

CONTACT DETAILS OF THE BODY SUBMITTING THE QUALIFICATION FILE

Name and address of submitting body:

Beauty & Wellness Sector Skill Council
Office no. - UG-5B, Upper Ground Floor, Himalaya House-23, Kasturba Gandhi Marg,
Connaught Place, Delhi-110001

Name and contact details of individual dealing with the submission

Name: Ms. Monica Bahl

Position in the organisation: CEO

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List of documents submitted in support of the Qualifications File

1. Qualifications Pack
2. Industry Validations letters
3. Industry Endorsement tracker
4. Integrated Occupational Map
5. Summary Sheet
6. Model Curriculum

Model Curriculum to be added which will include the following:

- Indicative list of tools/equipment to conduct the training
- Trainer's qualification
- Lesson Plan
- Distribution of training duration into theory/practical/OJT component

NSQF QUALIFICATION FILE

Approved in 8th NSQC Meeting – NCVET – 27th May, 2021

SUMMARY

1	Qualification Title: Yoga Instructor (B&W)
2	Qualification Code, if any: QP BWS/Q2201
3	NCO code and occupation: NCO-2015/NIL
4	Nature and purpose of the qualification (Please specify whether qualification is short term or long term): Nature of the qualification - a Qualification Pack (QP) The main purpose of the qualification - to get unemployed people into work
5	Body/bodies which will award the qualification: Beauty & Wellness Sector Skill Council (B&WSSC)
6	Body which will accredit providers to offer courses leading to the qualification: Beauty & Wellness Sector Skill Council (B&WSSC)
7	Whether accreditation/affiliation norms are already in place or not, if applicable (if yes, attach a copy): Yes
8	Occupation(s) to which the qualification gives access: Yoga Services from Yoga sub-sector
9	Job description of the occupation: 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.
10	Licensing requirements: N/A
11	Statutory and Regulatory requirement of the relevant sector (documentary evidence to be provided) : N/A
12	Level of the qualification in the NSQF: Level 4
13	Anticipated volume of training/learning required to complete the qualification: 390 hours
14	Indicative list of training tools required to deliver this qualification: 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
15	Entry requirements and/or recommendations and minimum age: <ul style="list-style-type: none">• 10th grade pass and pursuing continuous schooling OR• 10th grade pass plus 1-year NTC/ NAC OR• 10th grade pass with 2 years relevant experience OR• Previous relevant Qualification of NSQF Level 3.0 with minimum education as 5th Grade pass and 2 years of relevant experience
16	Progression from the qualification (Please show Professional and academic progression): Yoga Trainer (B&W) (Level 5)

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17	<p>Arrangements for the Recognition of Prior learning (RPL): Currently Beauty & Wellness Sector Skill Council (B&WSSC) is doing the RPL assessments after covering learning hours of 12 hours and then followed by the assessments. The assessments are happening in online basis. There are three phases of assessments which is followed in all assessment process of different job roles-</p> <ol style="list-style-type: none"> 1. Theory- Weightage 30% 2. Practical- Weightage 70% (Hands on assessment + Viva) <p>The theory questions are objective type with multiple choice option, out of which we have some pictorial questions also. VIVA questions are also based on the job role and the practical questions are assessed on the hands-on performance. (Detailed Assessment Plan is attached in the folder)</p>		
18	<p>International comparability where known (research evidence to be provided: This Level 4 qualification compares with UK NOS: Level 2</p>		
19	<p>Date of planned review of the qualification by: 27-05-2024</p>		
20	<p>Formal structure of the qualification Mandatory components</p>		
(i)	<p>Title of component and identification code/NOSs/Learning outcomes</p>	<p>Estimated size (learning hours)</p>	<p>Level</p>
	BWS/N9001 Prepare and maintain work area	30	3
	BWS/N2201 Conduct the basic yoga sessions for holistic wellbeing	150	4
	BWS/N9002 Maintain health and safety of workplace	30	3
	BWS/N9003 Create a positive impression at the workplace	30	3
	DGT/VSQ/N0102 (v1.0) Employability Skills	60	4
	OJT	90	
	Sub Total (A)	390	
	(B) Optional NOS: NA		
	Total (A+B) = 390 Hours		
	Instructor-Led Online Module - 86 Hours		

