

Model Curriculum

Yoga Therapy Assistant

Elective 1: Diabetes Or

Elective 2: Palliative Care)

SECTOR: HEALTHCARE

SUB-SECTOR: AYUSH

OCCUPATION: Yoga

REF ID: HSS/Q4001, V2.0

NSQF LEVEL: 4

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Yoga Therapy Assistant (Electives: Diabetes/Palliative Care)

CURRICULUM / SYLLABUS

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

Program Name	Yoga Therapy Assistant (Electives: Diabetes/Palliative Care)		
Qualification Pack Name & Reference ID. ID	HSS/Q4001, version 2.0		
Version No.	2.0	Version Update Date	28 th July 2022
Pre-requisites to Training	12th Class Pass OR 10th Class Pass with 2 years of relevant experience OR Previous relevant Qualification of NSQF Level 3 with 2 years of relevant experience		
NCO code and occupation	Nearly mapped to NCO-2015/2230.9900, YOGA		
Training Outcomes	<p>After completing this programme, participants will be able to:</p> <p><u>Compulsory:</u></p> <ul style="list-style-type: none"> Describe basic concepts and fundamental principles of therapeutic Yoga practises. 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 <p><u>Elective 1:</u></p> <ul style="list-style-type: none"> 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 <p><u>Elective 2:</u></p> <ul style="list-style-type: none"> Describe the basic concepts and fundamental principles of therapeutic yoga practises for palliative care Explain the merits of yoga in palliative care 		

	<ul style="list-style-type: none"> Assist in the conducting yoga therapy sessions for palliative care
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This course encompasses 7 out of 7 Compulsory NOS (National Occupational Standards), 2 out of 2 Options of “Yoga Therapy Assistant (Electives: Diabetes/Palliative Care)” Qualifications Pack issued by “Healthcare Sector Skill Council”.

COMPULSORY NOS

Sr. No.	Module	Key Learning Outcomes	Equipment Required
1	Foundations of yoga Theory Duration (hh:mm) 15:00 Practical Duration (hh:mm) 15:00 Corresponding NOS Code HSS/N4003	<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 (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"> Yoga Mat yoga e-modules
2	Yoga therapy assistant key functions and scope Theory Duration (hh:mm) 05:00 Practical Duration (hh:mm) 05:00 Corresponding NOS Code HSS/N9616	<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 	<ul style="list-style-type: none"> Modules for grooming techniques Standard guidelines and protocols of the organization
3	Preparation of yoga therapy	<ul style="list-style-type: none"> Describe the importance 	<ul style="list-style-type: none"> Yoga therapy

Sr. No.	Module	Key Learning Outcomes	Equipment Required
	<p>Unit</p> <p>Theory Duration (hh:mm) 15:00</p> <p>Practical Duration (hh:mm) 15:00</p> <p>Corresponding NOS Code HSS/N4001</p>	<p>of pre-procedural preparedness for therapeutic yoga sessions</p> <ul style="list-style-type: none"> • 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 • Demonstrate safe work practices during the procedure of therapeutic yoga 	<p>unit</p> <ul style="list-style-type: none"> • Yoga mat • Charts of various <i>Asanas</i>
4	<p>Foundations of anatomy and physiology</p> <p>Theory duration (hh:mm) 15:00</p> <p>Practical Duration (hh:mm) 20:00</p> <p>Corresponding NOS Code HSS/N4001</p>	<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 	<ul style="list-style-type: none"> • Human Body Skeleton • Charts and Posters on body systems • AV Aids for understanding Human Body Structure and Function

Sr. No.	Module	Key Learning Outcomes	Equipment Required
		<p>different body systems</p> <ul style="list-style-type: none"> • 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 	
5	<p>Initial interaction with individuals for proposed yoga therapy</p> <p>Theory duration (hh:mm) 20:00</p> <p>Practical Duration (hh:mm) 20:00</p> <p>Corresponding NOS Code HSS/N4002</p>	<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"> • Sanskrit Literatures and <i>Shlokas</i> related to the module
6	<p>Fundamental principles of yoga</p> <p>Theory duration (hh:mm)</p>	<ul style="list-style-type: none"> • Explain the concept of yoga • Explain the concept of yogic health 	<ul style="list-style-type: none"> • Yoga Mat

