

## Qualification Pack



# Naturopathy Assistant

QP Code: HSS/Q3606

Version: 1.0

NSQF Level: 3

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## Qualification Pack

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## Qualification Pack

### HSS/Q3606: Naturopathy Assistant

#### Brief Job Description

The individuals in this job are trained to assist for a safe and competent Naturopathy Therapy as an Assistant. These professionals will work under the guidance and supervision of a registered Yoga & Naturopathy therapist.

#### Personal Attributes

The role holder should exhibit co-ordination skills, self-discipline, empathy, dedication, patience, persistence and ethical behavior. It is also important for the individual to be well groomed and have good communication skills in English/Hindi/local language

#### Applicable National Occupational Standards (NOS)

##### Compulsory NOS:

1. [HSS/N3615: Carry out pre procedural requirements of naturopathy procedures](#)
2. [HSS/N3616: Carry out Hydrotherapy procedure as per prescription](#)
3. [HSS/N3617: Carry out Mud Therapy procedure as per prescription](#)
4. [HSS/N3618: Carry out Magneto Therapy/ Chromo therapy procedure as per prescription](#)
5. [HSS/N3619: Carry out Acupressure/ Massage procedure as per prescription](#)
6. [HSS/N9624: Maintain a safe and secure working environment](#)
7. [HSS/N9625: Maintain interpersonal relationships and professional conduct](#)
8. [DGT/VSQ/N0101: Employability Skills \(30 Hours\)](#)

#### Qualification Pack (QP) Parameters

<b>Sector</b>	Healthcare
<b>Sub-Sector</b>	AYUSH
<b>Occupation</b>	Ayurveda Therapy
<b>Country</b>	India

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<b>NSQF Level</b>	3
<b>Credits</b>	16
<b>Aligned to NCO/ISCO/ISIC Code</b>	NCO/2015/2269.0100
<b>Minimum Educational Qualification &amp; Experience</b>	<p>10th grade pass with NA of experience OR 8th grade pass with 2 Years of experience relevant experience OR 8th grade pass and pursuing continuous schooling (in regular school with vocational subject) with NA of experience OR Previous relevant Qualification of NSQF Level (2.5) with 1-2 Years of experience with 1.5 years of relevant experience</p>
<b>Minimum Level of Education for Training in School</b>	Not Applicable
<b>Pre-Requisite License or Training</b>	NA
<b>Minimum Job Entry Age</b>	18 Years
<b>Last Reviewed On</b>	NA
<b>Next Review Date</b>	29/09/2028
<b>NSQC Approval Date</b>	29/09/2023
<b>Version</b>	1.0
<b>Reference code on NQR</b>	QG-03-HE-01020-2023-V1-HSSC
<b>NQR Version</b>	1.0

## Qualification Pack

# HSS/N3615: Carry out pre procedural requirements of naturopathy procedures

## Description

This Occupational Standard describes the knowledge, understanding and skills required by an individual to carry out pre, during and post requirements for naturopathy procedures as prescribed by therapist

## Scope

The scope covers the following :

- Pre procedural requirements Naturopathy procedures

## Elements and Performance Criteria

### *Pre procedural requirements Naturopathy procedures*

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

- PC1.** wear Personal Protective Equipment (PPE)
- PC2.** maintain conducive ambience, environment and cleanliness in the set up
- PC3.** introduce oneself to the client and communicate in a way to reflect gender sensitivity
- PC4.** empathize with Persons with Disability (PWD)
- PC5.** encourage the client to ask questions, seek advice and express any concerns
- PC6.** maintain client's privacy and respect client boundaries at all times
- PC7.** ensure that personal articles of the individual are taken, recorded and kept secured as per organizational policies
- PC8.** assist client for basic of Yoga posture and Meditation techniques required for prescribed naturopathy procedure
- PC9.** assist client in maintaining position for required naturopathy procedure as per the instructions
- PC10.** collect equipment and materials required for procedure as per the prescription
- PC11.** seek help and support from therapist in case needed
- PC12.** inform to appropriate authority/therapist in case of any concern arise during procedure

## 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.** the basic requirements of the health and safety and other legislations and regulations that apply to the workplace
- KU3.** basic structure and function of ayurveda healthcare facilities available at various levels, hospice care, set-ups in the country and the roles and responsibilities of various members of the healthcare team

