

# Model Curriculum

## Yoga Therapy Assistant (Options: Diabetes/ Palliative Care)

**SECTOR: HEALTHCARE**  
**SUB-SECTOR: AYUSH**  
**OCCUPATION: Yoga**  
**REF ID: HSS/Q4001, V1.0**  
**NSQF LEVEL: 4**



## Certificate

### CURRICULUM COMPLIANCE TO QUALIFICATION PACK – NATIONAL OCCUPATIONAL STANDARDS

is hereby issued by the

**HEALTHCARE SECTOR SKILL COUNCIL**

for the

**MODEL CURRICULUM**

Complying to National Occupational Standards of  
Job Role/ Qualification Pack: Yoga Therapy Assistant (Options: Diabetes/Palliative Care)  
QP No. 'HSS/Q4001 NSQF Level 4'

Date of Issuance: 29<sup>th</sup> May 2019  
Valid up to: 29<sup>th</sup> May 2022



Authorized Signatory  
(Healthcare Sector Skill Council)

\* Valid up to the next review date of the Qualification Pack

## TABLE OF CONTENTS

|   |           |
|---|-----------|
| <b>1. Curriculum</b>                    | <b>01</b> |
| <b>2. Trainer Prerequisites</b>         | <b>16</b> |
| <b>3. Annexure: Assessment Criteria</b> | <b>17</b> |

# Yoga Therapy Assistant (Options: Diabetes/Palliative Care)

## CURRICULUM / SYLLABUS

This program is aimed at training candidates for the job of a “Yoga Therapy Assistant (Options: Diabetes/Palliative Care)”, in the “Healthcare” Sector/Industry and aims at building the following key competencies amongst the learner

|   |   |                            |            |
|---|---|----------------------------|------------|
| <b>Program Name</b>                                   | <b>Yoga Therapy Assistant<br/>(Options: Diabetes/Palliative Care)</b>   |                            |            |
| <b>Qualification Pack Name &amp; Reference ID. ID</b> | HSS/Q4001, version 1.0  |                            |            |
| <b>Version No.</b>                                    | 1.0   | <b>Version Update Date</b> | 29/05/2019 |
| <b>Pre-requisites to Training</b>                     | Class 12 <sup>th</sup>  |                            |            |
| <b>Training Outcomes</b>                              | <p><b>After completing this programme, participants will be able to:</b></p> <p><b><u>Compulsory:</u></b></p> <ul style="list-style-type: none"> <li>• Describe basic concepts and fundamental principles of therapeutic Yoga practises.</li> <li>• Describe various therapeutic measures commonly used in yoga.</li> <li>• Discuss indication and contraindications of yoga therapy practices</li> <li>• Communicate accurately and appropriately in the capacity of a yoga therapy assistant</li> </ul> <p><b><u>Option 1:</u></b></p> <ul style="list-style-type: none"> <li>• Discuss the significance of yoga in the field of diabetes.</li> <li>• Describe the fundamental concepts and principles of therapeutic yoga practices for diabetes</li> <li>• Assist in conducting yoga therapy sessions for diabetic patients</li> </ul> <p><b><u>Option 2:</u></b></p> <ul style="list-style-type: none"> <li>• Describe the basic concepts and fundamental principles of therapeutic yoga practises for palliative care</li> <li>• Explain the merits of yoga in palliative care</li> <li>• Assist in the conducting yoga therapy sessions for palliative care</li> </ul> |                            |            |



