



Model Curriculum

**QP Name: Yoga Therapy Assistant
Elective 1: Diabetes Or**

Elective 2: Palliative Care)

QP Code: HSS/Q4001

QP Version: 3.0

NSQF Level: 4

Model Curriculum Version: 1.0

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Training Parameters

Sector	Healthcare
Sub-Sector	AYUSH
Occupation	Yoga
Country	India
NSQF Level	4
Aligned to NCO/ISCO/ISIC Code	NCO-2015/2269
Minimum Educational Qualification and Experience	12th Grade Pass or Completed 2nd year of the 3-year regular diploma after 10th Or 10th Grade Pass with 2 years relevant experience Or 11th Grade pass with 1 year relevant experience or Previous relevant Qualification of NSQF Level 3.5 and with 1.5 year relevant experience Or Previous relevant qualification of NSQF Level 3 with 3 years of relevant experience Or 10th grade pass and pursuing continuous schooling
Pre-Requisite License or Training	
Minimum Job Entry Age	18 Years
Last Reviewed On	28/07/2022

Next Review Date	28/07/2025
NSQC Approval Date	28/07/2022
QP Version	3.0
Model Curriculum Creation Date	28/07/2022
Model Curriculum Valid Up to Date	28/07/2025
Model Curriculum Version	
Minimum Duration of the Course	690 Hrs.
Maximum Duration of the Course	870 Hrs. with all 2 electives

Program Overview

This section summarizes the end objectives of the program along with its duration.

Training Outcomes

At the end of the program, the learner should have acquired the listed knowledge and skills.

- Explain the concept and fundamental principles of yoga.
- Discuss the significance of yoga practices.
- Describe basic concepts and fundamental principles of therapeutic Yoga practices.
- Describe various therapeutic measures commonly used in yoga.
- Discuss indication and contraindications of yoga therapy practices
- Communicate accurately and appropriately in the capacity of a yoga therapy assistant.
- Discuss the significance of yoga in the field of diabetes.
- Describe the fundamental concepts and principles of therapeutic yoga practices for diabetes
- Assist in conducting yoga therapy sessions for diabetic patients
- Describe the basic concepts and fundamental principles of therapeutic yoga practices for palliative care
- Explain the merits of yoga in palliative care
- Assist in the conducting yoga therapy sessions for palliative care
- Maintain personal hygiene, grooming and personal behavior in accordance with organization's standards.
- Demonstrate the process of maintaining relevant records.
- Maintain a safe, healthy, and secure working environment.
- Follow biomedical waste disposal and infection control policies and procedures.
- Maintain interpersonal relationships with others.
- Maintain professional and medico-legal conduct in accordance with legislation, protocols and guidelines set up by the relevant authorities.

Compulsory Modules

The table lists the modules and their duration corresponding to the Compulsory NOS of the QP.

NOS and Module Details	Theory Duration	Practical Duration	On-the-Job Training Duration (Mandatory)	On-the-Job Training Duration (Recommended)	Total Duration
Bridge Module	55:00	35:00	15:00	00:00	105:00
Module 1: Fundamental principles of Yoga	20:00	15:00	00:00	00:00	10:00
Module 2: Yoga and Ailments	20:00	10:00	00:00	00:00	10:00
Module 3: Basic Computer knowledge	15:00	10:00	00:00	00:00	08:00
HSS/N4001: Prepare the unit as per yoga therapy needs.	30:00	30:00	30:00	00:00	90:00

Module 4: Preparation of Yoga Therapy Unit	15:00	15:00	00:00	00:00	45:00
Module 5: Foundations of anatomy and physiology	15:00	15:00	00:00	00:00	45:00
HSS/N4002: Carry out initial interaction with individuals for proposed yoga therapy as per directions	30:00	30:00	30:00	00:00	90:00
Module 6: Initial interaction with individuals for proposed yoga therapy	20:00	20:00	00:00	00:00	10:00
Module 7: Soft skills and communication	10:00	10:00	00:00	00:00	45:00
HSS/N4003: Conduct yoga therapy session as per prescribed advice	45:00	45:00	45:00	00:00	135:00
Module 8: Foundations of yoga	15:00	15:00	00:00	00:00	45:00
Module 9: Yoga session	20:00	20:00	00:00	00:00	10:00
Module 10: Classification of yoga	10:00	10:00	00:00	00:00	10:00
HSS/N4004: Conduct post yoga therapy session review	30:00	30:00	30:00	00:00	90:00
Module 11: Post yoga session review	20:00	20:00	00:00	00:00	10:00
Module 12: Reporting and documentation	10:00	10:00	00:00	00:00	10:00
HSS/N9615: Maintain interpersonal relationship with colleagues, patients and others.	10:00	05:00	15:00	00:00	30:00
Module 13: Maintain interpersonal relationship with colleagues and others	10:00	05:00	00:00	00:00	10:00
HSS/N9616: Maintain professional & medico-legal conduct	10:00	05:00	15:00	00:00	30:00
Module 14: Yoga therapy assistant key functions and scope	10:00	05:00	00:00	00:00	15:00
HSS/N9617: Maintain a safe, healthy and secure working environment	30:00	30:00	00:00	00:00	60:00

