

APPRENTICESHIP CURRICULUM (OPTIONAL TRADE)

Beauty & Wellness Sector Skill Council

Yoga Instructor (B&W)

Course Code: C0032200003

NAPS Non-NAPS

NSQF Level: 4



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Course Details

1.	Course Name	Yoga Instructor (B&W)														
2.	Course Code	CO032200003														
3.	Apprenticeship Training Duration: <i>(2 to 4 weeks of BT is embedded in this duration as per the requirement of the establishment)</i>	Months: 6 months														
	Remarks															
4.	Credit	TBD														
5.	NSQF Level (Mandatory for NAPS)	4	NSQC Approval Date: 27-05-2021													
6.	Related NSQF aligned qualification details	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: center;">S. No.</th> <th style="text-align: center;">QP/ Qualification/ NOS Name (As applicable)</th> <th style="text-align: center;">QP/ NOS Code & Version</th> <th style="text-align: center;">NQR Code</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">1.</td> <td>Yoga Instructor (B&W)</td> <td>BWS/Q2201, V2.0</td> <td>2021/BW/BWSSC/04243</td> </tr> <tr> <td> </td> <td> </td> <td> </td> <td> </td> </tr> </tbody> </table>			S. No.	QP/ Qualification/ NOS Name (As applicable)	QP/ NOS Code & Version	NQR Code	1.	Yoga Instructor (B&W)	BWS/Q2201, V2.0	2021/BW/BWSSC/04243				
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1.	Yoga Instructor (B&W)	BWS/Q2201, V2.0	2021/BW/BWSSC/04243													
7.	Brief Job Role Description	A Yoga Instructor (B&W) is responsible to demonstrate the yoga postures, asanas, pranayamas, meditation and relaxation techniques for the clients. The individual must exhibit knowledge of the principles and practices of basic Yogic techniques for holistic wellbeing in order to explain and respond to the client's questions.														
8.	NCO-2015 Code & Occupation <i>(Access the NCO 2015 volumes from: https://labour.gov.in/organizationsofmole/directorate-general-employment-training-dget)</i>	NCO-2015/NIL & Yoga Services														
9.	Minimum Eligibility Criteria <i>(Educational and/ or Technical Qualification)</i>	Class X OR Certificate course in Yoga OR Level 3 Assistant Yoga Instructor (B&W) Experience: 12 months experience as an Assistant Yoga Instructor Class X;														

10.	Entry Age for Apprenticeship	18 years																									
11.	Any Licensing Requirements (<i>wherever applicable</i>)	N.A.																									
12.	Is the Job Role amenable to Persons with Disability	<p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>If yes, check the applicable type of Disability</p> <table border="0" style="width: 100%;"> <tr> <td><input type="checkbox"/> Locomotor Disability</td> <td><input checked="" type="checkbox"/> Leprosy Cured Person</td> <td><input type="checkbox"/> Cerebral Palsy</td> <td><input checked="" type="checkbox"/> Dwarfism</td> <td><input type="checkbox"/> Muscular Dystrophy</td> </tr> <tr> <td><input checked="" type="checkbox"/> Acid Attack Victims</td> <td><input type="checkbox"/> Blindness</td> <td><input checked="" type="checkbox"/> Low Vision</td> <td><input checked="" type="checkbox"/> Deaf</td> <td><input checked="" type="checkbox"/> Hard of Hearing</td> </tr> <tr> <td><input checked="" type="checkbox"/> Speech and Language Disability</td> <td><input checked="" type="checkbox"/> Intellectual Disability</td> <td><input checked="" type="checkbox"/> Specific Learning Disabilities</td> <td><input type="checkbox"/> Autism Spectrum Disorder</td> <td><input type="checkbox"/> Mental Illness</td> </tr> <tr> <td><input type="checkbox"/> Multiple Sclerosis</td> <td><input type="checkbox"/> Parkinson's Disease</td> <td><input checked="" type="checkbox"/> Haemophilia</td> <td><input checked="" type="checkbox"/> Thalassemia</td> <td><input checked="" type="checkbox"/> Sickle Cell Disease</td> </tr> <tr> <td><input type="checkbox"/> Multiple Disabilities</td> <td></td> <td></td> <td></td> <td></td> </tr> </table> <p>Remarks:</p>	<input type="checkbox"/> Locomotor Disability	<input checked="" type="checkbox"/> Leprosy Cured Person	<input type="checkbox"/> Cerebral Palsy	<input checked="" type="checkbox"/> Dwarfism	<input type="checkbox"/> Muscular Dystrophy	<input checked="" type="checkbox"/> Acid Attack Victims	<input type="checkbox"/> Blindness	<input checked="" type="checkbox"/> Low Vision	<input checked="" type="checkbox"/> Deaf	<input checked="" type="checkbox"/> Hard of Hearing	<input checked="" type="checkbox"/> Speech and Language Disability	<input checked="" type="checkbox"/> Intellectual Disability	<input checked="" type="checkbox"/> Specific Learning Disabilities	<input type="checkbox"/> Autism Spectrum Disorder	<input type="checkbox"/> Mental Illness	<input type="checkbox"/> Multiple Sclerosis	<input type="checkbox"/> Parkinson's Disease	<input checked="" type="checkbox"/> Haemophilia	<input checked="" type="checkbox"/> Thalassemia	<input checked="" type="checkbox"/> Sickle Cell Disease	<input type="checkbox"/> Multiple Disabilities				
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13.	Submitting Body Details	<p>Name: Beauty & Wellness Sector Skill Council E-mail ID: ceo@bwssc.in Contact Number: 011-40342940, 42, 44, 45</p>																									
14.	Certifying Body	Beauty & Wellness Sector Skill Council																									
15.	Employment Avenues/Opportunities	Self-employment and wage employment																									
16.	Career Progression	Yoga Trainer (B&W) – Vertical progression																									
17.	Trainer's Qualification & Experience:	12th pass with Diploma in Yoga or certified in relevant CITS course and 2 years of sector specific experience and 1 year of training experience																									

