



Model Curriculum

QP Name: Yoga Trainer (B&W)

QP Code: BWS/Q2203

QP Version: 3.0

NSQF Level: 5

Model Curriculum Version: 3.0

Beauty & Wellness Sector Skill Council
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Training Parameters

Sector	Beauty & Wellness
Sub-Sector	Yoga
Occupation	Yoga Services
Country	India
NSQF Level	5
Aligned to NCO/ISCO/ISIC Code	NCO-2015/NIL
Minimum Educational Qualification, Experience and Age	<ul style="list-style-type: none"> • Completed 1st year of UG (UG Certificate) OR • Completed 1st year of diploma (after 12th) OR • 12th pass with 1 year Vocational Education & training (NTC or NAC or CITS) OR • 12th Grade pass with 2 years relevant experience OR • 10th Grade pass with 4 years relevant experience OR • Previous relevant Qualification of NSQF Level 4 and with minimum education as 8th Grade pass with 3 years relevant experience
Pre-Requisite License or Training	—
Minimum Job Entry Age	18 years
Last Reviewed On	31-08-2021
Next Review Date	31-08-2024
NSQC Approval Date	31-08-2021
QP Version	3.0
Model Curriculum Creation Date	31-08-2021
Model Curriculum Valid Up to Date	31-08-2024
Model Curriculum Version	3.0
Minimum Duration of the Course (with 1 Elective)	510:00 Hrs.
Maximum Duration of the Course (with 3 Electives)	570:00 Hrs.

Program Overview

This section summarizes the end objectives of the program along with its duration.

Training Outcomes

At the end of the program, the learner will be able to:

- Explain the objectives of the program
- List the career opportunities and projected growth in yoga services
- Explain the roles & responsibilities of a yoga trainer
- Carry out preparation and maintenance of work area
- Describe the application of health and safety practices at the workplace
- Describe the importance of personal hygiene and grooming while executing task
- Conduct the advanced yoga sessions for 360-degree wellness
- Carry out hatha yoga sessions
- Discuss the importance of employability skills

Elective NOS:

- Carry out the bal yoga sessions
- Carry out the mahila yoga sessions
- Carry out the vridha yoga sessions

Compulsory Modules

The table lists the modules, their duration and mode of delivery.

NOS and Module Details	Theory Duration	Practical Duration	On-the-Job Training Duration (Mandatory)	On-the-Job Training Duration (Recommended)	Total Duration
BWS/N9001- Prepare & maintain work area V4.0, NSQF Level 3	10	20	–	–	30
Introduction to the program and the role of a Yoga Trainer (B&W)	1	–	–	–	1
Prepare and maintain work area	9	20	–	–	29
BWS/N2204- Conduct the advanced yoga sessions for 360-degree wellness V3.0, NSQF Level 5	30	60	–	–	90

Conduct the advanced yoga sessions for 360-degree wellness	30	60	—	—	90
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BWS/N2202 Conduct the hatha yoga sessions V2.0, NSQF Level 5	30	60	—	—	90
Conduct the hatha yoga sessions	30	60	—	—	90
BWS/N9002- Maintain health and safety at the workplace V4.0, NSQF Level 3	10	20	—	—	30
Maintain health and safety at the workplace	10	20	—	—	30
BWS/N9003- Create a positive impression at the workplace V4.0, NSQF Level 3	10	20	—	—	30
Create a positive impression at the workplace	10	20	—	—	30
Employability Skills (90 hours) NOS Version No. – 1.0 NSQF Level – 6	36	54	—	—	90
Introduction to Employability Skills	1	2	—	—	3
Constitutional values - Citizenship	0.5	1	—	—	1.5
Becoming a Professional in the 21st Century	2	3	—	—	5
Basic English Skills	4	6	—	—	10
Career Development & Goal Setting	1.5	2.5	—	—	4
Communication Skills	4	6	—	—	10
Diversity & Inclusion	1	1.5	—	—	2.5
Financial and Legal Literacy	4	6	—	—	10
Essential Digital Skills	8	12	—	—	20
Entrepreneurship	3	4	—	—	7

Customer Service	4	5	—	—	9
Getting ready for apprenticeship & Jobs	3	5	—	—	8
Duration	126:00	234:00	120	—	480:00 Hrs.

Electives Modules

The table lists the modules, their duration and mode of delivery.