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- KU4.** the HR protocols, grievance redressal mechanism as per the guidelines of the organization
- KU5.** the rights of the patient
- KU6.** ayurvedic medical terminology related to naturopathy
- KU7.** principles of naturopathy procedures
- KU8.** inventory and store management
- KU9.** diet and nutrition related to naturopathy procedures
- KU10.** diet and nutrition related to disease condition
- KU11.** diet and nutrition to promote rejuvenation
- KU12.** indications and contraindications of naturopathy procedures as per the disease conditions
- KU13.** benefits of naturopathy procedures to promote wellness
- KU14.** indications and contraindications of naturopathy procedures for promotion of wellness
- KU15.** equipments, consumables, articles required for smooth conduct of various naturopathy procedures
- KU16.** Do's and Don't of the procedures
- KU17.** types of various yoga postures, meditation, and relaxation techniques
- KU18.** benefits of yoga and meditation of naturopathy procedure
- KU19.** importance of aligning oneself with naturopathy regimen as per yoga and meditation practices

## Generic Skills (GS)

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

- GS1.** write messages, notes and short descriptive text with reasonable accuracy for easy interpretation of the information
- GS2.** read documents and information displayed at the workplace
- GS3.** communicate effectively with co-workers and others
- GS4.** plan day to day tasks related to massage for optimum productivity

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### Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Pre procedural requirements Naturopathy procedures</i>	<b>55</b>	<b>40</b>	<b>30</b>	<b>30</b>
<b>PC1.</b> wear Personal Protective Equipment (PPE)	-	-	-	-
<b>PC2.</b> maintain conducive ambience, environment and cleanliness in the set up	-	-	-	-
<b>PC3.</b> introduce oneself to the client and communicate in a way to reflect gender sensitivity	-	-	-	-
<b>PC4.</b> empathize with Persons with Disability (PWD)	-	-	-	-
<b>PC5.</b> encourage the client to ask questions, seek advice and express any concerns	-	-	-	-
<b>PC6.</b> maintain client's privacy and respect client boundaries at all times	-	-	-	-
<b>PC7.</b> ensure that personal articles of the individual are taken, recorded and kept secured as per organizational policies	-	-	-	-
<b>PC8.</b> assist client for basic of Yoga posture and Meditation techniques required for prescribed naturopathy procedure	-	-	-	-
<b>PC9.</b> assist client in maintaining position for required naturopathy procedure as per the instructions	-	-	-	-
<b>PC10.</b> collect equipment and materials required for procedure as per the prescription	-	-	-	-
<b>PC11.</b> seek help and support from therapist in case needed	-	-	-	-
<b>PC12.</b> inform to appropriate authority/therapist in case of any concern arise during procedure	-	-	-	-
<b>NOS Total</b>	<b>55</b>	<b>40</b>	<b>30</b>	<b>30</b>

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### National Occupational Standards (NOS) Parameters

<b>NOS Code</b>	HSS/N3615
<b>NOS Name</b>	Carry out pre procedural requirements of naturopathy procedures
<b>Sector</b>	Healthcare
<b>Sub-Sector</b>	AYUSH
<b>Occupation</b>	Ayurveda Therapy
<b>NSQF Level</b>	3
<b>Credits</b>	3
<b>Version</b>	1.0
<b>Last Reviewed Date</b>	29/09/2023
<b>Next Review Date</b>	29/09/2028
<b>NSQF Clearance Date</b>	29/09/2023



## Qualification Pack

### HSS/N3616: Carry out Hydrotherapy procedure as per prescription

#### Description

This Occupational Standard describes the knowledge, understanding and skills required by an individual to assist for Hydrotherapy procedure as per prescription and guidance

#### Scope

The scope covers the following :

- Hydrotherapy Procedure

#### Elements and Performance Criteria

##### *Hydrotherapy Procedure*

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

- PC1.** to check with client about compliance with pre requisites of therapy such as clear bowel, empty stomach
- PC2.** inform therapist about client's preparedness
- PC3.** collect equipment and materials required for hydrotherapy procedure
- PC4.** assist for hot and cold hydrotherapy procedure as per prescription
- PC5.** check for water temperature, duration and frequency
- PC6.** assist client in maintaining position for hydrotherapy procedure as per the instructions
- PC7.** assist for smooth conduct of hydrotherapy procedure
- PC8.** provide clear and accurate information with regard to any relevant aftercare and self-care
- PC9.** complete and maintain records in accordance with professional and legal requirements
- PC10.** inform to appropriate authority/therapist in case of any concern arise during procedure

#### Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** procedures for safe practice
- KU2.** relevant Workplace Health and Safety (WHS) legislation
- KU3.** basic structure and function of human body
- KU4.** principles of hydrotherapy procedures
- KU5.** different types of hydrotherapy procedures
- KU6.** diet related to hydrotherapy procedures
- KU7.** indications and contraindications of hydrotherapy procedures as per the disease conditions
- KU8.** benefits of hydrotherapy procedures to promote wellness
- KU9.** indications and contraindications of hydrotherapy procedures for promotion of wellness
- KU10.** benefits of hydrotherapy procedures as per disease condition