SECTION 1

ASSESSMENT

<p>21</p>	<p>Body/Bodies which will carry out assessment:</p> <ol style="list-style-type: none"> 1. Aspiring Minds 2. Mettl (Mercer) 3. Amrit Skills 4. Vedokt 5. Skill Mantra 6. Prima 7. IRIS 8. IYD 9. Green Arrows 10. SPIWD 11. Trendsetters 12. Star Projects 13. Radiant Infonet 14. Navriti Technologies Pvt Ltd 15. Khwaspuria Advisory Pvt Ltd 16. Glocal Thinkers 17. Eduvantage 18. Diversified Business Solution Pvt Ltd 19. Demorgia Consulting Services Pvt Ltd
<p>22</p>	<p>How will RPL assessment be managed and who will carry it out? Give details of how RPL assessment for the qualification will be carried out and quality assured.</p> <p>The RPL assessment will be carried out through pre assessment, identifying the skills gaps, provide bridge training to cover the competency gap and then conduct final assessment of the candidates</p>
<p>23</p>	<p>Describe the overall assessment strategy and specific arrangements which have been put in place to ensure that assessment is always valid, reliable and fair and show that these are in line with the requirements of the NSQF.</p> <p>Assessment is done through third parties who are affiliated to B&WSSC as Assessment Body. Assessors are trained & certified by B&WSSC through Training of Assessors program. The assessment involves two processes. The first process is gathering the evidence of the competency of individuals. The second part of the assessment process is the judgement as to whether a person is competent or not. The assessment plan contains the following information:</p> <p>The assessments are happening in online/ offline basis. There are three phases of assessments which is followed in all assessment process of different job roles-</p>

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- Theory- weightage 30%
- Practical+ VIVA- Weightage 70% (Hands on assessment + Oral questioner)

The theory questions are objective type with multiple choice option, out of which we have some pictorial questions also. VIVA questions are also based on the job role and the practical questions are assessed on the hands-on performance.

Criteria on decision making & process manual is attached in the folder (Attachment name – Assessment Process)

Please attach most relevant and recent documents giving further information about assessment and/or RPL.

Give the titles and other relevant details of the document(s) here. Include page references showing where to find the relevant information.

ASSESSMENT EVIDENCE

Complete a grid for each component as listed in “Formal structure of the the qualification” in the Summary.

NOTE: this grid can be replaced by any part of the qualification documentation which shows the same information – ie Learning Outcomes to be assessed, assessment criteria and the means of assessment.

24. Assessment evidences

Title of Component: Yoga Instructor (B&W)

CRITERIA FOR ASSESSMENT OF TRAINEES

Job Role Yoga Instructor (B&W)

Qualification Pack BWS/Q2201

Sector Skill Council Beauty & Wellness

Guidelines for Assessment

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 center (as per assessment criteria below).
5. Individual assessment agencies will create unique evaluations for skill practical for every student at each examination/training center based on this criterion.
6. To pass the Qualification Pack, every trainee should score a minimum of 70% in aggregate.
7. In case of unsuccessful completion, the trainee may seek reassessment on the Qualification Pack.

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Prepare and maintain work area</i>	30	70	-	-
PC1. ensure that ambient conditions are suitable for the client and the service procedures to be carried out in a hygienic, safe and disinfected environment such as using air purifiers to reduce dust, dander, smoke, allergens & odour resulting in a healthier, fresher & cleaner environment, 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/ clienteles, etc.	2	6	-	-

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PC2. identify and select suitable equipment and products required for the respective sessions	2	5	-	-
PC3. set up the area for session in adherence to the organizational guidelines	2	5	-	-
PC4. place disposable towels, glasses for water, tea/ coffee in area convenient	2	5	-	-
PC5. prepare sterilisation solution as per organisational standards using approved products	2	5	-	-
PC6. sterilize, disinfect and place the tools on the tray as per organisational standards using recommended solutions and conditions	2	6	-	-
PC7. dispose waste materials in adherence to the industry requirements; waste materials such as disposable head bands, disposable towels, disposable glasses, etc.	2	5	-	-
PC8. identify ways to optimize usage of material including water in various tasks/activities/processes	2	5		
PC9. check for spills/leakages occurred while providing services	2	4		
PC10. identify and segregate recyclable, non - recyclable and hazardous waste generated in separate bin	2	4		
PC11. store the unused disposable material properly in a dedicated area; material such as disposable glasses	2	4		
PC12. ensure electrical equipment and appliances are switched off when not in use	2	4		
PC13. store records, materials and equipment securely in line with the policies	2	4		
PC14. conduct awareness program (such as for Covid19) for the employees and display sposters/ signage's promoting regular hand-washing and respiratory hygiene in the premises	2	4		
PC15. set up and promote digital modes of payment to lessen any kind of cross infection	2	4		
NOS Total	30	70	-	-

