



Model Curriculum

Yoga Therapy Assistant (Options: Diabetes/ Palliative Care)

SECTOR: HEALTHCARE SUB-SECTOR: AYUSH OCCUPATION: Yoga REF ID: HSS/Q4001, V1.0 NSQF LEVEL: 4

Yoga Therapy Assistant (Options: Diabetes/Palliative Care)







* Valid up to the next review date of the Qualification Pack





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Yoga Therapy Assistant (Options: Diabetes/Palliative Care)

CURRICULUM / SYLLABUS

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

Program Name	Yoga Therapy Assistant (Options: Diabetes/Palliative Care)		
Qualification Pack Name & Reference ID. ID	HSS/Q4001, version 1.0		
Version No.	1.0	Version Update Date	29/05/2019
Pre-requisites to Training	Class 12 th		
Training Outcomes	 After completing this programme, participants will be able to: Compulsory: 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 Option 1: 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 		
	Option 2:		
	 Describe the basic concepts and fundamental principles of therapeutic yoga practises for palliative care Explain the merits of yoga in palliative care Assist in the conducting yoga therapy sessions for palliative care 		





This course encompasses <u>7</u> out of <u>7</u> Compulsory NOS (National Occupational Standards), 2 out of 2 Options of "<u>Yoga Therapy Assistant (Options: Diabetes/Palliative Care)</u>" Qualifications Pack issued by "<u>Healthcare Sector Skill Council</u>".

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	 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. 	 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	 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 	 Modules for grooming techniques Standard guidelines and protocols of the organization
3	Preparation of yoga therapy	Describe the importance	 Yoga therapy





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Sr. No.	Module	Key Learning Outcomes	Equipment Required
	Unit Theory Duration (h::mm) 15:00 Practical Duration (h::mm) 15:00 Corresponding NOS Code HSS/N4001	 of pre-procedural preparedness for therapeutic yoga sessions 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 	unit • Yoga mat • Charts of various <i>Asanas</i>
4	Foundations of anatomy and physiology Theory duration (hh:mm) 15:00 Practical Duration (hh:mm) 20:00 Corresponding NOS Code HSS/N4001	 yoga Discuss about various medical terms being used in day-to-day life for therapeutic yoga Explain about yogic anatomy and physiology (sharira, kosha, prana, nadi, chakra, marma) Explain the concept of dosha-dhatu 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 	 Human Body Skeleton Charts and Posters on body systems AV Aids for understanding Human Body Structure and Function







		different body systemsExplain 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 cardio vascular system Describe the anatomy and physiology of the excretory 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 	
i t (2 F (2 C	Initial interaction with individuals for proposed yoga therapy Theory duration (hh:mm) 20:00 Practical Duration (hh:mm) 20:00 Corresponding NOS Code HSS/N4002	 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 	 Sanskrit Literatures and Shlokas related to the module
r	Fundamental principles of yoga Theory duration (hh:mm)	 Explain the concept of yoga Explain the concept of yogic health 	Yoga Mat







Sr. No.	Module	Key Learning Outcomes	Equipment Required
	20:00 Practical Duration (hh:mm) 20:00 Corresponding NOS Code HSS/N4006	 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 mala (waste products) Explain the concept of yoga and psychology Explain mantra chanting and dhyana Demonstrate relaxation techniques Explain the concept and benefits of yogic practices (Shuddhi Kriya, Asana, Pranayama, Mudra etc), Explain the relevance of Sanskrit language and shlokas related to yoga 	
7	Yoga session Theory duration (hh:mm) 20:00 Practical Duration (hh:mm) 20:00 Corresponding NOS Code HSS/N4003	 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 	 Yoga Mat Charts of various Yoga mudras and asanas







Sr. No.	Module	Key Learning Outcomes	Equipment Required
		 contact with participant during session 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 yogic techniques of tongue Demonstrate therapeutic yogic techniques of tongue Demonstrate therapeutic yogic techniques of <i>mukha, dhauti</i> Demonstrate therapeutic yogic techniques of <i>mukha, dhauti</i> Demonstrate yogic techniques of <i>madānusandhāna</i> Demonstrate yogic 	







