



Yoga Training Assistant

QP Code: HSS/Q4002

Version: 3.0

NSQF Level: 2.5

Healthcare Sector Skill Council || 520, DLF Tower A, 5th Floor, Jasola District Centre
New Delhi - 110025 || email: anshu.verma@healthcare-ssc.in

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HSS/Q4002: Yoga Training Assistant

Brief Job Description

The Yoga Training Assistant assists in preparing a clean and well-organized space for demonstrating the yoga techniques outlined in the Common Yoga Protocol (CYP). They would also assist clients in maintaining yoga postures by demonstrating and guiding them step by step. These individuals would also keep themselves abreast with the latest techniques, guidelines, protocols from relevant sources in the field of yoga and meditation.

Personal Attributes

The job requires the individual to possess the necessary skills to perform yoga postures and meditation techniques, these individuals would also need to have key qualities such as self-discipline, confidence, maturity, patience, compassion, active listening, empathy, language proficiency, comfortable with standing, sitting, bending and moving for extended periods.

Applicable National Occupational Standards (NOS)

Compulsory NOS:

1. [HSS/N4014: Practice yoga postures and meditation techniques as per Common Yoga Protocols to enhance personal readiness.](#)
2. [HSS/N4018: Prepare set up and client for yoga sessions based on the provided instructions.](#)
3. [HSS/N4019: Assist clients during yoga postures based on the Common Yoga Protocol \(CYP\) and instructions.](#)
4. [HSS/N4020: Coordinate for post yoga session compliances](#)
5. [HSS/N9624: Maintain a safe and secure working environment](#)
6. [DGT/VSQ/N0101: Employability Skills \(30 Hours\)](#)

Qualification Pack (QP) Parameters

Sector	Healthcare
Sub-Sector	AYUSH
Occupation	Yoga
Country	India

NSQF Level	2.5
Credits	10.5
Aligned to NCO/ISCO/ISIC Code	NCO-2015/NIL
Minimum Educational Qualification & Experience	9th grade pass with NA of experience OR 8th Class pass (Pass) with 1.5 years of experience
Minimum Level of Education for Training in School	
Pre-Requisite License or Training	NA
Minimum Job Entry Age	18 Years
Last Reviewed On	NA
Next Review Date	NA
NSQC Approval Date	12/02/2025
Version	3.0

HSS/N4014: Practice yoga postures and meditation techniques as per Common Yoga Protocols to enhance personal readiness.

Description

This Occupational Standard outlines the essential knowledge, understanding, and skills an individual requires for understanding the yoga postures and meditation techniques as per CYP to enhance personal readiness and awareness.

Scope

The scope covers the following :

- This Occupational Standard outlines the essential knowledge, understanding, and skills an individual requires for understanding the yoga postures and meditation techniques as per CYP to enhance personal readiness and awareness.

Elements and Performance Criteria

Learning and development

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

- PC1.** comply with organization's standards of hygiene, grooming and personal behavior
- PC2.** practice correct techniques of invocation with a prayerful mood.
- PC3.** practice SADILAJA/CĀLANA KRIYĀS /LOOSENING techniques to increase microcirculation
- PC4.** practice standing, sitting, prone, supine postures of yoga asanas
- PC5.** practice meditation techniques of Dhyana, Sankalpa, Santih Patha
- PC6.** undertake yoga practice with dedication and willingness for healthy lifestyle

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** organization's guidelines for hygiene, grooming, and personal behavior.
- KU2.** philosophical and spiritual aspects of yoga, including the practice of invocation and prayer.
- KU3.** preparatory exercise (SADILAJA/CALANA Kriya's), standing, sitting, prone and supine postures and meditation techniques like Dhyana, Sankalpa and Santih Pathya
- KU4.** principles of a healthy lifestyle and the role of yoga in promoting well-being, yoga, yoga texts and yogic practices
- KU5.** importance of maintaining self-hygiene
- KU6.** health and safety requirements in the organization
- KU7.** basics of human anatomy and physiology
- KU8.** major Yoga Schools (Jnana, Bhakti, Karma, Patanjali, Hatha), Yoga Sadhana, Yogic Sukshma Vyayama, Sthula Vyayama and Surya Namaskara, yogasana
- KU9.** pranayama and dhyana and their health benefits

Generic Skills (GS)