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Maintain health and safety of the work area</i>	33	67	-	-
PC1. ensure proper supply of Personal Protective Equipment such as tissues, antibacterial soaps, alcohol-based hand cleansers, triple layered surgical face masks, gloves, etc. for the employees and clientele	3	7	-	-
PC2. ensure maintaining basic hygiene and keep proper distance between the clientele 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.	3	6	-	-
PC3. set up and position oneself, equipment, chemicals, products and tools in the work area to meet legal, hygiene and safety requirements	3	6	-	-
PC4. clean and sterilize all tools and equipment before and after use	2	6	-	-
PC5. maintain one's posture and position to minimize fatigue, risk of injury and chances of cross infection	3	6	-	-
PC6. dispose waste materials in accordance to the industry accepted standards	3	6	-	-
PC7. maintain first aid kit and keep oneself updated on the first aid procedures	3	6	-	-
PC8. identify and document potential risks and hazards in the workplace	3	6	-	-
PC9. accurately maintain accident reports	3	6	-	-
PC10. report health and safety risks/ hazards to concerned personnel	3	6	-	-
PC11. use tools, equipment, chemicals and products in accordance with the guidelines and manufacturers' instructions	3	6	-	-
NOS Total	33	67	-	-

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Appearance and Behavior</i>	8	14	-	-
PC1. ensure maintaining good health and personal hygiene such as sanitized hands, neatly tied and covered hair, clean nails, etc.	2	4	-	-
PC2. meet the organization's standards of grooming (courtesy, behavior and efficiency) such as engaging with clients with no gender stereotyping, demonstrate confidence at the workplace, positioning self and client in a manner, to ensure privacy, comfort and well-being of all the genders throughout the services, managing stress, working in teams, etc.	2	4	-	-
PC3. stay free from intoxicants while on duty	2	2	-	-
PC4. wear and carry organization's uniform and accessories correctly and smartly by sanitizing it in hot water with detergent and bleach	2	4	-	-
<i>Task execution as per organization's standards</i>	10	18	-	-
PC5. take appropriate and approved actions in line with instructions and guidelines	2	3	-	-
PC6. participate in workplace activities as a part of the larger team	2	4	-	-
PC7. report to supervisor immediately in case there are any work issues	2	3	-	-
PC8. use appropriate language, tone and gestures while interacting with guests from different cultural and religious backgrounds, age, disabilities and Gender	2	4	-	-
PC9. improve upon existing techniques of services by updating skills, such as, learning about digital technologies (by using digital platform for booking an appointment, making bills & payments, collecting feedback); financial literacy (opening savings bank accounts, linking Aadhaar card to bank account, using various e-commerce platforms); self-ownership, etc.	2	4	-	-

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Communication and Information record</i>	18	32	-	-
PC10. communicate procedure related information to guests based on the sectors code of practices and organisations procedures/ guidelines	2	5	-	-
PC11. communicate role related information to stakeholders in a polite manner and resolve queries, if any	2	3	-	-
PC12. assist and guide guests to services or products based on their needs	2	4	-	-
PC13. report and record instances of aggressive/ unruly behavior and seek assistance	2	3	-	-
PC14. use communication equipment (phone, email etc.) as mandated by the organization	2	3	-	-
PC15. carry out routine documentation (such as recording details related to employee's tasks, services taken and feedback given by clients) legibly and accurately in the desired Format	2	3	-	-
PC16. maintain confidentiality of information, as required, in the role	2	4	-	-
PC17. communicate the internalization of gender & its concepts at work place	2	4	-	-
PC18. conduct various workshops for the employees at workplace; using range of technologies that aid PwDs at the workplace, etc.	2	4	-	-
NOS Total	36	64	-	-

