



QUALIFICATION FILE

Yoga (India Skills)

☒ Short Term Training (STT) ☒ Long Term Training (LTT) ☒ Apprenticeship

☐ Upskilling ☐ Dual/Flexi Qualification ☒ For ToT ☒ For ToA

☒ General ☐ Multi-skill (MS) ☐ Cross Sectoral (CS) ☐ Future Skills ☐ OEM

NCrF/NSQF Level: **NSQF Level 4.5**

Submitted By:

Beauty & Wellness Sector Skill Council

Office no. - UG-5B, Upper Ground Floor, Himalaya House-23, Kasturba Gandhi Marg, Connaught Place, Delhi-110001

Table of Contents

Section 1: Basic Details	3
Section 2: Module Summary	6
NOS/s of Qualifications	6
Mandatory NOS/s:	6
Elective NOS/s:	7
Optional NOS/s:	7
Assessment - Minimum Qualifying Percentage	8
Section 3: Training Related	8
Section 4: Assessment Related	8
Section 5: Evidence of the need for the Qualification	9
Section 6: Annexure & Supporting Documents Check List	9
Annexure 1: Evidence of Level	10
Annexure 2: Tools and Equipment (Lab Set-Up)	13
Annexure 3: Industry Validations Summary	14
Annexure 4: Training & Employment Details	14
Annexure 5: Blended Learning	15
Annexure 6: Detailed Assessment Criteria	16
Annexure 7: Assessment Strategy	31
Annexure 8: Acronym and Glossary	32

Section 1: Basic Details

1.	Qualification Name	Yoga (India Skills)																			
2.	Sector/s	Beauty & Wellness Sector Skill Council																			
3.	Type of Qualification: <input checked="" type="checkbox"/> New <input type="checkbox"/> Revised <input type="checkbox"/> Has Electives/Options <input type="checkbox"/> OEM	NQR Code & version of existing/previous qualification: <i>(change to previous, once approved)</i> NA	Qualification Name of existing/previous version: NA																		
4.	a. OEM Name b. Qualification Name <i>(Wherever applicable)</i>	NA																			
5.	National Qualification Register (NQR) Code &Version <i>(Will be issued after NSQC approval)</i>	QG-4.5-BW-01838-2024-V1-BWSSC Version 1	6. NCrf/NSQF Level: <i>NSQF Level 4.5</i>																		
7.	Award (Certificate/Diploma/Advance Diploma/ Any Other <i>(Wherever applicable specify multiple entry/exits also & provide details in annexure)</i>	Advance Diploma																			
8.	Brief Description of the Qualification	A Yoga Trainer (B&W) is a professionally trained individual with an extensive additional training in Yoga for 360-degree wellness and is able to work with the clients by conducting yoga postures, asanas, pranayamas, meditation and relaxation techniques.																			
9.	Eligibility Criteria for Entry for Student/Trainee/Learner/Employee	<p>a. Entry Qualification & Relevant Experience:</p> <table border="1"> <thead> <tr> <th>S. No.</th> <th>Academic/Skill Qualification (with Specialization - if applicable)</th> <th>Required Experience (with Specialization - if applicable)</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Completed 1st year of 3-year/ 4-years UG</td> <td></td> </tr> <tr> <td>2</td> <td>Pursuing 1st year of 3-year/ 4-years UG and continuing education</td> <td></td> </tr> <tr> <td>3</td> <td>Pursuing 3rd year of 3-year diploma after 10th and continuing education</td> <td></td> </tr> <tr> <td>4</td> <td>Completed 3-year diploma after 10</td> <td></td> </tr> <tr> <td>5</td> <td>Completed 1st year of 2 year diploma after 12th</td> <td></td> </tr> </tbody> </table>		S. No.	Academic/Skill Qualification (with Specialization - if applicable)	Required Experience (with Specialization - if applicable)	1	Completed 1st year of 3-year/ 4-years UG		2	Pursuing 1st year of 3-year/ 4-years UG and continuing education		3	Pursuing 3rd year of 3-year diploma after 10th and continuing education		4	Completed 3-year diploma after 10		5	Completed 1st year of 2 year diploma after 12th	
S. No.	Academic/Skill Qualification (with Specialization - if applicable)	Required Experience (with Specialization - if applicable)																			
1	Completed 1st year of 3-year/ 4-years UG																				
2	Pursuing 1st year of 3-year/ 4-years UG and continuing education																				
3	Pursuing 3rd year of 3-year diploma after 10th and continuing education																				
4	Completed 3-year diploma after 10																				
5	Completed 1st year of 2 year diploma after 12th																				