NOS and Module Details	Theory Duration	Practical Duration	On-the-Job Training Duration (Mandatory)	On-the-Job Training Duration (Recommended)	Total Duration
BWS/N2208- Conduct the bal yoga sessions V3.0, NSQF Level 5	10	20	—	—	30
Conduct the bal yoga sessions	10	20	—	—	30
BWS/N2209- Conduct the mahila yoga sessions V3.0, NSQF Level 5	10	20	—	—	30
Conduct the mahila yoga sessions	10	20	—	—	30
BWS/N2210- Conduct the vridhayoga sessions V3.0, NSQF Level 5	10	20	—	—	30
Conduct the vridha yoga sessions	10	20	—	—	30

Duration with Elective NOS:

- Total duration with 1 Elective NOS: 510 Hrs.
- Total duration with 2 Elective NOS: 540 Hrs.
- Total duration with 3 Elective NOS: 570 Hrs.

Module Details

Prepare and maintain work area

Mapped to Yoga Trainer (B&W), BWS/Q2203

Terminal Outcomes:

- Explain the objectives of the program
- List the career opportunities and projected growth in yoga services
- Explain the roles & responsibilities of a yoga trainer (B&W)
- Carry out preparation and maintenance of work area

Duration: 10:00 Hrs	Duration: 20:00 Hrs
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<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 yoga trainer; and <ul style="list-style-type: none"> • Define yoga • Identify the four streams of yoga • Identify the eight limbs of Ashtang yoga • Explain the significance of Bahiranga yoga • Identify the parts of Bahiranga yoga and <ul style="list-style-type: none"> • Antaranga yoga • Discuss unity and diversity • Explain the significance of yoga • Describe the history of yoga • 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. • 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 	<ul style="list-style-type: none"> • 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, disposable triple layered surgical face mask, disposable gloves, etc. • 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.

<p>products and as per manufacturer's and checking leakages</p> <ul style="list-style-type: none"> • 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 	
Classroom Aids	
Computer, Projector, White board/ flip chart, Marker and duster	
Tools, Equipment and Other Requirements	
Yoga Mats/ Mysore Rugs/ Towels /Durries, Yoga Blankets, Electrical Heater/Induction OR Gas Stove OR 5 Litre Kettle for boiling water, Container (25 Lts-50 Ltrs Capacity), Neti-Pot, Yoga Cushions (optional), First Aid Kit	

Conduct the advanced yoga sessions for 360 – degree wellness

Mapped to Yoga Trainer (B&W), BWS/Q2203

Terminal Outcomes:

- Carry out the advanced yoga sessions for 360-degree wellness

Duration: 30:00 Hrs	Duration: 60:00 Hrs
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<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 advanced pre-natal & post-natal yoga 	<ul style="list-style-type: none"> • Demonstrate Breathing-practices such as - hand in and out, hands stretch breathing, ankle stretch breathing, rabbit breathing, tiger breathing, dog breathing • Exhibit Sithili Vyayama which includes Toe bending, Ankle bending, Ankle rotation, Knee bending, Knee rotation, Knee cap tightening, Half butterfly Full butterfly, Waist rotation, Wrist rotation, Shoulder rotation, Neck bending, Neck rotation. • Demonstrate Loosening Practices (Sithalikarana Vyayama) such as - jogging practices - 4 variations. • Perform mukhadhauti (standing), forward and backward bending (standing), side bending (standing), twisting (standing), hip twist (standing), toe touching (standing), swimming (standing), sit up (standing), butterfly (sitting), chapatti making (sitting), rope pulling (Rajju Karshanasana) (sitting), bhunmana (sitting), pascimatasana stretch (sitting), crow walk (sitting), camel walk (sitting), straight leg raising (single and both supine), cycling (supine), rocking and rolling (supine), jathara parivarthana kriya (supine), dorsal stretch (supine), naukasana swing (supine), pavana mukthasan kriya, bhujangasana parvathasana swing (prone), naukasana chalana (prone), dhanurasana swing (prone), salabha shalabhasana (prone) • Demonstrate Sakti Vikasaka (Strengthening practice)- mani bandha sakti vikasaka (Wrist), karaprastha sakti vikasaka (Back of Hand), anguli sakti vikasaka (Fingers), khaponi sakti vikasaka (Elbows), bhuja bandha sakti vikasaka (Upper arms), skanda sakti vikasaka (Shoulders), griva sakti vikasaka – (Neck), kati sakti vikasaka (Back), janu sakti sakti vikasaka (Knee), jangha sakti sakti vikasaka (Thighs), pindali sakti sakti vikasaka (Calves)