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

- GS1.** document task lists and schedules
- GS2.** stay updated with trends and latest guidelines and information from relevant sources.
- GS3.** communicate information (for example, facts, ideas, or messages) in a brief, clear, and organized manner
- GS4.** interpret written material, including rules, regulations, and instructions etc
- GS5.** build customer relationships and use customer centric approach

Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Learning and development</i>	70	50	30	50
PC1. comply with organization's standards of hygiene, grooming and personal behavior	-	-	-	-
PC2. practice correct techniques of invocation with a prayerful mood.	-	-	-	-
PC3. practice SADILAJA/CĀLANA KRIYĀS /LOOSENING techniques to increase microcirculation	-	-	-	-
PC4. practice standing, sitting, prone, supine postures of yoga asanas	-	-	-	-
PC5. practice meditation techniques of Dhyana, Sankalpa, Santih Patha	-	-	-	-
PC6. undertake yoga practice with dedication and willingness for healthy lifestyle	-	-	-	-
NOS Total	70	50	30	50

National Occupational Standards (NOS) Parameters

NOS Code	HSS/N4014
NOS Name	Practice yoga postures and meditation techniques as per Common Yoga Protocols to enhance personal readiness.
Sector	Healthcare
Sub-Sector	
Occupation	Yoga
NSQF Level	4
Credits	2.5
Version	1.0
Last Reviewed Date	22/10/2024
Next Review Date	22/10/2029
NSQC Clearance Date	22/10/2024

HSS/N4018: Prepare set up and client for yoga sessions based on the provided instructions.

Description

This Occupational Standard outlines the knowledge, understanding, and skills needed for an individual to conduct yoga sessions, including the activities before and after the sessions.

Scope

The scope covers the following :

- Pre-yoga session requirements

Elements and Performance Criteria

• *Pre-yoga session requirements*

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

- PC1.** Organize the yoga set up by arranging props, mats, and any other necessary equipment in an accessible manner.
- PC2.** Ensure the equipment, AV aids and other necessary articles are in functional mode, clean and ready to use
- PC3.** Ensure the availability of standby equipments and resources in case required for smooth conduct of the session.
- PC4.** Ensure clean, quiet, comfortable and conducive environment is available for smooth conduct of the session.
- PC5.** Ensure lighting, temperature and ventilation of the environment are appropriate for conducting the session
- PC6.** Ensure the designated space for yoga posture demonstration is clearly visible to the clients
- PC7.** Check the availability of water and clean sanitation facilities accessible to the clients.
- PC8.** Ensure that participants wear light and comfortable clothes to facilitate easy movement of the body
- PC9.** Ensure the participants are prepared to take the session, e.g., with an empty stomach, cleansing the bowels, having had a bath, etc.
- PC10.** Assist with registrations, attendance tracking, and collecting payments as per instructions.
- PC11.** Develop and display the yoga session schedule as per organizational policies

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** yoga props like blocks, straps, blankets, and their uses in different poses
- KU2.** importance of a clean, quiet, and well-ventilated space for yoga practice
- KU3.** appropriate lighting, temperature, and ventilation settings.
- KU4.** Awareness of pre-yoga practices like an empty stomach, bowel cleansing, and wearing comfortable clothing.

- KU5.** concept of safety precautions to prevent injuries and ensure a hygienic environment with clean sanitation facilities.
- KU6.** organization's policies regarding registration, attendance tracking, and payment collection.
- KU7.** Principles of Yoga (Triguna, Antahkarana-chatustaya, Tri-Sharira/ Panchakosha)
- KU8.** Basics of human anatomy and physiology
- KU9.** major Yoga Schools (Jnana, Bhakti, Karma, Patanjali, Hatha), Yoga Sadhana, Yogic Sukshma Vyayama, Sthula Vyayama and Surya Namaskara, yoga asana
- KU10.** Pranayama and dhyana and their health benefits
- KU11.** Dincharya and Ritucharya concerning yogic lifestyle gender diversity
- KU12.** payment collection, recording and tracking

Generic Skills (GS)

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

- GS1.** Document task lists and schedules
- GS2.** Stay updated with trends the latest guidelines and information from relevant sources.
- GS3.** Communicate information (for example, facts, ideas, or messages) in a brief, clear, and organized manner
- GS4.** Interpret written material, including rules, regulations, and instructions etc
- GS5.** Build customer relationships and use customer-centric approach
- GS6.** Review the information gathered from observation, experience, reasoning, or communication to act efficiently

Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
• <i>Pre-yoga session requirements</i>	75	75	30	40
PC1. Organize the yoga set up by arranging props, mats, and any other necessary equipment in an accessible manner.	-	-	-	-
PC2. Ensure the equipment, AV aids and other necessary articles are in functional mode, clean and ready to use	-	-	-	-
PC3. Ensure the availability of standby equipments and resources in case required for smooth conduct of the session.	-	-	-	-
PC4. Ensure clean, quiet, comfortable and conducive environment is available for smooth conduct of the session.	-	-	-	-
PC5. Ensure lighting, temperature and ventilation of the environment are appropriate for conducting the session	-	-	-	-
PC6. Ensure the designated space for yoga posture demonstration is clearly visible to the clients	-	-	-	-
PC7. Check the availability of water and clean sanitation facilities accessible to the clients.	-	-	-	-
PC8. Ensure that participants wear light and comfortable clothes to facilitate easy movement of the body	-	-	-	-
PC9. Ensure the participants are prepared to take the session, e.g., with an empty stomach, cleansing the bowels, having had a bath, etc.	-	-	-	-
PC10. Assist with registrations, attendance tracking, and collecting payments as per instructions.	-	-	-	-
PC11. Develop and display the yoga session schedule as per organizational policies	-	-	-	-
NOS Total	75	75	30	40

National Occupational Standards (NOS) Parameters

NOS Code	HSS/N4018
NOS Name	Prepare set up and client for yoga sessions based on the provided instructions.
Sector	Healthcare
Sub-Sector	
Occupation	Yoga, Yoga
NSQF Level	2.5
Credits	1
Version	1.0
Next Review Date	NA

HSS/N4019: Assist clients during yoga postures based on the Common Yoga Protocol (CYP) and instructions.

Description

This Occupational Standard outlines the knowledge, understanding, and skills needed for an individual to assist clients in the conduct of yoga sessions.

Scope

The scope covers the following :

- requirement during the yoga session

Elements and Performance Criteria

• Requirement during the yoga session

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

- PC1.** Communicates in a way that reflects cultural, religious, PwD and gender sensitivity and modify the communication pattern as and when necessary.
- PC2.** Explain the yoga poses and techniques as needed to support instruction
- PC3.** Provide hands-on assistance to learners during session, including adjusting postures, offering modifications, and ensuring proper alignment.
- PC4.** Avoid unnecessary physical contact with the participants.
- PC5.** Report any injuries or incidents to the instructor/trainer immediately
- PC6.** Maintain participant's privacy and confidentiality
- PC7.** Co-ordinate the yoga session with meditation/ deep silence / shānti paṭha/closing prayer

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** diverse cultural backgrounds and practices
- KU2.** communicate effectively with people of different abilities, genders, and religious beliefs.
- KU3.** various yoga poses, techniques, and their modifications to accommodate different levels of experience and physical abilities.
- KU4.** Concept of providing physical support and adjustments to participants while maintaining proper alignment and avoiding unnecessary contact.
- KU5.** potential injuries and the ability to identify and address them promptly.
- KU6.** respecting participants' personal information and ensuring their privacy
- KU7.** different techniques for ending a yoga session, such as meditation, deep silence, or closing prayers.

Generic Skills (GS)

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

- GS1.** Document task lists and schedules
- GS2.** Stay updated with trends and latest guidelines and information from relevant sources
- GS3.** Communicate information (for example, facts, ideas, or messages) in a brief, clear, and organized manner
- GS4.** Interpret written material, including rules, regulations, and instructions etc
- GS5.** Build customer relationships and use customer centric approach
- GS6.** Review the information gathered from observation, experience, reasoning, or communication to act efficiently

Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
• <i>Requirement during the yoga session</i>	105	100	50	70
PC1. Communicates in a way that reflects cultural, religious, PwD and gender sensitivity and modify the communication pattern as and when necessary.	-	-	-	-
PC2. Explain the yoga poses and techniques as needed to support instruction	-	-	-	-
PC3. Provide hands-on assistance to learners during session, including adjusting postures, offering modifications, and ensuring proper alignment.	-	-	-	-
PC4. Avoid unnecessary physical contact with the participants.	-	-	-	-
PC5. Report any injuries or incidents to the instructor/trainer immediately	-	-	-	-
PC6. Maintain participant's privacy and confidentiality	-	-	-	-
PC7. Co-ordinate the yoga session with meditation/ deep silence / shānti paṭha/closing prayer	-	-	-	-
NOS Total	105	100	50	70

