



# Model Curriculum

**QP Name: Prakriti Parikshan**

**QP Code: HSS/N3629**

**QP Version: 1.0**

**NSQF Level: 6**

**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

# Table of Contents

Training Parameters.....	3
Program Overview .....	4
Training Outcomes.....	4
Compulsory Modules .....	4
Module Details .....	7
Module 1: Roles and Responsibilities of a Practitioner Assisting in Prakriti Parikshan.....	9
Module 2: Procedural Requirements Prakriti Assessment .....	10
Module 3: Prakriti assessment.....	11
Module 4: Prakriti evaluation and outcomes .....	13
Annexure.....	20
Trainer Requirements .....	21
Assessor Requirements .....	22
Assessment Strategy .....	23
References.....	25
Glossary.....	25
Acronyms and Abbreviations .....	26

## Training Parameters

<b>Sector</b>	Healthcare
<b>Sub-Sector</b>	AYUSH
<b>Occupation</b>	Ayurveda Therapy
<b>Country</b>	India
<b>NSQF Level</b>	6
<b>Aligned to NCO/ISCO/ISIC Code</b>	NCO-2015/224
<b>Minimum Educational Qualification and experience</b>	<ul style="list-style-type: none"> <li>UG (Bachelor of Ayurveda Medicine and surgery) B.A.M.S with 1.5 years of relevant experience.</li> </ul>
<b>Pre-Requisite License or Training</b>	
<b>Minimum Job Entry Age</b>	21 Years
<b>Last Reviewed On</b>	18 <sup>th</sup> February 2025
<b>Next Review Date</b>	18 <sup>th</sup> February 2028
<b>NSQC Approval Date</b>	18 <sup>th</sup> February 2025
<b>QP Version</b>	1.0
<b>Model Curriculum Creation Date</b>	18 <sup>th</sup> February 2025
<b>Model Curriculum Valid Up to Date</b>	18 <sup>th</sup> February 2028
<b>Model Curriculum Version</b>	1.0
<b>Minimum Duration of the Course</b>	120 hrs
<b>Maximum Duration of the Course</b>	120 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 concept and fundamental principles of Ayurveda.
- Discuss the significance of Ayurveda in Prakriti assessment.
- Understand the scope of work in the role of a Parikshan of Prakriti.
- Demonstrate the skills necessary to assess prakriti by utilizing techniques of interview, observation, data analysis etc.
- Provide counselling for modifications required such as lifestyle etc. based on the Prakriti assessment.
- Demonstrate the process of maintaining relevant records.

### 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
<b>HSS/N3629,V1: Coordinate for Prakriti Analysis of the patient/client.</b>	<b>40:00</b>	<b>80:00</b>	<b>00:00</b>	<b>00:00</b>	<b>120:00</b>
Module 1: Roles and responsibilities of a Practitioner Assisting in Prakriti Parikshan.	10:00	20:00	00:00	00:00	30:00
Module 2: Procedural requirement of Prakriti assessment	10:00	20:00	00:00	00:00	30:00
Module 3: Prakriti assessment	10:00	20:00	00:00	00:00	30:00
Module 4: Prakriti evaluation and outcomes	10:00	20:00	00:00	00:00	30:00
<b>Total Duration</b>	<b>40:00</b>	<b>80:00</b>	<b>00:00</b>	<b>00:00</b>	<b>120:00</b>

## Module Details

### Module 1: Roles and Responsibilities of a Practitioner Assisting in Prakriti Pariksha

*Mapped to: HSS/N3629,V1*

#### Terminal Outcomes:

- Describe roles and responsibilities of the practitioner Assisting in Prakriti Pariksha.
- Demonstrate the process of preparing a checklist.

<b>Duration:</b> 10:00	<b>Duration:</b> 20:00
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Explain the role and responsibilities of a practitioner Assisting in Prakriti Pariksha.</li> <li>• Explain the various tools and techniques to be used as a Prakriti Parikshan.</li> <li>• Explain the process of record keeping and obtaining consent before assessment.</li> <li>• Explain the importance of using computers, and the internet in day-to-day activities related to the scope of work.</li> </ul>	<ul style="list-style-type: none"> <li>• Create a sample set of documents to record procedure-related information of Prakriti Assessment.</li> <li>• Demonstrate the good quality practices in the role of a Prakriti Parikshan.</li> <li>• Demonstrate the method of preparing a checklist related to Prakriti assessment and evaluation.</li> </ul>
<b>-Classroom Aids:</b>	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster.	
<b>Tools, Equipment and Other Requirements</b>	
Document and guidelines with detailed role descriptions and limitations	

## Module 2: Procedural requirements of Prakriti assessment

*Mapped to: HSS/N3629,V1*

### Terminal Outcomes:

- Explain the importance and need of prakriti assessment.