Module 15: Maintain a safe, healthy and secure working environment	10:00	10:00	00:00	00:00	00:00
Module 16: Safety and first aid	10:00	10:00	00:00	00:00	00:00
Module 17: Personal hygiene	10:00	10:00	00:00	00:00	00:00
Total Duration	240:00	210:00	180:00	00:00	630:00
Module 18: DGT/VSQ/N0102: Employability Skills (60 Hours)	60:00	00:00	00:00	00:00	60:00
Total Duration	300:00	210:00	180:00	00:00	690:00

Elective Modules

The table lists the elective modules, their duration and mode of delivery.

Elective 1: Diabetes Care

NOS and Module Details	Theory Duration	Practical Duration	On-the-Job Training Duration (Mandatory)	On-the-Job Training Duration (Recommended)	Total Duration
HSS/N4005: Conduct yoga therapy Sessions for Diabetic Patients as per directions	30:00	30:00	30:00	00:00	90:00
Module 19: Yoga Therapy session in Diabetes	30:00	30:00	30:00	00:00	
Total Duration	30:00	30:00	30:00	00:00	90:00

Elective 2: Palliative Care

NOS and Module Details	Theory Duration	Practical Duration	On-the-Job Training Duration (Mandatory)	On-the-Job Training Duration (Recommended)	Total Duration
HSS/N4006: Conduct yoga therapy Sessions for Palliative Care as per directions	30:00	30:00	30:00	00:00	90:00
Module 20: Yoga Therapy session as Palliative Care	30:00	30:00	00:00	00:00	
Total Duration	30:00	30:00	30:00	00:00	90:00

Module Details

Module 1: Fundamental principles of yoga

Mapped to: Bridge Module

Terminal Outcomes:

- Explain the concept of Yoga.
- Explain the concept of yogic health.
- Explain historical perspective of yoga and yogic philosophy

Duration: 20:00	Duration: 15:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain the concept of Yoga. • Explain the concept of yogic health. • Explain historical perspective of yoga and yogic philosophy • Explain the concept of body, mind and soul • Explain the concept of Ayurveda in yoga • Explain the concept of mala (waste products) • Explain the concept of yoga and psychology • Explain mantra chanting and <i>dhyana</i> • Explain the concept and benefits of yogic practices (<i>Shuddhi Kriya, Asana, Pranayama, Mudra etc</i>), • Explain indications and contraindications of therapeutic yoga • Explain the relevance of Sanskrit language and <i>shlokas</i> related to yoga. 	<ul style="list-style-type: none"> • Demonstrate relaxation techniques. • Demonstrate different asanas, pranayama, mudra etc. • Demonstrate the process of therapeutic yoga.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, yoga e-modules	
Tools, Equipment and Other Requirements	
Yoga Mat, yoga e- modules	

Module 2: Yoga and ailments

Mapped to: Bridge Module

Terminal Outcomes:

- Identify different ailments due to sedentary lifestyle
- Explain how yoga can prevent and cure these ailments

Duration: 20:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain the concept of holistic well being • Explain the yogic concept of healthy living • Explain yoga as preventive and promotive health care. • Describe common musculoskeletal diseases • Explain common lifestyle and metabolic diseases • Explain the common nutrition, ageing and immunity related diseases • Describe metastasis and its classification • Discuss cardiovascular diseases in brief • Discuss the psychosomatic diseases in brief 	<ul style="list-style-type: none"> • Perform different asanas, breathing exercises and pranayama. • Prepare a chart depicting various lifestyle disorders. • Prepare a chart of different asanas, breathing exercises and pranayama.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, B	
Tools, Equipment and Other Requirements	
Yoga Mat, Human Body Skeleton, Charts and Posters on body systems, AV Aids for understanding Human Body Structure and Function, Yoga dress for male and female	

Module 3: Basic computer knowledge

Mapped to: Bridge Module

Terminal Outcomes:

- Demonstrate the use of computers and internet operations.
- Apply basic computer knowledge in performing various activities

Duration: 15:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Discuss the application of computers • Explain the concepts of computers such as block diagram, input and output devices and storage devices. • Discuss various operating systems and their functions • Discuss the application of latest non-pirated version of software such as Windows and its utilities • Explain various basic operations of Microsoft office 2000 – MS Word, MS Excel, PowerPoint Presentation. 	<ul style="list-style-type: none"> • Demonstrate the use of browser functionsto surf on the Internet, send emails. • Demonstrate the use of window, word, excel etc.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, AV Aids for Understanding Human Body Structure and Function	
Tools, Equipment and Other Requirements	
Computer, keyboard, mouse, CPU, printer etc	

Module 4: Preparation of yoga therapy unit

Mapped to: HSS/N4001

Terminal Outcomes:

- Prepare yoga therapy unit as per session.