National Occupational Standards (NOS) Parameters

NOS Code	HSS/N4019
NOS Name	Assist clients during yoga postures based on the Common Yoga Protocol (CYP) and instructions.
Sector	Healthcare
Sub-Sector	
Occupation	Yoga, Yoga
NSQF Level	2.5
Credits	3.5
Version	1.0
Next Review Date	NA

HSS/N4020: Coordinate for post yoga session compliances

Description

This Occupational Standard outlines the knowledge, understanding, and skills needed for an individual to conduct yoga sessions, including the activities before and after the sessions.

Scope

The scope covers the following :

- Post Yoga sessions requirements

Elements and Performance Criteria

Post Yoga sessions requirements

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

- PC1.** Record individual grievances if any and escalate to the concerned authority
- PC2.** Maintain record of the session
- PC3.** Maintain log of participant performance
- PC4.** Inform the client about post session requirements and their next session schedule
- PC5.** Ensure that all materials are sanitize and properly stored after use
- PC6.** Ensure that space is clean to take up the next yoga session
- PC7.** Check all AV aides and electronic devices are switched off post session
- PC8.** Manage and maintain inventory as per organizational protocols
- PC9.** Safely discard waste as per organizational protocol

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** process for recording and addressing participant grievances.
- KU2.** detailed records of sessions, participant performance, and post-session requirements.
- KU3.** Effective communication with clients regarding post-session information and future sessions.
- KU4.** proper sanitation and storage procedures for materials.
- KU5.** the organization's guidelines for waste disposal, inventory management, and space maintenance
- KU6.** seeking feedback from participants
- KU7.** Record and maintain stock
- KU8.** understanding of collecting payments, recording and tracking
- KU9.** waste disposal process

Generic Skills (GS)

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

- GS1.** Document task lists and schedules
- GS2.** Stay updated with trends and latest guidelines and information from relevant sources.
- GS3.** Communicate information (for example, facts, ideas, or messages) in a brief, clear, and organized manner
- GS4.** Interpret written material, including rules, regulations, and instructions etc
- GS5.** Build customer relationships and use customer centric approach
- GS6.** Reviews the information gathered from observation, experience, reasoning, or communication to act efficiently

Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Post Yoga sessions requirements</i>	70	35	30	40
PC1. Record individual grievances if any and escalate to the concerned authority	-	-	-	-
PC2. Maintain record of the session	-	-	-	-
PC3. Maintain log of participant performance	-	-	-	-
PC4. Inform the client about post session requirements and their next session schedule	-	-	-	-
PC5. Ensure that all materials are sanitize and properly stored after use	-	-	-	-
PC6. Ensure that space is clean to take up the next yoga session	-	-	-	-
PC7. Check all AV aides and electronic devices are switched off post session	-	-	-	-
PC8. Manage and maintain inventory as per organizational protocols	-	-	-	-
PC9. Safely discard waste as per organizational protocol	-	-	-	-
NOS Total	70	35	30	40

National Occupational Standards (NOS) Parameters

NOS Code	HSS/N4020
NOS Name	Coordinate for post yoga session compliances
Sector	Healthcare
Sub-Sector	
Occupation	Yoga, Yoga
NSQF Level	2.5
Credits	1.5
Version	1.0
Next Review Date	NA

HSS/N9624: Maintain a safe and secure working environment

Description

This OS unit is about the ensuring a safe and secure working environment

Scope

The scope covers the following :

- Workplace safety and security

Elements and Performance Criteria

Workplace safety and security

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

- PC1.** identify potential hazards of safe work practices
- PC2.** use various hospital codes for emergency situations
- PC3.** comply with safety, and security procedures within the defined scope of competence and authority
- PC4.** provide Basic Life Support (BLS) and first aid whenever applicable under defined scope of work
- PC5.** follow organizations' procedures related to any emergency efficiently
- PC6.** report any identified breaches in health, safety, and security procedures to the designated person
- PC7.** complete any health and safety records accurately

