



Assistant Yoga Instructor

QP Code: HSS/Q4002

Version: 1.0

NSQF Level: 3

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HSS/Q4002: Assistant Yoga Instructor

Brief Job Description

The Assistant Yoga Instructor is responsible to maintain the yoga space, demonstrate the yoga techniques of Common Yoga Protocol (CYP) under the guidance of a Yoga Instructor.

Personal Attributes

The job requires the individual to possess key qualities such as self-discipline, confidence, maturity, patience, compassion, active listening, empathy, language proficiency.

Applicable National Occupational Standards (NOS)

Compulsory NOS:

1. [HSS/N4007: Carry out activities related to yoga sessions \(CYP\) as per the instructions](#)
2. [HSS/N9622: Follow sanitization and infection control guidelines](#)
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	Yoga
Country	India
NSQF Level	3
Aligned to NCO/ISCO/ISIC Code	NCO-2015/NIL
Minimum Educational Qualification & Experience	8th Class OR 8th Class (ASHA and Angawadi worker) with 2 Years of experience
Minimum Level of Education for Training in School	

Pre-Requisite License or Training	NA
Minimum Job Entry Age	18 Years
Last Reviewed On	NA
Next Review Date	20/01/2026
Deactivation Date	20/01/2026
NSQC Approval Date	22/06/2021
Version	1.0

HSS/N4007: Carry out activities related to yoga sessions (CYP) as per the instructions

Description

This Occupational Standard describes the knowledge, understanding and skills required by an individual to carry out the activities related to yoga sessions along with the pre and post ones.

Scope

The scope covers the following :

- Pre yoga session requirements
- Yoga session requirements
- Post yoga session requirements

Elements and Performance Criteria

Pre yoga session requirements

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

- PC1.** comply with organisation's standards of hygiene, grooming and personal behaviour
- PC2.** ensure that participants wear light and comfortable clothes to facilitate easy movement of the body
- PC3.** arrange necessary resources accordingly as per the number of participants
- PC4.** check if yoga set up meets the requirements of specially abled participants
- PC5.** check for working condition of washrooms, lights, sound system, availability of drinking water, adequate ventilation, etc.
- PC6.** set up the consumables/tools/equipment as per organizational policies and procedure
- PC7.** modulate voice as per the participant needs

Yoga session requirements

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

- PC8.** communicate in a way that reflects cultural, religious, PwD and gender sensitivity and modify the communication pattern as and when necessary
- PC9.** offer help to PwD if required
- PC10.** start yoga session with a prayer or invocation as it creates a conducive environment
- PC11.** demonstrate yogic practice in a relaxed manner
- PC12.** avoid unnecessary physical contact with the participants
- PC13.** assist participants to practice yoga effectively
- PC14.** maintain participant's privacy and confidentiality

Post yoga session requirements

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

- PC15.** end the yoga session with meditation/ deep silence / shānti paṭha/closing prayer
- PC16.** seek feedback from participants about the yoga session in a prescribed format
- PC17.** record individual grievances if any and escalate to the concerned authority

- PC18.** maintain record of the yoga session
- PC19.** inform participants about next schedule
- PC20.** maintain confidentiality of records
- PC21.** prepare set up for next yoga session

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** yoga, yoga texts and yogic practices
- KU2.** etymology, definitions, aim, objectives, and misconceptions related to yoga
- KU3.** importance of maintaining self-hygiene
- KU4.** how to meet and greet with others
- KU5.** health and safety requirements in the organization
- KU6.** manufacturer's instructions related to equipment or product usage and cleaning measures
- KU7.** principles of Yoga (Triguna, Antahkarana-chatustaya, Tri-Sharira/ Panchakosha)
- KU8.** ethical principles as per yoga tradition
- KU9.** basics of human anatomy and physiology
- KU10.** about major schools of Yoga (Jnana, Bhakti, Karma, Patanjali, Hatha)
- KU11.** the importance of Yoga for Health Promotion
- KU12.** meaning, purpose and their significance in Yoga Sadhana
- KU13.** yogic Sukshma Vyayama, Sthula Vyayama and Surya Namaskara
- KU14.** meaning, principles, and health benefits of yogasana
- KU15.** pranayama and dhyana and their health benefits
- KU16.** importance of yogic positive attitudes
- KU17.** dincharya and ritucharya with respect to yogic lifestyle
- KU18.** the importance of preparedness of the participants to be able to take the session for e.g. empty stomach, cleansing the bowel, having had a bath etc.
- KU19.** indications and contraindications of standing, sitting, prone, supine postures of yoga
- KU20.** the importance of identifying and respecting gender differences and gender diversity
- KU21.** post yoga session protocols
- KU22.** importance of seeking feedback from participants
- KU23.** how to prepare and maintain record related to problems and complaints