Duration: 15:00	Duration: 15:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Describe the importance of pre-procedural preparedness for therapeutic yoga sessions • Discuss the importance of readiness of resources including lights/props/mats/sound system etc. • Discuss the importance of ventilation, aroma and therapeutic milieu for better conduction of a therapy session. • Assess the participant schedule on daily basis • Interpret the prescription, orders/consent forms, clinical details of participant to plan appropriate yoga therapy sessions • Explain the importance of employee's responsibilities such as punctuality, discipline, integrity, grievance redressal process • Prepare yoga therapy unit as per organizational policies and protocols. 	<ul style="list-style-type: none"> • Demonstrate safe work practices during the yoga session. • Demonstrate the calm and relaxed position before starting a yoga session. • Demonstrate various voice modulation for effective sessions based on individual preference. • Demonstrate safe work practices during the procedure of therapeutic yoga.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, yoga e-modules	
Tools, Equipment and Other Requirements	
NA	

Module 5: Foundations of anatomy and physiology

Mapped to: HSS/N4001

Terminal Outcomes:

- Demonstrate the knowledge of basic structure and function of the human body.

Duration: 15:00	Duration: 15:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Discuss about various medical terms being used in day-to-day life for therapeutic yoga • Explain about yogic anatomy and physiology (<i>sharira, kosha, prana, nadi, chakra, marma</i>) • Explain the concept of <i>dosha-dhatu</i> mala • Explain the nine systems of the human body- their structure and functions and influence of yogic practices on the different body systems Describe the influence of yogic practices on the different body systems • Explain the organization of body cells, tissues, Systems, membranes and glands • Describe the anatomy and physiology of the muscular skeletal system • Describe the anatomy and physiology of the digestive system • Describe the anatomy and physiology of the respiratory system • Describe the anatomy and physiology of the cardio vascular system • Describe the anatomy and physiology of the excretory system Describe the anatomy and physiology of the endocrine system, the integumentary system and the reproductive system 	<ul style="list-style-type: none"> • Prepare a model of human body parts using waste material depicting different anatomical parts.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, AV Aids for Understanding Human Body Structure and Function	
Tools, Equipment and Other Requirements	
Human Body Skeleton, Charts and Posters on body systems	

Module 6: Initial interaction with individuals for proposed yoga therapy

Mapped to: HSS/N4002

Terminal Outcomes:

- ☑ Demonstrate the method of physical examination of body.
- Demonstrate various techniques like postures, asanas for effective session based on individual preference.

Duration: 20:00	Duration: 20:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Make use of counselling techniques to gather required information from participant for therapeutic yoga • Carry out basic physical examination of the participant. • Explain the complications due to yogic procedure to the participant. • Identify limitations or comfort areas of participant basis on preferences considering factors such as gender, religion, culture, language etc. • Illustrate various modulations for effective sessions based on individual preference 	<ul style="list-style-type: none"> • Demonstrate the method of physical examination of body. • Demonstrate various techniques like postures, asanas for effective session based on individual preference.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster,	
Tools, Equipment and Other Requirements	
yoga mat, charts of various asanas and mudras, lights, props, sound system, yoga dress for males and females	

Module 7: Soft skills and communication

Mapped to: HSS/N4002

Terminal Outcomes:

- Communicate effectively with co-workers.
- Organize and prioritize work to complete assignments on time.
- Adhere to organizational code of conduct while handling conflicts.

Duration: 10:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain the significance of effective communication • Demonstrate the use of effective communication with patients and family without using jargons and colloquial terms • Apply effective communication skills with colleagues using appropriate terminology in communication • Apply basic reading and writing skills • Apply grammar and composition • Apply goal setting, team building, team work, time management, thinking and reasoning and communicating with others • Apply problem solving and decision making skills • Describe need for customer service and service excellence in Medical service • Explain work ethics in hospital set up • Discuss objection handling • Apply basic telephone and e-mail etiquettes • Discuss basic computer working like feeding the data, saving the data and retrieving the data. • Analyze the information gathered from observation, experience, reasoning, or communication to act efficiently • Apply the information gathered from observation, experience, reasoning, or communication to act efficiently • Evaluate the information gathered from observation, experience, reasoning, or communication to act efficiently • Identify rapidly changing situations and adapt accordingly • Discuss planning and organization of work. 	<ul style="list-style-type: none"> • Demonstrate the usage of technical terms to ensure effective communication. • Apply time management skills • Demonstrate the use of reading and writingskills in written communication. • Demonstrate problem solving and decision-making skills in different situations. • Demonstrate skills of team- work and workprioritization in different team activities. • Demonstrate basic telephone and email etiquettes. • Prepare reports using the information gathered from observation, experience, reasoning, or communication.
-Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	
Tools, Equipment and Other Requirements	
Document and guidelines with detailed role description and limitations	

Module 8: Foundation of yoga

Mapped to: HSS/N4003

Terminal Outcomes:

- Discuss the classification and significance of yoga.
- Demonstrate the various poses of Surya Namaskar (sun salutation).