Sr. No.	Module	Key Learning Outcomes	Equipment Required
	20:00 Practical Duration (hh:mm) 20:00 Corresponding NOS Code HSS/N4006	<ul style="list-style-type: none"> • 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 <i>mala</i> (waste products) • Explain the concept of yoga and psychology • Explain mantra chanting and <i>dhyana</i> • Demonstrate relaxation techniques • 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 	
7	Yoga session Theory duration (hh:mm) 20:00 Practical Duration (hh:mm) 20:00 Corresponding NOS Code HSS/N4003	<ul style="list-style-type: none"> • Demonstrate different postures used for therapeutic yoga • 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 • Demonstrate correct techniques of ambulation to participant • Demonstrate comfortable position to participant • Ensure that the proceedings of the yoga session are being followed by the participant • Describe ways to avoid unnecessary physical 	<ul style="list-style-type: none"> • Yoga Mat • Charts of various Yoga mudras and <i>asanas</i>

Sr. No.	Module	Key Learning Outcomes	Equipment Required
		<p>contact with participant during session</p> <ul style="list-style-type: none"> • 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 • Demonstrate therapeutic yoga techniques for concentration development. • Explain therapeutic yoga practices for memory development. • Demonstrate therapeutic yogic techniques for voice culture • Demonstrate therapeutic yogic techniques of tongue • Demonstrate therapeutic techniques of <i>karṇa Śakti Vikāsaka</i> • Demonstrate therapeutic yogic techniques of <i>mukha, dhauti</i> • Demonstrate yogic techniques of <i>vāk sakti vikāsaka</i> • Demonstrate yogic techniques of <i>nādānusandhāna</i> • Demonstrate yogic techniques of <i>pādahastāsana</i> 	

Sr. No.	Module	Key Learning Outcomes	Equipment Required
		<ul style="list-style-type: none"> • Demonstrate yogic techniques of <i>ardhakaṭi cakrāsana</i> • Demonstrate yogic techniques of <i>ardha cakrāsana</i> • Demonstrate yogic techniques of <i>bhujāṅgāsana</i> • Demonstrate yogic techniques of <i>śirhāsana</i> • Demonstrate yogic techniques of <i>yogendra prāṇāyāma</i> • Demonstrate yogic techniques of <i>jalāneti</i> • Demonstrate yogic techniques of <i>Jivhāmūlāsodhanam</i> 	
8	<p>Classification of yoga</p> <p>Theory Duration (hh:mm) 10:00</p> <p>Practical Duration (hh:mm) 10:00</p> <p>Corresponding NOS Code HSS/N4003</p>	<ul style="list-style-type: none"> • Discuss the components of therapeutic yoga. • Describe <i>Yogasutra</i> and <i>Hatha Yoga</i> • Discuss the classification of eight components of <i>yogasutra</i> like <i>Yama, Niyamas, Āsana, Prāṇāyāma, Pratyāhāra, Dhāraṇā, Dhyāna, Samādhi.</i> • Classify six <i>angas</i> of Hatha Yoga • Describe components of <i>Yogasutra</i> • Describe components of <i>Hatha Yoga</i> 	<ul style="list-style-type: none"> • Yoga Mat • Yoga dress for male and female
9	<p>Yoga and ailments</p> <p>Theory Duration (hh:mm) 20:00</p> <p>Practical Duration (hh:mm) 20:00</p> <p>Corresponding NOS Code Bridge Module</p>	<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 	<ul style="list-style-type: none"> • 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

Sr. No.	Module	Key Learning Outcomes	Equipment Required
		<p>diseases</p> <ul style="list-style-type: none"> Describe metastasis and its classification Discuss cardio vascular diseases in brief Discuss the psychosomatic diseases in brief 	
10	<p>Post yoga session review</p> <p>Theory Duration (hh:mm) 20:00</p> <p>Practical Duration (hh:mm) 20:00</p> <p>Corresponding NOS Code HSS/N4004</p>	<ul style="list-style-type: none"> Explain the relevance and importance of feedback form Design feedback form 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"> Sample formats of reports and hospital documents Scenario based learning modules Vitals assessment equipment; BP Apparatus, Thermometer, Pulse Oximeter (Finger), Stethoscope
11	Maintain interpersonal	<ul style="list-style-type: none"> Apply appropriate and 	<ul style="list-style-type: none"> Sample case

