



Model Curriculum

QP Name: Ayurveda Masseur

QP Code: HSS/ Q3605

QP Version: 3.0

NSQF Level: 2.5

Model Curriculum Version: 1.0

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

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Training Parameters

Sector	Healthcare
Sub-Sector	AYUSH
Occupation	Ayurveda Therapy
Country	India
NSQF Level	2.5
Aligned to NCO/ISCO/ISIC Code	NCO-2015/224
Minimum Educational Qualification and Experience	<ul style="list-style-type: none"> • 9th grade pass or • 8th-grade pass with 1.5 years of experience
Pre-Requisite License or Training	
Minimum Job Entry Age	18Years
Last Reviewed On	18th February 2025
Next Review Date	18 th February 2028
NSQC Approval Date	18 th February 2025
QP Version	3.0
Model Curriculum Creation Date	18th February 2025
Model Curriculum Valid Up to Date	18th February 2028
Model Curriculum Version	3.0
Minimum Duration of the Course	360 Hrs.
Maximum Duration of the Course	360 Hrs.

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 fundamental principles of Ayurveda.
- Explain the structure of the human body, including its tissues, organs, and systems.
- Discuss the significance of Ayurvedic massage.
- Discuss the importance of positioning the client for effective massage therapy.
- Explain the purpose of obtaining consent before the procedure.
- Demonstrate the skills required for carrying out Ayurvedic massage.
- Demonstrate client positions to conduct Ayurvedic massage.
- Explain the significant techniques, pressures, and rhythms during massage procedures.
- Demonstrate the process of packaging and storing equipment, materials, oils, and consumables.
- Explain the process of maintaining records of consumable and non-consumable items like sheets, towels, napkins etc.
- Maintain a safe, healthy, and secure working environment.
- Follow biomedical waste disposal and infection control policies and procedures.

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
HSS/N3613,V3: Pre-Procedural requirements of Ayurveda Massage	10:00	20:00	00:00	00:00	30:00
Module 1: Introduction to AYUSH Healthcare System	03:00	00:00	00:00	00:00	08:00
Module 2: Basic structure and function of human body	03:00	10:00	00:00	00:00	13:00
Module 3: Roles and responsibilities of Ayurveda Masseur	04:00	10:00	00:00	00:00	09:00

HSS/N3614,V3: Carry out Ayurvedic Massage	30:00	90:00	30:00	00:00	150:00
Module 4: Pre-requisites to Ayurvedic Massage	15:00	45:00	00:00	00:00	60:00
Module 5: Conduct Ayurvedic Massage	15:00	45:00	00:00	00:00	60:00
HSS/N3608,V3: Assist in post- procedure compliance of panchakarma Session.	40:00	80:00	00:00	00:00	120:00
Module 6: Post-procedure care	40:00	80:00	00:00	00:00	120:00
HSS/N9624, V2.0: Maintain a safe and secure working environment	10:00	20:00	00:00	00:00	30:00
Module 7: Safety, emergency medical response and first aid	05:00	10:00	00:00	00:00	15:00
Module 8: Infection control practices and waste management	05:00	10:00	00:00	00:00	15:00
Total Duration	90:00	210:00	30:00	00:00	330:00
<u>Module 9: Employability Skills DGT/VSQ/N0101,V1.0 (30 Hours)</u>	30:00	00:00	00:00	00:00	30:00
Total Duration	120:00	210:00	30:00	00:00	360:00

Module Details

Module 1: Introduction to AYUSH healthcare systems

Mapped to: HSS/N3613,v3

Terminal Outcomes:

- Describe the basic structure and function of AYUSH healthcare delivery system in India.

Duration: 03:00	Duration: 00:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> Understand about Ayush related healthcare services in the country Discuss in detail about the Ayurveda healthcare setup and services involved. Understand the needs of the Panchkarma /Abhyanga department and its scope of service. 	
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	
Tools, Equipment and Other Requirements	
Visit to AYUSH Hospital for field assignment	

Module 2: Basic structure and function of human body (Rachana Sharira and Kriya Sharira)

Mapped to: HSS/N3613,v3

Terminal Outcomes:

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

Duration: 03:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • List down various body parts with a brief understanding of anatomy and physiology. • Explain the concept of homeostasis in the Ayurveda system. • Explain the concept of six regions.(Shadangatwam) of Sharira. • Explain the concept of qualities (Guna) and disturbing factors (Dosha). • Describe the plasma (Rasa Dhatu), blood (Rakta Dhatu) and muscles (Mamsa Dhatu). 	<ul style="list-style-type: none"> • Prepare a model of human body parts using waste material depicting different anatomical parts. • Prepare a chart of body parts depicting physiological process of the human body system. • Prepare a chart about healthcare services provided at Ayurveda healthcare organizations and Panchkarma therapy centre
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 the Body System	

Module 3: Roles and responsibilities of Ayurveda Masseur

Mapped to: HSS/N3613,v3

Terminal Outcomes:

- Describe roles and responsibilities of Ayurveda Masseur.

Duration: 04:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> Explain the role and responsibilities of an Ayurveda Masseur under the guidance of the expert. Discuss the scope of work related to Ayurveda Masseur as per the expert's instructions. Explain about equipment, oils, lepas etc to be used in the role of Ayurveda Masseur. Discuss about ensuring that any equipment and materials are suitable for use. Explain the importance of recordkeeping, confidentiality and maintaining privacy Explain the purpose of obtaining consent before the procedure. 	<ul style="list-style-type: none"> Prepare a chart depicting roles and responsibilities related to Ayurveda masseur. In a role play-Demonstrate the roles of Ayurveda Masseur Prepare a list of equipment, oils and materials to be used.
-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 descriptions and limitations	

Module 4: Prerequisites to Ayurvedic Massage

Mapped to: HSS/N3614,v3

Terminal Outcomes:

- Explain the importance of maintaining correct techniques of positioning and draping during procedure.
- Demonstrate the use of required articles, oils, and related formulations during procedure.
- Demonstrate the method of preparing set up as per the requirement.
- Explain the importance of maintaining the record of expired materials/ medicaments.

Duration: 15:00	Duration: 45:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain the importance of maintaining cleanliness and orderliness in the work area. • Discuss the significance of assessing that the environment meets the client's needs. • Discuss the importance of positioning the client for effective massage therapy while providing comfort as much as possible as per the instructions of the expert. • Identify limitations or comfort areas of the client basis on needs considering factors such as gender, religion, culture, language etc. • Discuss about types of Ayurvedic massage as per prescription. • Discuss about requirements for performing Abhyanga (Ayurveda oil Massage) • Discuss the requirement for performing Shiro Abhyangam (Head Massage) Sirodhara, Udwarthana, Utsadanam as instructed by the expert. • Discuss requirements for performing Pada Abhyangam(Foot Massage) under the guidance. • Discuss the requirement for performing Mukha Abhyangam(Face Massage) under the guidance of the physician. • Explain the importance of the common Ayurveda oils. • Discuss Ethics and Regulations in the scope of work 	<ul style="list-style-type: none"> • Demonstrate safe work practices during the session. • Demonstrate different types of Ayurvedic massage • Demonstrate client positions to conduct Ayurvedic massage • In a role play- demonstrate the Shiro Abhyangam (Head Massage), Pada Abhyangam(Foot Massage), Mukha Abhyangam(Face Massage), Sirodhara, Udwarthana, Utsadanam • Make a list of different oils to be used in different treatments. • Identify different oils used in different treatments
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster.	
Tools, Equipment and Other Requirements	

Oils, droni, Shirodhara yantra, Swedna yantra.

Module 5: Conduct Ayurvedic Massage

Mapped to: HSS/N3614,v3

Terminal Outcomes:

- Demonstrate the massage procedure like Abhyanga, Shirobhyanga, Udwarthanam, and Padabhyanga.

Duration: 15:00	Duration: 45:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain the indication, contraindication and process of performing Abhyanga (Ayurveda oil Massage), Shiro Abhyangam (Head Massage), Pada Abhyangam (Foot Massage), Mukha Abhyangam (Face Massage) etc. • Discuss about making appropriate adjustments to the massage therapy to meet any changing needs. • Explain the significance of techniques, pressures, and rhythms during massage procedures under the guidance of the physician. • Explain about three divisions of Shirodhara as per medium/oil used. • Understand the importance of checking the client's well-being throughout and give reassurance where needed • Explain about different oils used as per the massage process, its description and uses. • Explain the importance of maintaining a client's privacy and confidentiality. • Explain the process of escalating any safety issues to the concerned authority. 	<ul style="list-style-type: none"> • Identify common Ayurveda oils in a skill lab • In a role play-Demonstrate process of conducting Ayurvedic massage such as Abhyanga (Ayurveda oil Massage), Shiro Abhyangam (Head Massage), Pada Abhyangam (Foot Massage), Mukha Abhyangam (Face Massage) • Demonstrate client positioning for massage. • Make a list of the different mediums used in the Shirodhara process. • In a role play demonstrates the techniques, pressures, and rhythms during massage procedure.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	
Tools, Equipment and Other Requirements	
Oils, droni, Shirodhara Yantra.	