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** the importance of health, safety, and security in the workplace
- KU2.** how to identify safety and security hazards
- KU3.** the importance of identifying individual responsibilities in relation to maintaining workplace safety and security requirements
- KU4.** the relevant up-to-date information on safety, and security that applies to the workplace
- KU5.** how to report any emergency
- KU6.** various hospital codes for emergency situations
- KU7.** how to create safety records and maintain them
- KU8.** concept of first aid and BLS
- KU9.** the importance of raising alarm about hazards for safety of others

Generic Skills (GS)

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

- GS1.** read and understand organization policies and procedures
- GS2.** prepare status and progress reports
- GS3.**
 - communicate information (for example, facts, ideas, or messages) in a brief, clear, and
 - organized manner
- GS4.** make decisions pertaining to the area of work
- GS5.** plan for safety of the work environment
- GS6.** identify hazards, evaluate possible solutions and suggest effective solutions
- GS7.** analyze the seriousness of hazards

Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Workplace safety and security</i>	10	10	-	10
PC1. identify potential hazards of safe work practices	-	-	-	-
PC2. use various hospital codes for emergency situations	-	-	-	-
PC3. comply with safety, and security procedures within the defined scope of competence and authority	-	-	-	-
PC4. provide Basic Life Support (BLS) and first aid whenever applicable under defined scope of work	-	-	-	-
PC5. follow organizations' procedures related to any emergency efficiently	-	-	-	-
PC6. report any identified breaches in health, safety, and security procedures to the designated person	-	-	-	-
PC7. complete any health and safety records accurately	-	-	-	-
NOS Total	10	10	-	10

National Occupational Standards (NOS) Parameters

NOS Code	HSS/N9624
NOS Name	Maintain a safe and secure working environment
Sector	Healthcare
Sub-Sector	Generic
Occupation	Generic
NSQF Level	4
Credits	1
Version	2.0
Last Reviewed Date	22/10/2024
Next Review Date	22/10/2029
NSQC Clearance Date	22/10/2024

DGT/VSQ/N0101: Employability Skills (30 Hours)

Description

This unit is about employability skills, Constitutional values, becoming a professional in the 21st Century, digital, financial, and legal literacy, diversity and Inclusion, English and communication skills, customer service, entrepreneurship, and apprenticeship, getting ready for jobs and career development.

Scope

The scope covers the following :

- Introduction to Employability Skills
- Constitutional values - Citizenship
- Becoming a Professional in the 21st Century
- Basic English Skills
- Communication Skills
- Diversity & Inclusion
- Financial and Legal Literacy
- Essential Digital Skills
- Entrepreneurship
- Customer Service
- Getting ready for Apprenticeship & Jobs

Elements and Performance Criteria

Introduction to Employability Skills

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

PC1. understand the significance of employability skills in meeting the job requirements

Constitutional values – Citizenship

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

PC2. identify constitutional values, civic rights, duties, personal values and ethics and environmentally sustainable practices

Becoming a Professional in the 21st Century

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

PC3. explain 21st Century Skills such as Self-Awareness, Behavior Skills, Positive attitude, self-motivation, problem-solving, creative thinking, time management, social and cultural awareness, emotional awareness, continuous learning mindset etc.

Basic English Skills

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

PC4. speak with others using some basic English phrases or sentences

Communication Skills

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

PC5. follow good manners while communicating with others

PC6. work with others in a team

Diversity & Inclusion

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

PC7. communicate and behave appropriately with all genders and PwD

PC8. report any issues related to sexual harassment

Financial and Legal Literacy

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

PC9. use various financial products and services safely and securely

PC10. calculate income, expenses, savings etc.

PC11. approach the concerned authorities for any exploitation as per legal rights and laws

Essential Digital Skills

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

PC12. operate digital devices and use its features and applications securely and safely

PC13. use internet and social media platforms securely and safely

Entrepreneurship

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

PC14. identify and assess opportunities for potential business

PC15. identify sources for arranging money and associated financial and legal challenges