Page 4 of 31

		<i>(Refer Blended Learning Annexure for details)</i>	
14.	Aligned to NCO/ISCO Code/s <i>(if no code is available mention the same)</i>	NA	
15.	Progression path after attaining the qualification <i>(Please show Professional and Academic progression)</i>	NA	
16.	Other Indian languages in which the Qualification & Model Curriculum are being submitted	Will be translated in Hindi	
17.	Is similar Qualification(s) available on NQR-if yes, justification for this qualification	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No URLs of similar Qualifications:	
18.	Is the Job Role Amenable to Persons with Disability	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No If "Yes", specify applicable type of Disability: Deaf	
19.	How Participation of Women will be Encouraged	In the various job roles of beauty and wellness industry, women participation is 65%. This job role falls in to the same category and thus promote women's participation.	
20.	Are Greening/ Environment Sustainability Aspects Covered <i>(Specify the NOS/Module which covers it)</i>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
21.	Is Qualification Suitable to be Offered in Schools/Colleges	Schools <input type="checkbox"/> Yes <input type="checkbox"/> No Colleges <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
22.	Name and Contact Details of Submitting / Awarding Body SPOC <i>(In case of CS or MS, provide details of both Lead AB & Supporting ABs)</i>	Name: Ms. Monica Behl Position in the organization: CEO Address: Beauty and Wellness Sector Skill Council (BWSSC) Office no. - UG-5B, Upper Ground Floor, Himalaya House-23, Kasturba Gandhi Marg, Connaught Place, Delhi-110001E-mail address: info@dwsscindia.com	
23.	Final Approval Date by NSQC: 06/02/2024	24. Validity Duration: 2 years	25. Next Review Date: 06/02/2026

Section 2: Module Summary

NOS/s of Qualifications

(In exceptional cases these could be described as components)

Mandatory NOS/s:

Specify the training duration and assessment criteria at NOS/ Module level. For further details refer curriculum document.

Th.-Theory Pr.-Practical OJT-On the Job Man.-Mandatory Training Rec.-Recommended Proj.-Project

S. No	NOS/Module Name	NOS/Module Code & Version (if applicable)	Core/Non-Core	NCrF/NS QF Level	Credits as per NCrF	Training Duration (Hours)					Assessment Marks					
						Th.	Pr.	OJT-Man.	OJT-Rec.	Total	Th.	Pr.	Proj.	Viva	Total	Weightage (%) (if applicable)
1.	Work organization and management	BWS/N0130 (v1.0)	Non-core	4.5	1	9	6	15		30	10	20		10	40	8
2.	Professional demeanour	BWS/N2218 (v1.0)	Non-core	4.5	1	6	6	18		30	10	10		5	25	6
3.	Client care and relationships	BWS/N2219 (v1.0)	Non-core	4.5	1	6	6	18		30	10	10		5	25	6
4.	Conduct hatha yoga sessions	BWS/N2202 (v3.0)	Core	4.5	4	30	60	30		120	37	63			100	10
5.	Conduct the advanced yoga sessions for 360-degree wellness	BWS/N2204 (v3.0)	Core	4.5	4	30	60	30		120	35	65			100	20
6.	Conduct the mahila yoga sessions	BWS/N2209 (v3.0)	Core	4.5	2	9	21	30		60	34	66			100	20
7.	Conduct the vridha yoga sessions	BWS/N2210 (v3.0)	Core	4.5	2	9	21	30		60	33	67			100	15
8.	Conduct the bal yoga sessions	BWS/N2208 (v3.0)	Core	4.5	1	6	6	18		30	34	66			100	10
9.	Employability Skills	DGT/VSQ/N0101 (v1.0)	Non-core	2	1	11	19			30	20	30			50	5
Duration (in Hours) / Total Marks					17	116	205	189		510	223	397		20	640	100

Elective NOS/s:

S. No	NOS/Module Name	NOS/Module Code & Version (if applicable)	Core/Non-Core	NCrF/NS QF Level	Credits as per NCrF	Training Duration (Hours)					Assessment Marks					
						Th.	Pr.	OJT-Man.	OJT-Rec.	Total	Th.	Pr.	Proj.	Viva	Total	Weightage (%) (if applicable)
1.		NA														
2.																
Duration (in Hours) / Total Marks																

Optional NOS/s:

S. No	NOS/Module Name	NOS/Module Code & Version (if applicable)	Core/Non-Core	NCrF/NS QF Level	Credits as per NCrF	Training Duration (Hours)					Assessment Marks					
						Th.	Pr.	OJT-Man.	OJT-Rec.	Total	Th.	Pr.	Proj.	Viva	Total	Weightage (%) (if applicable)
1.		NA														
2.																
Duration (in Hours) / Total Marks																

Assessment - Minimum Qualifying Percentage

Please specify **any one** of the following:

Minimum Pass Percentage – Aggregate at qualification level: 70% (Every Trainee should score specified minimum aggregate passing percentage at qualification level to successfully clear the assessment.)

Minimum Pass Percentage – NOS/Module-wise: (Every Trainee should score specified minimum passing percentage in each mandatory and selected elective NOS/Module to successfully clear the assessment.)

Section 3: Training Related

1.	Trainer's Qualification and experience in the relevant sector (in years) <i>(as per NCVET guidelines)</i>	<ul style="list-style-type: none"> 12th pass with Advance Diploma in Yoga/ any international full time diploma. 4years relevant industry experience
2.	Master Trainer's Qualification and experience in the relevant sector (in years) <i>(as per NCVET guidelines)</i>	<ul style="list-style-type: none"> Graduate with advance Diploma in Yoga /Any International full-time Diploma with 7 years experience (Min 5 Years as a trainer)
3.	Tools and Equipment Required for Training	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <i>(If "Yes", details to be provided in Annexure)</i>
4.	In Case of Revised Qualification, Details of Any Upskilling Required for Trainer	