Sr. No.	Module	Key Learning Outcomes	Equipment Required
8	Classification of yoga Theory Duration (hh:mm) 20:00 Practical Duration (hh:mm) 20:00 Corresponding NOS Code HSS/N4003	 Demonstrate yogic techniques of ardhakaţi cakrāsana Demonstrate yogic techniques of ardha cakrāsana Demonstrate yogic techniques of bhujangāsana Demonstrate yogic techniques of simhāsana Demonstrate yogic techniques of yogendra prāņāyāma Demonstrate yogic techniques of jalaneti Demonstrate yogic techniques of jalaneti Demonstrate yogic techniques of Jivhāmūlaśodhanam Discuss the components of therapeutic yoga. Describe Yogasutra and Hatha Yoga Discuss the classification of eight components of yogasutra like Yama, Niyamas, Āsana, Prāņāyāma, Pratyāhāra, Dhāraņā, Dhyāna, Samādhi. Classify six angas of Hatha Yoga Describe components of Yogasutra Describe components of Yogasutra 	 Yoga Mat Yoga dress for male and female
9	Yoga and ailments Theory Duration (hh:mm) 20:00 Practical Duration (hh:mm) 20:00 Corresponding NOS Code Bridge Module	 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 	 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
Sr. No.	Module Post yoga session review Theory Duration (hh:mm) 20:00 Practical Duration (hh:mm) 20:00 Corresponding NOS Code HSS/N4004	 diseases Describe metastasis and its classification Discuss cardio vascular diseases in brief Discuss the psychosomatic diseases in brief 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. 	 Equipment Required Sample formats of reports and hospital documents Scenario based learning modules Vitals assessment equipment; BP Apparatus, Thermometer, Pulse Oximeter (Finger), Stethoscope
		 Explain the therapist/consultant and the patient on the progress during the course of sessions. 	
11	Maintain interpersonal	Apply appropriate and	Sample case







Sr. No.	Module	Key Learning Outcomes	Equipment Required
	relationship with colleagues and others Theory Duration (hh:mm) 10:00 Practical Duration (hh:mm) 05:00 Corresponding NOS Code HSS/N9615	 timely communication between inter and intra departments 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 	studies for group dynamics and team work
12	Maintain a safe, healthy and secure working environment Theory Duration (hh:mm) 10:00 Practical Duration (hh:mm) 05:00 Corresponding NOS Code HSS/N9617	 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 	 First Aid Kit, Colour coding diagrams, Infection control protocols, Personal Protective Equipment
13	Safety and first aid Theory Duration (hh:mm) 10:00 Practical Duration (hh:mm) 10:00 Corresponding NOS Code HSS/N9617	 equipment (PPE) 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 	 Manikin First aid kit Splints Bandage Anti-septic creams etc







Sr. No.	Module	Key Learning Outcomes	Equipment Required
		 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	Basic computer knowledge Theory Duration (hh:mm) 10:00 Practical Duration (hh:mm) 10:00	 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 	Computer with internet facility with latest MS Office
15	Corresponding NOS Code Bridge Module Soft skills and communication Theory Duration (hh:mm) 10:00 Practical Duration (hh:mm) 05:00 Corresponding NOS Code HSS/N4002	 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, 	Scenario based learning modules
		 time management, thinking and reasoning and communicating with others Apply problem solving and decision making skills 	







Sr. No.	Module	Key Learning Outcomes	Equipment Required
		 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 Evaluate the information gathered from observation, experience, reasoning, or communication to act efficiently Identify rapidly changing situations and adapt accordingly Discuss planning and 	
16	Reporting and documentation Theory Duration (hh:mm)	 organization of work Explain importance of maintaining various records and 	Sample forms and formats for registration of pow patients
	(Infiniti) 10:00 Practical Duration (hh:mm) 05:00 Corresponding NOS Code HSS/N4004	 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 	new patients Scenario based learning modules