	<ul style="list-style-type: none"> • Demonstrate asana for meditation which include - Padmasana, vajrasana, sukhasana, siddhasana, siddhiyoni asana, bhadrasana, dhyana veerasana • Demonstrate various types of Pranayam techniques such as Bhastrika, vibhagiya pranayam, surya anuloma viloma, chandra anuloma viloma, nadi suddhi, sithili pranayama-cooling pranayama, sitkari pranayama - cooling pranayama, satanta - cooling pranayama, ujjai pranayama, bhramari pranayama • Demonstrate asanas in sitting position such as Pascimatasana, GoMukhasana, Vakrasana, Aradha Matsyendrasana, Ustrasana, Mandukasana, Veerasana, Shankasana, Janu Sirasana, Matyasana, Lolasana (swinging pose), Garbhasana, Simhasana, Supta Vajrasana, Gau Mukhasana, Gupta Padmasana, Padha Prasar Pachimostasana, Ek Pada Padhosthanasana, etc. • Demonstrate asanas in prone position such as Navasana, Bhujanagasana, Sarpasana, Salbhasana, Ardha Shalbhasana, Saral Dhanurasana, Dhanurasana, etc. • Demonstrate asanas in supine position such as Sarvangasana, Chakrsana, Setu Bandhasana, Viparitha Karani, Halasana, etc. • Demonstrate asanas in standing position such as Trikonasana, Ardachakrasana, Garuda sana, Parshwakonasana, Pada Hastasana, Parivrittha Trikonasana, Natvar Asana, Virshasana, etc. • Exhibit Jalandhar bandas - Jalandhar Bandas, Moolbandas, Uddiyan Bandas • Demonstrate MUDRAS like Nasagra Mudra, Chin Mudras, Chinmaya Mudra, Brahma Mudra, Adi Mudra, Bhairava Mudra, Shambhavi Mudra, Aswini Mudra, Yog Mudra • Perform Suryanamaskar • Perform advanced pre-natal & post-natal yoga
Classroom Aids	
Computer, Projector, White board/ flip chart, Marker and duster	
Tools, Equipment and Other Requirements	
Yoga Mats/ Mysore Rugs/ Towels /Durries, Yoga Blankets, Electrical Heater/Induction OR Gas Stove OR 5 Litre Kettle for boiling water, Container (25 Lts-50 Ltrs Capacity), Neti-Pot, Yoga Cushions (optional), First Aid Kit	

Conduct the hatha yoga sessions

Mapped to Yoga Trainer (B&W), BWS/Q2203

Terminal Outcomes:

- Carry out the hatha yoga sessions

Duration: 30:00 Hrs	Duration: 60:00 Hrs
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Discuss the importance of performing yogic diet and yogic lifestyle • Describe the range of yoga practices and their potential effects 	<ul style="list-style-type: none"> • Perform patanjali yoga sutras • Perform hatha yoga pradipika • Perform gheranda samhita • Perform shiva samhita • Demonstrate different postures or techniques involved; their effects and implications • Perform the application of yama and niyama • Perform contraindication of yoga practices for specific conditions and circumstances
Classroom Aids	
Computer, Projector, White board/ flip chart, Marker and duster	
Tools, Equipment and Other Requirements	
Yoga Mats/ Mysore Rugs/ Towels /Durries, Yoga Blankets, Electrical Heater/Induction OR Gas Stove OR 5 Litre Kettle for boiling water, Container (25 Lts-50 Ltrs Capacity), Neti-Pot, Yoga Cushions (optional), First Aid Kit	

Maintain health and safety at the workplace

Mapped to Yoga Trainer (B&W), BWS/Q2203

Terminal Outcomes:

- Describe the application of health and safety practices at the workplace

Duration: 10:00 Hrs	Duration: 20:00 Hrs
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> State the significance of personal protective equipment (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 first aid kit at work place Identify and list potential risks and hazards in the workplace 	<ul style="list-style-type: none"> 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
Classroom Aids	
Computer, Projector, White board/ flip chart, Marker and duster	
Tools, Equipment and Other Requirements	
Yoga Mats/ Mysore Rugs/ Towels /Durries, Yoga Blankets, Electrical Heater/Induction OR Gas Stove OR 5 Litre Kettle for boiling water, Container (25 Lts-50 Ltrs Capacity), Neti-Pot, Yoga Cushions (optional), First Aid Kit	