Section 4: Assessment Related

1.	Assessor's Qualification and experience in relevant sector (in years) <i>(as per NCVET guidelines)</i>	<ul style="list-style-type: none"> Graduate with Advance Diploma in Yoga/ any international full-time diploma 7 years of relevant industry experience
2.	Proctor's Qualification and experience in relevant sector (in years) <i>(as per NCVET guidelines)</i>	NA
3.	Lead Assessor's/Proctor's Qualification and experience in relevant sector (in years) <i>(as per NCVET guidelines)</i>	NA
4.	Assessment Mode <i>(Specify the assessment mode)</i>	Offline
5.	Tools and Equipment Required for Assessment	<input checked="" type="checkbox"/> Same as for training <input type="checkbox"/> Yes <input type="checkbox"/> No <i>(details to be provided in Annexure-if it is different for Assessment)</i>

Section 5: Evidence of the need for the Qualification

Provide Annexure/Supporting documents name.

1.	Latest Skill Gap Study (not older than 2 years) (Yes/No): yes
2.	Latest Market Research Reports or any other source (not older than 2 years) (Yes/No): Yes

3.	Government /Industry initiatives/ requirement (Yes/No): Yes
4.	Number of Industry validation provided: NA
5.	Estimated nos. of persons to be trained and employed: NA
6.	Evidence of Concurrence/Consultation with Line Ministry/State Departments: If "No", why: No, we do not have a Line Ministry

Section 6: Annexure & Supporting Documents Check List

Specify Annexure Name / Supporting document file name

1.	Annexure: NCrf/NSQF level justification based on NCrf level/NSQF descriptors <i>(Mandatory)</i>	Annexure 1
2.	Annexure: List of tools and equipment relevant for qualification <i>(Mandatory, except in case of online course)</i>	Annexure 2
3.	Annexure: Detailed Assessment Criteria <i>(Mandatory)</i>	Annexure 6
4.	Annexure: Assessment Strategy <i>(Mandatory)</i>	Annexure 7
5.	Annexure: Blended Learning <i>(Mandatory, in case selected Mode of delivery is "Blended Learning")</i>	Annexure 5
6.	Annexure: Multiple Entry-Exit Details <i>(Mandatory, in case qualification has multiple Entry-Exit)</i>	Yes
7.	Annexure: Acronym and Glossary <i>(Optional)</i>	Annexure 8
8.	Supporting Document: Model Curriculum <i>(Mandatory – Public view)</i>	Model Curriculum
9.	Supporting Document: Career Progression <i>(Mandatory - Public view)</i>	
10.	Supporting Document: Occupational Map <i>(Mandatory)</i>	
11.	Supporting Document: Assessment SOP <i>(Mandatory)</i>	
12.	Any other document you wish to submit:	

Annexure 1: Evidence of Level

NCrF/NSQF Level Descriptors	Key requirements of the job role/ outcome of the qualification	How the job role/ outcomes relate to the NCrF/NSQF level descriptor	NCrF/NSQF Level
Professional Theoretical Knowledge/Process	Well Developed Skills in a familiar context <ul style="list-style-type: none"> The Job holder is expected to conduct Ashtanga Vinyasa/Hatha Yoga & Advanced Yoga sessions for groups and individuals combining poses/ breathing and meditation exercises along with maintaining work area, health & safety at workplace and positive impression at the workplace. The individual is even expected to optionally conduct yoga sessions for children & adolescents/ women's /senior citizens. 	This qualification trains the candidate to specialize in the field of yoga services. This involves well-developed skills and at various stages a clear choice of procedures.	4.5
Professional and Technical Skills/ Expertise/ Professional Knowledge	<ul style="list-style-type: none"> Factual knowledge of field. The job holder is expected to exhibit knowledge of detoxification techniques, knowledge of contra indications associated with each of the techniques Along with knowledge of the range of Yoga practices and their potential therapeutic effects for common conditions.. 	Knowledge of facts, principles, processes and general concepts, in a field of work or study.	4.5
Employment Readiness & Entrepreneurship Skills & Mind-set/Professional Skill	<ul style="list-style-type: none"> The Job holder is expected to plan & organize the schedule for all services & bookings to be undertaken by self or by the team and ensure adherence to the same. Further s/he must be able to take practical decisions on a regular basis & solve problem being faced by self and team by applying basic methods, tools, materials and information. The Job holder should also be able to analyze the data pertinent to the guest/ product/services and evaluate future course of action to make a decision. 	A range of cognitive and practical skills are required to accomplish tasks and solve problems by selecting and applying basic methods, tools, materials and information.	4.5

Broad Learning Outcomes/Core Skill	<ul style="list-style-type: none"> • language to communicate written or oral, with required clarity, skill to basic arithmetic and algebraic principles, basic understanding of social political and natural environment • keep abreast with the latest knowledge by reading brochures, pamphlets, and product information sheets • reading and writing comprehension to understand, communicate and maintain processes, techniques, records, policies and procedures • discuss task lists and schedules • question customers/ clients appropriately in order to understand the nature of the problem before suggesting the product. • give clear instructions to coworkers • manner and tone, professional, supportive, respectful, sensitive to coworkers • speak clearly and precisely in a courteous manner and develop a professional relationship. • ability to listen and understand the local language in dealing with clients and maintain client confidentiality • ask relevant questions to consult with the customer to identify the condition of the skin and personal sensitivities, provide suitable product. • Follow procedure related information based on the sector's code of practices and organization's procedures/ guidelines • assist and guide clients to products based on their needs • report and record instances of aggressive/ unruly behavior and seek assistance • carry out routine documentation legibly and accurately in the desired format • file routine reports and feedback 	<p>•</p> <p>Able to use language to communicate written or oral, with required clarity; understanding of social and political and services with reference to the organization; keep abreast with the latest knowledge by reading brochures, pamphlets, and product information sheets; communicate and maintain processes, techniques, records, policies and procedures; discuss task lists, schedules; question customers/ clients appropriately in order to understand the nature of the problem.</p>	4.5
Responsibility	<ul style="list-style-type: none"> • follow principles, while carrying out the services for safety, minimizing damage and 	Responsibility for own work and learning and some responsibility for others' work and learning.	4.5