Duration: 15:00	Duration: 1511:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain about yoga and its principles • Explain the significance of yoga • Describe international yoga day and its impact and significance • Carry out the techniques of therapeutic yoga • Explain the significance and various poses of <i>Surya Namaskar</i> (sun salutation) • Apply the basic principles of yoga therapy • Explain about Yogic <i>Paricharya</i> (<i>Ahara, Vihar, Achar- Vichar</i>) • Discuss in brief various yogic texts such as <i>Patanjali Yogsutra, Hathapradipika, Gheranda, Samhita</i> etc 	<ul style="list-style-type: none"> • Demonstrate the various poses of Surya Namaskar (sun salutation).
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, yoga e-modules	
Tools, Equipment and Other Requirements	
Yoga Mat, yoga e- modules	

Module 9: Yoga Session

Mapped to: HSS/N4003

Terminal Outcomes:

- Demonstrate the correct technique of asanas and pranayama.
- Organise and perform yoga session for participant.
- Instruct participant to perform different postures, asanas, and meditation

Duration: 20:00	Duration: 20:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Organize work and prioritize the activities as per the instructions of the therapist/ doctor • Demonstrate asana to the participant as per yogic practices • Explain the use of complementary practices of yogic principles • Ensure that the proceedings of the yoga session are being followed by the participant • Describe ways to avoid unnecessary physical contact with participant during session • Explain post therapy sessions compliances • Record participant grievances and escalate to the concerned authority • Maintain participant grievances and escalate to the concerned authority • Explain about performance of participant and limitations if any to the therapist/doctor • Carry out regular follow-up with participants as directed by therapists/doctors • Follow appropriate techniques to make session useful and safe • Inform participants about next schedule with the therapist/doctor • Explain therapeutic yoga practices for memory development. 	<ul style="list-style-type: none"> • Demonstrate correct techniques of ambulation to participant. • Demonstrate comfortable position to participant. • Demonstrate different postures used for therapeutic yoga. • Demonstrate therapeutic yoga techniques for concentration development. • Demonstrate therapeutic yogic techniques for voice culture • Demonstrate therapeutic yogic techniques of tongue • Demonstrate therapeutic techniques of <i>kaṃa Śakti Vikāśaka</i> • Demonstrate therapeutic yogic techniques of <i>mukha, dhauti</i> • Demonstrate yogic techniques of <i>vāk saktivikāśaka</i> • Demonstrate yogic techniques of <i>nādānusandhāna</i> • Demonstrate yogic techniques of <i>Pādahastāsana</i> • Demonstrate yogic techniques of <i>ardhakaṭīcakraśana</i> • Demonstrate yogic techniques of <i>ardhacakraśana</i> • Demonstrate yogic techniques of <i>bhujāṅgāsana</i> • Demonstrate yogic techniques of <i>śirṃhāsana</i> • Demonstrate yogic techniques of <i>yogendraprāṇāyāma</i> • Demonstrate yogic techniques of <i>jalāneti</i> • Demonstrate yogic techniques of <i>Jivhāmūlaśodhanam</i>
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, yoga e-modules	
Tools, Equipment and Other Requirements	
Yoga Mat, yoga e- modules	

Module 10: Classification of yoga

Mapped to: HSS/N4003

Terminal Outcomes:

- Explain about Hatha Yoga and Yoga Sutra.

Duration: 10:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Discuss the components of therapeutic yoga. • Describe Yogasutra and Hatha Yoga • Discuss the classification of eight components of yogasutra like Yama, Niyamas, Āsana, Prāṇāyāma, Pratyāhāra, Dhāraṇā, Dhyāna, Samādhi. • Classify six angas of Hatha Yoga • Describe components of Yogasutra • Describe components of Hatha Yoga 	<ul style="list-style-type: none"> • Demonstrate correct techniques of Hatha Yoga • Demonstrate correct technique of Yoga sutra
-Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, e- modules on CYP guidelines	
Tools, Equipment and Other Requirements	
Checklist format	

Module 11: Post yoga session review

Mapped to: HSS/N4004

Terminal Outcomes:

- Address queries and doubts from participants.
- Carry out proper documentation and maintain confidentiality.