18.	Curriculum Creation Date	12-07-2022
19.	Curriculum Valid up to Date	08-03-2024

Module Details

S. No	Module/NOS Name, Code, Version	Outcomes	Assessment Marks		Passing Percentage	
			Th.	Pr.	Th.	Pr.
1.	Introduction to the program and the role of a Yoga Instructor (B&W)	<ul style="list-style-type: none"> Explain the objectives of the program List the career opportunities and projected growth in yoga services State the roles & responsibilities of a yogainstructor Describe the history of yoga				
2.	Prepare and maintain work area, BWS/N9001, V3.0	<ul style="list-style-type: none"> Discuss the significance of maintaining hygienic, safe, disinfected and suitable ambient conditions at work place; such as by using air purifiers to reduce dust, dander, smoke, allergens & odour resulting in a healthier, fresher & cleaner environment and restructuring the workplace set-up by keeping a minimum distance of 2 meters in between two clienteles, practicing social distancing by avoiding handshakes/ hugs to co-workers/ clientele, etc. 	30	70	70%	70%

S. No	Module/NOS Name, Code, Version	Outcomes	Assessment Marks		Passing Percentage	
			Th.	Pr.	Th.	Pr.
		<ul style="list-style-type: none"> • Identify and prepare equipment & products required for the respective services • Discuss the instructions required in preparing a sterilization solution as per organizational standards using approved products and as per manufacturer’s and checking leakages • Identify need of segregating recyclable, non-recyclable and hazardous waste generated in separate bin • Conduct employee awareness program; such as for COVID-19 by displaying posters/ signage's promoting regular hand-washing and respiratory hygiene in the premises • Demonstrate placing disposable sheet on a sanitized area and organize the sterilized/ disinfected products on it for service delivery; tools such as yoga mats/ Mysore rugs/ towels /durries, yoga blankets, stove/Electrical/ gas heater for boiling water, etc. • Demonstrate disposing of waste in the designated area at work place; waste materials such as disposable head bands, 				

S. No	Module/NOS Name, Code, Version	Outcomes	Assessment Marks		Passing Percentage	
			Th.	Pr.	Th.	Pr.
		disposable triple layered surgical face mask, disposable gloves, etc. <ul style="list-style-type: none"> • Demonstrate the use of electrical equipment while providing services and its proper maintenance when not in use • Prepare reports of materials and equipment securely in line with the organisational policies • Apply digital mode of payment to lessen any kind of cross infection; digital mode such as use of debit/credit cards, internet banking, mobile wallets, digital payment apps, etc. 				
3.	Conduct the basic yoga sessions for holistic wellbeing, BWS/N2201, V2.0	<ul style="list-style-type: none"> • Discuss about the principles of yoga • Describe the ancient yoga; such as Bhagwat Gita, Patanjali Yoga Sutra, Narad Bhakti Sutra, Ramayana • Explain about the Veda & Upanishad in relation to yoga • Describe & illustrate the anatomy & physiology of human body systems • List the different yogic diets & explain the contents of a yogic diet • Explain basic pre-natal & post-natal yoga 	27	73	70%	70%