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Conduct the basic yoga sessions for holistic wellbeing</i>	27	73	-	-
1. ensure appropriate ambience for guests to perform yoga	2	4	-	-
2. ensure readiness and preparedness of the guests to be able to take the session like empty stomach, etc.	1	3	-	-
3. provide appropriate opening and closure of the session through prayer/chanting/meditation	1	4	-	-
4. perform and instruct loosening asanas or sukshma vyayama, breathing asanas as agreed with the guest and arrangement of the organization	1	4	-	-
5. perform and instruct classical asana as agreed with the guest and arrangement of the organization	1	4	-	-
6. perform and instruct pranayamas as agreed with the guest and arrangement of the organization	1	3	-	-
7. recognise, adjust and adapt to specific guest needs in the evolving professional relationship	1	2	-	-
8. implement effective teaching methods, adapt tounique styles of learning, provide supportive and effective feedback, acknowledge the guests progress, and cope with unique difficulties / Successes	1	3	-	-
9. elicit the goals, expectations and aspirations of the guests	1	2	-	-
10. assist the supervisor to integrate information from the intake, evaluation and observation to develop a working assessment of the guest's condition, limitations and possibilities	1	4	-	-
11. deliver appropriate practices for individuals as well as group, taking into consideration the assessment of their conditions, limitations, possibilities and the overall practice strategy	1	3	-	-

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
12. provide instruction, demonstration, education to the guests using multi-model strategies of education such as audio-visual tools, kinesthetic learning tools, etc.	1	3	-	-
13. practice effective guest-centered communication based upon a respect for and sensitivity to individual familial, cultural, social, ethnic and religious factors	1	2	-	-
14. gather feedback, assist the supervisor to re- assess and refine the practice for determining short- term or long-term goals and priorities	1	3	-	-
15. accept and follow ethical principles and related concepts from the yoga tradition to professional interactions and relationships	1	2	-	-
16. inform guests about various forms of yoga and its effect on body and mind	1	3	-	-
17. use a broad range of mind-body-based healing tools in conjunction with asanas based on needs, ages and ability levels to create effective practices against ailments	1	3	-	-
18. apply yogic principles to conduct guest sessions to enhance well-being, overcome illness and live a healthier and more meaningful life	1	4	-	-
19. perform and demonstrate all yoga techniques to guests and ensure compliance to safety and health standards	1	2	-	-
20. assist guests to perform all techniques effectively	1	3	-	-
21. evaluate asanas performed by guests and recommend correction whenever required	1	2	-	-
22. coordinate with senior supervisors and guests on yogic lifestyle counselling to ensure healthy body and mind	1	2	-	-
23. ensure guests' satisfaction and assist in answering all guest queries	1	2	-	-

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
24. store guest and equipment records, securely in line with the organizations policies	1	2	-	-
25. leave the work area in a clean and hygienic condition suitable for further classes	1	2	-	-
26. document the client chart (sattva, rajās, tamas), contra indications and health condition and requirements of all guests and conduct classes to follow the asanas plan designed	1	2	-	-
NOS Total	27	73	-	-

DGT/VSQ/N0102 (v1.0) Employability Skills

Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Introduction to Employability Skills</i>	1	1	-	-
PC1. identify employability skills required for jobs in various industries	-	-	-	-
PC2. identify and explore learning and employability portals	-	-	-	-
<i>Constitutional values - Citizenship</i>	1	1	-	-
PC3. recognize the significance of constitutional values, including civic rights and duties, citizenship, responsibility towards society etc. and personal values and ethics such as honesty, integrity, caring and respecting others, etc.	-	-	-	-
PC4. follow environmentally sustainable practices	-	-	-	-
<i>Becoming a Professional in the 21st Century</i>	2	4	-	-
PC5. recognize the significance of 21st Century Skills for employment	-	-	-	-
PC6. practice the 21st Century Skills such as Self-Awareness, Behaviour Skills, time management, critical and adaptive thinking, problem-solving, creative thinking, social and cultural awareness, emotional awareness, learning to learn for continuous learning etc. in personal and professional life	-	-	-	-
<i>Basic English Skills</i>	2	3	-	-
PC7. use basic English for everyday conversation in different contexts, in person and over the telephone	-	-	-	-
PC8. read and understand routine information, notes, instructions, mails, letters etc. written in English	-	-	-	-
PC9. write short messages, notes, letters, e-mails etc. in English	-	-	-	-
<i>Career Development & Goal Setting</i>	1	2	-	-