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- KU11.** equipments, consumables, articles required for smooth conduct of various hydrotherapy procedures
- KU12.** different postures of yoga, meditation, relaxation techniques
- KU13.** benefits of yoga and meditation for smooth naturopathy procedure
- KU14.** importance of aligning oneself with naturopathy regimen as per yoga and meditation practices
- KU15.** water - A universal solvent
- KU16.** rules of Hydrotherapy
- KU17.** properties of Water
- KU18.** temperature and Duration, Physiological effect of different temperatures on each system
- KU19.** action and Reaction of Hydrotherapeutic treatments: Method, Material requisite, Duration, Precautions, Indications, Contraindications, Types, Temperature of each treatment (packs, baths, sprays of cold and hot temperature)
- KU20.** dos and Don't of the procedure

## Generic Skills (GS)

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

- GS1.** write messages, notes and short descriptive text with reasonable accuracy for easy interpretation of the information
- GS2.** read documents and information displayed at the workplace
- GS3.** communicate effectively with co-workers and others
- GS4.** Plan day to day tasks related to massage for optimum productivity

## Qualification Pack

### Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Hydrotherapy Procedure</i>	<b>50</b>	<b>40</b>	<b>30</b>	<b>30</b>
<b>PC1.</b> to check with client about compliance with pre requisites of therapy such as clear bowel, empty stomach	-	-	-	-
<b>PC2.</b> inform therapist about client's preparedness	-	-	-	-
<b>PC3.</b> collect equipment and materials required for hydrotherapy procedure	-	-	-	-
<b>PC4.</b> assist for hot and cold hydrotherapy procedure as per prescription	-	-	-	-
<b>PC5.</b> check for water temperature, duration and frequency	-	-	-	-
<b>PC6.</b> assist client in maintaining position for hydrotherapy procedure as per the instructions	-	-	-	-
<b>PC7.</b> assist for smooth conduct of hydrotherapy procedure	-	-	-	-
<b>PC8.</b> provide clear and accurate information with regard to any relevant aftercare and self-care	-	-	-	-
<b>PC9.</b> complete and maintain records in accordance with professional and legal requirements	-	-	-	-
<b>PC10.</b> inform to appropriate authority/therapist in case of any concern arise during procedure	-	-	-	-
<b>NOS Total</b>	<b>50</b>	<b>40</b>	<b>30</b>	<b>30</b>

## Qualification Pack

### National Occupational Standards (NOS) Parameters

<b>NOS Code</b>	HSS/N3616
<b>NOS Name</b>	Carry out Hydrotherapy procedure as per prescription
<b>Sector</b>	Healthcare
<b>Sub-Sector</b>	AYUSH
<b>Occupation</b>	Ayurveda Therapy
<b>NSQF Level</b>	3
<b>Credits</b>	2
<b>Version</b>	1.0
<b>Last Reviewed Date</b>	29/09/2023
<b>Next Review Date</b>	29/09/2028
<b>NSQC Clearance Date</b>	29/09/2023

## Qualification Pack

### HSS/N3617: Carry out Mud Therapy procedure as per prescription

#### Description

This Occupational Standard describes the knowledge, understanding and skills required by an individual to assist for Mud therapy procedure as per prescription and guidance

#### Scope

The scope covers the following :

- Mud Therapy Procedure

#### Elements and Performance Criteria

##### *Mud Therapy Procedure*

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

- PC1.** to check with client about compliance with pre requisites of mud therapy such as consent before procedure
- PC2.** maintain patient privacy
- PC3.** inform therapist about client's preparedness
- PC4.** collect equipment and materials required for Mud Therapy procedure
- PC5.** check for quality and properties of mud before therapy
- PC6.** assist client in maintaining position as mentioned in prescription
- PC7.** assist for smooth conduct of Mud Therapy
- PC8.** provide clear and accurate information with regard to any relevant aftercare and self-care
- PC9.** complete and maintain records in accordance with professional and legal requirements
- PC10.** inform to appropriate authority/therapist in case of any concern arise during procedure

#### Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** procedures for safe practice
- KU2.** relevant Workplace Health and Safety (WHS) legislation
- KU3.** own role, expectations and responsibilities
- KU4.** professional standards and codes of practice for the area of work
- KU5.** definition of Mud Therapy
- KU6.** qualities, properties of mud
- KU7.** mud processing and purification procedure
- KU8.** types of mud application, general and local (direct and pack)
- KU9.** effects of mud bath, and local applications
- KU10.** indications and Contraindications of mud application

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- KU11.** do and Don't after mud therapy
- KU12.** diet as per the prescription
- KU13.** different postures of yoga, meditation, relaxation techniques
- KU14.** benefits of yoga and meditation for smooth naturopathy procedure
- KU15.** importance of aligning oneself with naturopathy regimen as per yoga and meditation practices