Customer Service

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

PC16. identify different types of customers

PC17. identify customer needs and address them appropriately

PC18. follow appropriate hygiene and grooming standards

Getting ready for apprenticeship & Jobs

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

PC19. create a basic biodata

PC20. search for suitable jobs and apply

PC21. identify and register apprenticeship opportunities as per requirement

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

KU1. need for employability skills

KU2. various constitutional and personal values

KU3. different environmentally sustainable practices and their importance

KU4. Twenty first (21st) century skills and their importance

KU5. how to use basic spoken English language

KU6. Do and dont of effective communication

KU7. inclusivity and its importance

KU8. different types of disabilities and appropriate communication and behaviour towards PwD

KU9. different types of financial products and services

KU10. how to compute income and expenses

KU11. importance of maintaining safety and security in financial transactions

- KU12.** different legal rights and laws
- KU13.** how to operate digital devices and applications safely and securely
- KU14.** ways to identify business opportunities
- KU15.** types of customers and their needs
- KU16.** how to apply for a job and prepare for an interview
- KU17.** apprenticeship scheme and the process of registering on apprenticeship portal

Generic Skills (GS)

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

- GS1.** communicate effectively using appropriate language
- GS2.** behave politely and appropriately with all
- GS3.** perform basic calculations
- GS4.** solve problems effectively
- GS5.** be careful and attentive at work
- GS6.** use time effectively
- GS7.** maintain hygiene and sanitisation to avoid infection

Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Introduction to Employability Skills</i>	1	1	-	-
PC1. understand the significance of employability skills in meeting the job requirements	-	-	-	-
<i>Constitutional values – Citizenship</i>	1	1	-	-
PC2. identify constitutional values, civic rights, duties, personal values and ethics and environmentally sustainable practices	-	-	-	-
<i>Becoming a Professional in the 21st Century</i>	1	3	-	-
PC3. explain 21st Century Skills such as Self-Awareness, Behavior Skills, Positive attitude, self-motivation, problem-solving, creative thinking, time management, social and cultural awareness, emotional awareness, continuous learning mindset etc.	-	-	-	-
<i>Basic English Skills</i>	2	3	-	-
PC4. speak with others using some basic English phrases or sentences	-	-	-	-
<i>Communication Skills</i>	1	1	-	-
PC5. follow good manners while communicating with others	-	-	-	-
PC6. work with others in a team	-	-	-	-
<i>Diversity & Inclusion</i>	1	1	-	-
PC7. communicate and behave appropriately with all genders and PwD	-	-	-	-
PC8. report any issues related to sexual harassment	-	-	-	-
<i>Financial and Legal Literacy</i>	3	4	-	-
PC9. use various financial products and services safely and securely	-	-	-	-
PC10. calculate income, expenses, savings etc.	-	-	-	-

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
PC11. approach the concerned authorities for any exploitation as per legal rights and laws	-	-	-	-
<i>Essential Digital Skills</i>	4	6	-	-
PC12. operate digital devices and use its features and applications securely and safely	-	-	-	-
PC13. use internet and social media platforms securely and safely	-	-	-	-
<i>Entrepreneurship</i>	3	5	-	-
PC14. identify and assess opportunities for potential business	-	-	-	-
PC15. identify sources for arranging money and associated financial and legal challenges	-	-	-	-
<i>Customer Service</i>	2	2	-	-
PC16. identify different types of customers	-	-	-	-
PC17. identify customer needs and address them appropriately	-	-	-	-
PC18. follow appropriate hygiene and grooming standards	-	-	-	-
<i>Getting ready for apprenticeship & Jobs</i>	1	3	-	-
PC19. create a basic biodata	-	-	-	-
PC20. search for suitable jobs and apply	-	-	-	-
PC21. identify and register apprenticeship opportunities as per requirement	-	-	-	-
NOS Total	20	30	-	-

National Occupational Standards (NOS) Parameters

NOS Code	DGT/VSQ/N0101
NOS Name	Employability Skills (30 Hours)
Sector	Cross Sectoral
Sub-Sector	Professional Skills
Occupation	Employability
NSQF Level	2
Credits	1
Version	1.0
Last Reviewed Date	30/11/2023
Next Review Date	30/11/2026
NSQC Clearance Date	30/11/2023

Assessment Guidelines and Assessment Weightage

Assessment Guidelines

1. Criteria for assessment for each Qualification Pack will be created by the Sector Skill Council. Each Performance Criteria (PC) (PC) will be assigned marks proportional to its importance in NOS. SSC will also lay down proportion of marks for Theory and Skills Practical for each PC.
2. The assessment for the theory part will be based on knowledge bank of questions created by the SSC.
3. Individual assessment agencies will create unique question papers for theory part for each candidate at each examination/training center (as per assessment criteria below).
4. Individual assessment agencies will create unique evaluations for skill practical for every student at each examination/ training center based on these criteria.