Sr. No.	Module	Key Learning Outcomes	Equipment Required
	<p>relationship with colleagues and others</p> <p>Theory Duration (hh:mm) 10:00</p> <p>Practical Duration (hh:mm) 05:00</p> <p>Corresponding NOS Code HSS/N9615</p>	<p>timely communication between inter and intra departments</p> <ul style="list-style-type: none"> 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 	<p>studies for group dynamics and team work</p>
12	<p>Maintain a safe, healthy and secure working environment</p> <p>Theory Duration (hh:mm) 10:00</p> <p>Practical Duration (hh:mm) 05:00</p> <p>Corresponding NOS Code HSS/N9617</p>	<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 organisation Demonstrate the skills of infection control and use of personal protective equipment (PPE) 	<ul style="list-style-type: none"> First Aid Kit, Colour coding diagrams, Infection control protocols, Personal Protective Equipment
13	<p>Safety and first aid</p> <p>Theory Duration (hh:mm) 10:00</p> <p>Practical Duration (hh:mm) 10:00</p> <p>Corresponding NOS Code HSS/N9617</p>	<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 	<ul style="list-style-type: none"> Manikin First aid kit Splints Bandage Anti-septic creams etc

Sr. No.	Module	Key Learning Outcomes	Equipment Required
		<ul style="list-style-type: none"> 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 	
14	<p>Basic computer knowledge</p> <p>Theory Duration (hh:mm) 10:00</p> <p>Practical Duration (hh:mm) 10:00</p> <p>Corresponding NOS Code Bridge Module</p>	<ul style="list-style-type: none"> Discuss the application and introduction of computers Describe the updated versions of windows like 2008 or 2010 –utilities and basic operations Describe the basic concepts of computer hardware and software 	<ul style="list-style-type: none"> Computer with internet facility with latest MS Office
15	<p>Soft skills and communication</p> <p>Theory Duration (hh:mm) 10:00</p> <p>Practical Duration (hh:mm) 05:00</p> <p>Corresponding NOS Code HSS/N4002</p>	<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 	<ul style="list-style-type: none"> Scenario based learning modules

Sr. No.	Module	Key Learning Outcomes	Equipment Required
		<ul style="list-style-type: none"> • 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 	
16	<p>Reporting and documentation</p> <p>Theory Duration (hh:mm) 10:00</p> <p>Practical Duration (hh:mm) 05:00</p> <p>Corresponding NOS Code HSS/N4004</p>	<ul style="list-style-type: none"> • Explain importance of maintaining various records and • 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 	<ul style="list-style-type: none"> • Sample forms and formats for registration of new patients • Scenario based learning modules

Sr. No.	Module	Key Learning Outcomes	Equipment Required
		<ul style="list-style-type: none"> Develop skill in documentation and maintain proper registers related to yoga therapy assistant 	
17	<p>Personal hygiene</p> <p>Theory Duration (hh:mm) 10:00</p> <p>Practical Duration (hh:mm) 05:00</p> <p>Corresponding NOS Code HSS/9617</p>	<ul style="list-style-type: none"> Explain the concept of healthy living. Demonstrate the procedures of hand hygiene to prevent cross infection including effective hand washing to include; social and clinical techniques Demonstrate the techniques of proper usage of PPE Explain the importance of PPE Explain about various vaccinations against common infectious diseases. 	<ul style="list-style-type: none"> Personal protective equipment (PPE) hand hygiene supplies
	<p>COMPULSORY NOS: Total Duration (theory and practical): 450:00</p> <p>Theory Duration 240:00</p> <p>Practical Duration 210:00</p> <p>OJT Duration (mandatory) 240:00</p>	<p>Unique Equipment Required: Human Body Skeleton, Charts and Posters on body systems, AV Aids for understanding Human Body Structure and Function, Yoga dress for male and female, Yoga Hall, Yoga Mat, Sphygmomanometer, Thermometer, Pulse Oximeter (Finger), Stethoscope, Personal protective equipment, Face Mirror, hand hygiene measures, Computer, First aid kit, splints, bandage, anti-septic creams, Colour coding diagrams, charts on infection control protocol, Sanskrit Literatures and Shlokas, and case studies for group dynamics and team work.</p> <p>Class Room equipped with following arrangements:</p> <ul style="list-style-type: none"> Interactive lectures and Discussion Brain Storming Charts and Models Activity Video presentation Marker Projector White board E-module <p>Skill lab and Yoga Hall equipped with following</p>	

Sr. No.	Module	Key Learning Outcomes	Equipment Required
		arrangements: <ul style="list-style-type: none"> • Unique equipment as enlisted at the last • Practical Demonstration of various functions • Case study • Role play 	

Elective (Optional to choose any or all or none)