	achieving the desired results <ul style="list-style-type: none"> review progress and develop appropriate plans promote a safe and positive environment 		
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Annexure 2: Tools and Equipment (Lab Set-Up)

List of Tools and Equipment

Batch Size: 30

S.No	Equipment Name	Specification	Quantity for specified Batch size
1	Yoga Mats/ Mysore Rugs/ Towels /Durries		30
2	Yoga Blankets		30
3	Electrical Heater/Induction OR Gas Stove OR 5 Litre Kettle for boiling water		2
4	Container (25 Lts-50 Ltrs Capacity)		5
5	Neti-Pot		30
6	Yoga Cushions		30
7	First Aid Kit		2

Classroom Aids

The aids required to conduct sessions in the classroom are:

- 1. Whiteboard
- 2. Projector
- 3. Computer/Laptop
- 4. Chairs
- 5. Tables
- 6. Whiteboard marker

Annexure 3: Industry Validations Summary

Provide the summary information of all the industry validations in table. This is not required for OEM qualifications.

S. No	Organization Name	Representative Name	Designation	Contact Phone No	E-mail ID
1.	NA				
2.					
3.					
4.					

Annexure 4: Training & Employment Details

Training and Employment Projections:

Year	Total Candidates		Women		People with Disability	
	Estimated Training #	Estimated Employment Opportunities	Estimated Training #	Estimated Employment Opportunities	Estimated Training #	Estimated Employment Opportunities
1 st Year	NA				NA	NA

2 nd Year						
3 rd Year						

Data to be provided year-wise for next 3 years

Training, Assessment, Certification, and Placement Data for previous versions of qualifications: NA

Qualification Version	Year	Total Candidates				Women				People with Disability			
		Trained	Assessed	Certified	Placed	Trained	Assessed	Certified	Placed	Trained	Assessed	Certified	Placed
NA		NA											

Applicable for revised qualifications only, data to be provided year-wise for past 3 years.

List Schemes in which the previous version of Qualification was implemented: NA

- 1.
- 2.

Content availability for previous versions of qualifications: NA

☐ Participant Handbook ☐ Facilitator Guide ☐ Digital Content ☐ Qualification Handbook ☐ Any Other:

Languages in which Content is available: NA

Annexure 5: Blended Learning

Blended Learning Estimated Ratio & Recommended Tools:

Refer NCVET "Guidelines for Blended Learning for Vocational Education, Training & Skilling" available on:

<https://ncvet.gov.in/sites/default/files/Guidelines%20for%20Blended%20Learning%20for%20Vocational%20Education,%20Training%20&%20Skilling.pdf>

S. No.	Select the Components of the Qualification	List Recommended Tools – for all Selected Components	Offline : Online Ratio
	NA	NA	NA

Annexure 6: Detailed Assessment Criteria

Detailed assessment criteria for each NOS/Module are as follows:

NOS/Module Name	Assessment Criteria for Performance Criteria/Learning Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
Work Organization and Management	PC1. Health, safety and hygiene legislation, rules, and regulations as they apply to the yoga services				
	PC2. range and purposes of tools and equipment used for each of various postures and how to use, maintain and store them safely and securely				
	PC3. importance of always following manufacturers' instructions				
	PC4. professional ethics when dealing with referrals from medical specialists				
	PC5. principles of ergonomics				
	PC6. how a business works, including the role of targets				
	PC7. role of the individual in maintaining a successful business				
	PC8. the need to adapt to the rules and regulations of different countries, for health, safety, and hygiene, including the use tools and equipment				
	PC9. prepare service areas according to health, safety, and hygiene requirements				
	PC10. provide client services in a professional, safe, and hygienic manner				
	PC11. set up equipment and prepare tools and materials				
	PC12. provide smooth and effective services and in compliance with the instructions				

