintaining personal protection and preventing the transmission of infections from person to person</i>	8	-	5	10
PC17. maintain hand hygiene following hand washing procedures before and after patient contact /or after any activity likely to cause contamination	-	-	-	-
PC18. cover cuts and abrasions with waterproof dressings and change as necessary	-	-	-	-
PC19. change protective clothing and gowns/aprons daily, more frequently if soiled and where appropriate, after each patient contact	-	-	-	-
PC20. perform additional precautions when standard precautions alone may not be sufficient to prevent transmission of infection	-	-	-	-
NOS Total	21	-	13	30

Qualification Pack

National Occupational Standards (NOS) Parameters

NOS Code	HSS/N9618
NOS Name	Follow infection control policies & procedures including biomedical waste disposal protocols
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

Qualification Pack

DGT/VSQ/N0102: Employability Skills (60 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
- Career Development & Goal Setting
- 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.** identify employability skills required for jobs in various industries
- PC2.** identify and explore learning and employability portals

Constitutional values – Citizenship

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

- PC3.** recognize the significance of constitutional values, including civic rights and duties, citizenship, responsibility towards society etc. and personal values and ethics such as honesty, integrity, caring and respecting others, etc.
- PC4.** follow environmentally sustainable practices

Becoming a Professional in the 21st Century

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

- PC5.** recognize the significance of 21st Century Skills for employment
- PC6.** practice the 21st Century Skills such as Self-Awareness, Behaviour Skills, time management, critical and adaptive thinking, problem-solving, creative thinking, social and cultural awareness, emotional awareness, learning to learn for continuous learning etc. in personal and professional life

Basic English Skills

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

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- PC7.** use basic English for everyday conversation in different contexts, in person and over the telephone
- PC8.** read and understand routine information, notes, instructions, mails, letters etc. written in English
- PC9.** write short messages, notes, letters, e-mails etc. in English

Career Development & Goal Setting

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

- PC10.** understand the difference between job and career
- PC11.** prepare a career development plan with short- and long-term goals, based on aptitude

Communication Skills

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

- PC12.** follow verbal and non-verbal communication etiquette and active listening techniques in various settings
- PC13.** work collaboratively with others in a team

Diversity & Inclusion

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

- PC14.** communicate and behave appropriately with all genders and PwD
- PC15.** escalate any issues related to sexual harassment at workplace according to POSH Act

Financial and Legal Literacy

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

- PC16.** select financial institutions, products and services as per requirement
- PC17.** carry out offline and online financial transactions, safely and securely
- PC18.** identify common components of salary and compute income, expenses, taxes, investments etc
- PC19.** identify relevant rights and laws and use legal aids to fight against legal exploitation

Essential Digital Skills

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

- PC20.** operate digital devices and carry out basic internet operations securely and safely
- PC21.** use e- mail and social media platforms and virtual collaboration tools to work effectively
- PC22.** use basic features of word processor, spreadsheets, and presentations

Entrepreneurship

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

- PC23.** identify different types of Entrepreneurship and Enterprises and assess opportunities for potential business through research
- PC24.** develop a business plan and a work model, considering the 4Ps of Marketing Product, Price, Place and Promotion
- PC25.** identify sources of funding, anticipate, and mitigate any financial/ legal hurdles for the potential business opportunity

Customer Service

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

- PC26.** identify different types of customers
- PC27.** identify and respond to customer requests and needs in a professional manner.

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PC28. follow appropriate hygiene and grooming standards

Getting ready for apprenticeship & Jobs

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

PC29. create a professional Curriculum vitae (Résumé)

PC30. search for suitable jobs using reliable offline and online sources such as Employment exchange, recruitment agencies, newspapers etc. and job portals, respectively

PC31. apply to identified job openings using offline /online methods as per requirement

PC32. answer questions politely, with clarity and confidence, during recruitment and selection

PC33. identify apprenticeship opportunities and register for it as per guidelines and requirements

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

KU1. need for employability skills and different learning and employability related portals

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 English language for effective verbal (face to face and telephonic) and written communication in formal and informal set up

KU6. importance of career development and setting long- and short-term goals

KU7. about effective communication

KU8. POSH Act

KU9. Gender sensitivity and inclusivity

KU10. different types of financial institutes, products, and services

KU11. how to compute income and expenditure

KU12. importance of maintaining safety and security in offline and online financial transactions

KU13. different legal rights and laws

KU14. different types of digital devices and the procedure to operate them safely and securely

KU15. how to create and operate an e- mail account and use applications such as word processors, spreadsheets etc.