Generic Skills (GS)

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

- GS1.** document task lists and schedules
- GS2.** prepare status reports
- GS3.** communicate information (for example, facts, ideas, or messages) in a brief, clear, and organized manner
- GS4.** interpret written material, including rules, regulations, and instructions etc

- GS5.** build customer relationships and use customer centric approach
- GS6.** review the information gathered from observation, experience, reasoning, or communication to act efficiently

Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Pre yoga session requirements</i>	150	236	-	97
PC1. comply with organisation's standards of hygiene, grooming and personal behaviour	-	-	-	-
PC2. ensure that participants wear light and comfortable clothes to facilitate easy movement of the body	-	-	-	-
PC3. arrange necessary resources accordingly as per the number of participants	-	-	-	-
PC4. check if yoga set up meets the requirements of specially abled participants	-	-	-	-
PC5. check for working condition of washrooms, lights, sound system, availability of drinking water, adequate ventilation, etc.	-	-	-	-
PC6. set up the consumables/tools/equipment as per organizational policies and procedure	-	-	-	-
PC7. modulate voice as per the participant needs	-	-	-	-
<i>Yoga session requirements</i>	60	100	-	40
PC8. communicate in a way that reflects cultural, religious, PwD and gender sensitivity and modify the communication pattern as and when necessary	-	-	-	-
PC9. offer help to PwD if required	-	-	-	-
PC10. start yoga session with a prayer or invocation as it creates a conducive environment	-	-	-	-
PC11. demonstrate yogic practice in a relaxed manner	-	-	-	-
PC12. avoid unnecessary physical contact with the participants	-	-	-	-
PC13. assist participants to practice yoga effectively	-	-	-	-
PC14. maintain participant's privacy and confidentiality	-	-	-	-

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Post yoga session requirements</i>	94	70	-	20
PC15. end the yoga session with meditation/ deep silence / shānti paṭha/closing prayer	-	-	-	-
PC16. seek feedback from participants about the yoga session in a prescribed format	-	-	-	-
PC17. record individual grievances if any and escalate to the concerned authority	-	-	-	-
PC18. maintain record of the yoga session	-	-	-	-
PC19. inform participants about next schedule	-	-	-	-
PC20. maintain confidentiality of records	-	-	-	-
PC21. prepare set up for next yoga session	-	-	-	-
NOS Total	304	406	-	157

National Occupational Standards (NOS) Parameters

NOS Code	HSS/N4007
NOS Name	Carry out activities related to yoga sessions (CYP) as per the instructions
Sector	Healthcare
Sub-Sector	AYUSH
Occupation	Yoga
NSQF Level	3
Credits	TBD
Version	1.0
Next Review Date	NA

HSS/N9622: Follow sanitization and infection control guidelines

Description

This OS unit is about following ways for sanitization to prevent the spread of infection as per sectoral working requirements.

Scope

The scope covers the following :

- Social distancing practices
- Personal and workplace hygiene
- Waste disposal methods
- Reporting and information gathering
- Mental and emotional wellbeing

Elements and Performance Criteria

Social distancing practices

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

- PC1.** maintain appropriate social distance as per specified protocols, for example, while greeting people, when in crowded places, using contactless mode of delivery of goods, etc.
- PC2.** carry out daily tasks using alternate methods e.g. virtual meetings, e-payments, etc.