	PC13. prepare treatment areas to promote maximum efficiency				
	PC14. create inviting and relaxing ambiances to provide client safety and comfort				
	PC15. clean and tidy workstations after completing treatments				
	Total Marks	10	20		10
Professional Demeanour	PC1. how professional demeanour and presentation is essential for building positive client and colleague relationships				
	PC2. significance of self-management and presentation for the comfort and reassurance of the client				
	PC3. importance of posture in creating a professional image				
	PC4. importance of being able to solve problems independently				
	PC5. create and sustain excellent client and colleague relationships				
	PC6. professional image and manner with regard to uniforms, personal grooming, and interpersonal skills				
	Total Marks	10	10		5
Client Care and Relationships	PC1. requirement to keep records relating to clients, products and other relevant matters				
	PC2. data protection requirements				
	PC3. importance of client comfort, modesty, and discretion				
	PC4. relationship between client expectations and meeting their actual needs, taking into consideration clients' age, gender, culture, and ethnicity				
	PC5. professional procedures when working with referrals from medical services				
	PC6. significance of personalising treatments through the information gained by listening carefully to clients and questioning closely to aid analysis and accurate interpretation of client wishes				
	PC7. contra-indications and the reasons why a yoga tainer would not undertake a treatment				
	PC8. circumstances and reasons for referral onto medical advice				
	PC9. contra-actions which can occur during a treatment and how they should be managed				
	PC10. importance of communication skills, including appropriate forms and styles for communicating with clients of different cultures, ages, expectations, and preferences				
	PC11. review clients holistically to ensure that treatment plans and prescriptions are designed with suitable lifestyle recommendations and post treatment client follow-up				
	PC12. importance of attention to detail in all areas				
	PC13. basis of effective and sustained client relationships				
	PC14. nutritional science, the importance of exercise, skin conditions and hygiene				

	PC15. common types of problem which can occur and how to resolve them independently				
	PC16. client services in a professional, safe, and hygienic manner				
	PC17. visual and manual examinations				
	Total Marks	10	10		5
Conduct Hatha Yoga Sessions	PC1. ensure appropriate ambience for guests to perform the yoga session				
	PC2. provide appropriate opening and closure of the session through prayer/chanting/meditation				
	PC3. perform and instruct loosening exercises or sukshma vyayama as agreed with the guest and arrangement of the organization				
	PC4. perform and instruct classical asana as agreed with the guest and arrangement of the organisation				
	PC5. perform and instruct pranayamas as agreed with the guest and arrangement of the organisation				
	PC6. perform and instruct mudras and bandhas as agreed with the guest and arrangement of the organisation				
	PC7. perform and instruct kriyas as agreed with the guest and arrangement of the organisation				
	PC8. recognise, adjust, and adapt to specific client/student needs in the evolving professional relationship				
	PC 9. recognise and manage the subtle dynamics inherent in the guest relationship				
	PC10. implement effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the clients progress, and cope with unique difficulties / successes				
	PC11. transmit the value of self-awareness and self-responsibility throughout the therapeutic process				
	PC12 develop and adjust appropriate practice strategies to the guest				
	PC13. elicit the goals, expectations and aspirations of the guest				
	PC14 integrate information from the intake, evaluation, and observation to develop a working assessment of the clients condition, limitations and possibilities				
	PC15. determine which aspects of the guests conditions, goals and aspirations might be addressed through yoga				
	PC16. deliver appropriate practices for individuals as well as group, taking into consideration the assessment of their conditions, limitations, possibilities and the overall practice strategy				
	PC17. provide instruction, demonstration, education of the guest using multi-model strategies of education such as audio visual tools, kinaesthetic learning tools, etc.				
	PC18. practice effective, guest-centred communication based upon a respect for and sensitivity to individual familial, cultural, social, ethnic and religious factors				

	PC19. gather feedback, re-assess and refine the practice to determine short-term or long-term goals and priorities				
	PC20. address new and changing conditions, goals, aspirations and priorities of the guest and to provide appropriate support				
	PC21. accept and follow ethical principles and related concepts from the yoga tradition to professional interactions and relationships				
	PC22. maintain neat and clean work area at all times				
	PC 23. inform guests about various forms of yoga and its effect on body and mind				
	PC24. use a broad range of mind-body-based healing tools in conjunction with exercise based on needs, ages, and ability levels to create effective practices against ailments				
	PC25. apply yogic principles to conduct guest sessions to enhance well-being, overcome illness and live a healthier and more meaningful life				
	PC26. perform and demonstrate all yoga techniques to guests and ensure compliance to safety and health standards				
	PC27. assist guests to perform all techniques effectively				
	PC28. evaluate exercises performed by guests and recommend correction whenever required				
	PC29. coordinate with senior supervisors and guests on yogic lifestyle counselling to ensure healthy body and mind				
	PC30. ensure guest satisfaction and assist in answering all guest queries				
	PC8. store guest and equipment records, securely in line with the organizations policies				
	PC9. leave the work area in a clean and hygienic condition suitable for further classes				
	PC10. communicate any shortcomings to the supervisor				
	PC assist the senior Yoga Trainer in designing courses, practice modules, schedules and the lesson plans				
	PC assess the guests' progress and achievements				
	PC assist the senior teachers to review the course modules and the teaching skills of yoga instructors				
	PC provide yogic counselling to the guests to set their long or short term goals				
	Total	37	63		
Conduct the advanced yoga sessions for 360-degree	PC1. ensure appropriate ambience for guests to perform the advanced yoga session				

wellness	PC2. provide appropriate opening and closure of the session through prayer/chanting/meditation				
	PC3. obtain permission/ notify the guest for a physical contact with the guest during session, if required				
	PC4. obtain information on guests medical history, background, preferences, etc. before starting the session				
	PC5. recognise, adjust, and adapt to specific guest needs in the evolving therapeutic/professional relationship				
	PC6. recognise and manage the subtle dynamics inherent in the therapist/ guest relationship				
	PC7. implement effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the guests progress and cope with unique difficulties / successes				
	PC8 transmit the value of self-awareness and self-responsibility throughout the therapeutic process				
	PC9 develop and adjust appropriate practice strategies to the guest				
	PC10. elicit the goals, expectations and aspirations of the guest				
	PC10. integrate information from the intake, evaluation and observation to develop a working assessment of the guests condition, limitations and possibilities				
	PC 11.determine which aspects of the client/students conditions, goals and aspirations might be addressed through advanced yoga sessions				
	PC 12. select and prioritise the use of advanced yoga tools and techniques				
	PC 13. modify and adapt the sequence of yoga practices appropriate to the needs of guest				
	PC 14. deliver appropriate practices for individuals as well as group, taking into consideration the assessment of their conditions, limitations, possibilities and the overall practice strategy				

