



Ayurveda Masseur

QP Code: HSS/Q3605

Version: 1.0

NSQF Level: 3

Healthcare Sector Skill Council || 520, DLF Tower A, 5th Floor, Jasola District Centre
New Delhi - 110025

Qualification Pack

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HSS/Q3605: Ayurveda Masseur

Brief Job Description

The individuals in this job are trained to practice safe and competent Ayurveda Massage

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/N3613: Pre-Procedural requirements of Ayurveda Massage](#)
2. [HSS/N3614: Carry out Ayurvedic Massage](#)
3. [HSS/N9624: Maintain a safe and secure working environment](#)
4. [HSS/N9625: Maintain interpersonal relationships and professional conduct](#)

Qualification Pack (QP) Parameters

Sector	Healthcare
Sub-Sector	AYUSH
Occupation	Ayurveda Therapy
Country	India
NSQF Level	3
Aligned to NCO/ISCO/ISIC Code	NCO-2015/224

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Minimum Educational Qualification & Experience	10th Class OR 8th Class with 1-2 Years of experience experience or ITI OR Certificate-NSQF (Level 2) with 1-2 Years of experience relevant field
Minimum Level of Education for Training in School	
Pre-Requisite License or Training	NA
Minimum Job Entry Age	16 Years
Last Reviewed On	31/03/2022
Next Review Date	31/03/2025
Deactivation Date	31/03/2025
NSQC Approval Date	31/03/2022
Version	1.0
Reference code on NQR	2022/HLT/HSSC/05644
NQR Version	1.0

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HSS/N3613: Pre-Procedural requirements of Ayurveda Massage

Description

This Occupational Standard describes the knowledge, understanding and skills required by an individual to meet pre procedural requirements of Ayurveda Massage

Scope

The scope covers the following :

- Pre-Procedural requirements

Elements and Performance Criteria

Pre-Procedural requirements

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
- PC7.** assist client in maintaining position for massage and draping as per the instructions
- PC8.** collect equipment and materials required for conducting massage and are suitable for use
- PC9.** ensure that personal articles of the individual are taken and kept secured as per organizational policies

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.** PwD laws/schemes/Acts/Provisions
- KU6.** the history, principles and development of Ayurveda massage
- KU7.** types of Ayurvedic massage
- KU8.** the effect of ayurvedic massage as per mechanical, physiological, psychological and reflex effects
- KU9.** basic structure and function of human body

Generic Skills (GS)

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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</i>	150	209	-	83
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	-	-	-	-
PC7. assist client in maintaining position for massage and draping as per the instructions	-	-	-	-
PC8. collect equipment and materials required for conducting massage and are suitable for use	-	-	-	-
PC9. ensure that personal articles of the individual are taken and kept secured as per organizational policies	-	-	-	-
NOS Total	150	209	-	83

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National Occupational Standards (NOS) Parameters

NOS Code	HSS/N3613
NOS Name	Pre-Procedural requirements of Ayurveda Massage
Sector	Healthcare
Sub-Sector	AYUSH
Occupation	Ayurveda Therapy
NSQF Level	4
Credits	TBD
Version	1.0
Last Reviewed Date	31/03/2022
Next Review Date	31/03/2025
NSQC Clearance Date	31/03/2022

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HSS/N3614: Carry out Ayurvedic Massage

Description

This Occupational Standard describes the knowledge, understanding and skills required by an individual to conduct ayurvedic massage and meet the post procedural requirements

Scope

The scope covers the following :

- Procedural requirements
- Post procedural requirements

Elements and Performance Criteria

Procedural requirements

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

- PC1.** drape client to expose only the part of the body being worked on
- PC2.** apply massage techniques according to orders and prescriptions
- PC3.** make appropriate adjustments during massage to meet any changing needs.
- PC4.** appropriately utilize massage mediums, coverings and supports as and when required
- PC5.** respect client boundaries at all times
- PC6.** seek client feedback on comfort levels
- PC7.** check the client's well-being throughout and give reassurance where needed.
- PC8.** seek help and support from other colleagues in case needed
- PC9.** inform to appropriate authority/professionals in case of any concern arise during massage

Post procedural requirements

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

- PC10.** maintain client privacy
- PC11.** clean the client after massage of any excess oil etc
- PC12.** provide clean clothes to the client as per organizational policies
- PC13.** handover personal belongings to the client as per organizational policies and procedures
- PC14.** provide clear and accurate information with regard to any relevant aftercare and self-care
- PC15.** complete and maintain records in accordance with professional and legal requirements

