



Yoga Wellness Trainer

QP Code: HSS/Q4003

Version: 1.0

NSQF Level: 5

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HSS/Q4003: Yoga Wellness Trainer

Brief Job Description

The Yoga Wellness Trainer teaches yoga for promotion of wellness in educational institutions, yoga studios, workplaces, yoga wellness centres/Primary Health care centres etc. They also guide subordinates for relevant yoga demonstrations.

Personal Attributes

The job requires the individual to have good communication, time management skills, management and leadership skills. The job also requires the individual to possess key qualities such as self-discipline, confidence, maturity, patience, compassion, active listening, empathy, and language proficiency.

Applicable National Occupational Standards (NOS)

Compulsory NOS:

1. [HSS/N4010: Conduct yoga session for participants to promote wellness](#)
2. [HSS/N4013: Conduct regular in house training for subordinates](#)
3. [HSS/N9623: Ensure sanitization and infection control guidelines are followed at workplace](#)
4. [HSS/N9624: Maintain a safe and secure working environment](#)
5. [HSS/N9625: Maintain interpersonal relationships and professional conduct](#)

Qualification Pack (QP) Parameters

Sector	Healthcare
Sub-Sector	AYUSH
Occupation	Yoga
Country	India
NSQF Level	5
Aligned to NCO/ISCO/ISIC Code	NCO-2015/NIL

Minimum Educational Qualification & Experience	Certificate (Assistant Yoga Instructor) with 2 Years of experience OR 12th Class (relevant field experience) with 1 Year of experience OR I.T.I (Certificate in Cosmetology)
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	18/02/2026
Deactivation Date	18/02/2026
NSQC Approval Date	22/06/2021
Version	1.0

HSS/N4010: Conduct yoga session for participants to promote wellness

Description

This Occupational Standard describes the knowledge, understanding and skills required by an individual to conduct yoga sessions

Scope

The scope covers the following :

- Pre- yoga session requirements
- Conduct yoga session
- 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.** ensure appropriate ambience is maintained for participants to perform yoga session
- PC2.** facilitate conducive arrangement related to PwD participants
- PC3.** assess requirements of participants and design the session accordingly
- PC4.** ensure preparedness of the participants to be able to take the session for e.g. empty stomach, cleansing the bowel, having had a bath etc.

Conduct yoga session

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

- PC5.** communicate in a way that reflects cultural, religious, PwD and gender sensitivity and modify the communication pattern as and when necessary
- PC6.** offer help to PwD if required
- PC7.** initiate session with prayer/chanting/meditation followed by sukshma vyayama (energizing subtle movements) including breathing techniques, asana and pranayama, mudra, bandha, specific kriya.
- PC8.** maintain participant's privacy and confidentiality
- PC9.** guide participant to demonstrate yoga practices during the session
- PC10.** monitor the yoga practices of the participants and recommend corrections, simplification and suggest advanced practices whenever required
- PC11.** end the yoga session with meditation/ deep silence / shānti paṭha/closing prayer

Post yoga session requirements

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

- PC12.** address the queries and doubts of the participants
- PC13.** provide appropriate feedback to the participants
- PC14.** store and maintain relevant records related to session
- PC15.** maintain confidentiality of records