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
PC10. understand the difference between job and career	-	-	-	-
PC11. prepare a career development plan with short- and long-term goals, based on aptitude	-	-	-	-
<i>Communication Skills</i>	2	2	-	-
PC12. follow verbal and non-verbal communication etiquette and active listening techniques in various settings	-	-	-	-
PC13. work collaboratively with others in a team	-	-	-	-
<i>Diversity & Inclusion</i>	1	2	-	-
PC14. communicate and behave appropriately with all genders and PwD	-	-	-	-
PC15. escalate any issues related to sexual harassment at workplace according to POSH Act	-	-	-	-
<i>Financial and Legal Literacy</i>	2	3	-	-
PC16. select financial institutions, products and services as per requirement	-	-	-	-
PC17. carry out offline and online financial transactions, safely and securely	-	-	-	-
PC18. identify common components of salary and compute income, expenses, taxes, investments etc	-	-	-	-
PC19. identify relevant rights and laws and use legal aids to fight against legal exploitation	-	-	-	-
<i>Essential Digital Skills</i>	3	4	-	-
PC20. operate digital devices and carry out basic internet operations securely and safely	-	-	-	-
PC21. use e- mail and social media platforms and virtual collaboration tools to work effectively	-	-	-	-
PC22. use basic features of word processor, spreadsheets, and presentations	-	-	-	-
<i>Entrepreneurship</i>	2	3	-	-

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
PC23. identify different types of Entrepreneurship and Enterprises and assess opportunities for potential business through research	-	-	-	-
PC24. develop a business plan and a work model, considering the 4Ps of Marketing Product, Price, Place and Promotion	-	-	-	-
PC25. identify sources of funding, anticipate, and mitigate any financial/ legal hurdles for the potential business opportunity	-	-	-	-
<i>Customer Service</i>	1	2	-	-
PC26. identify different types of customers	-	-	-	-
PC27. identify and respond to customer requests and needs in a professional manner.	-	-	-	-
PC28. follow appropriate hygiene and grooming standards	-	-	-	-
<i>Getting ready for apprenticeship & Jobs</i>	2	3	-	-
PC29. create a professional Curriculum vitae (Résumé)	-	-	-	-
PC30. search for suitable jobs using reliable offline and online sources such as Employment exchange, recruitment agencies, newspapers etc. and job portals, respectively	-	-	-	-
PC31. apply to identified job openings using offline /online methods as per requirement	-	-	-	-
PC32. answer questions politely, with clarity and confidence, during recruitment and selection	-	-	-	-
PC33. identify apprenticeship opportunities and register for it as per guidelines and requirements	-	-	-	-
NOS Total	20	30	-	-

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Means of assessment 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.

The assessment for the theory part will be based on knowledge bank of questions created by the SSC.

Individual assessment agencies will create unique question papers for theory part for each candidate at each examination/training centre (as per assessment criteria below.)

Individual assessment agencies will create unique evaluations for skill practical for every student at each examination/training centre based on this criterion.

Means of assessment 2

Add boxes as required.

Pass/Fail

To pass the Qualification Pack, every trainee should score a minimum of 70% in aggregate.

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

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SECTION 2

25. EVIDENCE OF LEVEL

OPTION A

Title/Name of qualification/component: Yoga Instructor (B&W)		Level: 4	
NSQF Domain	Outcomes of the Qualification/Component	How the outcomes relate to the NSQF level Descriptors	NSQF Level
Process	The job holder is expected to independently demonstrate yoga asana, pranayama's, relaxation techniques, loosening exercises etc. in sessions for individual or group settings for along with maintaining work area, health & safety at workplace and positive impression at the workplace.	<p>The Yoga Instructor (B&W) is a professionally trained individual who works in familiar, predictable, routine situation of clear choice such as preparing the equipment/products and work area ahead of service delivery to ensure the efficiency and effectiveness of conducting treatments considering the standards of operation of the organization, provide appropriate opening and closure of the session through prayer/chanting/meditation, perform and instruct loosening asanas or sukshma vyayama, breathing asanas as agreed with the guest and arrangement of the organization , perform and instruct classical asana as agreed with the guest and arrangement of the organization, perform and instruct pranayama's as agreed with the guest and arrangement of the organisation.</p> <p>The individual is also expected to maintain a safe and hygienic environment at the work area</p>	4