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

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- KU4.** professional standards and codes of practice for the area of work
- KU5.** PwD laws/schemes/Acts/Provisions
- KU6.** types of presenting conditions including emotional/stress related conditions, muscular over/under use, muscular spasm, muscular imbalance, long-term illness, terminal illness
- KU7.** the importance of maintaining correct posture
- KU8.** massage techniques, pressures and rhythms
- KU9.** benefits of massage, including: relaxation/invigoration, relieve tension, improved range of movement and flexibility, improved skin condition, improved systemic function, improved sleep patterns, pain reduction, injury prevention, improved circulation
- KU10.** how to work with clients to determine the appropriate actions
- KU11.** how to evaluate the effectiveness of the massage
- KU12.** the procedures for record keeping in accordance with legal and professional requirements
- KU13.** how the psychological and emotional balance, as well as diet and lifestyle of the individual, can affect their health and well being
- KU14.** importance of maintaining records and documentation

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 ayurvedic massage for optimum productivity

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Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Procedural requirements</i>	175	211	-	90
PC1. drape client to expose only the part of the body being worked on	-	-	-	-
PC2. apply massage techniques according to orders and prescriptions	-	-	-	-
PC3. make appropriate adjustments during massage to meet any changing needs.	-	-	-	-
PC4. appropriately utilize massage mediums, coverings and supports as and when required	-	-	-	-
PC5. respect client boundaries at all times	-	-	-	-
PC6. seek client feedback on comfort levels	-	-	-	-
PC7. check the client's well-being throughout and give reassurance where needed.	-	-	-	-
PC8. seek help and support from other colleagues in case needed	-	-	-	-
PC9. inform to appropriate authority/professionals in case of any concern arise during massage	-	-	-	-
<i>Post procedural requirements</i>	-	-	-	-
PC10. maintain client privacy	-	-	-	-
PC11. clean the client after massage of any excess oil etc	-	-	-	-
PC12. provide clean clothes to the client as per organizational policies	-	-	-	-
PC13. handover personal belongings to the client as per organizational policies and procedures	-	-	-	-
PC14. provide clear and accurate information with regard to any relevant aftercare and self-care	-	-	-	-

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
PC15. complete and maintain records in accordance with professional and legal requirements	-	-	-	-
NOS Total	175	211	-	90

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National Occupational Standards (NOS) Parameters

NOS Code	HSS/N3614
NOS Name	Carry out Ayurvedic Massage
Sector	Healthcare
Sub-Sector	AYUSH
Occupation	Ayurveda Therapy
NSQF Level	4
Credits	TBD
Version	1.0
Last Reviewed Date	31/03/2022
Next Review Date	31/03/2025
NSQC Clearance Date	31/03/2022

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HSS/N9624: Maintain a safe and secure working environment

Description

This OS unit is about the ensuring a safe and secure working environment

Scope

The scope covers the following :

- Workplace safety and security

Elements and Performance Criteria

Workplace safety and security

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

- PC1.** identify potential hazards of safe work practices
- PC2.** use various hospital codes for emergency situations
- PC3.** comply with safety, and security procedures within the defined scope of competence and authority
- PC4.** provide Basic Life Support (BLS) and first aid whenever applicable under defined scope of work
- PC5.** follow organizations' procedures related to any emergency efficiently
- PC6.** report any identified breaches in health, safety, and security procedures to the designated person
- PC7.** complete any health and safety records accurately

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** the importance of health, safety, and security in the workplace
- KU2.** how to identify safety and security hazards
- KU3.** the importance of identifying individual responsibilities in relation to maintaining workplace safety and security requirements
- KU4.** the relevant up-to-date information on safety, and security that applies to the workplace
- KU5.** how to report any emergency
- KU6.** various hospital codes for emergency situations
- KU7.** how to create safety records and maintain them
- KU8.** concept of first aid and BLS
- KU9.** the importance of raising alarm about hazards for safety of others

Generic Skills (GS)

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

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- GS1.** read and understand organization policies and procedures
- GS2.** prepare status and progress reports
- GS3.** • communicate information (for example, facts, ideas, or messages) in a brief, clear, and
• organized manner
- GS4.** make decisions pertaining to the area of work
- GS5.** plan for safety of the work environment
- GS6.** identify hazards, evaluate possible solutions and suggest effective solutions
- GS7.** analyze the seriousness of hazards