Sr. No.	Module	Key Learning Outcomes	Equipment Required
		 Develop skill in documentation and maintain proper registers related to yoga therapy assistant 	
17	Personal hygiene Theory Duration (hh:mm) 10:00 Practical Duration (hh:mm) 05:00 Corresponding NOS Code HSS/9617	 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. 	 Personal protective equipment (PPE) hand hygiene supplies
	COMPULSORY NOS: Total Duration (theory and practical): 460:00 Theory Duration 240:00 Practical Duration 220:00 OJT Duration (mandatory) 240:00	Unique Equipment Required: Human Body Skeleton, Charts and systems, AV Aids for understandir and Function, Yoga dress for male Yoga Mat, Sphygmomanometer, T Oximeter (Finger), Stethoscope, P equipment, Face Mirror, hand hygi Computer, First aid kit, splints, bar creams, Colour coding diagrams, of control protocol, Sanskrit Literature case studies for group dynamics a Class Room equipped with follo Interactive lectures and Dise Brain Storming Charts and Models Activity Video presentation Marker Projector White board E-module	ag Human Body Structure and female, Yoga Hall, Thermometer, Pulse Personal protective iene measures, indage, anti-septic charts on infection es and Shlokas, and and team work.
		Skill lab and Yoga Hall equipped	d with following





Sr. No.	Module	Key Learning Outcomes	Equipment Required
		 arrangements: Unique equipment as enliste Practical Demonstration of v Case study Role play 	

OPTIONS (Optional to choose any or all or none)

OPTION 1: Palliative Care

Sr. No.	Module	Key Learning Outcomes	Equipment Required
	Yoga Therapy session as Palliative Care Theory Duration (hh:mm) 30:00 Practical Duration (hh:mm) 20:00 Corresponding NOS Code HSS/N4006	 Discuss about importance of palliative care Describe the psychology of patients who require palliative care Demonstrate meditation and pranayama, 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 nidra, Yoga poses (asanas): egulated breathing techniques (pranayama): Diaphragmatic breathing, Deep yogic breathing, Gestures (mudra): Balancing, calming mudra, Internalized awareness Yoga Nidra (conscious, dynamic, yogic sleep), Nada Yoga (chanting mantra or singing) Enlist do's and don'ts' for palliative care patients with respect to therapeutic yoga Discuss the importance of asanas in clearing out toxins of from human body Explain the importance of yoga in reducing stress and anxiety 	 Charts and Posters on body systems AV Aids Vitals assessment equipment; Sphygmomanom eter, Thermometer, Pulse Oximeter (Finger), Stethoscope Human Body Structure and Function Yoga dress for male and female





Sr. No.	Module	Key Learning Outcomes	Equipment Required
	OPTION 1: Total Duration (theory and practical): 50 Hours	Unique Equipment Required: Charts and Posters on body systems, AV A equipment; Sphygmomanometer, Thermon (Finger), Stethoscope, Human Body Structu dress for male and female	neter, Pulse Oximeter
	Theory Duration 30:00		
	Practical Duration 20:00		
	OJT duration (mandatory) 50:00		

OPTION 2: Diabetes Care

Sr. No.	Module	Key Learning Outcomes	Equipment Required
1	Yoga Therapy session in Diabetes Theory Duration (hh:mm) 30:00 Practical Duration (hh:mm) 20:00 Corresponding NOS Code HSS/N4005	 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 yogasanas, Pranayama, Kriyas, Meditation 	 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; Sphygmomanom eter, Thermometer, Pulse Oximeter (Finger), Stethoscope Sample yoga diet chart for various conditions like diabetes





Sr. No.	Module	Key Learning Outcomes	Equipment Required
		 sessions 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 	
	OPTION 2: Total Duration (theory and practical): 50 Hours	Unique Equipment Required: 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	
	Theory Duration 30:00	equipment, Sphygmomanometer, Thermon (Finger), Stethoscope	
	Practical Duration 20:00		
	OJT Hours (mandatory) 50:00		

GRAND Total Duration	Unique Equipment Required:
Minimum Duration for the QP (theory+ practical) = 460 hrs Theory: 240 hrs Practical: 220 hrs OJT (mandatory): 240 hrs	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
Maximum Duration for the QP(theory+ practical)= 560 hrs Theory: 300 hrs Practical:260 hrs OJT (mandatory): 340 hrs	