	PC15. provide instruction, demonstration, education of the guest using multi-model strategies of education such as audio visual tools, kinaesthetic learning tools, etc.				
	PC16. foster trust by establishing an appropriate therapeutic environment through privacy, confidentiality and safety				
	PC 17. practise effective, guest-centred communication based upon a respect for and sensitivity to individual familial, cultural, social, ethnic and religious factors				
	PC18. gather feedback, re-assess and refine the practice to determine short-term or long-term goals and priorities				
	PC19. address new and changing conditions, goals, aspirations and priorities of the guest and to provide appropriate support				
	PC20. provide appropriate closure of the advanced yoga session				
	PC21. accept and follow ethical principles and related concepts from the yoga tradition to professional interactions and relationships				
	PC 22. maintain neat and clean work area at all times				
	PC 23. inform guests about various advanced forms of yoga and its effect on body and mind				
	PC24. use a broad range of mind-body-based healing tools in conjunction with exercise based on needs, ages and ability levels to create effective practices against ailments				
	PC25. apply yogic principles to conduct advanced yoga sessions for guest to enhance well-being, overcome illness and live a healthier and more meaningful life				
	PC 26. perform and demonstrate all advanced yoga techniques to guests and ensure compliance to safety and health standards				
	PC27. assist guests to perform all advanced techniques effectively				

	PC 28. evaluate exercises performed by guests and recommend correction whenever required				
	PC 29. coordinate with senior Yoga Trainer and guests on yogic lifestyle counselling to ensure healthy body and mind				
	PC 30. ensure guest satisfaction and assist in answering all guest queries				
	PC 31. store guest and equipment records, securely in line with the organizations policies				
	PC 32. leave the work area in a clean and hygienic condition suitable for further classes				
	PC 33. communicate any shortcomings to the supervisor				
	PC 34. carry out counselling of guests				
	Total	35	65		
Conduct the mahila yoga sessions	PC1. ensure appropriate ambience for guests to perform the Mahila yoga sessions				
	PC2. provide appropriate opening and closure of the session through prayer/chanting/meditation				
	PC3. obtain permission/ notify the client for a physical contact with the guest during session, if required				
	PC4. obtain information on guests medical history, background, preferences etc. before starting the session				
	PC5. recognise, adjust, and adapt to specific guest needs in the evolving professional relationship				
	PC6. recognise and manage the subtle dynamics inherent in the teacher /guest relationship				
	PC7. implement effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the guests progress, and cope with unique difficulties / successes				
	PC8. transmit the value of self-awareness and self-responsibility throughout the process				
	PC9. develop and adjust appropriate practice strategies to the guest				

	PC10. integrate information from the intake, evaluation, and observation to develop a working assessment of the guests condition, limitations and possibilities				
	PC11. determine which aspects of the guests conditions, goals and aspirations might be addressed through Mahila yoga sessions				
	PC12. understand from guests, poses causing any sort of discomfort to them				
	PC13. educate the guests on benefits both baby and mother is gaining through this Mahila yoga sessions				
	PC14. select and prioritise the use of Mahila yoga tools and techniques.				
	PC15. modify and adapt the sequence of yoga practices appropriate to the needs of guests				
	PC16. deliver appropriate practices for individuals as well as group, taking into consideration the assessment of their conditions, limitations, possibilities and the overall practice strategy				
	PC17. provide instruction, demonstration, education of the guests using multi-model strategies of education such as audio visual tools, kinaesthetic learning tools, etc.				
	PC18. foster trust by establishing an appropriate environment through privacy, confidentiality, and safety				
	PC19. practise effective, guest-centred communication based upon a respect for, and sensitivity to, individual familial, cultural, social, ethnic and religious factors				
	PC 20. gather feedback, re-assess and refine the practice to determine short-term or long-term goals and priorities				
	PC21. address new and changing conditions, goals, aspirations and priorities of the guest and to provide appropriate support				
	PC22. accept and follow ethical principles and related concepts from the yoga tradition to professional interactions and relationships				