Elective 1: Palliative Care

Sr. No.	Module	Key Learning Outcomes	Equipment Required
1	<p>Yoga Therapy session as Palliative Care</p> <p>Theory Duration (hh:mm) 30:00</p> <p>Practical Duration (hh:mm) 30:00</p> <p>Corresponding NOS Code HSS/N4006</p>	<ul style="list-style-type: none"> • Discuss about importance of palliative care • Describe the psychology of patients who require palliative care • Demonstrate meditation and <i>pranayama</i>, along with the relaxing yoga poses • 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 <i>nidra</i>, Yoga poses (<i>asanas</i>): regulated breathing techniques (<i>pranayama</i>): Diaphragmatic breathing, Deep yogic breathing, Gestures (<i>mudra</i>): Balancing, calming <i>mudra</i>, Internalized awareness Yoga <i>Nidra</i> (conscious, dynamic, yogic sleep), <i>Nada</i> 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 of from human body • Explain the importance of yoga in reducing stress and anxiety 	<ul style="list-style-type: none"> • 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

Sr. No.	Module	Key Learning Outcomes	Equipment Required
	<p>OPTION 1: Total Duration (theory and practical): 60 Hours</p> <p>Theory Duration 30:00</p> <p>Practical Duration 30:00</p> <p>OJT duration (mandatory) 30:00</p>	<p>Unique Equipment Required: 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</p>	

Elective 2: Diabetes Care

Sr. No.	Module	Key Learning Outcomes	Equipment Required
1	<p>Yoga Therapy session in Diabetes</p> <p>Theory Duration (hh:mm) 30:00</p> <p>Practical Duration (hh:mm) 30:00</p> <p>Corresponding NOS Code HSS/N4005</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 hypoglycaemia and hyperglycaemia 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 Demonstrate <i>yogasanas</i>, <i>Pranayama</i>, <i>Kriyas</i>, Meditation 	<ul style="list-style-type: none"> 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

Sr. No.	Module	Key Learning Outcomes	Equipment Required
		<p>sessions</p> <ul style="list-style-type: none"> • 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>OPTION 2: Total Duration (theory and practical): 60 Hours</p> <p>Theory Duration 30:00</p> <p>Practical Duration 30:00</p> <p>OJT Hours (mandatory) 30:00</p>	<p>Unique Equipment Required:</p> <p>Human Body Skeleton Charts and Posters on body systems related to diabetes AV Aids for understanding Human Body Structure and Function, Yoga dress for male and female, Vitals assessment equipment, Sphygmomanometer, Thermometer, Pulse Oximeter (Finger), Stethoscope</p>	
	<p>GRAND Total Duration</p> <p>Minimum Duration for the QP (theory+ practical) = 450 hrs Theory: 240 hrs Practical: 210 hrs OJT (mandatory): 240 hrs</p> <p>Maximum Duration for the QP (theory+ practical) = 570 hrs Theory: 300 hrs Practical: 270 hrs OJT (mandatory): 300 hrs</p>	<p>Unique Equipment Required:</p> <p>Human Body Skeleton Charts and Posters on body systems related to diabetes AV Aids for understanding Human Body Structure and Function, yoga dress for male and female for each participant, Equipment for vital checking like Sphygmomanometer, Thermometer, Pulse Oximeter (Finger), Stethoscope</p>	

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

Trainer Prerequisites for Job role: Yoga Therapy Assistant (Electives :Diabetes/Palliative Care) mapped to Qualification Pack: “HSS/Q4001,v2.0”

Sr. No.	Area	Details
1	Description	To deliver accredited training service, mapping to the curriculum detailed above, in accordance with the Qualification Pack “HSS/Q4001”.
2	Personal Attributes	Aptitude for conducting training, and pre/ post work to ensure competent, employable candidates at the end of the training. Strong communication skills, interpersonal skills, ability to work as part of a team; a passion for quality and for developing others; well-organized and focused, eager to learn and keep oneself updated with the latest in the mentioned field.
3	Minimum Educational Qualifications	<ul style="list-style-type: none"> • Master’s degree in yoga with 1 years of experience or • B.sc with PG diploma in Yoga or • Medical Graduates with certificate in yoga with 5 years of experience.
4a	Domain Certification	Certified for Job Role: “Yoga Therapy Assistant (Electives: Diabetes/Palliative Care)” mapped to QP: “HSS/Q4001”, version 2.0 with scoring of minimum 80%.
4b	Platform Certification	Recommended that the Trainer is certified for the Job Role: “Trainer”, mapped to the Qualification Pack: “MEP/Q2601” with scoring of minimum 80%.
5	Experience	<ul style="list-style-type: none"> • Master’s degree in yoga with 1 years of experience or B.Sc. with PG diploma in Yoga or • Medical Graduates with certificate in yoga with 5 years of experience.