5. In case of successfully passing only certain number of NOSs, the trainee is eligible to take subsequent assessment on the balance NOS's to pass the Qualification Pack.

6. In case of unsuccessful completion, the trainee may seek reassessment on the Qualification Pack

Minimum Aggregate Passing % at QP Level : 70

(Please note: Every Trainee should score a minimum aggregate passing percentage as specified above, to successfully clear the Qualification Pack assessment.)

Assessment Weightage

Compulsory NOS

National Occupational Standards	Theory Marks	Practical Marks	Project Marks	Viva Marks	Total Marks	Weightage
HSS/N4014.Practice yoga postures and meditation techniques as per Common Yoga Protocols to enhance personal readiness.	70	50	30	50	200	20
HSS/N4018.Prepare set up and client for yoga sessions based on the provided instructions.	75	75	30	40	220	20
HSS/N4019.Assist clients during yoga postures based on the Common Yoga Protocol (CYP) and instructions.	105	100	50	70	325	20
HSS/N4020.Coordinate for post yoga session compliances	70	35	30	40	175	20
HSS/N9624.Maintain a safe and secure working environment	10	10	-	10	30	10
DGT/VSQ/N0101.Employability Skills (30 Hours)	20	30	-	-	50	10
Total	350	300	140	210	1000	100

Acronyms

NOS	National Occupational Standard(s)
NSQF	National Skills Qualifications Framework
QP	Qualifications Pack
TVET	Technical and Vocational Education and Training

Glossary

Sector	Sector is a conglomeration of different business operations having similar business and interests. It may also be defined as a distinct subset of the economy whose components share similar characteristics and interests.
Sub-sector	Sub-sector is derived from a further breakdown based on the characteristics and interests of its components.
Occupation	Occupation is a set of job roles, which perform similar/ related set of functions in an industry.
Job role	Job role defines a unique set of functions that together form a unique employment opportunity in an organisation.
Occupational Standards (OS)	OS specify the standards of performance an individual must achieve when carrying out a function in the workplace, together with the Knowledge and Understanding (KU) they need to meet that standard consistently. Occupational Standards are applicable both in the Indian and global contexts.
Performance Criteria (PC)	Performance Criteria (PC) are statements that together specify the standard of performance required when carrying out a task.
National Occupational Standards (NOS)	NOS are occupational standards which apply uniquely in the Indian context.
Qualifications Pack (QP)	QP comprises the set of OS, together with the educational, training and other criteria required to perform a job role. A QP is assigned a unique qualifications pack code.
Unit Code	Unit code is a unique identifier for an Occupational Standard, which is denoted by an 'N'
Unit Title	Unit title gives a clear overall statement about what the incumbent should be able to do.
Description	Description gives a short summary of the unit content. This would be helpful to anyone searching on a database to verify that this is the appropriate OS they are looking for.
Scope	Scope is a set of statements specifying the range of variables that an individual may have to deal with in carrying out the function which have a critical impact on quality of performance required.
Knowledge and Understanding (KU)	Knowledge and Understanding (KU) are statements which together specify the technical, generic, professional and organisational specific knowledge that an individual needs in order to perform to the required standard.

Organisational Context	Organisational context includes the way the organisation is structured and how it operates, including the extent of operative knowledge managers have of their relevant areas of responsibility.
Technical Knowledge	Technical knowledge is the specific knowledge needed to accomplish specific designated responsibilities.
Core Skills/ Generic Skills (GS)	Core skills or Generic Skills (GS) are a group of skills that are the key to learning and working in today's world. These skills are typically needed in any work environment in today's world. These skills are typically needed in any work environment. In the context of the OS, these include communication related skills that are applicable to most job roles.
Electives	Electives are NOS/set of NOS that are identified by the sector as contributive to specialization in a job role. There may be multiple electives within a QP for each specialized job role. Trainees must select at least one elective for the successful completion of a QP with Electives.
Options	Options are NOS/set of NOS that are identified by the sector as additional skills. There may be multiple options within a QP. It is not mandatory to select any of the options to complete a QP with Options.