Module 6: Post-procedure care

Mapped to: HSS/N3608,v3

Terminal Outcomes:

- Describe Do's and Don'ts after Ayurveda Massage.
- Carry out proper records and maintain confidentiality.

Duration: 40:00	Duration: 80:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Enlist post dos and don'ts of Ayurvedic Massage as per norms. • Explain the importance of giving clear and accurate instructions on self-care • Discuss the process of handing over personal belongings to the client • Explain the process of maintaining client's records and confidentiality under legal and professional requirements • Explain the process of maintaining records of consumable and non-consumable items like sheets, towels, napkins etc. • Explain about safety measures of keeping oils, medicine from moisture, water, fire, rodents, insects, and mites etc. • Explain the process of reporting any malfunction or damage of required articles, shortage of stock, missing item, to the appropriate authority. 	<ul style="list-style-type: none"> • Prepare the massage unit in a skill lab for next procedure. • Prepare a chart depicting the steps for the process of handling belongings to the client. • Demonstrate the process of packing and storing equipment, materials, oils, and consumables. • In a role play-demonstrate the process of reporting damage, shortage of stock, and missing items, in the store.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster.	
Tools, Equipment and Other Requirements	
Linen, sheets, towel, napkins, gloves, mask, cleaning agents, disinfectants, water, sample formats of reports and records	

Module 7: Safety, emergency medical response and first aid

Mapped to: HSS/N9624,v2

Terminal Outcomes:

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

Duration: 05:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain the basics of first aid. • List the precautions to be taken for personal safety. • Discuss how to perform Basic Life Support (BLS). • Explain the use of protective devices such as restraints and safety devices. • Identify precautions to be taken for self-safety. • Explain disaster management techniques to deal with institutional emergencies. 	<ul style="list-style-type: none"> • In a role play demonstrate the first aid technique • Make a chart depicting the steps in Basic life support • Prepare a chart depicting disaster management techniques. • Create a chart depicting different types of protective devices such as restraints and safety devices. • Create a flow chart depicting common emergencies and their 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 8: Infection control practices and waste management

Mapped to: HSS/N9624,v2

Terminal Outcomes:

- Apply self-hygiene and social distancing practices and follow infection control guidelines.
- Demonstrate correct waste disposal methods as per guidelines and regulations

Duration: 05:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Discuss the concept of disease outbreak, epidemics, and pandemics and their impact on society at large. • Explain the significance of following prescribed rules and guidelines during an epidemic or a pandemic. • Differentiate between self-quarantine and self-isolation and their significance. • Discuss the significance of social distancing and alternate ways of carrying out everyday tasks (use of e-payment gateways/online learning/virtual meetings, etc.) during a pandemic. • Discuss the significance of conforming to basic personal and workplace hygiene practices such as washing hands, using alcohol-based hand sanitizers, examining office supplies/deliveries and their sanitization, etc. • List various surfaces that may serve as potential fomites at workplace. • Identify PPE to be used at workplace and the process of donning, doffing, and discarding them. • Discuss the importance and process of identifying and reporting symptoms to the concerned authorities. • Discuss organizational hygiene and sanitation guidelines and ways of following them and reporting breaches/gaps if any. • Explain the importance and mechanism of proper and safe disposal, transportation, and treatment of waste. 	<ul style="list-style-type: none"> • Show how to sanitize and disinfect one's work area regularly. • Demonstrate the correct way of washing hands using soap and water, and alcohol-based hand rubs. • Display the correct way of donning, doffing and discarding PPE such as face masks, hand gloves, face shields, PPE suits, etc. • Demonstrate appropriate social and behavioural etiquette (greeting and meeting people, spitting/coughing/sneezing, etc.). • Prepare a list of relevant hotline/emergency numbers. • Select different types of waste and various types of colour coded bins/containers used for disposal of waste.