Duration: 10:00	Duration: 20:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> <li>• Explain about the concept of Prakriti.</li> <li>• Discuss the factors related to the Prakriti constitution.</li> <li>• Explain about kapha Snigdha and associated Mridu, Madhura, Sara, Manda, Stimita, Guru, Shita, Picchila, Achcha related to Prakriti assessment.</li> <li>• Explain Pitta and associated Ushna, Tikshna, Drava, Amla, Katu related to Prakriti assessment.</li> <li>• Explain Vata and associated Ruksha, Laghu, Chala, Bahu, Shighra, Shita, Parusha, Vishada.</li> <li>• Discuss the physical and mental traits of different Doshas.</li> <li>• Identify relevant information about environmental and lifestyle factors for Prakriti assessment.</li> </ul>	<ul style="list-style-type: none"> <li>• List down the factors related to the Prakriti constitution.</li> <li>• In a role play-demonstrate analysis of Prakriti with different factors related to Vata, Pitta and Kapha.</li> <li>• Formulate structured questions for sample individual cases for the Prakriti assessment</li> <li>• Create a sample checklist for the Prakriti assessment.</li> <li>• Review sample profiles to extract information related to Prakriti.</li> </ul>
<b>Classroom Aids:</b>	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster.	
<b>Tools, Equipment and Other Requirements</b>	
Checklist, questionnaire, consent forms etc	

## Module 3: Prakriti assessment

Mapped to: HSS/N3629,V1

### Terminal Outcomes:

- Demonstrate the techniques of the interview.
- Explain about the role diet and lifestyle play in the prakriti constitution.
- Describe the various parameters of prakriti assessment.

<b>Duration:</b> 10:00	<b>Duration:</b> 20:00
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Explain the range of volunteer emotions, experiences, beliefs, behaviours, values, coping mechanisms, and adaptive capabilities.</li> <li>• Explain the importance of observing visible traits and features of volunteering regarding the Prakriti assessment.</li> <li>• Discuss about confidentiality and privacy practices related to volunteer information.</li> <li>• Explain about the interview and its different techniques.</li> <li>• Explain the importance of diet and lifestyle in Prakriti constitution.</li> <li>• Discuss the method of counselling and techniques.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate the method of identifying physical attributes associated with Prakriti.</li> <li>• Demonstrate the process of interviewing volunteers.</li> <li>• Demonstrate filling various sample forms/ formats required.</li> <li>• Demonstrate the use of verbal and nonverbal communication to provide support during information gathering.</li> <li>• Apply knowledge of cultural and religious knowledge to plan out the session for the Prakriti Evaluation.</li> </ul>
<b>Classroom Aids:</b>	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster.	
<b>Tools, Equipment and Other Requirements</b>	
Sample forms/formats, visual aids, questionnaires, consent forms etc.	

## Module 4: Prakriti evaluation and outcomes

*Mapped to: HSS/N3629,V1*

### Terminal Outcomes:

- Carry out the interpretation and evaluation of assessment.
- Demonstrate the techniques of counselling.

Duration: 10:00	Duration: 20:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> <li>• Explain the importance of interpreting the data and compiling the information provided by the volunteer.</li> <li>• Discuss parameters in Prakriti reports.</li> <li>• Describe the process of storing volunteer information and how it can be accessed.</li> <li>• Discuss the healthy lifestyle modifications required in general related to the Prakriti type.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate the process of recording sample volunteer information.</li> <li>• Demonstrate the method of providing counselling.</li> <li>• Prepare sample reports using the information gathered from observation, experience, reasoning, or communication in a mock set-up.</li> <li>• Demonstrate the method of maintaining confidentiality of patient's information such as prudent disclosure of information.</li> </ul>
<b>Classroom Aids:</b>	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster.	
<b>Tools, Equipment and Other Requirements</b>	
N/A	

## Annexure

### Trainer Requirements

Trainer Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training Experience		Remarks
		Years	Specialization	Years	Specialization	
Graduate	BAMS	5				
Post -Graduate	BAMS (any field)	Nil				

Trainer Certification	
Domain Certification	Platform Certification
Certified for Job Role: “Prakriti Evaluator” mapped to the Qualification Pack: “HSS/ v1.0”HSS/N3629 with minimum score of 80%.	Recommended that the Trainer is certified for the Job Role: “Trainer”, mapped to the Qualification Pack: “MEP/Q2601 v1.0” with minimum score of 80%.

## Assessor Requirements

Assessor Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training/Assessment Experience		Remarks
		Years	Specialization	Years	Specialization	
Graduate	BAMS	6				
Post -Graduate	BAMS(any field)	Nil				

Assessor Certification	
Domain Certification	Platform Certification
Certified for Job Role: “Prakriti Evaluator” mapped to the Qualification Pack: “HSS/ v1.0” HSS/N3629 with minimum score of 80%.	Recommended that the Assessor is certified for the Job Role: “Assessor”, mapped to the Qualification Pack: “MEP/Q2701 v1.0” 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 demonstrate

## References

## Glossary

<b>Sector</b>	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.
<b>Sub-sector</b>	Sub-sector is derived from a further breakdown based on the characteristics and interests of its components.
<b>Occupation</b>	Occupation is a set of job roles, which perform similar/ related set of functions in an industry.
<b>National Occupational Standards (NOS)</b>	NOS are occupational standards which apply uniquely in the Indian context.
<b>Qualifications Pack (QP)</b>	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

<b>NOS</b>	National Occupational Standard(s)
<b>NSQF</b>	National Skills Qualifications Framework
<b>QP</b>	Qualifications Pack
<b>PPE</b>	Personal Protective Equipment
<b>SOP</b>	Standard Operating Procedure