

National Occupational Standards

Basic Health and Wellness Skills (Sr. Secondary school)

Unit Code: HSS/N8624

Version: 1.0

NSQF Level: 3.5

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

National Occupational Standards

Description

To ensure school students should follow safety measures, first aid, CPR and AED techniques, healthy living habits, practices for sexual and substance abuse prevention, mental and health promotion, disaster preparedness and sensitization on clean, healthy and safe environment. This would habituate them to apply fundamental concepts of healthy body into their daily lifestyle and practice.

Scope

The scope covers the following :

- Safety Measures, First Aid, Hands on CPR and AED
- Ensure Safe and healthy Habits to keep lifestyle and environment healthy
- Sexual, Substance Abuse, Mental Health Issues, and its prevention

Elements and Performance Criteria

Safety Measures, First Aid, Hands on CPR and AED

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

- PC1.** Ensure self and others safety measures
- PC2.** Ensure the use of personal safety devices while driving, crossing road etc.
- PC3.** Use emergency numbers like Police, Ambulance, Hospital etc in case of emergency
- PC4.** Carry out first aid measures
- PC5.** Perform patient triage
- PC6.** Carry out CPR and use of AED
- PC7.** Carry out mock drills to manage disaster

Ensure safe and healthy Habits to keep lifestyle and environment healthy

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

- PC8.** Ensure healthy diet, balanced nutrition and fitness regimes to keep the body healthy, maintain healthy lifestyle and prevent diseases
- PC9.** Practice basic fitness regimes like physical exercises, yoga postures and meditation
- PC10.** Classify the various components of healthy diet and balanced nutrition based on its uses
- PC11.** Ensure and maintain personal hygiene and grooming
- PC12.** Practice hygienic measures during menstruation
- PC13.** Ensure waste should be segregated in Biodegradable and non-biodegradable waste
- PC14.** Ensure proper segregation of waste at home and school as per waste management
- PC15.** Demonstrate cleaning and sterilization method
- PC16.** Ensure to use, reduce, reuse and recycle of resources like electricity, water, paper, polyethylene bags, fuel, plastic bottles etc.
- PC17.** Ensure ways to conserve resources
- PC18.** Ensure safe use of internet, gadgets and social media

Sexual, substance Abuse and Mental Health Issues and its prevention

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

National Occupational Standards

- PC19.** Identify warning signs of Mental health issues and abuse
- PC20.** Ensure safe use of alcohol and drugs
- PC21.** Ensure precautions to prevent sexual and substance abuse
- PC22.** Escalate any mental health issues and abuse at school

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** Describe self and other safety measures
- KU2.** Perform Hands on CPR and AED as per standard procedure
- KU3.** Identify the emergency
- KU4.** Apply the standard protocols of providing first aid
- KU5.** Enlist all emergency numbers like Police, Ambulance, Hospital etc
- KU6.** List the precautions to be taken for safety while driving vehicle
- KU7.** Identify the need of Socio-emotional learning/awareness
- KU8.** Segregate and dispose of waste disposal according to the SOPs
- KU9.** Apply fundamental concepts of healthy body into their daily lifestyle and practice
- KU10.** Explain about equality, acceptance and inclusivity of differentially abled children, and LGBTQ
- KU11.** Encourage safe use of the Internet, Gadgets and Media
- KU12.** Explain about preventive measures for cyber bullying
- KU13.** Discuss advantages and disadvantages of social media
- KU14.** Importance and need of Digital Detoxing
- KU15.** Apply 3Rs concept for conservations of resources
- KU16.** Explain about equality, acceptance and inclusivity of differentially abled children
- KU17.** Difference between Biodegradable and non-biodegradable waste
- KU18.** Differentiate between Cleaning and Sanitization
- KU19.** Positive relationship with community and others
- KU20.** Practice dealing with different emotions and mental health issues
- KU21.** Stress management and mindfulness
- KU22.** Respond to the Disasters and multiple casualty accidents
- KU23.** Communication and writing skills
- KU24.** Role in participation of social and community programs
- KU25.** Role in enforcing and educating juniors to follow healthy lifestyle and habits

Generic Skills (GS)

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

- GS1.** read, speak and write in language used at the regional location
- GS2.** take initiative to complete one's tasks and learn new things
- GS3.** use correct language and avoid using inappropriate language

National Occupational Standards

Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Safety Measures, First Aid, Hands on CPR and AED</i>	40	20	-	-
PC1. Ensure self and others safety measures	-	-	-	-
PC2. Ensure the use of personal safety devices while driving, crossing road etc.	-	-	-	-
PC3. Use emergency numbers like Police, Ambulance, Hospital etc in case of emergency	-	-	-	-
PC4. Carry out first aid measures	-	-	-	-
PC5. Perform patient triage	-	-	-	-
PC6. Carry out CPR and use of AED	-	-	-	-
PC7. Carry out mock drills to manage disaster	-	-	-	-
<i>Ensure safe and healthy Habits to keep lifestyle and environment healthy</i>	25	10	-	-
PC8. Ensure healthy diet, balanced nutrition and fitness regimes to keep the body healthy, maintain healthy lifestyle and prevent diseases	-	-	-	-
PC9. Practice basic fitness regimes like physical exercises, yoga postures and meditation	-	-	-	-
PC10. Classify the various components of healthy diet and balanced nutrition based on its uses	-	-	-	-
PC11. Ensure and maintain personal hygiene and grooming	-	-	-	-
PC12. Practice hygienic measures during menstruation	-	-	-	-
PC13. Ensure waste should be segregated in Biodegradable and non-biodegradable waste	-	-	-	-
PC14. Ensure proper segregation of waste at home and school as per waste management	-	-	-	-
PC15. Demonstrate cleaning and sterilization method	-	-	-	-

National Occupational Standards

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
PC16. Ensure to use, reduce, reuse and recycle of resources like electricity, water, paper, polyethylene bags, fuel, plastic bottles etc.	-	-	-	-
PC17. Ensure ways to conserve resources	-	-	-	-
PC18. Ensure safe use of internet, gadgets and social media	-	-	-	-
<i>Sexual, substance Abuse and Mental Health Issues and its prevention</i>	35	20	-	-
PC19. Identify warning signs of Mental health issues and abuse	-	-	-	-
PC20. Ensure safe use of alcohol and drugs	-	-	-	-
PC21. Ensure precautions to prevent sexual and substance abuse	-	-	-	-
PC22. Escalate any mental health issues and abuse at school	-	-	-	-
NOS Total	100	50	-	-

National Occupational Standards

National Occupational Standards (NOS) Parameters

NOS Code	HSS/N8624
NOS Name	Basic Health and Wellness Skills (Sr. Secondary school)
Sector	Healthcare
Sub-Sector	Social Work & Community Health
Occupation	Community Health Services, Social Work
NSQF Level	3.5
Credits	3
Minimum Educational Qualification & Experience	10th grade pass and pursuing continuous schooling (in 11th and 12th Grade)
Version	1.0
Last Reviewed Date	31/01/2024
Next Review Date	31/01/2029
NSQC Clearance Date	31/01/2024
Reference code on NQR	NG-3.5-HE-02092-2024-V1-HSSC
NQR Version	1
CCN Category	3