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** preparatory breathing practices
- KU2.** yoga cleansing techniques like empty stomach, cleansing the bowel, having a bath etc
- KU3.** yoga, yoga texts and yogic practices
- KU4.** human anatomy and physiology
- KU5.** pre yoga protocols with respect to participant and yoga set up
- KU6.** importance of maintaining self-hygiene
- KU7.** basic PwD laws/schemes/Acts/Provisions
- KU8.** etiology, definitions, aim, objectives and misconceptions related to yoga
- KU9.** principles of Yoga (Triguna, Antahkarana-chatustaya, Tri-Sharira/ Panchakosha)
- KU10.** about Samkhya and Yoga Darshana
- KU11.** concept of health and wellness
- KU12.** yoga for prevention and management of lifestyle disorders
- KU13.** teachings of Yoga masters (Maharishi Ramana, Shri Aurobindo Swami Vivekananda, Swami Dayananda Saraswati)
- KU14.** principles and practices of Jnana Yoga, Bhakti Yoga & Karma Yoga
- KU15.** schools of Yoga (Hatha and Patanjali)
- KU16.** yogic concept of body (Pancha Kosha), genesis of disease
- KU17.** Patanjali Yoga Sutra including concept of Chitta, Chitta Bhumi, Chitta Vritti, Chitta Vikshepa, Chittaprasadanam, Klesha and Vivek-Khyati and their relationship with wellness
- KU18.** concept of mental wellbeing according to Patanjali Yoga.
- KU19.** concept of Sthilaprajna, Bhakti, Karma and Dhyana
- KU20.** concept of healthy living in Bhagavad Gita (Ahara, Vihara, Achara, Vichara)
- KU21.** concept and principles of Sukshma Vyayama, Sthula Vyayama, Surya Namaskara and their significance in Yoga Sadhana and for health and well being
- KU22.** concept and principles of Shatkarma, Yogasana, Pranayama
- KU23.** introduction to Tri Bandha and it's health benefits
- KU24.** yogic relaxation techniques with special reference to Yoga Nidra and cyclic meditation
- KU25.** knowledge of common diseases, including non-communicable diseases
- KU26.** concept of stress and yogic management of stress and its consequences
- KU27.** importance of counseling and its techniques
- KU28.** how to design forms and formats for seeking feedback
- KU29.** importance of organizing individual information separately
- KU30.** how to maintain compliance report
- KU31.** the importance of individual or team compliance with legislation, protocols, and guidelines and organisational systems and requirements

Generic Skills (GS)

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

- GS1.** document task lists and schedules

- GS2.** prepare status and progress reports
- GS3.** communicate information (for example, facts, ideas, or messages) in a brief, clear, and organized manner
- GS4.** keep abreast with the latest knowledge by reading brochures and yoga pamphlets etc
- GS5.** build customer relationships and use customer centric approach
- GS6.** review the information gathered from observation, experience, reasoning, or communication to act efficiently
- GS7.** interpret the operational instructions and prioritize work
- GS8.** make decisions pertaining to the concerned area of work
- GS9.** think through the problem, evaluate the possible solution(s) and suggest an optimum /best possible solution(s)

Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Pre- yoga session requirements</i>	90	100	-	40
PC1. ensure appropriate ambience is maintained for participants to perform yoga session	-	-	-	-
PC2. facilitate conducive arrangement related to PwD participants	-	-	-	-
PC3. assess requirements of participants and design the session accordingly	-	-	-	-
PC4. ensure preparedness of the participants to be able to take the session for e.g. empty stomach, cleansing the bowel, having had a bath etc.	-	-	-	-
<i>Conduct yoga session</i>	130	144	-	58
PC5. communicate in a way that reflects cultural, religious, PwD and gender sensitivity and modify the communication pattern as and when necessary	-	-	-	-
PC6. offer help to PwD if required	-	-	-	-
PC7. initiate session with prayer/chanting/meditation followed by sukshma vyayama (energizing subtle movements) including breathing techniques, asana and pranayama, mudra, bandha, specific kriya.	-	-	-	-
PC8. maintain participant's privacy and confidentiality	-	-	-	-
PC9. guide participant to demonstrate yoga practices during the session	-	-	-	-
PC10. monitor the yoga practices of the participants and recommend corrections, simplification and suggest advanced practices whenever required	-	-	-	-
PC11. end the yoga session with meditation/ deep silence / shānti paṭha/closing prayer	-	-	-	-
<i>Post yoga session requirements</i>	50	122	-	49
PC12. address the queries and doubts of the participants	-	-	-	-

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
PC13. provide appropriate feedback to the participants	-	-	-	-
PC14. store and maintain relevant records related to session	-	-	-	-
PC15. maintain confidentiality of records	-	-	-	-
NOS Total	270	366	-	147

National Occupational Standards (NOS) Parameters

NOS Code	HSS/N4010
NOS Name	Conduct yoga session for participants to promote wellness
Sector	Healthcare
Sub-Sector	AYUSH
Occupation	Yoga
NSQF Level	5
Credits	TBD
Version	1.0
Next Review Date	NA

HSS/N4013: Conduct regular in house training for subordinates

Description

This Occupational Standard describes the knowledge, understanding and skills required by an individual to conduct regular training for subordinates as per latest advancement and guidelines in the related field.