## Generic Skills (GS)

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

- GS1.** write messages, notes and short descriptive text with reasonable accuracy for easy interpretation of the information
- GS2.** read documents and information displayed at the workplace
- GS3.** communicate effectively with co-workers and others
- GS4.** plan day to day tasks related to massage for optimum productivity

## Qualification Pack

### Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Mud Therapy Procedure</i>	<b>52</b>	<b>40</b>	<b>30</b>	<b>35</b>
<b>PC1.</b> to check with client about compliance with pre requisites of mud therapy such as consent before procedure	-	-	-	-
<b>PC2.</b> maintain patient privacy	-	-	-	-
<b>PC3.</b> inform therapist about client's preparedness	-	-	-	-
<b>PC4.</b> collect equipment and materials required for Mud Therapy procedure	-	-	-	-
<b>PC5.</b> check for quality and properties of mud before therapy	-	-	-	-
<b>PC6.</b> assist client in maintaining position as mentioned in prescription	-	-	-	-
<b>PC7.</b> assist for smooth conduct of Mud Therapy	-	-	-	-
<b>PC8.</b> provide clear and accurate information with regard to any relevant aftercare and self-care	-	-	-	-
<b>PC9.</b> complete and maintain records in accordance with professional and legal requirements	-	-	-	-
<b>PC10.</b> inform to appropriate authority/therapist in case of any concern arise during procedure	-	-	-	-
<b>NOS Total</b>	<b>52</b>	<b>40</b>	<b>30</b>	<b>35</b>

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### National Occupational Standards (NOS) Parameters

<b>NOS Code</b>	HSS/N3617
<b>NOS Name</b>	Carry out Mud Therapy procedure as per prescription
<b>Sector</b>	Healthcare
<b>Sub-Sector</b>	AYUSH
<b>Occupation</b>	Ayurveda Therapy
<b>NSQF Level</b>	3
<b>Credits</b>	2
<b>Version</b>	1.0
<b>Last Reviewed Date</b>	29/09/2023
<b>Next Review Date</b>	29/09/2028
<b>NSQF Clearance Date</b>	29/09/2023



## Qualification Pack

# HSS/N3618: Carry out Magneto Therapy/ Chromo therapy procedure as per prescription

## Description

This Occupational Standard describes the knowledge, understanding and skills required by an individual to assist for Magneto/Chromo procedure as per prescription and guidance

## Scope

The scope covers the following :

- Magneto/ Chromo Therapy

## Elements and Performance Criteria

*Provide support to the therapist to carry out Magneto Therapy/ Chromo therapy procedure*

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

- PC1.** maintain client's privacy
- PC2.** inform therapist about client's preparedness
- PC3.** Collect equipment and materials as per the prescription
- PC4.** assist client in maintaining position as mentioned in prescription
- PC5.** provide clear and accurate information with regard to any relevant aftercare and self-care
- PC6.** check, record and monitor vital signs like Blood pressure, pulse and temperature during the process
- PC7.** complete and maintain records in accordance with professional and legal requirements
- PC8.** assist the client for next follow up for therapy

## Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** procedures for safe practice
- KU2.** relevant Workplace Health and Safety (WHS) legislation
- KU3.** own role, expectations and responsibilities
- KU4.** definition, properties, effects of magnets
- KU5.** types of Magnets (Shapes and Power)
- KU6.** mode of treatment -general and local applications
- KU7.** indications and Contraindications for using magnets
- KU8.** electromagnetic field and health importance
- KU9.** indications and Contraindications of magneto therapy
- KU10.** indications and contraindication of chromo therapy
- KU11.** do and Don't after therapy

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- KU12.** vital parameter
- KU13.** different postures of yoga, meditation, relaxation techniques
- KU14.** benefits of yoga and meditation for smooth naturopathy procedure
- KU15.** importance of aligning oneself with naturopathy regimen as per yoga and meditation practices

### Generic Skills (GS)

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

- GS1.** write messages, notes and short descriptive text with reasonable accuracy for easy interpretation of the information
- GS2.** read documents and information displayed at the workplace
- GS3.** communicate effectively with co-workers and others
- GS4.** plan day to day tasks related to massage for optimum productivity

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### Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Provide support to the therapist to carry out Magneto Therapy/ Chromo therapy procedure</i>	<b>55</b>	<b>50</b>	<b>30</b>	<b>40</b>
<b>PC1.</b> maintain client's privacy	-	-	-	-
<b>PC2.</b> inform therapist about client's preparedness	-	-	-	-
<b>PC3.</b> Collect equipment and materials as per the prescription	-	-	-	-
<b>PC4.</b> assist client in maintaining position as mentioned in prescription	-	-	-	-
<b>PC5.</b> provide clear and accurate information with regard to any relevant aftercare and self-care	-	-	-	-
<b>PC6.</b> check, record and monitor vital signs like Blood pressure, pulse and temperature during the process	-	-	-	-
<b>PC7.</b> complete and maintain records in accordance with professional and legal requirements	-	-	-	-
<b>PC8.</b> assist the client for next follow up for therapy	-	-	-	-
<b>NOS Total</b>	<b>55</b>	<b>50</b>	<b>30</b>	<b>40</b>