	PC23. maintain neat and clean work area at all times				
	PC24. inform guests in various forms of Mahila yoga and its effect on body and mind				
	PC25. use a broad range of mind-body-based healing tools in conjunction with exercise based on needs, ages, and ability levels to create effective practices against ailments				
	PC26. apply yogic principles to conduct guest sessions to enhance wellbeing, overcome illness and live a healthier and more meaningful life				
	PC27. perform and demonstrate all Mahila yoga techniques to guests and ensure compliance to safety and health standards				
	PC28. assist guests to perform all Mahila techniques effectively				
	PC29. evaluate exercises performed by guests and recommend correction whenever required				
	PC30. coordinate with senior Yoga Trainer and guests on yogic lifestyle counselling to ensure healthy body and mind				
	PC31. ensure guest satisfaction and assist in answering all guest queries				
	PC32. store guest and equipment records, securely in line with the organizations policies				
	PC33. leave the work area in a clean and hygienic condition suitable for further classes				
	PC34. communicate any shortcomings to the supervisor				
	Total	34	66		
Conduct the vridha yoga sessions	PC1. ensure appropriate ambience for the elderly guests to perform the Vridha yoga sessions				
	PC2. provide appropriate opening and closure of the session through prayer/chanting/meditation				
	PC3. obtain permission/ notify the guests for a physical contact with the guest during Vridha yoga session, if required				

	PC4. obtain information on guests medical history, background, preferences, etc. before starting the Vridha yoga session				
	PC.5 recognise, adjust, and adapt to specific client/student needs in the evolving therapeutic/professional relationship				
	PC6. recognise and manage the subtle dynamics inherent in the teacher/ guest relationship				
	PC7. analyze the difficulties individuals are facing due to ageing in performing various Vridha yoga poses				
	PC8. suggest guests to substitute warm-ups with brisk walking and joint movements				
	PC9. teach standing yoga poses triangle pose (konasana series) and standing spinal twist (kati chakrasanas)				
	PC10. teach sitting yoga poses butterfly pose, cradling (if possible), body rotation, cat stretch and child pose (shishu asana)				
	PC11. teach yoga poses which are performed lying on the back or stomach and focuses on repetitions rather than holding any posture such as the cobra pose (bhujangasana), the locust pose (shalabhasana) or the knee to chin press (pawanmuktasana)				
	PC12. teach yoga nidra which is by far the most essential part of any yoga practice, and as age progresses, it becomes even more essential to help assimilate the effect of the asana practice into our system				
	PC13. implement effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the guests progress, and cope with unique difficulties / successes				
	PC14. transmit the value of self-awareness and self-responsibility throughout the process				
	PC15. modify and adapt the sequence of yoga practices appropriate to the needs of guests				

	PC16. deliver appropriate practices for individuals as well as group, taking into consideration the assessment of their conditions, limitations, possibilities and the overall practice strategy				
	PC17. foster trust by establishing an appropriate environment through privacy, confidentiality and safety				
	PC18. practise effective, guest-centred communication based upon a respect for, and sensitivity to, individual familial, cultural, social, ethnic and religious factors				
	PC19. gather feedback, re-assess and refine the practice to determine short-term or long-term goals and priorities				
	PC20. address new and changing conditions, goals, aspirations and priorities of the guest and to provide appropriate support				
	PC21. accept and follow ethical principles and related concepts from the yoga tradition to professional interactions and relationships				
	PC22. maintain neat and clean work area at all times				
	PC23. inform guests about the various forms of Vridha yoga and its effect on body and mind				
	PC24. use a broad range of mind-body-based healing tools in conjunction with exercise based on needs, ages, and ability levels to create effective practices against ailments				
	PC25. use a broad range of mind-body-based healing tools in conjunction with exercise based on needs, ages, and ability levels to create effective practices against ailments				
	PC26. perform and demonstrate all Vridha yoga techniques to guests and ensure compliance to safety and health standards				
	PC27. assist guests to perform all Vridha yoga techniques effectively				
	PC28. evaluate exercises performed by guests and recommend correction whenever required				

	PC29. coordinate with senior Yoga Trainer and guests on yogic lifestyle counselling to ensure healthy body and mind				
	PC30. ensure guest satisfaction and assist in answering all guest queries				
	PC31. store guest and equipment records, securely in line with the organizations policies				
	PC32. leave the work area in a clean and hygienic condition suitable for further classes				
	PC33 communicate any shortcomings to the supervisor				
	Total	33	67		
Conduct the bal yoga sessions	PC1. components that should be covered during the session are yoga, sloka, bhajans, meditation, chanting om and its essence, group activity, moral values-skit/activity				
	PC2. ensure appropriate ambience for the children to perform the Bal yoga				
	PC3. provide appropriate opening and closure of the session through prayer/chanting/meditation				
	PC4. obtain information of childs medical history, background, preferences from parents before starting the session				
	PC5. work on enhancing childs resilience and coping frequency, thereby helping them adapt and cope with negative life events				
	PC6 work on cultivating balanced psychological and physiological responses to stress, such as improved stress management, reduced problematic stress responses, decreased cortisol concentrations				
	PC7 address the spiritual needs of the children and help to mould their character through value based curriculum				
	PC8 introduce children to various Indian scriptures (Ramayana, Bhagwat Puran) and derive lessons of right values and moral principles				