Scope

The scope covers the following :

- Conduct training sessions as per the requirement

Elements and Performance Criteria

Conduct training sessions as per the requirement

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

- PC1.** plan training sessions for the subordinate
- PC2.** prepare training delivery plan
- PC3.** prepare training schedule and set up training equipment for the session
- PC4.** demonstrate yoga postures
- PC5.** undertake continuous comprehensive evaluation
- PC6.** maintain and store subordinate's records according to organizational policy and procedures
- PC7.** obtain, evaluate, and act upon feedback from participant

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** importance of accessible teaching material and its suitability to different participants
- KU2.** benchmarks and acceptable standards of training sessions in a related field
- KU3.** teaching and training pedagogy
- KU4.** how to effectively use teaching and training aides
- KU5.** importance of maintaining reflective report
- KU6.** continuous improvements indicators as per individual performance
- KU7.** the importance of personally promoting and demonstrating good practice for learning

Generic Skills (GS)

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

- GS1.** document task lists and schedules
- GS2.** prepare status and progress reports
- GS3.** communicate information (for example, facts, ideas, or messages) in a brief, clear, and organized manner

- GS4.** keep abreast with the latest knowledge by reading brochures, scanned instructions on patient's file and yoga pamphlets etc
- GS5.** build customer relationships and use customer centric approach
- GS6.** review the information gathered from observation, experience, reasoning, or communication to act efficiently
- GS7.** interpret the operational instructions and prioritize work
- GS8.** make decisions pertaining to the concerned area of work
- GS9.** think through the problem, evaluate the possible solution(s) and suggest an optimum /best possible solution(s)

Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Conduct training sessions as per the requirement</i>	34	40	-	10
PC1. plan training sessions for the subordinate	-	-	-	-
PC2. prepare training delivery plan	-	-	-	-
PC3. prepare training schedule and set up training equipment for the session	-	-	-	-
PC4. demonstrate yoga postures	-	-	-	-
PC5. undertake continuous comprehensive evaluation	-	-	-	-
PC6. maintain and store subordinate's records according to organizational policy and procedures	-	-	-	-
PC7. obtain, evaluate, and act upon feedback from participant	-	-	-	-
NOS Total	34	40	-	10

National Occupational Standards (NOS) Parameters

NOS Code	HSS/N4013
NOS Name	Conduct regular in house training for subordinates
Sector	Healthcare
Sub-Sector	AYUSH
Occupation	Yoga
NSQF Level	5
Credits	TBD
Version	1.0
Next Review Date	NA

HSS/N9623: Ensure sanitization and infection control guidelines are followed at workplace

Description

This OS unit is about ensuring that sanitization and infection control guidelines are followed as per sectoral working requirements.

Scope

The scope covers the following :

- Social distancing practices
- Personal and workplace hygiene
- Waste disposal methods
- Reporting and documentation
- 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.** ensure daily tasks are executed using alternative ways, e.g. marking attendance without using biometric devices, virtual meetings, e-payments, etc.
- PC2.** facilitate social distancing at workplace, e.g. increased space, 2 meters or more, between employee work areas, prevent crowding of common areas, etc.