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### National Occupational Standards (NOS) Parameters

<b>NOS Code</b>	HSS/N3618
<b>NOS Name</b>	Carry out Magneto Therapy/ Chromo therapy procedure as per prescription
<b>Sector</b>	Healthcare
<b>Sub-Sector</b>	AYUSH
<b>Occupation</b>	Ayurveda Therapy
<b>NSQF Level</b>	3
<b>Credits</b>	2.5
<b>Version</b>	1.0
<b>Last Reviewed Date</b>	29/09/2023
<b>Next Review Date</b>	29/09/2028
<b>NSQC Clearance Date</b>	29/09/2023

## Qualification Pack

### HSS/N3619: Carry out Acupressure/ Massage procedure as per prescription

#### Description

This Occupational Standard describes the knowledge, understanding and skills required by an individual to assist for Acupressure procedure as per prescription and guidance

#### Scope

The scope covers the following :

- Acupressure Procedure
- Naturopathic Massage

#### Elements and Performance Criteria

##### *Acupressure Procedure*

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

- PC1.** collect equipment and materials required for procedure
- PC2.** assist client in maintaining position for Acupressure procedure as per the instructions
- PC3.** identify the acupressure point using a reliable acupressure chart or as per the prescription
- PC4.** maintain self positioning
- PC5.** apply firm pressure to the acupressure point using your fingers or a specialized acupressure tool. Use circular motions or steady pressure
- PC6.** apply pressure for 1-2 minutes, or until the client feel a release of tension or a decrease in pain or discomfort
- PC7.** release the pressure and ask client to take deep breaths to allow the body to adjust.
- PC8.** inform to appropriate authority/therapist in case of any concern arise during procedure
- PC9.** provide clear and accurate information with regard to any relevant aftercare and self-care
- PC10.** complete and maintain records in accordance with professional

##### *Naturopathic Massage*

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

- PC11.** maintain client privacy and respect client boundaries at all times
- PC12.** drape client to expose only the part of the body being worked on
- PC13.** apply massage techniques according to orders and prescriptions
- PC14.** make appropriate adjustments during massage to meet any changing needs
- PC15.** appropriately utilize massage mediums, coverings and supports as and when required
- PC16.** seek client feedback on comfort levels
- PC17.** check the client's well-being throughout and give reassurance where needed
- PC18.** clean the client after massage of any excess oil etc and provide clean clothes to the client as per organizational policies
- PC19.** handover personal belongings to the client as per organizational policies and procedures

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### Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** procedures for safe practice
- KU2.** relevant Workplace Health and Safety (WHS) legislation
- KU3.** own role, expectations and responsibilities
- KU4.** definition, concepts and basics of acupressure
- KU5.** local point and therapeutic application
- KU6.** acupressure procedure and its indications/limitations
- KU7.** techniques of Acupressure
- KU8.** techniques of massage
- KU9.** method of application -pressure and time
- KU10.** dos and Don't of the procedure
- KU11.** different postures of yoga, meditation, relaxation techniques
- KU12.** benefits of yoga and meditation for smooth naturopathy procedure
- KU13.** importance of aligning oneself with naturopathy regimen as per yoga and meditation practices
- KU14.** naturopathic massage techniques, pressures and rhythms and its benefits

### Generic Skills (GS)

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

- GS1.** write messages, notes and short descriptive text with reasonable accuracy for easy interpretation of the information
- GS2.** read documents and information displayed at the workplace
- GS3.** communicate effectively with co-workers and others
- GS4.** plan day to day tasks related to massage for optimum productivity