Create a positive impression at the workplace

Mapped to Yoga Trainer (B&W), BWS/Q2203

Terminal Outcomes:

- Describe the importance of personal hygiene and grooming while executing task

Duration: 10:00 Hrs	Duration: 20:00 Hrs
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<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 confidentiality of information while performing documentation of records Conduct employee awareness program; such as internalization of gender, PwD sensitization on designing PwD friendly workplace 	<ul style="list-style-type: none"> 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, using various e-commerce payment systems, etc.
Classroom Aids	
Computer, Projector, White board/ flip chart, Marker and duster	
Tools, Equipment and Other Requirements	
POS Machine	

Introduction to Employability Skills

Mapped to DGT/VSQ/N0103

Terminal Outcomes:

- Discuss about Employability Skills in meeting the job requirements

Duration: <1:00>	Duration: <2:00>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> Outline the importance of Employability Skills for the current job market and future of work 	<ul style="list-style-type: none"> List different learning and employability related GOI and private portals and their usage Research and prepare a note on different industries, trends, required skills and the available opportunities
Classroom Aids:	
Whiteboard, marker pen, projector	
Tools, Equipment and Other Requirements	

Constitutional values - Citizenship

Mapped to DGT/VSQ/N0103

Terminal Outcomes:

- Discuss about constitutional values to be followed to become a responsible citizen

Duration: <0.5:00>	Duration: <1:00>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> Explain constitutional values, civic rights, duties, citizenship, responsibility towards society etc. that are required to be followed to become a responsible citizen. 	<ul style="list-style-type: none"> Practice different environmentally sustainable practices
Classroom Aids:	
Whiteboard, marker pen, projector	
Tools, Equipment and Other Requirements	

Becoming a Professional in the 21st Century

Mapped to DGT/VSQ/N0103

Terminal Outcomes:

- Demonstrate professional skills required in 21st century

Duration: <2:00>	Duration: <3:00>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Discuss 21st century skills required for employment 	<ul style="list-style-type: none"> • Highlight the importance of practicing 21st century skills like Self-Awareness, Behavior Skills, time management, critical and adaptive thinking, problem-solving, creative thinking, social and cultural awareness, emotional awareness, learning to learn etc. in personal or professional life • Create a pathway for adopting a continuous learning mindset for personal and professional development
Classroom Aids:	
Whiteboard, marker pen, projector	
Tools, Equipment and Other Requirements	

Basic English Skills

Mapped to DGT/VSQ/N0103

Terminal Outcomes:

- Practice basic English speaking.

Duration: <4:00>	Duration: <6:00>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Describe basic communication skills • Discuss ways to read and interpret text written in basic English 	<ul style="list-style-type: none"> • Show how to use basic English sentences for everyday conversation in different contexts, in person and over the telephone • Read and understand text written in basic English • Write a short note/paragraph / letter/e - mail using correct basic English
Classroom Aids:	
Whiteboard, marker pen, projector	
Tools, Equipment and Other Requirements	

Career Development & Goal Setting

Mapped to DGT/VSQ/N0103

Terminal Outcomes:

- Demonstrate Career Development & Goal Setting skills.

Duration: <1.5:00>	Duration: <2.5:00>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Identify well-defined short- and long-term goals 	<ul style="list-style-type: none"> • Create a career development plan
Classroom Aids:	
Whiteboard, marker pen, projector	
Tools, Equipment and Other Requirements	

Communication Skills

Mapped to DGT/VSQ/N0103

Terminal Outcomes:

- Practice basic communication skills.

Duration: <4:00>	Duration: <6:00>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain the importance of communication etiquette including active listening for effective communication 	<ul style="list-style-type: none"> • Demonstrate how to communicate effectively using verbal and nonverbal communication etiquette • Write a brief note/paragraph on a familiar topic • Role play a situation on how to work collaboratively with others in a team
Classroom Aids:	
Whiteboard, marker pen, projector	
Tools, Equipment and Other Requirements	

Diversity & Inclusion

Mapped to DGT/VSQ/N0103

Terminal Outcomes:

- Describe PwD and gender sensitisation.