Duration: 20:00	Duration: 20:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain the relevance and importance of feedback form • Design feedback forms as per session needs • Articulate the vitals of the individuals post therapy and record it • Illustrate the findings to the physician or concerned authorities in case of deviation from normal findings of vitals • Plan suitable time of appointment to the individual in consultation with concerned authority or as per organizational protocol. • Assess the emotional state of the individual post therapy sessions and record it as per organizational policies • Explain suitable suggestions to the patient based on performance without deviating from standard procedures or protocols • Explain the modifications in practices carried out during the session to therapist/consultant. • Explain therapist/consultant regarding any abnormal sign observed during practice. • Explain the therapist/consultant and the patient on the progress during the course of sessions. 	<ul style="list-style-type: none"> • Demonstrate the correct technique to measure vitals. • Demonstrate the process of addressing participant expectations, perceptions, knowledge, and concerns. • Demonstrate the use of effective communication skills and technical knowledge in guiding participant about the dos and don'ts after a yoga session. • Prepare a sample of participant report and feedback form. • Prepare a sample questionnaire for participants queries and doubts.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, B	
Tools, Equipment and Other Requirements	
Sample formats of feedback forms, Sample formats of reports and records, Sample formats of reports and hospital documents, Scenario based learning modules, Vitals assessment equipment; BP Apparatus, Thermometer, Pulse Oximeter (Finger), Stethoscope	

Module 12: Reporting & Documentation

Mapped to: HSS/N4004

Terminal Outcomes:

- Demonstrate technical skills of Storage and retention and retrieval of database and records.
- Maintain confidentiality of records

Duration: 10:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain importance of maintaining various records • Obtain records them from related resources • Explain various types of records to be maintained by yoga therapy assistant • Demonstrate essential components of various records and method of documentation • Develop skill in documentation and maintain proper registers related to yoga therapy assistant 	<ul style="list-style-type: none"> • Enter data in various forms and format according to the standard guidelines. • Create a sample set of documents to record procedure related information of client. • Demonstrate how to compile all the records and report of client.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, power point presentation	
Tools, Equipment and Other Requirements	
Sample forms and formats for registration of new patients, Scenario based learning modules	

Module 13: Maintain interpersonal relationship with colleagues and others

Mapped to: HSS/N9615

Terminal Outcomes:

- Communicate effectively with participants.
- Organize and prioritize work to complete assignments on time.
- Adhere to organizational code of conduct while handling conflicts.

Duration: 10:00	Duration: 05:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Apply appropriate and timely communication between inter and intra departments • Maintain confidentiality and privacy • Describe the importance for ensuring fulfilment of commitments • Explain organization’s policies and procedures • Discuss the importance of effective communication amongst colleagues • Maintain a positive work friendly milieu 	<ul style="list-style-type: none"> • Apply guidelines related to usage of technical terms to ensure effective communication. • Apply time management skills during daily activities. • Demonstrate the use of reading and writing skills during written communication. • Demonstrate problem solving and decision-making skills in different situations. • Demonstrate skills of teamwork and work prioritization in different team activities. • Apply effective participant-centric approach while delivering services. • Apply the analytical skills to complete the reports with the information gathered from observation, experience, reasoning, or communication.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster.	
Tools, Equipment and Other Requirements	
Case studies and demonstrative videos on teamwork, group dynamics	

Module 14: Yoga therapy assistant key functions and scope

Mapped to: HSS/N9616

Terminal Outcomes:

- Explain role and responsibilities of Yoga Therapy Assistant.

Duration: 10:00	Duration: 05:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Describe the roles and responsibilities of yoga therapy assistant • Explain the importance of appropriate and conducive environment for yoga therapy practice • Define the scope and limitations of working for yoga therapy assistant • Measure the vital parameters to assess general state of participants. 	
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, yoga e-modules	
Tools, Equipment and Other Requirements	
NA	

Module 15: Safety and first aid

Mapped to: HSS/N9617

Terminal Outcomes:

- Perform basic first aid in medical emergency situations, as and when required.
- Respond to institutional emergencies appropriately.

Duration: 10:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Describe symptoms to identify cardiac arrest, hypoglycaemia, hyperglycaemia and pain • Demonstrate principles of basic life support and chest compressions • Describe the correct protocol of chest compression, ventilation and assessment steps • Differentiate the single rescuer and two rescuer CPR • Describe the conditions when choking occurs. • Describe the protocol of giving life support during choking • Describe the safety measures to prevent emergencies • Explain triage during the emergency • Apply triage during the emergency • Explain the importance of first aid tools and equipment 	<ul style="list-style-type: none"> • Create a chart depicting different types of protective devices such as restraints and safety devices. • Create a flow chart depicting common emergency situations and its referral mechanism.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, Whiteboard/Smart Board, Marker, Duster.	
Tools, Equipment and Other Requirements	
Crash cart trolley, first aid box, CPR nursing manikin, Ambu bag with mask adult, torch, physical restraints, fire extinguisher	

Module 16: Maintain a safe, healthy and secure working environment

Mapped to: HSS/N9617

Terminal Outcomes:

- Perform Basic Life Support or basic first aid in medical emergency situations, as and when required.
- Respond to institutional emergencies appropriately.