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





Trainer Prerequisites for Job role: Yoga Therapy Assistant (Options: Diabetes/Palliative Care) mapped to Qualification Pack: "HSS/Q4001, v1.0"

Sr. No.	Area	Details	
1	Description	To deliver accredited training service, mapping to the curriculum detailed above, in accordance with the Qualification Pack <u>"HSS/Q4001".</u>	
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-organised and focused, eager to learn and keep oneself updated with the latest in the mentioned field.	
3	Minimum Educational Qualifications	 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: <u>"Yoga Therapy Assistant (Options:</u> <u>Diabetes/Palliative Care)</u> " mapped to QP: "HSS/Q4001", version 1.0 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	 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. 	





Annexure: Assessment Criteria

Assessment Criteria	
Job Role	Yoga Therapy Assistant (options: Diabetes/Palliative
	Care)
Qualification Pack	HSS/Q4001
Sector Skill Council	Healthcare Sector Skill Council

Sr.	Guidelines for Assessment
No.	
1.	Criteria for assessment for each Qualification Pack will be created by the Sector Skill Council. Each Performance Criteria (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.	Assessment will be conducted for all compulsory NOS, and where applicable, on the selected elective/option NOS/set of NOS.
4.	Individual assessment agencies will create unique question papers for theory part for each candidate at each examination/training centre (as per assessment criteria below).
5.	Individual assessment agencies will create unique evaluations for skill practical for every student at each examination/training centre based on this criterion.
6.	To pass the Qualification Pack, every trainee should score a minimum of 70% of aggregate marks to successfully clear the assessment.
7.	In case of unsuccessful completion, the trainee may seek reassessment on the Qualifications Pack.





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National Occupati		Performance Criteria (PC)		Theory Marks Allocati on	other Marks Allocatio n			
onal Standard s (NOS)	Element		Total Marks	Theory	Viv a	OJ T	Skill s Pra ctic al	Tota I
HSS/N40 01: Prepare the unit as	Apply hygiene standards	PC1. wear		27	10	16		
per yoga therapy needs		appropriate and clean attire as per organisational policies and						
		procedures	-		0		5	
		PC2. maintain conducive ambience, environment and cleanliness						
		in the unit		27	10	16	10 15	68
	• Conduct preprocedur al			50	30	20		
	requirement s	PC3. follow standard protocols to assess working condition of lights, adequate ventilation, aroma, etc. in the unit	228				10	
		PC4. check the appropriateness and working condition of aides like mats,					10	
		props, etc. PC5. check the schedule and number of participants on daily basis and arrange					10	





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		necessary						
		resources						
		accordingly						
		PC6. check the						
		orders/consent						
		forms or any						
		relevant						
		document from						
		the participant						
		as per						
		organization						
		policies and					10	
		protocols					10	
		PC7. study the clinical details						
		and protocol						
		suggested by						
		therapist/consult						
		ant before						
		initiating the						
		yoga therapy						
		and plan						
		accordingly						
		PC8. make						
		appropriate						
		changes in the						
		therapy as per						
		orders from						
		consultant/thera						
		pist as and when required						
		and maintain a						
		record of it						
		PC9. check if		<u> </u>	1	1		
		participant is						
		suitably dressed						
		for the therapy					10	
		PC10. maintain						
		records of						
		appointments,						
		up to the						
		completion of					10	
		course		-			10	
				50	30	20	60	160
HSS/N40	•							
02: Carry	Counselling			40	20	20		
out initial	of		173	43	30	30		
interaction with	individuals and	PC1. introduce						
individuals	Information	oneself to						
		participant					5	





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for proposed yoga therapy as per directions	gathering for proposed yoga therapy	PC2. provide information about the session including session duration, precautions to be taken before and after the session				
		PC3. assess the general state of participant before initiating the therapy to check readiness to take the therapy or escalate, if required to the concerned authority			5	
		PC4. obtain relevant social and occupation related information from the participant as per organization policies and protocols			5	
		PC5. obtain relevant medical history of participant and family as per organization policies and protocols			5	
		PC6. comprehend the protocol and/or prescription as referred by the doctor			10	
		PC7. check with the participant for any past complications which occurred			10	