| Sr. No. | Module  | Key Learning Outcomes   | Equipment Required   |
|---------|---|---|--|
|         | <p><b>Unit</b></p> <p><b>Theory Duration</b><br/>(hh:mm)<br/>15:00</p> <p><b>Practical Duration</b><br/>(hh:mm)<br/>15:00</p> <p><b>Corresponding NOS Code</b><br/>HSS/N4001</p>                                  | <p>of pre-procedural preparedness for therapeutic yoga sessions</p> <ul style="list-style-type: none"> <li>• Discuss the importance of readiness of resources including lights/props/mats/sound system etc.</li> <li>• Discuss the importance of ventilation, aroma and therapeutic milieu for better conduction of a therapy session.</li> <li>• Assess the participant schedule on daily basis</li> <li>• Interpret the prescription, orders/consent forms, clinical details of participant to plan appropriate yoga therapy sessions</li> <li>• Explain the importance of employee's responsibilities such as punctuality, discipline, integrity, grievance redressal process</li> <li>• Prepare yoga therapy unit as per organizational policies and protocols</li> <li>• Demonstrate safe work practices during the procedure of therapeutic yoga</li> </ul> | <p>unit</p> <ul style="list-style-type: none"> <li>• Yoga mat</li> <li>• Charts of various <i>Asanas</i></li> </ul>  |
| 4       | <p><b>Foundations of anatomy and physiology</b></p> <p><b>Theory duration</b><br/>(hh:mm)<br/>15:00</p> <p><b>Practical Duration</b><br/>(hh:mm)<br/>20:00</p> <p><b>Corresponding NOS Code</b><br/>HSS/N4001</p> | <ul style="list-style-type: none"> <li>• Discuss about various medical terms being used in day-to-day life for therapeutic yoga</li> <li>• Explain about yogic anatomy and physiology (<i>sharira, kosha, prana, nadi, chakra, marma</i>)</li> <li>• Explain the concept of <i>dosha-dhatu</i> mala</li> <li>• Explain the nine systems of the human body- their structure and functions and influence of yogic practices on the different body systems</li> <li>• Describe the influence of yogic practices on the</li> </ul>  | <ul style="list-style-type: none"> <li>• Human Body Skeleton</li> <li>• Charts and Posters on body systems</li> <li>• AV Aids for understanding Human Body Structure and Function</li> </ul> |



| Sr. No. | Module   | Key Learning Outcomes   | Equipment Required  |
|---------|--|---|---|
|         | <p>20:00</p> <p><b>Practical Duration</b><br/>(hh:mm)<br/>20:00</p> <p><b>Corresponding NOS Code</b><br/>HSS/N4006</p>   | <ul style="list-style-type: none"> <li>• Explain historical perspective of yoga and yogic philosophy</li> <li>• Explain the concept of body, mind and soul</li> <li>• Explain the concept of Ayurveda in yoga</li> <li>• Explain the concept of <i>mala</i> (waste products)</li> <li>• Explain the concept of yoga and psychology</li> <li>• Explain mantra chanting and <i>dhyana</i></li> <li>• Demonstrate relaxation techniques</li> <li>• Explain the concept and benefits of yogic practices (<i>Shuddhi Kriya, Asana, Pranayama, Mudra etc</i>),</li> <li>• Explain indications and contraindications of therapeutic yoga</li> <li>• Explain the relevance of Sanskrit language and <i>shlokas</i> related to yoga</li> </ul> |   |
| 7       | <p><b>Yoga session</b></p> <p><b>Theory duration</b><br/>(hh:mm)<br/>20:00</p> <p><b>Practical Duration</b><br/>(hh:mm)<br/>20:00</p> <p><b>Corresponding NOS Code</b><br/>HSS/N4003</p> | <ul style="list-style-type: none"> <li>• Demonstrate different postures used for therapeutic yoga</li> <li>• Organize work and prioritize the activities as per the instructions of the therapist/ doctor</li> <li>• Demonstrate asana to the participant as per yogic practices</li> <li>• Explain the use of complementary practices of yogic principles</li> <li>• Demonstrate correct techniques of ambulation to participant</li> <li>• Demonstrate comfortable position to participant</li> <li>• Ensure that the proceedings of the yoga session are being followed by the participant</li> <li>• Describe ways to avoid unnecessary physical</li> </ul>   | <ul style="list-style-type: none"> <li>• Yoga Mat</li> <li>• Charts of various Yoga mudras and <i>asanas</i></li> </ul> |