Duration: 10:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Enhance awareness of the responsibilities to maintain health safety and security • Enhance awareness for performing basic first aid in case of emergencies • Identify hazards and hospital colour coding system • Demonstrate documentation related to safety and security • Identify the suspicious package or items • Follow the policy and rules of the organization. 	<ul style="list-style-type: none"> • Create a chart depicting different types of protective devices such as restraints and safety devices. • Demonstrate the skills of infection control and use of personal protective equipment (PPE).
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, Whiteboard/Smart Board, Marker, Duster.	
Tools, Equipment and Other Requirements	
Crash cart trolley, first aid box, CPR nursing manikin, Ambu bag with mask adult, torch, physical restraints, fire extinguisher	

Module 17: Personal Hygiene

Mapped to: HSS/N9617

Terminal Outcomes:

- Develop techniques of self-hygiene
- Demonstrate the correct technique of donning and doffing of PPE.

Duration: 10:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • To develop understanding of the concept of Healthy Living • To develop understanding & procedures of Hand Hygiene to prevent cross infection including effective hand washing to include; social and clinical techniques • To develop techniques of Grooming of elderly • To be equipped with Techniques of Use of PPE: the need for and types • To be vaccinated against common infectious diseases: immunisation to reduce the health risks for self, patients. • Understanding of Mandated, Highly Recommended, and Other Vaccines for Healthcare Personnel Workers 	<ul style="list-style-type: none"> • Demonstrate the correct technique of hand hygiene • Demonstrate the correct technique of donning and doffing of PPE • Prepare a chart of use of different PPE.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, Whiteboard/Smart Board, Marker, Duster.	
Tools, Equipment and Other Requirements	
PPE, Hand Wash area, sink, towel, different color of bins etc	

Module 18: Employability Skills (60 hours)

Mapped to DGT/VSQ/N0102: Employability Skills (60 Hours)

Mandatory Duration: 60:00

Location: On-Site

S.N o.	Module Name	Key Learning Outcomes	Duration (hours)
1.	Introduction to Employability Skills	<ul style="list-style-type: none"> Discuss the Employability Skills required for jobs in various industries. List different learning and employability related GOI and private portals and their usage. 	1.5
2.	Constitutional values - Citizenship	<ul style="list-style-type: none"> Explain the constitutional values, including civic rights and duties, citizenship, responsibility towards society and personal values and ethics such as honesty, integrity, caring and respecting others that are required to become a responsible citizen. Show how to practice different environmentally sustainable practices. 	1.5
3.	Becoming a Professional in the 21st Century	<ul style="list-style-type: none"> Discuss importance of relevant 21st century skills. Exhibit 21st century skills like Self-Awareness, Behavior Skills, time management, critical and adaptive thinking, problem-solving, creative thinking, social and cultural awareness, emotional awareness, learning to learn etc. in personal or professional life. Describe the benefits of continuous learning. 	2.5
4.	Basic English Skills	<ul style="list-style-type: none"> Show how to use basic English sentences for every day conversation in different contexts, in person and over the telephone. Read and interpret text written in basic English Write a short note/paragraph / letter/e -mail using basic English. 	10
5.	Career Development & Goal Setting	<ul style="list-style-type: none"> Create a career development plan with well-defined short- and long-term goals. 	2
6.	Communication Skills	<ul style="list-style-type: none"> Demonstrate how to communicate effectively using verbal and nonverbal communication etiquette. Explain the importance of active listening for effective communication. Discuss the significance of working collaboratively with others in a team. 	5
7.	Diversity & Inclusion	<ul style="list-style-type: none"> Demonstrate how to behave, communicate, and conduct oneself appropriately with all genders and PwD. Discuss the significance of escalating sexual harassment issues as per POSH act. 	2.5
8.	Financial and Legal Literacy	<ul style="list-style-type: none"> Outline the importance of selecting the right financial institution, product, and service. Demonstrate how to carry out offline and online financial transactions, safely and securely. List the common components of salary and compute income, expenditure, taxes, investments etc. Discuss the legal rights, laws, and aids. 	5

9.	Essential Digital Skills	<ul style="list-style-type: none"> Describe the role of digital technology in today's life. Demonstrate how to operate digital devices and use the associated applications and features, safely and securely. Discuss the significance of displaying responsible online behavior while browsing, using various social media platforms, e-mails, etc., safely and securely. Create sample word documents, excel sheets and presentations using basic features. Utilize virtual collaboration tools to work effectively. 	10
10.	Entrepreneurship	<ul style="list-style-type: none"> Explain the types of entrepreneurship and enterprises. Discuss how to identify opportunities for potential business, sources of funding and associated financial and legal risks with its mitigation plan. Describe the 4Ps of Marketing-Product, Price, Place and Promotion and apply them as per requirement. Create a sample business plan, for the selected business opportunity. 	7
11	Customer Service	<ul style="list-style-type: none"> Describe the significance of analyzing different types and needs of customers. Explain the significance of identifying customer needs and responding to them in a professional manner. Discuss the significance of maintaining hygiene and dressing appropriately. 	5
12	Getting Ready for Apprenticeship & Jobs	<ul style="list-style-type: none"> Create a professional Curriculum Vitae (CV). Use various offline and online job search sources such as employment exchanges, recruitment agencies, and job portals respectively. Discuss the significance of maintaining hygiene and confidence during an interview. Perform a mock interview. List the steps for searching and registering for apprenticeship opportunities. 	8