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Assessment Criteria

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

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National Occupational Standards (NOS) Parameters

NOS Code	HSS/N9624
NOS Name	Maintain a safe and secure working environment
Sector	Healthcare
Sub-Sector	Generic
Occupation	Generic
NSQF Level	4
Credits	TBD
Version	1.0
Last Reviewed Date	31/03/2022
Next Review Date	31/03/2025
NSQC Clearance Date	31/03/2022

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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

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- 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

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Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Maintain professional behaviour</i>	15	20	-	17
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	-	-	-	-
NOS Total	15	20	-	17

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National Occupational Standards (NOS) Parameters

NOS Code	HSS/N9625
NOS Name	Maintain interpersonal relationships and professional conduct
Sector	Healthcare
Sub-Sector	Generic
Occupation	Generic
NSQF Level	4
Credits	TBD
Version	1.0
Last Reviewed Date	31/03/2022
Next Review Date	31/03/2025
NSQC Clearance Date	31/03/2022

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.

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6. In case of unsuccessful completion, the trainee may seek reassessment on the Qualification Pack

Minimum Aggregate Passing % at QP Level : 70

(Please note: Every Trainee should score a minimum aggregate passing percentage as specified above, to successfully clear the Qualification Pack assessment.)

Assessment Weightage

Compulsory NOS

National Occupational Standards	Theory Marks	Practical Marks	Project Marks	Viva Marks	Total Marks	Weightage
HSS/N3613.Pre-Procedural requirements of Ayurveda Massage	150	209	-	83	442	40
HSS/N3614.Carry out Ayurvedic Massage	175	211	-	90	476	40
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
Total	350	450	-	200	1000	100

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Acronyms

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

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Glossary

Sector	Sector is a conglomeration of different business operations having similar business and interests. It may also be defined as a distinct subset of the economy whose components share similar characteristics and interests.
Sub-sector	Sub-sector is derived from a further breakdown based on the characteristics and interests of its components.
Occupation	Occupation is a set of job roles, which perform similar/ related set of functions in an industry.
Job role	Job role defines a unique set of functions that together form a unique employment opportunity in an organisation.
Occupational Standards (OS)	OS specify the standards of performance an individual must achieve when carrying out a function in the workplace, together with the Knowledge and Understanding (KU) they need to meet that standard consistently. Occupational Standards are applicable both in the Indian and global contexts.
Performance Criteria (PC)	Performance Criteria (PC) are statements that together specify the standard of performance required when carrying out a task.
National Occupational Standards (NOS)	NOS are occupational standards which apply uniquely in the Indian context.
Qualifications Pack (QP)	QP comprises the set of OS, together with the educational, training and other criteria required to perform a job role. A QP is assigned a unique qualifications pack code.
Unit Code	Unit code is a unique identifier for an Occupational Standard, which is denoted by an 'N'
Unit Title	Unit title gives a clear overall statement about what the incumbent should be able to do.
Description	Description gives a short summary of the unit content. This would be helpful to anyone searching on a database to verify that this is the appropriate OS they are looking for.
Scope	Scope is a set of statements specifying the range of variables that an individual may have to deal with in carrying out the function which have a critical impact on quality of performance required.

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Knowledge and Understanding (KU)	Knowledge and Understanding (KU) are statements which together specify the technical, generic, professional and organisational specific knowledge that an individual needs in order to perform to the required standard.
Organisational Context	Organisational context includes the way the organisation is structured and how it operates, including the extent of operative knowledge managers have of their relevant areas of responsibility.
Technical Knowledge	Technical knowledge is the specific knowledge needed to accomplish specific designated responsibilities.
Core Skills/ Generic Skills (GS)	Core skills or Generic Skills (GS) are a group of skills that are the key to learning and working in today's world. These skills are typically needed in any work environment in today's world. These skills are typically needed in any work environment. In the context of the OS, these include communication related skills that are applicable to most job roles.
Electives	Electives are NOS/set of NOS that are identified by the sector as contributive to specialization in a job role. There may be multiple electives within a QP for each specialized job role. Trainees must select at least one elective for the successful completion of a QP with Electives.
Options	Options are NOS/set of NOS that are identified by the sector as additional skills. There may be multiple options within a QP. It is not mandatory to select any of the options to complete a QP with Options.