Personal and workplace hygiene

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

- PC3.** promote awareness about latest hygiene and sanitation regulations
- PC4.** ensure recommended personal hygiene and sanitation practices are followed, for example, washing/sanitizing hands, covering face with a bent elbow while coughing/sneezing, using PPE, etc.
- PC5.** conduct routine hygiene and sanitation checks of work area and equipment as per SOP
- PC6.** ensure the availability of the products required to maintain hygiene and sanitation
- PC7.** ensure entry and exit SOP are followed
- PC8.** ensure disinfection procedures related to material and supplies are followed

Waste disposal methods

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

- PC9.** ensure waste segregation and disposal is done as per SOP

Reporting and documentation

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

- PC10.** assess risks and take corrective action as per SOPs
- PC11.** report incidents to appropriate authority, e.g., reporting of people with any symptoms, etc.
- PC12.** ensure employees' and visitors' records are maintained as per SOPs
- PC13.** ensure SOPs are followed in case of health emergency

PC14. update organizational SOPs as per latest hygiene and sanitation regulations

Mental and emotional wellbeing

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

PC15. support employees to cope with stress, anxiety, etc.

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
- KU15.** actions to be taken during emergency conditions in the event of medical and facility emergencies

Generic Skills (GS)

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

- GS1.** use writing skills to prepare status, progress reports, memos, and e-mails, etc.
- GS2.** communicate effectively with others
- GS3.** comprehend latest guidelines of state and national infection control policies, technical documents, instructions, reports, charts, graphs, tables, etc.
- GS4.** balance responsibilities as a professional with organizational and contractual requirements
- GS5.** delegate work to the team
- GS6.** make sound, well-informed, and objective decisions pertaining to the concerned area of work
- GS7.** prioritize, organize, and accomplish work within prescribed timelines
- GS8.** address work-related issues and problems
- GS9.** review the information gathered from observation, experience, reasoning, or communication to act efficiently
- GS10.** report hazards and incidents clearly with the appropriate level of urgency

GS11. evaluate own practices to identify areas of improvement that will contribute to enhanced employee satisfaction

Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Social distancing practices</i>	7	3	-	-
PC1. ensure daily tasks are executed using alternative ways, e.g. marking attendance without using biometric devices, virtual meetings, e-payments, etc.	-	-	-	-
PC2. facilitate social distancing at workplace, e.g. increased space, 2 meters or more, between employee work areas, prevent crowding of common areas, etc.	-	-	-	-
<i>Personal and workplace hygiene</i>	7	3	-	-
PC3. promote awareness about latest hygiene and sanitation regulations	-	-	-	-
PC4. ensure recommended personal hygiene and sanitation practices are followed, for example, washing/sanitizing hands, covering face with a bent elbow while coughing/sneezing, using PPE, etc.	-	-	-	-
PC5. conduct routine hygiene and sanitation checks of work area and equipment as per SOP	-	-	-	-
PC6. ensure the availability of the products required to maintain hygiene and sanitation	-	-	-	-
PC7. ensure entry and exit SOP are followed	-	-	-	-
PC8. ensure disinfection procedures related to material and supplies are followed	-	-	-	-
<i>Waste disposal methods</i>	5	2	-	-
PC9. ensure waste segregation and disposal is done as per SOP	-	-	-	-
<i>Reporting and documentation</i>	5	2	-	-
PC10. assess risks and take corrective action as per SOPs	-	-	-	-
PC11. report incidents to appropriate authority, e.g., reporting of people with any symptoms, etc.	-	-	-	-

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
PC12. ensure employees' and visitors' records are maintained as per SOPs	-	-	-	-
PC13. ensure SOPs are followed in case of health emergency	-	-	-	-
PC14. update organizational SOPs as per latest hygiene and sanitation regulations	-	-	-	-
<i>Mental and emotional wellbeing</i>	4	2	-	-
PC15. support employees to cope with stress, anxiety, etc.	-	-	-	-
NOS Total	28	12	-	-

National Occupational Standards (NOS) Parameters

NOS Code	HSS/N9623
NOS Name	Ensure sanitization and infection control guidelines are followed at workplace
Sector	Healthcare
Sub-Sector	Generic
Occupation	Generic
NSQF Level	5
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/N4010. Conduct yoga session for participants to promote wellness	270	366	-	147	783	50
HSS/N4013. Conduct regular in house training for subordinates	34	40	-	10	84	20
HSS/N9623. Ensure sanitization and infection control guidelines are followed at workplace	28	12	-	-	40	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	357	448	-	184	989	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.

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