| Sr. No. | Module | Key Learning Outcomes   | Equipment Required |
|---------|--------|---|--------------------|
|         |        | <p>contact with participant during session</p> <ul style="list-style-type: none"> <li>• Explain post therapy sessions compliances</li> <li>• Record participant grievances and escalate to the concerned authority</li> <li>• Maintain participant grievances and escalate to the concerned authority</li> <li>• Explain about performance of participant and limitations if any to the therapist/doctor</li> <li>• Carry out regular follow-up with participants as directed by therapists/doctors</li> <li>• Follow appropriate techniques to make session useful and safe</li> <li>• Inform participants about next schedule with the therapist/doctor</li> <li>• Demonstrate therapeutic yoga techniques for concentration development.</li> <li>• Explain therapeutic yoga practices for memory development.</li> <li>• Demonstrate therapeutic yogic techniques for voice culture</li> <li>• Demonstrate therapeutic yogic techniques of tongue</li> <li>• Demonstrate therapeutic techniques of <i>karṇa Śakti Vikāśaka</i></li> <li>• Demonstrate therapeutic yogic techniques of <i>mukha, dhauti</i></li> <li>• Demonstrate yogic techniques of <i>vāk sakti vikāśaka</i></li> <li>• Demonstrate yogic techniques of <i>nādānusandhāna</i></li> <li>• Demonstrate yogic techniques of <i>pādahastāsana</i></li> </ul> |                    |



















| Sr. No. | Module   | Key Learning Outcomes  | Equipment Required |
|---------|--|--|--------------------|
|         |  | <p>sessions</p> <ul style="list-style-type: none"> <li>• Explain the importance of <i>ahara</i> in diabetes</li> <li>• Explain properties and classifications of <i>ahara dravya</i></li> <li>• Explain <i>hita avam ahitra ahara</i> based on <i>doshika prakriti</i></li> <li>• Explain the properties of cereals, pulses, vegetables and fruits</li> <li>• Explain the relevance of milk and milk products in health and disease</li> </ul> |                    |
|         | <p><b>OPTION 2: Total Duration (theory and practical): 50 Hours</b></p> <p><b>Theory Duration 30:00</b></p> <p><b>Practical Duration 20:00</b></p> <p><b>OJT Hours (mandatory) 50:00</b></p>   | <p><b>Unique Equipment Required:</b></p> <p>Human Body Skeleton Charts and Posters on body systems related to diabetes AV Aids for understanding Human Body Structure and Function, Yoga dress for male and female, Vitals assessment equipment, Sphygmomanometer, Thermometer, Pulse Oximeter (Finger), Stethoscope</p>   |                    |
|         | <p><b>GRAND Total Duration</b></p> <p><b>Minimum Duration for the QP (theory+ practical) = 460 hrs</b><br/> <b>Theory: 240 hrs</b><br/> <b>Practical: 220 hrs</b><br/> <b>OJT (mandatory): 240 hrs</b></p> <p><b>Maximum Duration for the QP( theory+ practical)= 560 hrs</b><br/> <b>Theory: 300 hrs</b><br/> <b>Practical:260 hrs</b><br/> <b>OJT (mandatory): 340 hrs</b></p> | <p><b>Unique Equipment Required:</b></p> <p>Human Body Skeleton Charts and Posters on body systems related to diabetes AV Aids for understanding Human Body Structure and Function, yoga dress for male and female for each participant, Equipment for vital checking like Sphygmomanometer, Thermometer, Pulse Oximeter (Finger), Stethoscope</p>   |                    |

*(This syllabus/ curriculum has been approved by SSC: Healthcare Sector Skill Council)*



### Annexure: Assessment Criteria

|                             |   |
|-----------------------------|---|
| <b>Assessment Criteria</b>  |   |
| <b>Job Role</b>             | <b>Yoga Therapy Assistant (options: Diabetes/Palliative Care)</b> |
| <b>Qualification Pack</b>   | <b>HSS/Q4001</b>  |
| <b>Sector Skill Council</b> | <b>Healthcare Sector Skill Council</b>                            |