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		due to yoga therapy procedure						
		PC8. assess the comfort or limitations of the client based on individual preference considering factors like gender, religion, culture, language etc. PC9. identify					10	
		modulations to be done for sessions based on individual preference without affecting the outcome or deviation from protocol and/or prescription					10	
		PC10. make the participant aware about the outcome of yoga therapy session					10	
				43	30	30	70	173
HSS/N40 03:Condu ct yoga	• Demonstrati			82	40	40		
therapy session as per prescribed advice	ng yoga therapy posture	PC1. work and prioritize the activities as per the instructions of the therapist/ doctor					10	
		PC2. check vital parameters including blood pressure, temperature, pulse, respiration to assess physical state of individual	357				20	





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	PC3. show						
	asanas to the						
	individuals as						
	per yogic						
	practices						
	applying						
	complementary						
	practices of					10	
	yogic principles	_				10	
	PC4. conduct						
	voice						
	modulation as						
	per the need of						
	the environment	-					
	PC5. ambulate						
	patient in a						
	proper way					10	
	PC6. guide the]					
	individual to be						
	in a comfortable						
	position					10	
	PC7. guide the						
	participant for						
	minimizing						
	mistakes during						
	practice and to						
	make the						
	session more						
	useful and safer	_					
	PC8. be vigilant						
	towards the						
	participant						1
	during the						1
	practice	4					_
	PC9. avoid						1
	unnecessary						1
	physical contact						1
	with the						1
	individuals	4	00	40	40	60	0
Aida by		4	82	40	40	60	22
•Aide by							
post therapy sessions			50	20	15		1
	PC10		50	30	15		-
compliances	PC10. document						1
	practice list and schedule of the						
	participants					10	
	PC11. record	1				10	+
	individual						1
	grievances if					10	1
	gilevalles li			I	L	10	1







		any and escalate to the concerned authority PC12. update the therapist/doctor regarding the performance of an individual						
		concerned authority PC12. update the therapist/doctor regarding the performance of						
		authority PC12. update the therapist/doctor regarding the performance of						
		PC12. update the therapist/doctor regarding the performance of						
		the therapist/doctor regarding the performance of						
		the therapist/doctor regarding the performance of						
		therapist/doctor regarding the performance of					1	1 1
		regarding the performance of						
		performance of						
		and limitations if						
		any or any other						
		area of concern					10	
							10	
		PC13. provide						
		details to the						
		participant about						
		next schedule or						
		follow up						
		session as per						
		therapist/						
		doctor's advice					10	
				50	30	15	40	135
	 Reflective 			40		20		
	Report of			46	30	20		
Conduct	Yoga	PC1. take a			00			
	Therapy	feedback from						
therapy	Session	the patient						
session		about the						
review		session as per						
		organizational						
		standard						
		operating					10	
		procedure					10	
		PC2. check the						
		vitals of the						
		individuals post	151					
		therapy and	151				10	
		record it					10	
		PC3. update the						
		findings to the						
		physician or						
		concerned						
		authorities in						
		case of						
		deviation from						
		normal findings						
		of vitals					5	
		PC4. provide						
		suitable time of						
		appointment to						
		the individual in					5	
		of vitals PC4. provide suitable time of appointment to						







of the participant post therapy					
post therapy					
sessions and					
record it as per					
organizational policies				5	
PC6. give				5	
suitable					
suggestions to					
the participant					
based on					
performance					
without					
deviating from					
standard					
procedures or				_	
protocols				5	
PC7. list the					
modifications in					
practices carried out during the					
session to					
therapist/consult					
ant				5	
PC8. update				-	
therapist/consult					
ant regarding					
any abnormal					
sign observed					
during practice	1	1		5	
				-	
PC9. update the					
PC9. update the the therapist/consult					
PC9. update the therapist/consult ant and					
PC9. update the therapist/consult ant and participant					
PC9. update the therapist/consult ant and participant regarding the					
PC9. update the therapist/consult ant and participant regarding the progress from					
PC9. update the therapist/consult ant and participant regarding the progress from the course of					
PC9. update the therapist/consult ant and participant regarding the progress from	46	30	20	5	151