LIST OF TOOLS & EQUIPMENT FOR EMPLOYABILITY SKILLS

S No.	Name of the Equipment	Quantity
1.	Computer (PC) with latest configurations – and Internet connection with standard operating system and standard word processor and worksheet software (Licensed) (all software should either be latest version or one/two version below)	As required
2.	UPS	As required
3.	Scanner cum Printer	As required
4.	Computer Tables	As required
5.	Computer Chairs	As required
6.	LCD Projector	As required
7.	White Board 1200mm x 900mm	As required

Note: Above Tools & Equipment not required, if Computer LAB is available in the institute.

Module 18: Yoga Therapy session in Diabetes

Mapped to: HSS/N4005

Terminal Outcomes:

- Explain the benefits of Yoga therapy in Diabetes.

Duration: 30:00	Duration: 30:00
<p>Theory – Key Learning Outcomes</p> <ul style="list-style-type: none"> • Explain diabetes, its types and effects of diabetes on human body • Explain various complications that could occur due to diabetes • Explain the concept of hypoglycemia and hyperglycemia • Explain stress and autoimmunity • Explain the dietary management of diabetes with yoga and importance of therapeutic yoga practice • Check and record patient's vitals • Explain do's and don'ts' for patients related to yoga therapy for diabetes • Discuss the importance and frequency of yoga technique and practise related to diabetes • Discuss about life style management as per yogic needs for diabetes • Explain the importance of <i>ahara</i> in diabetes • Explain properties and classifications of <i>ahara dravya</i> • Explain <i>hita avam ahitra ahara</i> based on <i>doshika prakriti</i> • Explain the properties of cereals, pulses, vegetables and fruits • Explain the relevance of milk and milk products in health and disease 	<p>Practical – Key Learning Outcomes</p> <p>Demonstrate <i>yogasanas, Pranayama, Kriyas, Meditation</i> sessions.</p> <ul style="list-style-type: none"> • Demonstrate comfortable position to participant. • Demonstrate the method of vital recording like BP, Temp, Pulse etc.
<p>Classroom Aids:</p> <p>Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, yoga e-modules</p>	
<p>Tools, Equipment and Other Requirements</p> <p>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, Vitals assessment equipment; Sphygmomanometer, Thermometer, Pulse Oximeter (Finger), Stethoscope, Sample yoga diet chart for various conditions like diabetes</p>	

Module 19: Yoga Therapy session as Palliative Care

Mapped to: HSS/N4006

Terminal Outcomes:

- Demonstrate the correct technique of asanas and pranayama.
- Organize and perform yoga session as palliative care for participant.
- Instruct participant to perform different postures, asanas, and meditation

Duration: 30:00	Duration: 30:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Discuss about importance of palliative care • Describe the psychology of patients who require palliative care • Explain the importance of assessment of prescription, orders/consent forms, clinical details etc related to diseases condition • Check and record the patient vitals • Discuss the importance of relaxation postures and yoga nidra, Yoga poses (asanas): egulated breathing techniques (pranayama): Diaphragmatic breathing, Deep yogic breathing, Gestures (mudra): Balancing, calming mudra, Internalized awareness Yoga Nidra (conscious, dynamic, yogic sleep), Nada Yoga (chanting mantra or singing) • Enlist do's and don'ts' for palliative care patients with respect to therapeutic yoga • Discuss about <i>ahara</i> (diet) related to palliative care patients • Discuss the importance of <i>asanas</i> in clearing out toxins offrom human body • Explain the importance of yoga inreducing stress and anxiety 	<ul style="list-style-type: none"> • Demonstrate meditation and pranayama, along with the relaxing yoga poses. • Demonstrate comfortable position to participant. • Demonstrate the process and importance of relaxation postures and yoga nidra, Yoga poses (asanas): egulated breathing techniques (pranayama): Diaphragmatic breathing, Deep yogic breathing, Gestures (mudra): Balancing, calming mudra, Internalized awareness Yoga Nidra (conscious, dynamic, yogic sleep), Nada Yoga (chanting mantra or singing).
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, yoga e-modules	
Tools, Equipment and Other Requirements	
Charts and Posters on body systems, AV Aids, Vitals assessment equipment; Sphygmomanometer, Thermometer, Pulse Oximeter (Finger), Stethoscope, Human Body Structure and Function, Yoga dress for male and female	

Trainer Requirements

Annexure

Trainer Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training Experience		Remarks
		Years	Specialization	Years	Specialization	
Post-Graduation	yoga	1		1		
Graduation in any stream	with post graduate certification/ diploma in yoga	1		1		
Medical Graduate	With certificate in Yoga	4		1		

Trainer Certification	
Domain Certification	Platform Certification
Certified for Job Role: "Yoga Therapy Assistant" mapped to QP: "HSS/Q4001 v3.0" with minimum score of 80%.	Recommended that the Trainer is certified for the Job Role: "Trainer (VET and Skills)", mapped to the Qualification Pack: "MEP/Q2601, v2.0" with minimum score of 80%.