S. No	Module/NOS Name, Code, Version	Outcomes	Assessment Marks		Passing Percentage	
			Th.	Pr.	Th.	Pr.
		<ul style="list-style-type: none"> • Perform Shanti prayer, Yogic Mantra, ShantiMantra • Demonstrate breathing practices; such as hand in and out, hands stretch breathing, ankle stretch breathing, rabbit breathing, tiger breathing, dog breathing • Practice sithili vyayama which includes toe bending, ankle bending, ankle rotation, knee bending, knee rotation, knee cap tightening, half butterfly, full butterfly rotation, wrist rotation, shoulder rotation, neck bending, neck rotation, and elbow stretching • Describe & demonstrate loosening practices; such as jogging practices – 4 variations followed by mukhad dhuti, forward and backward bending, side bending, twisting, sit up, hip rotation, nauka chalana , chakki chalana , chapatti making, rope pulling, wood cutting , vayu nikasana, udrakarsana, pascimotasana stretch, alternate toe touching, horse riding jumping, crow walk, frog jump, camel walk 				

S. No	Module/NOS Name, Code, Version	Outcomes	Assessment Marks		Passing Percentage	
			Th.	Pr.	Th.	Pr.
		<ul style="list-style-type: none"> • Demonstrate asana for meditation which include- padmasana, vajrasana, sukhasana • Describe & demonstrate various types of pranayam techniques such as bhastrika surya anuloma viloma, chandra anuloma viloma, nadi suddhi, sithili pranayama, sitkari pranayama, ujjai pranayama, bhramari pranayama, chanting of Om • Describe & demonstrate asanas in different postures such as sitting - pascimotasana, gomukhasanabhunaman asana, vakrasana, aradha matsyendrasana, vajrasana, ustrasana, mandukasana, veerasana, shankasana marjariasana, janu sirasana Prone - navasana, bhujanagasana, sarpasana, nilambha salbhasana, salbhasana ,dhanurasana, Supine - Straight leg raising, both leg raising, cycling, pavan muktasana kriya, straight leg up and down, halasana, sarvangasana, Chakrsana, Setu bandhasana, matsya asana Standing Pose - vikchasana, parvatasana, trikonasana, parvritha trikonasana, hastautasana, gadurasana , uthit janusirasana, pada hastasana, 				

S. No	Module/NOS Name, Code, Version	Outcomes	Assessment Marks		Passing Percentage	
			Th.	Pr.	Th.	Pr.
		natvar asana <ul style="list-style-type: none"> • Perform Suryanamaskar • Describe & demonstrate Kriya techniques such as kapalabhati, sukhma tratka – jathru tratka, jal neti, sutra neti • Describe & demonstrate jalandhar bandas • Define & demonstrate Mudras like gayan mudra, chin mudras, chinmaya mudra, adi mudra, brahm mudra • Perform MEDITATION (Dharana) Perform basic pre-natal & post-natal yoga 				
4.	Maintain health and safety of workplace, BWS/N9002, V3.0	<ul style="list-style-type: none"> • State the significance of personal protectiveequipment (PPE) & its efficient supply at work place; PPE such as tissues, antibacterial soaps, alcohol-based hand cleansers, triple layered surgical face masks, gloves, etc. • Discuss the importance of maintaining basic hygiene at work place to avoid any kind of cross infection; basic hygiene such as wearing disposable N-95/ triple layered surgical face mask, gloves, apron, washing/sanitizing hands & taking bath at regular intervals, etc. • Explain the importance of maintaining 	33	67	70%	70%

S. No	Module/NOS Name, Code, Version	Outcomes	Assessment Marks		Passing Percentage	
			Th.	Pr.	Th.	Pr.
		firstaid kit at work place <ul style="list-style-type: none"> Identify and list potential risks and hazards in the workplace Demonstrate and state significance of maintaining posture and position to minimize fatigue and the risk of injury Demonstrate the method of sterilizing equipment & tools before and after use Prepare, maintain and report accident reports as per organisational policies 				
5.	Create a positive impression at the workplace, BWS/N9003, V3.0	<ul style="list-style-type: none"> Explain the importance of maintaining personal hygiene and grooming; such as sanitized hands, neatly tied and covered hair, clean nails, sanitized uniform while engaging with clients with no gender stereotyping, to ensure privacy, comfort and wellbeing of all the genders throughout the services, etc. List the ways to manage client expectations; such as by identifying new techniques State the importance of maintaining 	36	64	70%	70%