Soft Skills and Communication









HSS/N96 15 Maintain a profession al relationshi p with patients, colleague s and others	Communica te and maintain professional behavior with co- workers and patients and their families	PC1. communicate effectively with all individuals regardless of age, caste, gender, community or		5		
		other characteristics without using terminology unfamiliar to them				
		PC2. utilize all training and information at one's disposal to provide relevant information to the individual	13			
		PC3. confirm that the needs of the individual have been met				
		PC4. respond to queries and information needs of all individuals				
		PC5. adhere to guidelines provided by one's organization or regulatory body relating to				
		PC6. respect the individual's need for privacy PC7. maintain				
		any records required at the end of the interaction				







Total			5	0	0	0	
Work with other people			5				
to meet	PC8. integrate						
requirement	one's work with						
S	another people's						
	work effectively	-					
	PC9. utilize time						
	effectively and pass on						
	essential						
	information to						
	other people on						
	timely basis						
	PC10. work in a						
	way that shows						
	respect for other						
	people						
	PC11. carry out						
	any						
	commitments						
	made to other people						
	PC12. reason	-					
	out the failure to						
	fulfill						
	commitment						
	PC13. identify						
	any problems						
	with team						
	members and						
	other people						
	and take the						
	initiative to solve these problems						
Total	מוושועטוק שנשווא		5	0	0	0	
Establish			3				
and manage			5			ļ	
requirement	PC14. establish,						
s, planning	agree, and						
and	record the work requirements						
organizing	clearly						
work, ensuring	PC15. ensure	{					
accomplish	his/her work						
ment of the	meets the						
requirement	agreed						
S	requirements						
	PC16. treat						
	confidential						
	information						







		correctly PC17. work in line with the organization's procedures and policies and within the limits of his/ her job role						
	Total			3	0	0	0	3
HSS/N96 16 Maintain	Maintain professional behavior			5				
profession al & medico- legal		PC1. respect patient's individual values and needs						
conduct		PC2. maintain patient's confidentiality						
		PC3. meet timelines for each assigned task						
		PC4. respect patient's dignity and use polite language to communicate						
		PC5. maintain professional environment	19					
	Total			5	0	0	0	5
	Act within the limit of			7				
	one's competence and authority	PC6. work within organizational systems and requirements as appropriate to one's role PC7. adhere to legislation, protocols and guidelines relevant to one's role and field of practice						





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		hygiene and contribute actively to the healthcare ecosystem PC15. maintain a practice environment that is conducive to the provision of medico-legal healthcare						
	Total			7	0	0	0	7
HSS/N96 17	Comply the health,			7	10	2		
Maintain a safe, healthy and secure working environme nt	safety and security requirement s and procedures for workplace	PC1. identify individual responsibilities in relation to maintaining workplace health safety and security requirements PC2. comply with health, safety and security procedures for the workplace PC3. comply with health, safety and security procedures and protocols for environmental safety	59					
	Total			7	10	2	0	19
	Handle any hazardous situation with safely, competently and within the limits of authority	PC4. identify potential hazards and breaches of safe work practices PC5. identify and interpret		8	10	5		





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	various hospital					1	
	codes for						
	emergency						
	situations						
	PC6. correct	-					
	any hazards that						
	individual can						
	deal with safely,						
	competently and within the limits						
	of authority						
	PC7. provide						
	basic life						
	support (BLS)						
	and first aid in						
	hazardous						
	situations,						
	whenever						
	applicable						
	PC8. follow the						
	organization's						
	emergency						
	procedures						
	promptly,						
	calmly, and						
	efficiently						
	PC9. identify	-					
	and recommend						
	opportunities for						
	improving						
	health, safety,						
	and security to						
	the designated						
	person	-					
	PC10. complete						
	any health and						
	safety records						
	legibly and						
	accurately	4					
Total			8	10	5	0	23
Report any		1					
hazardous							
situation			5		2		
and breach			-		-		
in				10			
procedures	PC11. report	4		10			
to ensure a							
	any identified						
safe,	breaches in						
healthy,	health, safety,						
secure	and security						
working	procedures to						







environment	the designated person					
	PC12. report the hazards that individual is not allowed to deal with to the relevant person and warn other people who may get affected promptly and accurately					
Total		5	10	2	0	17