| <b>Sr. No.</b> | <b>Guidelines for Assessment</b>  |
|----------------|---|
| 1.             | Criteria for assessment for each Qualification Pack will be created by the Sector Skill Council. Each Performance Criteria (PC) will be assigned marks proportional to its importance in NOS. SSC will also lay down proportion of marks for Theory and Skills Practical for each PC. |
| 2.             | The assessment for the theory part will be based on knowledge bank of questions created by the SSC.   |
| 3.             | Assessment will be conducted for all compulsory NOS, and where applicable, on the selected elective/option NOS/set of NOS.  |
| 4.             | Individual assessment agencies will create unique question papers for theory part for each candidate at each examination/training centre (as per assessment criteria below).  |
| 5.             | Individual assessment agencies will create unique evaluations for skill practical for every student at each examination/training centre based on this criterion.  |
| 6.             | To pass the Qualification Pack, every trainee should score a minimum of 70% of aggregate marks to successfully clear the assessment.  |
| 7.             | In case of unsuccessful completion, the trainee may seek reassessment on the Qualifications Pack.   |



|   |  |  |            |    |    |    |    |     |  |
|---|--|--|------------|----|----|----|----|-----|--|
|   |  | necessary resources accordingly  |            |    |    |    |    |     |  |
|   |  | PC6. check the orders/consent forms or any relevant document from the participant as per organization policies and protocols           |            |    |    |    | 10 |     |  |
|   |  | PC7. study the clinical details and protocol suggested by therapist/consultant before initiating the yoga therapy and plan accordingly |            |    |    |    |    |     |  |
|   |  | PC8. make appropriate changes in the therapy as per orders from consultant/therapist as and when required and maintain a record of it  |            |    |    |    |    |     |  |
|   |  | PC9. check if participant is suitably dressed for the therapy  |            |    |    |    | 10 |     |  |
|   |  | PC10. maintain records of appointments, up to the completion of course   |            |    |    |    | 10 |     |  |
|   |  |  |            | 50 | 30 | 20 | 60 | 160 |  |
| HSS/N4002: Carry out initial interaction with individuals | • Counselling of individuals and Information | PC1. introduce oneself to participant  | <b>173</b> | 43 | 30 | 30 |    |     |  |
|   |  |  |            |    |    |    | 5  |     |  |

|   |                                     |   |  |  |    |  |
|---|-------------------------------------|---|--|--|----|--|
| for proposed yoga therapy as per directions | gathering for proposed yoga therapy | PC2. provide information about the session including session duration, precautions to be taken before and after the session   |  |  |    |  |
|   |                                     | PC3. assess the general state of participant before initiating the therapy to check readiness to take the therapy or escalate, if required to the concerned authority |  |  | 5  |  |
|   |                                     | PC4. obtain relevant social and occupation related information from the participant as per organization policies and protocols  |  |  | 5  |  |
|   |                                     | PC5. obtain relevant medical history of participant and family as per organization policies and protocols   |  |  | 5  |  |
|   |                                     | PC6. comprehend the protocol and/or prescription as referred by the doctor  |  |  | 10 |  |
|   |                                     | PC7. check with the participant for any past complications which occurred   |  |  | 10 |  |
|   |                                     |   |  |  |    |  |

|   |                                      |   |     |  |  |    |    |     |    |
|---|--------------------------------------|---|-----|--|--|----|----|-----|----|
|   |                                      | due to yoga therapy procedure   |     |  |  |    |    |     |    |
|   |                                      | PC8. assess the comfort or limitations of the client based on individual preference considering factors like gender, religion, culture, language etc.         |     |  |  |    | 10 |     |    |
|   |                                      | PC9. identify modulations to be done for sessions based on individual preference without affecting the outcome or deviation from protocol and/or prescription |     |  |  |    | 10 |     |    |
|   |                                      | PC10. make the participant aware about the outcome of yoga therapy session  |     |  |  |    | 10 |     |    |
|   |                                      |   |     |  |  | 43 | 30 | 30  |    |
|   |                                      |   |     |  |  |    | 70 | 173 |    |
| HSS/N4003:Conduct yoga therapy session as per prescribed advice | • Demonstrating yoga therapy posture | PC1. work and prioritize the activities as per the instructions of the therapist/ doctor  | 357 |  |  | 82 | 40 | 40  |    |
|   |                                      | PC2. check vital parameters including blood pressure, temperature, pulse, respiration to assess physical state of individual                                  |     |  |  |    |    |     | 10 |
|   |                                      |   |     |  |  |    |    |     | 20 |