Duration: <1:00>	Duration: <1.5:00>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> Discuss the significance of reporting sexual harassment issues in time 	<ul style="list-style-type: none"> Demonstrate how to behave, communicate, and conduct oneself appropriately with all genders and PwD
Classroom Aids:	
Whiteboard, marker pen, projector	
Tools, Equipment and Other Requirements	

Financial and Legal Literacy

Mapped to DGT/VSQ/N0103

Terminal Outcomes:

- Describe ways of managing expenses, income, and savings.

Duration: <4:00>	Duration: <6:00>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> Discuss various financial institutions, products, and services Explain the common components of salary such as Basic, PF, Allowances (HRA, TA, DA, etc.), tax deductions Discuss the legal rights, laws, and aids 	<ul style="list-style-type: none"> Demonstrate how to conduct offline and online financial transactions, safely and securely and check passbook/statement Calculate income and expenditure for budgeting
Classroom Aids:	
Whiteboard, marker pen, projector	
Tools, Equipment and Other Requirements	

Essential Digital Skills

Mapped to DGT/VSQ/N0103

Terminal Outcomes:

- Demonstrate procedure of operating digital devices and associated applications safely.

Duration: <8:00>	Duration: <12:00>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Describe the role of digital technology in day-to-day life and the workplace • Discuss the significance of displaying responsible online behavior while using various social media platforms 	<ul style="list-style-type: none"> • Demonstrate how to operate digital devices and use the associated applications and features, safely and securely • Demonstrate how to connect devices securely to internet using different means • Follow the dos and don'ts of cyber security to protect against cyber crimes • Create an e-mail id and follow e- mail etiquette to exchange e -mails • Show how to create documents, spreadsheets and presentations using appropriate applications • Utilize virtual collaboration tools to work effectively
Classroom Aids:	
Whiteboard, marker pen, projector	
Tools, Equipment and Other Requirements	

Entrepreneurship

Mapped to DGT/VSQ/N0103

Terminal Outcomes:

- Describe opportunities as an entrepreneur.

Duration: <3:00>	Duration: <4:00>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain the types of entrepreneurship and enterprises • Discuss how to identify opportunities for potential business, sources of funding and associated financial and legal risks with its mitigation plan 	<ul style="list-style-type: none"> • Create a sample business plan, for the selected business opportunity

<ul style="list-style-type: none"> Describe the 4Ps of Marketing-Product, Price, Place and Promotion and apply them as per requirement 	
Classroom Aids:	
Whiteboard, marker pen, projector	
Tools, Equipment and Other Requirements	

Customer Service

Mapped to DGT/VSQ/N0103

Terminal Outcomes:

- Describe ways of maintaining customer.

Duration: <4:00>	Duration: <5:00>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> Classify different types of customers Discuss various tools used to collect customer feedback Discuss the significance of maintaining hygiene and dressing appropriately 	<ul style="list-style-type: none"> Demonstrate how to identify customer needs and respond to them in a professional manner
Classroom Aids:	
Whiteboard, marker pen, projector	
Tools, Equipment and Other Requirements	

Getting ready for apprenticeship & Jobs

Mapped to DGT/VSQ/N0103

Terminal Outcomes:

- Describe ways of preparing for apprenticeship & Jobs appropriately.

Duration: <3:00>	Duration: <5:00>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> Discuss the significance of maintaining hygiene and dressing appropriately for an interview List the steps for searching and registering for apprenticeship opportunities 	<ul style="list-style-type: none"> Draft a professional Curriculum Vitae (CV) Use various offline and online job search sources to find and apply for jobs Role play a mock interview
Classroom Aids:	
Whiteboard, marker pen, projector	
Tools, Equipment and Other Requirements	

ELECTIVE 1: Conduct the bal yoga sessions

Mapped to Yoga Trainer (B&W), BWS/Q2203

Terminal Outcomes:

- Carry out the bal yoga sessions

Duration: 10:00 Hrs	Duration: 20:00 Hrs
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Describe the importance of appropriate opening and closure of the session through prayer/chanting/meditation • List the documents to be collected before starting the session such as child's medical history, background, preferences from parents • State the use of yoga tools and techniques • Enlist and inform children about the various forms of yoga and its effect on body and mind 	<ul style="list-style-type: none"> • Modify and adapt the sequence of yoga practices appropriate to the needs of children • Perform and demonstrate all yoga techniques to children and ensure compliance to safety and health standards • Assist children to perform all yoga techniques effectively • Evaluate exercises performed by children and recommend correction whenever required
Classroom Aids	
Computer, Projector, White board/ flip chart, Marker and duster	
Tools, Equipment and Other Requirements	
Yoga Mats/ Mysore Rugs/ Towels /Durries, Yoga Blankets	