Options

Options 1: Diabetes Care

	Diabetes Care							1
HSS/N40	Carry out			20	30	20		
05	pre	PC1. introduce						
Conduct	procedural	oneself to the						
yoga	requirement	client					2	
therapy	S	PC2. check and						
Sessions		record the						
for		pathological test						
Diabetic		critical values to						
Patients		identify if the						
as per		patient is fit for						
directionst		yoga therapy or						
		not					5	
		PC3. check and						
		record the						
		clinical vital						
		findings to	270					
		assess physical	210					
		state of a patient						
		before planning						
		a therapy as per						
		organizational						
		policies and						
		procedures					5	
		PC4. identify						
		any deviations						
		from normal						
		values and						
		inform to the						
		doctor or						
		concerned						
		authority as per						
		organizational					5	





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policies and				
protocols				
PC5. check				
medical and				
family history of				
a patient and				
keep a record				
-				
as per				
organizational standard				
operating				
procedure			5	
PC6. check with			5	
patient				
regarding medicines				
intake				
(dosage/frequen				
cy/route) if any				
and record it			2	
PC7. check			2	
regarding meals				
intake (ahar				
charya) of				
patients and				
record it			2	
PC8. guide for			~	
diabetes				
management				
specific asanas				
to the patients				
as per yogic				
practices			2	
PC9. inform the				
patients about				
benefits and				
limitations of				
therapeutic yoga				
for diabetes			2	
PC10. motivate				
and guide				
patients to do				
practices				
regularly and				
correctly				
PC11. inform				
patients				
regarding				
frequency and				
duration of				
sessions	J l			





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	PC12. guide patients regarding basic life style management as per yogic practices in consultation with doctor					
Total		20	30	20	30	10
Conduct		20	30	20		
yoga therapy sessions	PC13. guide for breathing exercise for stress					
	management PC14. carry out demonstrations for therapeutic yoga for diabetes as per				2	
	yogic principles PC15. exercise specific yogic posture for the digestive system, excretory system and lymphatic				5	
	system				5	
	PC16. guide for techniques of meditation				5	
	PC17. guide patients to practice stretching/walkin g/jogging as per general condition and strength of the patient in consultation with therapist/doctor				3	
Total		20	30	20	20	9
Conduct post therapy session						
compliances		20	30	20		1







80

Total	3 110110010113	20	30	20	10
	other area of concern PC19. carry out regular follow-up with patients as per therapists/doctor 's instructions				5
	PC18. update the therapist/doctor regarding the patient and his/her performance/limi tations or any				

Options 2: Palliative Care

HSS/N40	• Perform			50		00		
				53	30	20		
06: Conduct	therapeutic	PC1. introduce						
Conduct	yoga for	oneself to the						
yoga	palliative	patient					2	
therapy	care	PC2. interpret						
Sessions		the prescription						
for		for identified						
Palliative		yoga therapy						
Care as		session as per						
per		medical						
directions		condition					2	
		PC3. modulate						
		therapies as per						
		patient needs						
		based on						
		doctor's advice	127					
		without affecting	127					
		the overall						
		outcome and						
		process					5	
		PC4. conduct						
		therapeutic yoga						
		for palliative						
		care					5	
		PC5. inform to						
		patients						
		regarding						
		benefits and						
		limitations of the						
		practices					2	
		PC6. motivate						
		the patients for					2	







То	otal		53	30	20	24	127
		management				2	
		stress					
		exercise for					
		breathing					
		PC9. conduct					
		performance				2	
		patient's					
		regarding					
		therapist/doctor					
		the					
		PC8. update to				-	
		's instructions				2	
		therapists/doctor					
		per					
		with patients as					
		regularly PC7. follow-up					
		practices					
		doing the					