S. No	Module/NOS Name, Code, Version	Outcomes	Assessment Marks		Passing Percentage	
			Th.	Pr.	Th.	Pr.
		confidentiality of information while performing documentation of records <ul style="list-style-type: none"> • Conduct employee awareness program; such as internalization of gender, PwD sensitization on designing PwD friendly workplace • Demonstrate confidence at the workplace by managing and identifying various business opportunities • Demonstrate the different formats of maintaining documentation of records • Demonstrate the process of client appointment scheduling; pre-bookings and maintaining the work area, equipment, product stocks to meet the schedule • Carry out different & effective ways of communication for clients; clients could be from different culture, religion, age, background, disability, gender; and communication such as email, phone etc. • Perform activities related to the financial literacy; such as saving money, opening bank accounts, linking Aadhaar card to bank account, 				

S. No	Module/NOS Name, Code, Version	Outcomes	Assessment Marks		Passing Percentage	
			Th.	Pr.	Th.	Pr.
		using various e-commerce payment systems, etc.				
	Total Marks		126	274	70% in aggregate	

Glossary

Term	Description
Sector	Sector is a conglomeration of different business operations
Sub-sector	Sub-sector is derived from a further breakdown based on the characteristics and interests of its components.
Training Outcome	Training outcome is a statement of what a learner will know, understand and be able to do upon the completion of the training.

Acronyms

Acronym	Description
NOS	National Occupational Standard(s)
NSQF	National Skills Qualifications Framework
QP	Qualifications Pack

Annexure 1: Tools and Equipment

List of Tools and Equipment

The tools and equipment required are:

S. No.	Tool / Equipment Name	Specification	Quantity for specified batch size of 30
1.	Yoga ball - optional		2
2.	Geyser		1
3.	Yoga cushions		30
4.	Containers	25 litres	2
5.	Buckets		5
6.	Mugs		5
7.	Yoga mats		30
8.	Candle stands		15
9.	Towels	Medium	30
10.	Glasses	Steel/ Plastic	30
11.	Neti pot		30
12.	Yoga blocks		15
13.	Yoga belts		15
14.	POS machine		1

Classroom Aids

The aids required to conduct sessions in the classroom are:

- 1 Projector
- 2 Computer/laptops
- 3 Internet connectivity
- 4 Whiteboard
- 5 Marker
- 6 Duster
- 7 Chairs
- 8 Tables/Desks

Annexure 2: Assessment Strategy

This section includes the processes involved in identifying, gathering, and interpreting information to evaluate the apprentice on the required competencies of the program.

1. Assessment System Overview:

- Batches assigned to the assessment agencies for conducting the assessment on SIP or email
- Assessment agencies send the assessment confirmation to establishment looping SSC
- Empanelled assessment agency deploys the ToA certified Assessor for executing the assessment
- SSC monitors the assessment process & records

2. Testing Environment:

- Check the Assessment location, date and time
- If the batch size is more than 30, then there should be 2 Assessors.
- Check that the allotted time to the candidates to complete Theory & Practical Assessment is correct.

3. Assessment Quality Assurance levels/Framework:

- Question bank is created by the Subject Matter Experts (SME) and are validated by the SSC
- Questions are mapped to the specified assessment criteria
- Assessor must be ToA certified & trainer must be ToT Certified

4. Types of evidence or evidence-gathering protocol:

- Time-stamped & geotagged reporting of the assessor from assessment location
- Centre photographs with signboards and scheme specific branding

5. Method of verification or validation:

- Surprise visit to the assessment location

6. Method for assessment documentation, archiving, and access

- Hard copies of the documents and videos are stored

On the Job Training:

1. Each module will be assessed separately.
2. The candidate must score 70% in each module to successfully complete the OJT.
3. Tools of Assessment that will be used for assessing whether the candidate is having desired soft skills and etiquette to deal with customers, understanding needs & requirements, and perform services effectively
4. Formative assessment of On-the-Job training by the establishment during the apprenticeship tenure
5. Videos of trainees during OJT to be shared with SSC for validation
6. Assessment on each module will ensure that the apprentice is able to:
 - Perform the services effectively
 - Understand the working of various techniques, tools and equipment required for the service
 - Provide time-bound quality services

Annexure 3: Mode of Training

The following Modules/NOS may also be delivered online for which the resources are provided in the given table.

S. No.	Module Name/NOS Name (As Per Curriculum)	Name of Mapped Online Component	URL of Mapped Online Component
N.A	N.A	N.A	N.A

Infra requirement:

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