|  |   |  |     |    |    |    |     |    |  |
|--|---|--|-----|----|----|----|-----|----|--|
|  |   | any and escalate to the concerned authority  |     |    |    |    |     |    |  |
|  |   | PC12. update the therapist/doctor regarding the performance of an individual and limitations if any or any other area of concern |     |    |    |    | 10  |    |  |
|  |   | PC13. provide details to the participant about next schedule or follow up session as per therapist/ doctor's advice              |     |    |    |    | 10  |    |  |
|  |   |  | 50  | 30 | 15 | 40 | 135 |    |  |
| HSS/N40<br>04:<br>Conduct post yoga therapy session review | • Reflective Report of Yoga Therapy Session | PC1. take a feedback from the patient about the session as per organizational standard operating procedure                       | 151 | 46 | 30 | 20 |     |    |  |
|  |   | PC2. check the vitals of the individuals post therapy and record it  |     |    |    |    |     | 10 |  |
|  |   | PC3. update the findings to the physician or concerned authorities in case of deviation from normal findings of vitals           |     |    |    |    |     | 10 |  |
|  |   | PC4. provide suitable time of appointment to the individual in   |     |    |    |    |     | 5  |  |
|  |   |  |     |    |    |    | 5   |    |  |





|  |  |  |   |   |   |   |   |
|--|--|--|---|---|---|---|---|
|  | <b>Total</b>   |  | 5 | 0 | 0 | 0 | 5 |
|  | Work with other people to meet requirements  |  | 5 |   |   |   |   |
|  |  | PC8. integrate one's work with another people's work effectively   |   |   |   |   |   |
|  |  | PC9. utilize time effectively and pass on essential information to other people on timely basis                |   |   |   |   |   |
|  |  | PC10. work in a way that shows respect for other people  |   |   |   |   |   |
|  |  | PC11. carry out any commitments made to other people   |   |   |   |   |   |
|  |  | PC12. reason out the failure to fulfill commitment   |   |   |   |   |   |
|  |  | PC13. identify any problems with team members and other people and take the initiative to solve these problems |   |   |   |   |   |
|  | <b>Total</b>   |  | 5 | 0 | 0 | 0 | 5 |
|  | Establish and manage requirements, planning and organizing work, ensuring accomplishment of the requirements |  | 3 |   |   |   |   |
|  |  | PC14. establish, agree, and record the work requirements clearly   |   |   |   |   |   |
|  |  | PC15. ensure his/her work meets the agreed requirements  |   |   |   |   |   |
|  |  | PC16. treat confidential information   |   |   |   |   |   |

|   |   |   |    |   |   |   |   |   |   |   |
|---|---|---|----|---|---|---|---|---|---|---|
|   |   | correctly   |    |   |   |   |   |   |   |   |
|   |   | PC17. work in line with the organization's procedures and policies and within the limits of his/ her job role |    |   |   |   |   |   |   |   |
|   | <b>Total</b>  |   |    | 3 | 0 | 0 | 0 | 0 | 3 |   |
| HSS/N96<br>16<br>Maintain professional & medico-legal conduct | Maintain professional behavior  |   | 19 | 5 |   |   |   |   |   |   |
|   | PC1. respect patient's individual values and needs  |   |    |   |   |   |   |   |   |   |
|   | PC2. maintain patient's confidentiality   |   |    |   |   |   |   |   |   |   |
|   | PC3. meet timelines for each assigned task  |   |    |   |   |   |   |   |   |   |
|   | PC4. respect patient's dignity and use polite language to communicate                             |   |    |   |   |   |   |   |   |   |
|   | PC5. maintain professional environment  |   |    |   |   |   |   |   |   |   |
|   | <b>Total</b>  |   |    |   | 5 | 0 | 0 | 0 | 0 | 5 |
|   | Act within the limit of one's competence and authority  |   |    |   | 7 |   |   |   |   |   |
|   | PC6. work within organizational systems and requirements as appropriate to one's role             |   |    |   |   |   |   |   |   |   |
|   | PC7. adhere to legislation, protocols and guidelines relevant to one's role and field of practice |   |    |   |   |   |   |   |   |   |