Assessor Requirements

Assessor Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training/Assessment Experience		Remarks
		Years	Specialization	Years	Specialization	
Post-Graduation	yoga	2		2		
Graduation in any stream	with post graduate certification/ diploma in yoga	2		2		
Medical Graduate	With certificate in Yoga	5		2		

Assessor Certification	
Domain Certification	Platform Certification
Certified for Job Role: "Yoga Therapy Assistant" mapped to QP: "HSS/Q4003 v3.0" with minimum score of 80%.	Recommended that the Assessor is certified for the Job Role: "Assessor (VET and Skills)", mapped to the Qualification Pack: "MEP/Q2701, v2.0" with minimum score of 80%.

Assessment Strategy

The emphasis is on 'learning-by-doing' and practical demonstration of skills and knowledge based on the performance criteria. Accordingly, assessment criteria for each job role is set and made available in qualification pack.

The assessment papers for both theory and practical would be developed by Subject Matter Experts (SME) from National Health Authority (NHA) or hired by Healthcare Sector Skill Council or with the HSSC accredited Assessment Agency as per the assessment criteria mentioned in the Qualification Pack. The assessments papers would also be checked for the various outcome-based parameters such as quality, time taken, precision, tools & equipment requirement etc.

Each NOS in the Qualification Pack (QP) is assigned a relative weightage for assessment based on the criticality of the NOS. Therein each Element/Performance Criteria in the NOS is assigned marks on relative importance, criticality of function and training infrastructure.

The following tools would be used for final assessment:

1. Practical Assessment: This comprises of a creation of mock environment in the skill lab which is equipped with all equipment required for the qualification pack.

Candidate's soft skills, communication, aptitude, safety consciousness, quality consciousness etc. is ascertained by observation and marked in observation checklist. The outcome is measured against the specified dimensions and standards to gauge the level of their skill achievements.

2. Viva/Structured Interview: This tool is used to assess the conceptual understanding and the behavioral aspects with regard to the job role and the specific task at hand. It also includes questions on safety, quality, environment, and equipment etc.

3. Written Test: Question paper consisting of 100 MCQs (Hard:40, Medium:30 and Easy: 30) with questions from each element of each NOS. The written assessment paper is comprised of following types of questions:

- i. True / False Statements
- ii. Multiple Choice Questions
- iii. Matching Type Questions.
- iv. Fill in the blanks.
- v. Scenario based Questions.
- vi. Identification Questions

QA Regarding Assessors:

Assessors are selected as per the "eligibility criteria" laid down by HSSC for assessing each job role. The assessors selected by Assessment Agencies are scrutinized and made to undergo training and introduction to HSSC Assessment Framework, competency based assessments, assessors guide etc. HSSC conducts "Training of Assessors" program from time to time for each job role and sensitize assessors regarding assessment process and strategy which is outlined on following mandatory parameters:

- 1) Guidance regarding NSQF
- 2) Qualification Pack Structure
- 3) Guidance for the assessor to conduct theory, practical and viva assessments
- 4) Guidance for trainees to be given by assessor before the start of the assessments.
- 5) Guidance on assessments process, practical brief with steps of operations practical observation checklist and mark sheet
- 6) Viva guidance for uniformity and consistency across the batch.
- 7) Mock assessments
- 8) Sample question paper and practical demonstration

References

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.
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.
Vikchasana	Vrikshasana or Tree Pose is a balancing asana. It is one of the very few standing poses in medieval hatha yoga and remains popular in modern yoga as exercise.
Trikonasana	Trikonasana or Triangle Pose is a standing asana in modern yoga as exercise.
Anuloma Pranayama	Anuloma Prāṇāyāma is one of several Pranayama or breath exercises used in the practice of Hatha yoga.
Viloma Pranayama	Viloma pranayama is a pranayama breathing technique where inhaling and exhaling is not a continuous process, but one that is interrupted by several pauses.
Navasana	Boat Pose (Navasana) was around long before the yoga world starting talking about core strength and dipping into the Pilates well for new variations on crunches and leg lifts
Bandha	A Bandha is a "body lock" in Hatha Yoga, being a kind of mudra. Maha Bandha ("the great lock") combines all the other three bandhas.
Mudras	Yoga mudras are basically simple hand gestures that activate the flow of energy within the body.

Acronyms and Abbreviations

NOS	National Occupational Standard(s)
NSQF	National Skills Qualifications Framework
QP	Qualifications Pack
CYP	Common Yoga Protocol
PPE	Personal Protective Equipment
SOP	Standard Operating Procedure
CPR	Cardio Pulmonary Resuscitation