Personal and workplace hygiene

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

- PC3.** follow recommended personal hygiene and sanitation practices, for example, washing/sanitizing hands, covering face with a bent elbow while coughing/sneezing, using PPE, etc.
- PC4.** follow recommended workplace hygiene and sanitation practices, for example, sanitizing workstation and equipment regularly, using disposable wipes and utensils, using alternative systems to mark attendance, etc.
- PC5.** clean and disinfect all materials/supplies before and after use.

Waste disposal methods

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

- PC6.** segregate waste as per guidelines
- PC7.** dispose waste as per guidelines

Reporting and information gathering

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

- PC8.** keep abreast of the latest information and guidelines from reliable sources.
- PC9.** report signs and symptoms related to illness of self and others immediately to appropriate authority

Mental and emotional wellbeing

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

- PC10.** seek help and guidance in case of stress and anxiety

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** solid waste management Rules 2016
- KU2.** significance of personal hygiene practice including hand hygiene
- KU3.** social distancing norms
- KU4.** correct method of donning and doffing of PPE
- KU5.** significance of appropriate waste disposal methods and organizational and national waste management principles and procedures
- KU6.** ways to handle waste appropriately to reduce the risk of contamination
- KU7.** the logistics of waste management
- KU8.** the current national legislation, guidelines, local policies, and protocols related to work
- KU9.** ways to manage infectious risks in the workplace
- KU10.** the path of disease transmission
- KU11.** different methods of cleaning, disinfection, sterilization, and sanitization
- KU12.** the types of cleaning agents
- KU13.** symptoms of infections like fever, cough, redness, swelling and inflammation
- KU14.** signs of stress and anxiety

Generic Skills (GS)

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

- GS1.** write formal and informal letters/emails, memos, reports, etc
- GS2.** read and interpret internal communications correctly
- GS3.** communicate the information effectively during interactions
- GS4.** analyze situations and make appropriate decisions
- GS5.** prioritize, organize, and accomplish work within prescribed timelines

Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Social distancing practices</i>	5	3	-	-
PC1. maintain appropriate social distance as per specified protocols, for example, while greeting people, when in crowded places, using contactless mode of delivery of goods, etc.	-	-	-	-
PC2. carry out daily tasks using alternate methods e.g. virtual meetings, e-payments, etc.	-	-	-	-
<i>Personal and workplace hygiene</i>	4	4	-	-
PC3. follow recommended personal hygiene and sanitation practices, for example, washing/sanitizing hands, covering face with a bent elbow while coughing/sneezing, using PPE, etc.	-	-	-	-
PC4. follow recommended workplace hygiene and sanitation practices, for example, sanitizing workstation and equipment regularly, using disposable wipes and utensils, using alternative systems to mark attendance, etc.	-	-	-	-
PC5. clean and disinfect all materials/supplies before and after use.	-	-	-	-
<i>Waste disposal methods</i>	3	2	-	-
PC6. segregate waste as per guidelines	-	-	-	-
PC7. dispose waste as per guidelines	-	-	-	-
<i>Reporting and information gathering</i>	3	2	-	-
PC8. keep abreast of the latest information and guidelines from reliable sources.	-	-	-	-
PC9. report signs and symptoms related to illness of self and others immediately to appropriate authority	-	-	-	-
<i>Mental and emotional wellbeing</i>	2	2	-	-
PC10. seek help and guidance in case of stress and anxiety	-	-	-	-

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
NOS Total	17	13	-	-

National Occupational Standards (NOS) Parameters

NOS Code	HSS/N9622
NOS Name	Follow sanitization and infection control guidelines
Sector	Healthcare
Sub-Sector	Generic
Occupation	Generic
NSQF Level	3
Credits	TBD
Version	1.0
Next Review Date	NA

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:

- 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

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

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
Next Review Date	NA

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
- 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

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

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
Next Review Date	NA

Assessment Guidelines and Assessment Weightage

Assessment Guidelines

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

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

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/N4007.Carry out activities related to yoga sessions (CYP) as per the instructions	304	406	-	157	867	70
HSS/N9622.Follow sanitization and infection control guidelines	17	13	-	-	30	10
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	346	449	-	184	979	100

Acronyms

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

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.
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.