|  |  |  |   |   |   |   |   |
|--|--|--|---|---|---|---|---|
|  |  | PC8. maintain competence within one's role and field of practice   |   |   |   |   |   |
|  |  | PC9. evaluate and reflect on the quality of one's work and make continuing improvements  |   |   |   |   |   |
|  |  | PC10. use relevant research-based protocols and guidelines as evidence to inform one's practice  |   |   |   |   |   |
|  | <b>Total</b>   |  | 7 | 0 | 0 | 0 | 7 |
|  | Follow the code of conduct and demonstrate best practices in the field |  | 7 |   |   |   |   |
|  |  | PC11. recognize the boundary of one's role and responsibility and seek supervision when situations are beyond one's competence and authority |   |   |   |   |   |
|  |  | PC12. promote and demonstrate good practice as an individual and as a team member at all times   |   |   |   |   |   |
|  |  | PC13. identify and manage potential and actual risks to the quality and safety of practice   |   |   |   |   |   |
|  |  | PC14. maintain personal  |   |   |   |   |   |

|  |  |   |    |   |    |   |   |    |
|--|--|---|----|---|----|---|---|----|
|  |  | hygiene and contribute actively to the healthcare ecosystem   |    |   |    |   |   |    |
|  |  | PC15. maintain a practice environment that is conducive to the provision of medico-legal healthcare |    |   |    |   |   |    |
|  | <b>Total</b>   |   |    | 7 | 0  | 0 | 0 | 7  |
| HSS/N96<br>17<br>Maintain a safe, healthy and secure working environment | Comply the health, safety and security requirements and procedures for workplace                                       |   | 59 | 7 | 10 | 2 |   |    |
|  | PC1. identify individual responsibilities in relation to maintaining workplace health safety and security requirements |   |    |   |    |   |   |    |
|  | PC2. comply with health, safety and security procedures for the workplace  |   |    |   |    |   |   |    |
|  | PC3. comply with health, safety and security procedures and protocols for environmental safety                         |   |    |   |    |   |   |    |
|  | <b>Total</b>   |   |    | 7 | 10 | 2 | 0 | 19 |
|  | Handle any hazardous situation with safety, competently and within the limits of authority                             |   |    | 8 | 10 | 5 |   |    |
|  | PC4. identify potential hazards and breaches of safe work practices  |   |    |   |    |   |   |    |
|  | PC5. identify and interpret  |   |    |   |    |   |   |    |



|  |   |  |   |    |   |   |  |    |
|--|---|--|---|----|---|---|--|----|
|  | various hospital codes for emergency situations   |  |   |    |   |   |  |    |
|  | PC6. correct any hazards that individual can deal with safely, competently and within the limits of authority |  |   |    |   |   |  |    |
|  | PC7. provide basic life support (BLS) and first aid in hazardous situations, whenever applicable              |  |   |    |   |   |  |    |
|  | PC8. follow the organization's emergency procedures promptly, calmly, and efficiently                         |  |   |    |   |   |  |    |
|  | PC9. identify and recommend opportunities for improving health, safety, and security to the designated person |  |   |    |   |   |  |    |
|  | PC10. complete any health and safety records legibly and accurately   |  |   |    |   |   |  |    |
|  | <b>Total</b>  |  | 8 | 10 | 5 | 0 |  | 23 |
|  | Report any hazardous situation and breach in procedures to ensure a safe, healthy, secure working             |  | 5 |    | 2 |   |  |    |
|  | PC11. report any identified breaches in health, safety, and security procedures to                            |  |   | 10 |   |   |  |    |

|  |              |  |   |    |   |   |    |  |
|--|--------------|--|---|----|---|---|----|--|
|  | environment  | the designated person  |   |    |   |   |    |  |
|  |              | PC12. report the hazards that individual is not allowed to deal with to the relevant person and warn other people who may get affected promptly and accurately |   |    |   |   |    |  |
|  | <b>Total</b> |  | 5 | 10 | 2 | 0 | 17 |  |