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### Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Acupressure Procedure</i>	<b>40</b>	<b>40</b>	<b>30</b>	<b>18</b>
<b>PC1.</b> collect equipment and materials required for procedure	-	-	-	-
<b>PC2.</b> assist client in maintaining position for Acupressure procedure as per the instructions	-	-	-	-
<b>PC3.</b> identify the acupressure point using a reliable acupressure chart or as per the prescription	-	-	-	-
<b>PC4.</b> maintain self positioning	-	-	-	-
<b>PC5.</b> apply firm pressure to the acupressure point using your fingers or a specialized acupressure tool. Use circular motions or steady pressure	-	-	-	-
<b>PC6.</b> apply pressure for 1-2 minutes, or until the client feel a release of tension or a decrease in pain or discomfort	-	-	-	-
<b>PC7.</b> release the pressure and ask client to take deep breaths to allow the body to adjust.	-	-	-	-
<b>PC8.</b> inform to appropriate authority/therapist in case of any concern arise during procedure	-	-	-	-
<b>PC9.</b> provide clear and accurate information with regard to any relevant aftercare and self-care	-	-	-	-
<b>PC10.</b> complete and maintain records in accordance with professional	-	-	-	-
<i>Naturopathic Massage</i>	<b>53</b>	<b>30</b>	-	<b>20</b>
<b>PC11.</b> maintain client privacy and respect client boundaries at all times	-	-	-	-
<b>PC12.</b> drape client to expose only the part of the body being worked on	-	-	-	-
<b>PC13.</b> apply massage techniques according to orders and prescriptions	-	-	-	-

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<b>PC14.</b> make appropriate adjustments during massage to meet any changing needs	-	-	-	-
<b>PC15.</b> appropriately utilize massage mediums, coverings and supports as and when required	-	-	-	-
<b>PC16.</b> seek client feedback on comfort levels	-	-	-	-
<b>PC17.</b> check the client's well-being throughout and give reassurance where needed	-	-	-	-
<b>PC18.</b> clean the client after massage of any excess oil etc and provide clean clothes to the client as per organizational policies	-	-	-	-
<b>PC19.</b> handover personal belongings to the client as per organizational policies and procedures	-	-	-	-
<b>NOS Total</b>	<b>93</b>	<b>70</b>	<b>30</b>	<b>38</b>



## Qualification Pack

### National Occupational Standards (NOS) Parameters

<b>NOS Code</b>	HSS/N3619
<b>NOS Name</b>	Carry out Acupressure/ Massage procedure as per prescription
<b>Sector</b>	Healthcare
<b>Sub-Sector</b>	AYUSH
<b>Occupation</b>	Ayurveda Therapy
<b>NSQF Level</b>	3
<b>Credits</b>	3
<b>Version</b>	1.0
<b>Last Reviewed Date</b>	29/09/2023
<b>Next Review Date</b>	29/09/2028
<b>NSQC Clearance Date</b>	29/09/2023

## Qualification Pack

### 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:

## Qualification Pack

- 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

## Qualification Pack

### Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Workplace safety and security</i>	<b>10</b>	<b>10</b>	-	<b>10</b>
<b>PC1.</b> identify potential hazards of safe work practices	-	-	-	-
<b>PC2.</b> use various hospital codes for emergency situations	-	-	-	-
<b>PC3.</b> comply with safety, and security procedures within the defined scope of competence and authority	-	-	-	-
<b>PC4.</b> provide Basic Life Support (BLS) and first aid whenever applicable under defined scope of work	-	-	-	-
<b>PC5.</b> follow organizations' procedures related to any emergency efficiently	-	-	-	-
<b>PC6.</b> report any identified breaches in health, safety, and security procedures to the designated person	-	-	-	-
<b>PC7.</b> complete any health and safety records accurately	-	-	-	-
<b>NOS Total</b>	<b>10</b>	<b>10</b>	-	<b>10</b>

## Qualification Pack

### National Occupational Standards (NOS) Parameters

<b>NOS Code</b>	HSS/N9624
<b>NOS Name</b>	Maintain a safe and secure working environment
<b>Sector</b>	Healthcare
<b>Sub-Sector</b>	Generic
<b>Occupation</b>	Generic
<b>NSQF Level</b>	4
<b>Credits</b>	1
<b>Version</b>	2.0
<b>Last Reviewed Date</b>	29/09/2023
<b>Next Review Date</b>	29/09/2028
<b>NSQC Clearance Date</b>	29/09/2023

## Qualification Pack

# HSS/N9625: Maintain interpersonal relationships and professional conduct

## Description

This OS unit is about effective communication and exhibiting professional behaviour with co workers, patients/clients and their families.

## Scope

The scope covers the following :

- Maintain professional behaviour

## Elements and Performance Criteria

### *Maintain professional behaviour*

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

- PC1.** wear appropriate attire
- PC2.** communicate effectively with all individuals regardless of age, caste etc.
- PC3.** adopt a gender neutral behaviour while communicating with the patient and others as per organizational policy
- PC4.** use appropriate IEC material as and when necessary
- PC5.** respond to queries as per defined scope of competence and authority
- PC6.** maintain any records required at the end of the interaction
- PC7.** work collaboratively with other team members
- PC8.** ensure that the privacy of the individual is not intruded
- PC9.** work in a way that shows respect to others

## Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** guidelines on communicating with patients and other individuals
- KU2.** guidelines on maintaining confidentiality and respecting need for privacy
- KU3.** vision and mission of the organization
- KU4.** importance of recognizing the boundary of one's role and responsibility
- KU5.** importance of establishing and managing requirements, planning and organizing work
- KU6.** how to maintain an environment that is conducive to the provision of medico-legal acts
- KU7.** procedures in the organization to deal with conflict and poor working relationships
- KU8.** how to handle stressful or risky situations when communicating with patients and/or other individuals
- KU9.** importance of asking for assistance when situations are beyond one's competence and authority

## Qualification Pack

- KU10.** how to ensure that all information provided to individuals is from reliable sources
- KU11.** the importance of integrating one's work effectively with others
- KU12.** the detrimental effects of non adherence to organizational protocols

## Generic Skills (GS)

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

- GS1.** read protocol updates and policy changes
- GS2.** be updated with the latest knowledge
- GS3.** build customer relationships and use customer centric approach
- GS4.**
- review the information gathered from observation, experience, reasoning, or communication
  - to act efficiently

## Qualification Pack

### Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Maintain professional behaviour</i>	<b>15</b>	<b>20</b>	-	<b>17</b>
<b>PC1.</b> wear appropriate attire	-	-	-	-
<b>PC2.</b> communicate effectively with all individuals regardless of age, caste etc.	-	-	-	-
<b>PC3.</b> adopt a gender neutral behaviour while communicating with the patient and others as per organizational policy	-	-	-	-
<b>PC4.</b> use appropriate IEC material as and when necessary	-	-	-	-
<b>PC5.</b> respond to queries as per defined scope of competence and authority	-	-	-	-
<b>PC6.</b> maintain any records required at the end of the interaction	-	-	-	-
<b>PC7.</b> work collaboratively with other team members	-	-	-	-
<b>PC8.</b> ensure that the privacy of the individual is not intruded	-	-	-	-
<b>PC9.</b> work in a way that shows respect to others	-	-	-	-
<b>NOS Total</b>	<b>15</b>	<b>20</b>	-	<b>17</b>



## Qualification Pack

### National Occupational Standards (NOS) Parameters

<b>NOS Code</b>	HSS/N9625
<b>NOS Name</b>	Maintain interpersonal relationships and professional conduct
<b>Sector</b>	Healthcare
<b>Sub-Sector</b>	Generic
<b>Occupation</b>	Generic
<b>NSQF Level</b>	4
<b>Credits</b>	1.5
<b>Version</b>	2.0
<b>Last Reviewed Date</b>	29/09/2023
<b>Next Review Date</b>	29/09/2028
<b>NSQC Clearance Date</b>	29/09/2023

## 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

## Qualification Pack

- 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>	<b>1</b>	<b>1</b>	-	-
<b>PC1.</b> understand the significance of employability skills in meeting the job requirements	-	-	-	-
<i>Constitutional values - Citizenship</i>	<b>1</b>	<b>1</b>	-	-
<b>PC2.</b> identify constitutional values, civic rights, duties, personal values and ethics and environmentally sustainable practices	-	-	-	-
<i>Becoming a Professional in the 21st Century</i>	<b>1</b>	<b>3</b>	-	-
<b>PC3.</b> 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>	<b>2</b>	<b>3</b>	-	-
<b>PC4.</b> speak with others using some basic English phrases or sentences	-	-	-	-
<i>Communication Skills</i>	<b>1</b>	<b>1</b>	-	-
<b>PC5.</b> follow good manners while communicating with others	-	-	-	-
<b>PC6.</b> work with others in a team	-	-	-	-
<i>Diversity &amp; Inclusion</i>	<b>1</b>	<b>1</b>	-	-
<b>PC7.</b> communicate and behave appropriately with all genders and PwD	-	-	-	-
<b>PC8.</b> report any issues related to sexual harassment	-	-	-	-
<i>Financial and Legal Literacy</i>	<b>3</b>	<b>4</b>	-	-
<b>PC9.</b> use various financial products and services safely and securely	-	-	-	-