ELECTIVE 2: Conduct the mahila yoga sessions

Mapped to Yoga Trainer (B&W), BWS/Q2203

Terminal Outcomes:

- Carry out the mahila yoga sessions

Duration: 10:00 Hrs	Duration: 20:00 Hrs
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Describe the importance of appropriate opening and closure of the session through prayer/chanting/meditation • State the use of yoga tools and techniques • Determine which aspects of the guest's conditions, goals and aspirations might be addressed through Mahila yoga sessions • State the importance of maintaining guests' comfort; such as by asking the guests about any poses causing any sort of discomfort to them • State and deliver the benefits to both baby and mother are gaining through mahila yoga sessions • Apply yogic principles to conduct guest sessions to enhance well-being, overcome illness and live a healthier and more meaningful life 	<ul style="list-style-type: none"> • Modify and adapt the sequence of yoga practices appropriate to the needs of children • Perform and demonstrate all yoga techniques to children and ensure compliance to safety and health standards • Perform and demonstrate all mahila yoga techniques to guests and ensure compliance to safety and health standards
Classroom Aids	
Computer, Projector, White board/ flip chart, Marker and duster	
Tools, Equipment and Other Requirements	
Yoga Mats/ Mysore Rugs/ Towels /Durries, Yoga Blankets	

ELECTIVE 3: Conduct the vridha yoga sessions

Mapped to Yoga Trainer (B&W), BWS/Q2203

Terminal Outcomes:

- Carry out the vridha yoga sessions

Duration: 10:00 Hrs	Duration: 20:00 Hrs
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Describe the importance of appropriate opening and closure of the session through prayer/chanting/meditation • List the documents to be collated on guest's medical history, background, preferences, etc. before starting the Vridha yoga session • Analyse the difficulties individuals are facing due to ageing in performing various Vridha yoga poses • Determine which aspects of the guest's conditions, goals and aspirations might be addressed through vridha yoga sessions • State the importance of maintaining guests' comfort; such as by asking the guests about any poses causing any sort of discomfort to them • Apply yogic principles to conduct guest sessions to enhance well-being, overcome illness and live a healthier and more meaningful life 	<ul style="list-style-type: none"> • Modify and adapt the sequence of yoga practices appropriate to the needs of children • Perform and demonstrate all vridha yoga techniques to guests and ensure compliance to safety and health standards • Demonstrate and assist guest's while performing standing yoga poses triangle pose (konasana series) and standing spinal twist (kati chakrasanas) • Demonstrate and assist guest's while performing sitting yoga poses butterfly pose, cradling (if possible), body rotation, cat stretch and child pose (shishu asana) • Demonstrate and assist guest's while performing yoga poses which are performed lying on the back or stomach and focus on repetitions rather than holding any posture such as the cobra pose (bhujangasana), the locust poses (shalabhasana) or the knee to chin press (pawanmuktasana) • Demonstrate and assist guest's while performing yoga nidra which is by far the most essential part of any yoga practice, and as age progresses, it becomes even more essential to help assimilate the effect of the asana practice into our system
Classroom Aids	
Computer, Projector, White board/ flip chart, Marker and duster	
Tools, Equipment and Other Requirements	
Yoga Mats/ Mysore Rugs/ Towels /Durries, Yoga Blankets	

Annexure

Trainer Requirements

Trainer Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training Experience		Remarks
		Years	Specialization	Years	Specialization	
12th pass with Advance Diploma	Yoga with good knowledge on human anatomy & physiology	3	Yoga	1	NA	Diploma should be minimum of 6 months period; and Advanced Diploma should be minimum of 3 months

Trainer Certification	
Domain Certification	Platform Certification
BWS/Q2203, V3.0 Trainer Minimum accepted score is 80%	Trainer (VET and Skills) MEP/Q2601, V2.0 Minimum accepted score is 80%

Assessor Requirements

Assessor Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Assessment Experience		Remarks
		Years	Specialization	Years	Specialization	
Graduate	Yoga with good knowledge on human anatomy & physiology	4	Yoga	2	NA	

Assessor Certification	
Domain Certification	Platform Certification
BWS/Q2203, V3.0 Assessor Minimum accepted score is 90%	Assessor (VET and Skills) MEP/Q2701, V2.0 Minimum accepted score is 90%

Assessment Strategy

Assessment system Overview

Assessment will be carried out by assessment partners with no link to training partners. Based on the results of assessment, B&WSSC will certify the learners. Assessor has to pass assessment of theoretical knowledge of the job role and approved by B&WSSC.