Options

**Options 1: Diabetes Care**

|   |   |   |     |    |    |   |  |
|---|---|---|-----|----|----|---|--|
| HSS/N4005<br>Conduct yoga therapy Sessions for Diabetic Patients as per directionst | • Carry out pre procedural requirements |   | 20  | 30 | 20 |   |  |
|   |   | PC1. introduce oneself to the client  |     |    |    | 2 |  |
|   |   | PC2. check and record the pathological test critical values to identify if the patient is fit for yoga therapy or not   |     |    |    | 5 |  |
|   |   | PC3. check and record the clinical vital findings to assess physical state of a patient before planning a therapy as per organizational policies and procedures | 270 |    |    | 5 |  |
|   |   | PC4. identify any deviations from normal values and inform to the doctor or concerned authority as per organizational   |     |    |    | 5 |  |



|  |  |    |    |    |    |
|--|--|----|----|----|----|
|  | PC12. guide patients regarding basic life style management as per yogic practices in consultation with doctor  |    |    |    |    |
| <b>Total</b>                             |  | 20 | 30 | 20 | 30 |
| Conduct yoga therapy sessions            | PC13. guide for breathing exercise for stress management   | 20 | 30 | 20 |    |
|  | PC14. carry out demonstrations for therapeutic yoga for diabetes as per yogic principles   |    |    |    | 2  |
|  | PC15. exercise specific yogic posture for the digestive system, excretory system and lymphatic system  |    |    |    | 5  |
|  | PC16. guide for techniques of meditation   |    |    |    | 5  |
|  | PC17. guide patients to practice stretching/walking/jogging as per general condition and strength of the patient in consultation with therapist/doctor |    |    |    | 3  |
|  | <b>Total</b>   |    | 20 | 30 | 20 |
| Conduct post therapy session compliances |  | 20 | 30 | 20 | 90 |

|  |              |  |  |  |  |  |    |    |    |    |    |
|--|--------------|--|--|--|--|--|----|----|----|----|----|
|  |              | PC18. update the therapist/doctor regarding the patient and his/her performance/limitations or any other area of concern |  |  |  |  |    |    |    |    |    |
|  |              | PC19. carry out regular follow-up with patients as per therapists/doctor's instructions                                  |  |  |  |  | 5  |    |    |    |    |
|  |              |  |  |  |  |  | 5  |    |    |    |    |
|  | <b>Total</b> |  |  |  |  |  | 20 | 30 | 20 | 10 | 80 |

### Options 2: Palliative Care

|   |  |   |  |  |    |    |    |   |   |  |
|---|--|---|--|--|----|----|----|---|---|--|
| HSS/N40<br>06:<br>Conduct<br>yoga<br>therapy<br>Sessions<br>for<br>Palliative<br>Care as<br>per<br>directions | • Perform<br>therapeutic<br>yoga for<br>palliative<br>care |   |  |  | 53 | 30 | 20 |   |   |  |
|   |  | PC1. introduce oneself to the patient   |  |  |    |    |    | 2 |   |  |
|   |  | PC2. interpret the prescription for identified yoga therapy session as per medical condition                            |  |  |    |    |    |   | 2 |  |
|   |  | PC3. modulate therapies as per patient needs based on doctor's advice without affecting the overall outcome and process |  |  |    |    |    |   | 5 |  |
|   |  | PC4. conduct therapeutic yoga for palliative care   |  |  |    |    |    |   | 5 |  |
|   |  | PC5. inform to patients regarding benefits and limitations of the practices   |  |  |    |    |    |   | 2 |  |
|   |  | PC6. motivate the patients for  |  |  |    |    |    |   | 2 |  |
| <b>127</b>  |  |   |  |  |    |    |    |   |   |  |

|              |  |
|--------------|--|
|              | doing the practices regularly  |
|              | PC7. follow-up with patients as per therapists/doctor's instructions |
|              | PC8. update to the therapist/doctor regarding patient's performance  |
|              | PC9. conduct breathing exercise for stress management                |
| <b>Total</b> |  |

|    |    |    |    |     |
|----|----|----|----|-----|
|    |    |    |    |     |
|    |    |    | 2  |     |
|    |    |    | 2  |     |
|    |    |    | 2  |     |
| 53 | 30 | 20 | 24 | 127 |