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Title/Name of qualification/component: Yoga Instructor (B&W)		Level: 4	
NSQF Domain	Outcomes of the Qualification/Component	How the outcomes relate to the NSQF level descriptors	NSQF Level
		<p>to reduce potential risks to self and others and personal grooming and behaviour to execute tasks as per the organization's standards and create a positive impression at the workplace.</p> <p>Since the job holder is expected to independently perform work of familiar, predictable and routine nature within situations of clear choice within Yoga Services as mentioned above s/he can be placed at Level 4.</p> <p>This role requires the job holder to work in a familiar, predictable, routine of clear choice and the activities that s/he is expected to perform are not limited in range such as implement effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the guest's progress, and cope with unique difficulties / successes adjust appropriate practice strategies to the guests, therefore the job holder can't be placed at Level 3.</p> <p>As the job holder is not required to exhibit well developed skill in Yoga Services such as</p>	

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NSQF Domain	Outcomes of the Qualification/Component	How the outcomes relate to the NSQF level descriptors	NSQF Level
		Conduct Ashtanga Vinyasa Yoga Sessions/ Advanced Yoga sessions/ Hatha Yoga sessions, hence s/he does not qualify for Level 5.	
Professional knowledge	The job holder is expected to exhibit the factual knowledge about the range of Yoga practices and their potential effects, basic knowledge of Human Anatomy and Physiology including all major systems of the body and their interrelationships, contra-indications related to various yoga & related techniques along with health and safety regulations & guidelines	<p>The job holder is expected to exhibit factual knowledge of the field of Yoga such as Knowledge of applicable legislations/ evolution of the teachings and philosophy of Yoga tradition/ understanding of Patanjali Yoga Sutras. The individual should also have knowledge of shuddhi/detoxification/ Ashtanga yoga with yama & niyama / Yogic diet and Yogic lifestyle.</p> <p>Since all the above-mentioned areas are related to factual knowledge in the field of Yoga services, the role qualifies for Level 4.</p> <p>The job holder is expected to know more than basic facts and principles, such as he/she is expected to be familiar with the manufacturer's instructions to use the Yoga equipments/ products. S/he is also expected to know classifications of Asanas/ pranayams and the mechanical/ physiological/ psychological and</p>	4

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Title/Name of qualification/component: Yoga Instructor (B&W)			Level: 4
NSQF Domain	Outcomes of the Qualification/Component	How the outcomes relate to the NSQF level descriptors	NSQF Level
		reflex effects of each. Since this role requires factual knowledge of field of Yoga services, it cannot be pegged at level 3.	
Professional skill	The Job holder is expected to plan & organize the schedule for all services & bookings to be undertaken by self or by the team and ensure adherence to the same. Further s/he must be able to take practical decisions on a regular basis & solve problem being faced by self and team by applying basic methods, tools, materials and information. The Job holder should also be able to analyze the data pertinent to the guest/ product/services and evaluate future course of action to make a decision.	<p>A range of practical and cognitive skills required to accomplish tasks and solve problems by selecting and applying basic methods such as taking decisions pertaining to the concerned area of work, tools like planning and managing work routine based on guest scheduling and bookings using centre's software, The individual is also expected to possess information about the materials such as knowledge of the latest promotional schemes on various Yoga services/ related products along with their available stocks and their features & benefits. The job holder must also be able to practically apply learning from feedback and other sources to develop one self.</p> <p>Thus, considering the professional skills s/he can be placed at level 5</p> <p>Since the Job holder is expected to exhibit cognitive skills along with practical skills required to accomplish the tasks by ensuring that the team of Yoga Instructors are aware of the schedules on a daily basis, are updated on the daily tasks and job expectations, performance</p>	4