	PC9 provide a fun and non-competitive environment for children to internalize the teachings				
	PC10 ensure that there is discipline and respect among children and for their respective teachers				
	PC11 ensure that the teachings in class are inclusive and applicable to all children and their respective communities. The parents should feel comfortable reinforcing at home what is taught in classes				
	PC12 implement effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the child's progress, and cope with unique difficulties / successes				
	PC13 transmit the value of self-awareness and self-responsibility throughout the process				
	PC14 elicit the goals, expectations and aspirations of the child				
	PC15 integrate information from the intake, evaluation, and observation to develop a working assessment of the child's condition, limitations and possibilities				
	PC16 determine which aspects of the children's conditions, goals and aspirations might be addressed through Bal yoga				
	PC17 select and prioritise the use of yoga tools and techniques				
	PC18 modify and adapt the sequence of yoga practices appropriate to the needs of children				
	PC19 deliver appropriate practices for individuals as well as group, taking into consideration the assessment of their conditions, limitations, possibilities and the overall practice strategy				
	PC20. provide instruction, demonstration, education of the children using multi-model strategies of education such as audio visual tools, kinaesthetic learning tools, etc.				
	PC21. foster trust by establishing an appropriate environment through privacy, confidentiality, and safety				

	PC22. practise effective student-centred communication based upon a respect for and sensitivity to individual familial, cultural, social, ethnic and religious factors				
	PC23. gather feedback, re-assess and refine the practice to determine short-term or long-term goals and priorities				
	PC24. accept and follow ethical principles and related concepts from the yoga tradition to professional interactions and relationships				
	PC25. inform children about the various forms of yoga and its effect on body and mind				
	PC26. use a broad range of mind-body-based healing tools in conjunction with exercise based on needs, ages, and ability levels to create effective practices against ailments				
	PC27 apply yogic principles while conducting sessions to enhance well-being, overcome illness and live a healthier and more meaningful life				
	PC28. perform and demonstrate all yoga techniques to children and ensure compliance to safety and health standards				
	PC29. assist children to perform all techniques effectively				
	PC30. evaluate exercises performed by children and recommend correction whenever required				
	PC31. coordinate with senior yoga therapist and children's parents on yogic lifestyle counselling to ensure healthy body and mind				
	PC32. ensure customer satisfaction and assist in answering all queries that the children may have				
	PC33. leave the work area in a clean and hygienic condition suitable for further classes				
	PC34. communicate any shortcomings to the supervisor				
	Total	34	66		
	Introduction to Employability skills	1	1		

DGT/VSQ/N0101: Employability skills	Constitutional values	1	1		
	Becoming a professional in the 21st century	1	3		
	Basic English skills	2	3		
	Communication skills	1	1		
	Diversity and inclusion	1	1		
	Financial and legal literacy	3	4		
	Essential digital skills	4	6		
	Entrepreneurship	3	5		
	Customer service	2	2		
	Getting ready for apprenticeship and job	1	3		
	Total Marks	20	30		
Grand Total		90	110		40

Annexure 7: Assessment Strategy

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

Mention the detailed assessment strategy in the provided template.

1. Assessment System Overview:

- Batches assigned to the assessment agencies for conducting the assessment on SIP or email
- Assessment agencies send the assessment confirmation to VTP/TC looping SSC
- Assessment agency deploys the ToA certified Assessor for executing the assessment
- SSC monitors the assessment process & records

2. Testing Environment:

- Check the Assessment location, date and time
- If the batch size is more than 30, then there should be 2 Assessors.
- Check that the allotted time to the candidates to complete Theory & Practical Assessment is correct.

3. Assessment Quality Assurance levels/Framework:

- Question bank is created by the Subject Matter Experts (SME) are verified by the other SME
- Questions are mapped to the specified assessment criteria
- Assessor must be ToA certified & trainer must be ToT Certified

4. Types of evidence or evidence-gathering protocol:

- Time-stamped & geotagged reporting of the assessor from assessment location
- Centre photographs with signboards and scheme specific branding

5. Method of verification or validation:

- Surprise visit to the assessment location
6. Method for assessment documentation, archiving, and access
- Hard copies of the documents are stored

On the Job:

1. Each module (which covers the job profile of Automotive Service Assistant Technician) will be assessed separately.
2. The candidate must score 60% in each module to successfully complete the OJT.
3. Tools of Assessment that will be used for assessing whether the candidate is having desired skills and etiquette of dealing with customers, understanding needs & requirements, assessing the customer and perform Soft Skills effectively:
 - Videos of Trainees during OJT
 -
4. Assessment of each Module will ensure that the candidate is able to:
 - Effective engagement with the customers
 - Understand the working of various tools and equipment

Annexure 8: Acronym and Glossary*Acronym*

Acronym	Description
AA	Assessment Agency
AB	Awarding Body
ISCO	International Standard Classification of Occupations
NCO	National Classification of Occupations
NCrF	National Credit Framework
NOS	National Occupational Standard(s)
NQR	National Qualification Register
NSQF	National Skills Qualifications Framework
OJT	On the Job Training

Glossary

Term	Description
National Occupational Standards (NOS)	NOS define the measurable performance outcomes required from an individual engaged in a particular task. They list down what an individual performing that task should know and also do.
Qualification	A formal outcome of an assessment and validation process which is obtained when a competent body determines that an individual has achieved learning outcomes to given standards
Qualification File	A Qualification File is a template designed to capture necessary information of a Qualification from the perspective of NSQF compliance. The Qualification File will be normally submitted by the awarding body for the qualification.
Sector	A grouping of professional activities on the basis of their main economic function, product, service or technology.
Long Term Training	Long-term skilling means any vocational training program undertaken for a year and above. https://ncvet.gov.in/sites/default/files/NCVET.pdf

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