KU16. how to identify business opportunities

KU17. types and needs of customers

KU18. how to apply for a job and prepare for an interview

KU19. apprenticeship scheme and the process of registering on apprenticeship portal

Generic Skills (GS)

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

GS1. read and write different types of documents/instructions/correspondence

GS2. communicate effectively using appropriate language in formal and informal settings

Qualification Pack

- GS3.** behave politely and appropriately with all
- GS4.** how to work in a virtual mode
- GS5.** perform calculations efficiently
- GS6.** solve problems effectively
- GS7.** pay attention to details
- GS8.** manage time efficiently
- GS9.** maintain hygiene and sanitization 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. identify employability skills required for jobs in various industries	-	-	-	-
PC2. identify and explore learning and employability portals	-	-	-	-
<i>Constitutional values – Citizenship</i>	1	1	-	-
PC3. recognize the significance of constitutional values, including civic rights and duties, citizenship, responsibility towards society etc. and personal values and ethics such as honesty, integrity, caring and respecting others, etc.	-	-	-	-
PC4. follow environmentally sustainable practices	-	-	-	-
<i>Becoming a Professional in the 21st Century</i>	2	4	-	-
PC5. recognize the significance of 21st Century Skills for employment	-	-	-	-
PC6. practice the 21st Century Skills such as Self-Awareness, Behaviour Skills, time management, critical and adaptive thinking, problem-solving, creative thinking, social and cultural awareness, emotional awareness, learning to learn for continuous learning etc. in personal and professional life	-	-	-	-
<i>Basic English Skills</i>	2	3	-	-
PC7. use basic English for everyday conversation in different contexts, in person and over the telephone	-	-	-	-
PC8. read and understand routine information, notes, instructions, mails, letters etc. written in English	-	-	-	-
PC9. write short messages, notes, letters, e-mails etc. in English	-	-	-	-
<i>Career Development & Goal Setting</i>	1	2	-	-

Qualification Pack

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
PC10. understand the difference between job and career	-	-	-	-
PC11. prepare a career development plan with short- and long-term goals, based on aptitude	-	-	-	-
<i>Communication Skills</i>	2	2	-	-
PC12. follow verbal and non-verbal communication etiquette and active listening techniques in various settings	-	-	-	-
PC13. work collaboratively with others in a team	-	-	-	-
<i>Diversity & Inclusion</i>	1	2	-	-
PC14. communicate and behave appropriately with all genders and PwD	-	-	-	-
PC15. escalate any issues related to sexual harassment at workplace according to POSH Act	-	-	-	-
<i>Financial and Legal Literacy</i>	2	3	-	-
PC16. select financial institutions, products and services as per requirement	-	-	-	-
PC17. carry out offline and online financial transactions, safely and securely	-	-	-	-
PC18. identify common components of salary and compute income, expenses, taxes, investments etc	-	-	-	-
PC19. identify relevant rights and laws and use legal aids to fight against legal exploitation	-	-	-	-
<i>Essential Digital Skills</i>	3	4	-	-
PC20. operate digital devices and carry out basic internet operations securely and safely	-	-	-	-
PC21. use e- mail and social media platforms and virtual collaboration tools to work effectively	-	-	-	-
PC22. use basic features of word processor, spreadsheets, and presentations	-	-	-	-

Qualification Pack

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Entrepreneurship</i>	2	3	-	-
PC23. identify different types of Entrepreneurship and Enterprises and assess opportunities for potential business through research	-	-	-	-
PC24. develop a business plan and a work model, considering the 4Ps of Marketing Product, Price, Place and Promotion	-	-	-	-
PC25. identify sources of funding, anticipate, and mitigate any financial/ legal hurdles for the potential business opportunity	-	-	-	-
<i>Customer Service</i>	1	2	-	-
PC26. identify different types of customers	-	-	-	-
PC27. identify and respond to customer requests and needs in a professional manner.	-	-	-	-
PC28. follow appropriate hygiene and grooming standards	-	-	-	-
<i>Getting ready for apprenticeship & Jobs</i>	2	3	-	-
PC29. create a professional Curriculum vitae (Résumé)	-	-	-	-
PC30. search for suitable jobs using reliable offline and online sources such as Employment exchange, recruitment agencies, newspapers etc. and job portals, respectively	-	-	-	-
PC31. apply to identified job openings using offline /online methods as per requirement	-	-	-	-
PC32. answer questions politely, with clarity and confidence, during recruitment and selection	-	-	-	-
PC33. identify apprenticeship opportunities and register for it as per guidelines and requirements	-	-	-	-
NOS Total	20	30	-	-

Qualification Pack

National Occupational Standards (NOS) Parameters

NOS Code	DGT/VSQ/N0102
NOS Name	Employability Skills (60 Hours)
Sector	Cross Sectoral
Sub-Sector	Professional Skills
Occupation	Employability
NSQF Level	4
Credits	2
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 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. 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 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 this criterion.
5. To pass the Qualification Pack , every trainee should score a minimum of 70% of aggregate marks to successfully clear the assessment.
6. In case of unsuccessful completion, the trainee may seek reassessment on the Qualification Pack.

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/N4001.Prepare the unit as per yoga therapy needs	105	100	40	60	305	30
HSS/N4002.Carry out initial interaction with individuals for proposed yoga therapy as per directions	100	95	30	30	255	30
HSS/N4003.Conduct yoga therapy session as per prescribed advice	54	50	38	30	172	20
HSS/N4004.Conduct post yoga therapy session review	30	25	20	20	95	5
HSS/N9617.Maintain a safe, healthy and secure working environment	20	-	9	30	59	5
HSS/N9618.Follow infection control policies & procedures including biomedical waste disposal protocols	21	-	13	30	64	5
DGT/VSQ/N0102.Employability Skills (60 Hours)	20	30	-	-	50	5
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
Casualty	The person “ child or adult who has suffered the injury or illness
Emergency	Any situation that immediately threatens the health and safety of children, staff or yourself
AYUSH	Ayurveda, Yoga, Unani, Siddha, Homeopathy

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.