NSQF QUALIFICATION

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Title/Name of qualification/component: Yoga Instructor (B&W)			Level: 4
NSQF Domain	Outcomes of the Qualification/Component	How the outcomes relate to the NSQF level descriptors	NSQF Level
		standards etc. The job holder is also expected to solve problems by counselling and addressing issues/ grievances/ concerns among the team for any work-related tasks, therefore s/he can't be placed at Level 4. Further, since the job holder is not required to possess practical and cognitive skills required to generate solutions for specific customer problems/ preferences such as develop plans and procedures for management of emergencies in accordance to the organization and industry standards, hence s/he can't be placed at level 6.	
Core skill	The individual is expected to exhibit sound communication skills including strong client relationship establishment and maintenance, perform respective record maintaining work using basic arithmetic/ algebraic principles and possess basic understanding of environment to cater to the different requirements of varied types of clientele.	The job holder is expected to exhibit written and verbal communication skills, with the minimum level of clarity expected) so as to have pleasant and engaging conversations by responding promptly and positively to further enquiries and make efforts to obtain new business, the skill of basic arithmetic and algebraic principles, basic understanding of the social, political and natural environment such as knowledge of documenting call logs by getting all the required information in the enquiry form/reports/task lists/schedules, knowledge of drafting memos and e-mail providing work updates and enquiring relevant information's by questioning clients about their interest in exercise and previous experiences about Yoga services without language errors.	4

NSQF QUALIFICATION

Approved in 24th NSQC Meeting – NCVET – 17th November, 2022

Title/Name of qualification/component: Yoga Instructor (B&W)			Level: 4
NSQF Domain	Outcomes of the Qualification/Component	How the outcomes relate to the NSQF level descriptors	NSQF Level
		<p>The incumbent should know what to say, when to say & how to say to the customers without using jargon, slang or acronyms</p> <p>Since all the above-mentioned core skills are related to exhibiting effective oral & written communication skills along with understanding of the social, political and natural environment such as clarifying the guest's understanding and expectation prior to initiating the Yoga services, therefore the role qualifies for Level 4.</p> <p>The Job holder expected to possess core skills more than just demonstrating minimum clarity in oral & written communication such as discussing the aims of the session/ benefits and yoga services with the guest. Hence, the job holder can't be placed at Level 3.</p> <p>Further since the job holder doesn't require to use mathematical skill or skill of collecting & organizing information such as collecting, integrating and analyzing guests' feedback on yoga services availed that's why s/he can't be placed at level 5</p>	
Responsibility	The individual is responsible to demonstrate	The Yoga Instructor (B&W) is expected to take	4

NSQF QUALIFICATION

Approved in 24th NSQC Meeting – NCVET – 17th November, 2022

Title/Name of qualification/component: Yoga Instructor (B&W)		Level: 4	
NSQF Domain	Outcomes of the Qualification/Component	How the outcomes relate to the NSQF level descriptors	NSQF Level
	<p>the yoga postures, asanas, pranayamas, meditation and relaxation techniques for the guests. The individual must exhibit knowledge of the principles and practices of basic Yogic techniques to explain and respond to the guest questions.</p>	<p>responsibility for own work & learning as s/he is responsible to conduct the guest's yoga postures, asanas, pranayamas, meditation and relaxation techniques. The individual must exhibit knowledge of the principles and practices of basic Yogic techniques to explain and respond to the guest questions. The individual is responsible for setting up and stocking the work area and maintaining accurate written records of guest's treatments.</p> <p>Given that the incumbent doesn't require any supervision while conducting the Yoga services and can independently deliver high quality services, s/he can be placed at level 4</p> <p>As its evident from the above examples that the incumbent is fully responsible for implementation of planned yoga session for guests rather than just responsible in defined limit, therefore s/he can't even be placed at Level 3</p> <p>And since s/he is neither expected to be responsible of</p>	

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SECTION 3

EVIDENCE OF NEED

26	What evidence is there that the qualification is needed? What is the estimated uptake of this qualification and what is the basis of this estimate?		
	Basis	In case of SSC	In case of other Awarding Bodies (Institutes under Central Ministries and states departments)
	<p>Need of the qualification Please refer to the attached list of job roles and occupations as per the attachment and their career paths as per Annexure 1, which have been derived through extensive industry interactions facilitated from four workshops, and site visits conducted and interaction with representatives from different organizations all over the country. Research was conducted in the Beauty & Wellness sector to capture revenue and manpower requirement estimates till 2022. The research provides the data that the discussed</p>	<p>B&WSSC undertook market study and will enclose demand forecast for the proposed job role both on short-term and long-term basis to substantiate the requirement of the Qualification proposed. B&WSSC can produce the data from primary or authorized secondary sources as well.</p>	<p>The Submitting Body should produce any reputable and reliable research reports, such as labour market information reports; occupational mapping or similar research carried out by Ministry/State/Any other authentic source forecasting the demand for the proposed qualification</p>