The assessment will have both theory and practical components in 30:70 ratio. While theory assessment is summative and a written exam; practical will involve demonstrations of applications and presentations of procedures and other components. Practical assessment will also be summative in nature.

Testing Environment

Training partner has to share the batch start date and end date, number of trainees and the job role.

Assessment will be fixed for a day after the end date of training. It could be next day or later. Assessment will be conducted at the training venue.

Room where assessment is conducted will be set with proper seating arrangements with enough space to prevent copying.

Question bank of theory and practical will be prepared by assessment agency and approved B&WSSC. From this set of questions, assessment agency will prepare the question paper. Theory testing will include multiple choice questions, pictorial question, etc. which will test the trainee on his theoretical knowledge of the subject.

The theory and practical assessments will be carried out on same day. The question paper is pre-loaded in the computer (in case of online assessment) and it will be in the language requested by the training partner.

Presentation will be one mode of assessment and so computers and LDC projector will be available for assessment. Viva will also be used to gauge trainees confidence and correct knowledge in handling job situations.

Assessment Quality Assurance framework

Assessor has to go through orientation program organized by Assessment Agency. The training would give an overview to the assessors on the overall framework of QP evaluation. Assessor shall be given a NOS and PC level overview of each QP as applicable. Overall structure of assessment and objectivity of the marking scheme will be explained to them.

The giving of marks will be driven by an objective framework which will maintain standardization of marking scheme.

In case of many candidates to be accommodated in one venue for theory assessment, caution is taken not to let the candidates who competed test meet those who have not. Once the first batch has moved out of the knowledge based assessment area, the second batch must be taken from the main waiting area and seated in the respective seats for their knowledge based assessment.

For practical, the instructions for taking the test are clearly written on the board in the lab or shared with the candidates verbally.

The assessment will be video recorded and submitted to B&WSSC. The training partner will intimate the time of arrival of the assessor and time of leaving the venue.

Methods of Validation

Unless the trainee is registered, the person cannot undergo assessment. To further ensure that the person registered is the person appearing for assessment, ID verification will be carried out. Aadhar card number is part of registering the candidate for training. This will form the basis of further verification during the assessment.

Assessor conducts the assessment in accordance with the assessment guidelines and question bank as per the job role.

The assessor carries tablet with the loaded questions. This tablet is geo-tagged and so it is monitored to check their arrival and completion of assessment.

Video of the practical session is prepared and submitted to B&WSSC.

Random spot checks/audit is conducted by B&WSSC assigned persons to check the quality of assessment.

Assessment agency will be responsible to put details in SIP.

B&WSSC will also validate the data and result received from the assessment agency.

Method of assessment documentation and access

The assessment agency will upload the result of assessment in the portal. The data will not be accessible for change by the assessment agency after the upload. The assessment data will be validated by B&WSSC assessment team. After upload, only B&WSSC can access this data. B&WSSC approves the results within a week and uploads on SIP.

References

Glossary

Term	Description
Declarative Knowledge	Declarative knowledge refers to facts, concepts and principles that need to be known and/or understood in order to accomplish a task or to solve a problem.
Key Learning Outcome	Key learning outcome is the statement of what a learner needs to know, understand and be able to do in order to achieve the terminal outcomes. A set of key learning outcomes will make up the training outcomes. Training outcome is specified in terms of knowledge, understanding (theory) and skills (practical application).
OJT (M)	On-the-job training (Mandatory); trainees are mandated to complete specified hours of training on site
OJT (R)	On-the-job training (Recommended); trainees are recommended the specified hours of training on site
Procedural Knowledge	Procedural knowledge addresses how to do something, or how to perform a task. It is the ability to work, or produce a tangible work output by applying cognitive, affective or psychomotor skills.
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 .
Terminal Outcome	Terminal outcome is a statement of what a learner will know, understand and be able to do upon the completion of a module . A set of terminal outcomes help to achieve the training outcome.

Acronyms and Abbreviations

Term	Description
QP	Qualification Pack
NSQF	National Skills Qualification Framework
NSQC	National Skills Qualification Committee
NOS	National Occupational Standards