### Qualification Pack

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<b>PC10.</b> calculate income, expenses, savings etc.	-	-	-	-
<b>PC11.</b> approach the concerned authorities for any exploitation as per legal rights and laws	-	-	-	-
<i>Essential Digital Skills</i>	<b>4</b>	<b>6</b>	-	-
<b>PC12.</b> operate digital devices and use its features and applications securely and safely	-	-	-	-
<b>PC13.</b> use internet and social media platforms securely and safely	-	-	-	-
<i>Entrepreneurship</i>	<b>3</b>	<b>5</b>	-	-
<b>PC14.</b> identify and assess opportunities for potential business	-	-	-	-
<b>PC15.</b> identify sources for arranging money and associated financial and legal challenges	-	-	-	-
<i>Customer Service</i>	<b>2</b>	<b>2</b>	-	-
<b>PC16.</b> identify different types of customers	-	-	-	-
<b>PC17.</b> identify customer needs and address them appropriately	-	-	-	-
<b>PC18.</b> follow appropriate hygiene and grooming standards	-	-	-	-
<i>Getting ready for apprenticeship &amp; Jobs</i>	<b>1</b>	<b>3</b>	-	-
<b>PC19.</b> create a basic biodata	-	-	-	-
<b>PC20.</b> search for suitable jobs and apply	-	-	-	-
<b>PC21.</b> identify and register apprenticeship opportunities as per requirement	-	-	-	-
<b>NOS Total</b>	<b>20</b>	<b>30</b>	-	-

## Qualification Pack

### National Occupational Standards (NOS) Parameters

<b>NOS Code</b>	DGT/VSQ/N0101
<b>NOS Name</b>	Employability Skills (30 Hours)
<b>Sector</b>	Cross Sectoral
<b>Sub-Sector</b>	Professional Skills
<b>Occupation</b>	Employability
<b>NSQF Level</b>	2
<b>Credits</b>	1
<b>Version</b>	1.0
<b>Last Reviewed Date</b>	24/06/2021
<b>Next Review Date</b>	24/06/2024
<b>NSQC Clearance Date</b>	24/06/2021

## Assessment Guidelines and Assessment Weightage

### Assessment Guidelines

1. Criteria for assessment for each Qualification Pack will be created by the Sector Skill Council. Each Performance Criteria (PC) (PC) will be assigned marks proportional to its importance in NOS. SSC will also lay down proportion of marks for Theory and Skills Practical for each PC.
2. The assessment for the theory part will be based on knowledge bank of questions created by the SSC.
3. Individual assessment agencies will create unique question papers for theory part for each candidate at each examination/training center (as per assessment criteria below).
4. Individual assessment agencies will create unique evaluations for skill practical for every student at each examination/ training center based on these criteria.
5. In case of successfully passing only certain number of NOSs, the trainee is eligible to take subsequent assessment on the balance NOS's to pass the Qualification Pack.
6. In case of unsuccessful completion, the trainee may seek reassessment on the Qualification Pack

## 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/N3615.Carry out pre procedural requirements of naturopathy procedures	55	40	30	30	155	10
HSS/N3616.Carry out Hydrotherapy procedure as per prescription	50	40	30	30	150	10
HSS/N3617.Carry out Mud Therapy procedure as per prescription	52	40	30	35	157	15
HSS/N3618.Carry out Magneto Therapy/ Chromo therapy procedure as per prescription	55	50	30	40	175	15
HSS/N3619.Carry out Acupressure/ Massage procedure as per prescription	93	70	30	38	231	20
HSS/N9624.Maintain a safe and secure working environment	10	10	-	10	30	10
HSS/N9625.Maintain interpersonal relationships and professional conduct	15	20	-	17	52	10
DGT/VSQ/N0101.Employability Skills (30 Hours)	20	30	-	-	50	10
<b>Total</b>	<b>350</b>	<b>300</b>	<b>150</b>	<b>200</b>	<b>1000</b>	<b>100</b>



## Qualification Pack

### Acronyms

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

## Qualification Pack

### Glossary

<b>Sector</b>	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.
<b>Sub-sector</b>	Sub-sector is derived from a further breakdown based on the characteristics and interests of its components.
<b>Occupation</b>	Occupation is a set of job roles, which perform similar/ related set of functions in an industry.
<b>Job role</b>	Job role defines a unique set of functions that together form a unique employment opportunity in an organisation.
<b>Occupational Standards (OS)</b>	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.
<b>Performance Criteria (PC)</b>	Performance Criteria (PC) are statements that together specify the standard of performance required when carrying out a task.
<b>National Occupational Standards (NOS)</b>	NOS are occupational standards which apply uniquely in the Indian context.
<b>Qualifications Pack (QP)</b>	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.
<b>Unit Code</b>	Unit code is a unique identifier for an Occupational Standard, which is denoted by an 'N'
<b>Unit Title</b>	Unit title gives a clear overall statement about what the incumbent should be able to do.
<b>Description</b>	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.
<b>Scope</b>	Scope is a set of statements specifying the range of variables that an individual may have to deal with in carrying out the function which have a critical impact on quality of performance required.

## Qualification Pack

<b>Knowledge and Understanding (KU)</b>	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.
<b>Organisational Context</b>	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.
<b>Technical Knowledge</b>	Technical knowledge is the specific knowledge needed to accomplish specific designated responsibilities.
<b>Core Skills/ Generic Skills (GS)</b>	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.
<b>Electives</b>	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.
<b>Options</b>	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.