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	<p>qualification is one of the critical roles in the sector. The details of statistics and research analysis is provided separately as a research analysis report.</p>		
	<p>Industry Relevance</p>	<p>B&WSSC undertook validation of the job roles with actual end-user industry where such employment is going to be generated and absorbed instead of generic validation of industry. B&WSSC will submit the endorsements from users/intended users of the qualification clearly supporting or otherwise the need for trained people against specific job role. (<i>The industry validation format had been used</i>)</p>	<p>The Submitting Body would submit the list of industry participation while preparation of the curriculum/ course content of the qualifications. These could include minutes of the meeting/ reports of these consultations</p>
	<p>Usage of the qualification</p>	<p>The SSC will submit details of the employment generated (wherever applicable) and realised by virtue of training in the Qualifications of the sector earlier submitted for NSQF alignment. B&WSSC is an unorganized sector, hence case studies/evidences will be given.</p>	<p>The submitting body would submit the details of trained and placed data in the proposed qualification (if an existing qualification is being proposed for NSQF alignment) Information about the success of the qualification should be given (e.g., uptake figures, examples of use in recruitment and placement rates (if known) should be given. However, many</p>

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			of the bodies that do not have placement tracking mechanism established in place should provide necessary endorsements by the state/ ministry stating that a tracking mechanism would be institutionalized and placement records shall be provided annually or later, depending on length of qualification.
	<p>Estimated uptake</p> <p>The global Yoga market is worth \$80 billion and in India, this market is worth INR 490 billion. As per ASSOCHAM report, there is a 35 percent increase in demand for yoga learning in India annually.</p>	<p>Yoga is gaining popularity around the world, while there is a shortage of trained yoga professionals. According to a recent study conducted by ASSOCHAM, the demand for such trainers is likely to grow by 30-35% in the next couple of years.</p>	<p>The Submitting Body should submit the estimated uptake by reflecting the number of the takers for this qualification for at least two years from submission of the qualification</p>
27	<p>Recommendation from the concerned Line Ministry of the Government/Regulatory Body. To be supported by documentary evidences</p> <p>N/A</p>		
28	<p>What steps were taken to ensure that the qualification(s) does (do) not duplicate already existing or planned qualifications in the NSQF? Give justification for presenting a duplicate qualification</p> <p>Under NCVET, there is no other similar STT course.</p>		
29	<p>What arrangements are in place to monitor and review the qualification(s)? What data will be used and at what point will the</p>		

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qualification(s) be revised or updated? Specify the review process here

The comments, feedback and suggestions were collected through interaction with industry experts. The same will be compiled and justifiable changes will be incorporated in the next/updated version of the QP. This QP is set to be revised before 17/11/2025.

Please attach most relevant and recent documents giving further information about any of the topics above.

Give the titles and other relevant details of the document(s) here. Include page references showing where to find the relevant information.

SECTION 4

EVIDENCE OF PROGRESSION

30

What steps have been taken in the design of this or other qualifications to ensure that there is a clear path to other qualifications in this sector?

Show the career map here to reflect the clear progression

1. Discussing the growth trajectory within each occupation after studying organisational charts of various industry players across small, medium and large-scale organizations.
2. Exploring various lateral career opportunities for the discussed qualification
3. Ensuring that there is a clear role up in terms of performance criteria qualification experience and skill requirement from lower NSQF Level to higher levels in the hierarchy.

Please refer to attached career path as per annexure 1 which clearly defines the career path.

Please attach most relevant and recent documents giving further information about any of the topics above.

Give the titles and other relevant details of the document(s) here. Include page references showing where to find the relevant information.

1. Career Map of Yoga Instructor (B&W)- Annexure 1
2. QP BWS/Q2201- Annexure 2

NSQF QUALIFICATION

Annexure 1- Career Map of Yoga Instructor (B&W)



Annexure 2- QP BWS/Q2203

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