<ul style="list-style-type: none"> Discuss the ways of dealing with stress and anxiety during a disease outbreak. 	
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, Whiteboard/Smart Board, Marker, Duster.	
Tools, Equipment and Other Requirements	
Different coded colour bins, chart for colour coding of bins.	

Module 9: Employability Skills (30 hours)

Mapped to DGT/VSQ/N0101,v1.0: Employability Skills (30 Hours)

Mandatory Duration: 30:00			
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 importance of Employability Skills in meeting the job requirements. 	1
2.	Constitutional values - Citizenship	<ul style="list-style-type: none"> Explain constitutional values, civic rights, duties, citizenship, responsibility towards society etc. that are required to be followed to become a responsible citizen. Show how to practice different environmentally sustainable practices. 	1
3.	Becoming a Professional in the 21st Century	<ul style="list-style-type: none"> Discuss 21st century skills. Display positive attitude, self -motivation, problem solving, time management skills and continuous learning mindset in different situations. 	1
4.	Basic English Skills	<ul style="list-style-type: none"> Use appropriate basic English sentences/phrases while speaking. 	2
5.	Communication Skills	<ul style="list-style-type: none"> Demonstrate how to communicate in a well -mannered way with others. Demonstrate working with others in a team. 	4
6.	Diversity & Inclusion	<ul style="list-style-type: none"> Show how to conduct oneself appropriately with all genders and PwD. Discuss the significance of reporting sexual harassment issues in time. 	1
7.	Financial and Legal Literacy	<ul style="list-style-type: none"> Discuss the significance of using financial products and services safely and securely. Explain the importance of managing expenses, income, and savings. Explain the significance of approaching the concerned authorities in time for any exploitation as per legal rights and laws. 	4
8.	Essential Digital Skills	<ul style="list-style-type: none"> Show how to operate digital devices and use the associated applications and features, safely and securely. Discuss the significance of using internet for browsing, accessing social media platforms, safely and securely. 	3
9.	Entrepreneurship	<ul style="list-style-type: none"> Discuss the need for identifying opportunities for potential business, sources for arranging money and potential legal and financial challenges. 	7
10.	Customer Service	<ul style="list-style-type: none"> Differentiate between types of customers. Explain the significance of identifying customer needs and addressing them. Discuss the significance of maintaining hygiene and dressing appropriately. 	4
11	Getting ready for apprenticeship & Jobs	<ul style="list-style-type: none"> Create a biodata. Use various sources to search and apply for jobs. Discuss the significance of dressing up neatly and maintaining hygiene for an interview. Discuss how to search and register for apprenticeship opportunities. 	2

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

Mandatory Duration: 30:00

Module Name: On-the-Job Training

Location: On Site

Terminal Outcomes

- Prepare the massage unit for the next procedure as per organizational policies.
- Demonstrate the process of packing and storing equipment, materials, oils, and consumables.
- Demonstrate handling of biomedical waste from its segregation in different coloured dustbins as per the local biomedical waste management protocol.
- Demonstrate safe work practices during the session.
- Demonstrate client positions to conduct Ayurvedic massage
- Identify common Ayurveda oils.
- Demonstrate the process of conducting Ayurvedic massage such as Abhyanga (Ayurveda oil Massage), Shiro Abhyangam (Head Massage), Padma Abhyangam (Foot Massage), Mukha Abhyangam (Face Massage)
- Demonstrate washing hands techniques.
- Demonstrate donning, doffing and discarding PPE such as face masks, hand gloves, face shields, PPE suits, etc.
- Demonstrate appropriate social and behavioral etiquette (greeting and meeting people, spitting/coughing/sneezing, etc.).

Annexure

Trainer Requirements

Trainer Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training Experience		Remarks
		Years	Specialization	Years	Specialization	
M.D.	Panchakarma/ Kayachikitsa	1				
B.A.M.S.		5				

Trainer Certification	
Domain Certification	Platform Certification
Certified for Job Role: "Ayurveda Masseur" mapped to the Qualification Pack: "HSS/Q3605" 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	
M.D.	Panchakarma/ Kayachikista	3				
B.A.M.S.		7				

Assessor Certification	
Domain Certification	Platform Certification
Certified for Job Role: "Ayurveda Masseur" mapped to the Qualification Pack: "HSS/Q3605" 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) 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 and 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

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.

Acronyms and Abbreviations

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