

NSQF QUALIFICATION FILE

Approved in 8th NSQC-NCVET meeting, dated: 27th May 2021

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

Address if different from above: Same as above

Tel number(s): 011 – 40342940/42/44/45

E-mail address: ceo@bwssc.in

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

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SUMMARY

1	Qualification Title: Senior Yoga Trainer (B&W)
2	Qualification Code, if any: QP BWS/Q2205
3	NCO code and occupation: NCO-2015/NIL
4	<p>Nature and purpose of the qualification (Please specify whether qualification is short term or long term):</p> <p>Nature of the qualification</p> <ul style="list-style-type: none"> - a Qualification Pack (QP) <p>The main purpose of the qualification</p> <ul style="list-style-type: none"> - will enable the individual to specialize in imparting training for Yoga Services <p>Body/bodies which Beauty & Wellness Sector Skill Council (B&WSSC) will award the qualification</p>
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: Senior Yoga Trainer (B&W) (Yoga Services)
9	<p>Job description of the occupation: A Senior Yoga Trainer (B&W) is a professionally trained individual with an advanced training in Yoga for holistic wellness, happiness and harmony; and is able to work with the clients by conducting the advanced yoga asanas, advanced pranayamas, advanced meditations and relaxation techniques to counterbalance unhealthy lifestyle, and manage a healthy body with a sound mind. S/he is also expected to train Yoga Trainers on the intricacies of yoga services to enhance the quality of life.</p>
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 6
13	Anticipated volume of training/learning required to complete the qualification: 660 Hours

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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
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15	<p>Entry requirements and/or recommendations and minimum age: Completed 3 year UG degree program after 12th OR Pursuing 4th year UG (in case of 4-year UG with honours/ honours with research) OR 12th grade pass with 1year NTC plus 1year NAC/CITS with 2 Years of experience Relevant experience OR 12th grade with 1 year NAC plus CITS with 2 Years of experience Relevant experience OR 12th grade Pass with 4 Years of experience Relevant experience OR Previous relevant Qualification of NSQF Level (5) with 3 Years of experience of relevant experience Minimum Age: 18 years</p>		
16	<p>Progression from the qualification (Please show Professional and academic progression): Entrepreneur</p>		
17	<p>Arrangements for the Recognition of Prior learning (RPL): Currently Beauty & Wellness Sector Skill Council (BWSSC) 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> <p>1. Theory- Weightage 30% 2. Practical- Weightage 70% (Hands on assessment + Viva)</p> <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 6 qualification compares with UK NOS: Level 4</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/N2207 Conduct the advanced yoga sessions for holistic wellness and train the yoga instructors/trainers	120	6
	BWS/N2205 Conduct advanced hatha Yoga sessions and train the yoga instructors	120	6
	BWS/N9002 Maintain health and safety of workplace	30	3

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	BWS/N9003 Create a positive impression at the workplace	30	3
	DGT/VSQ/N0103: Employability Skills (90 Hours)	90	5
	Sub Total (A)	420*	
(ii)	Elective components (Compulsory Elective: 30 hours)		
	BWS/N2214 Conduct the advanced bal Yoga sessions	30	6
	BWS/N2215 Conduct the advanced mahila yoga sessions	30	6

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	BWS/N2216 Conduct the advanced vridha yoga sessions	30	6
	(B) 30 Hours (for 1 Elective NOS) (C) 90 Hours (for 3 Elective NOS)		
	Total (A+B) = 450 Hours		
	Total (A+C) = 510 Hours + 150 OJT = 660		
	Instructor-Led Online Module - 00 Hours		

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NSQF QUALIFICATION FILE**Approved in 8th NSQC-NCVET meeting, dated: 27th May 2021****SECTION 1****ASSESSMENT**

21	Body/Bodies which will carry out assessment: <ol style="list-style-type: none">1. Amrit Skills Development Private Limited2. CLEVERATTI SKILLS PVT. LTD. (FORMERLY GLOCAL THINKERS PVT. LTD.)3. DEMORGIA CONSULTING SERVICES PVT. LTD.4. EDUVANTAGE PVT. LTD.5. INVIGILATE TECHNOLOGIES PVT. LTD. (FORMERLY E&E SKILLS)6. IRIS CORPORATE SOLUTIONS PVT. LTD.7. INDUSLYNK TRAINING SERVICES PVT. LTD. (MERCER – METTL)8. NAVRITI TECHNOLOGIES PRIVATE LIMITED9. SHL INIDA PVT. LTD.10. SKILLS MANTRA EDUTECH CONSULTING PVT. LTD.11. SP INSTITUTE OF WORKFORCE DEVELOPMENT PVT. LTD.12. TRENDSETTERS SKILL ASSESSORS PVT. LTD.
22	How will RPL assessment be managed and who will carry it out? <p>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>

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23	<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> <ul style="list-style-type: none">➤ Theory- weightage 30%
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- 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 qualification” in the Summary.

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

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24. Assessment evidences

Title of Component: Senior Yoga Trainer (B&W)

CRITERIA FOR ASSESSMENT OF TRAINEES

Job Role Senior Yoga Trainer (B&W)

Qualification Pack BWS/Q2205

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	Theor y Mark s	Practica l Marks	Projec t Marks	Viva Mark s
<i>Conduct Advanced Hatha Yoga sessions and train the Yoga Instructors</i>	24	76	-	-
1. ensure appropriate ambience for guests to perform the Advanced Hatha Yoga session	1	1	-	-
2. provide appropriate opening and closure of the session through prayer/chanting/meditation	1	1	-	-
3. perform and instruct loosening exercises or sukshma vyayama as agreed with the guest and arrangement of the organisation	1	1	-	-

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4. perform and instruct classical asanas as agreed with the guest and arrangement of the organisation	1	2	-	-
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Assessment Criteria for Outcomes	Theor y Marks	Practica l Marks	Projec t Marks	Viva Mark s
5. perform and instruct pranayamas as agreed with the guest and arrangement of the organisation	1	2	-	-
6. perform and instruct mudras and bandhas as agreed with the guest and arrangement of the organisation	1	2	-	-
7. perform and instruct kriyas as agreed with the guest and arrangement of the organisation	1	2	-	-
8. recognise, adjust and adapt to specific guest needs in the evolving professional relationship	1	2	-	-
9. recognise and manage the subtle dynamics inherent in the guest relationship	1	1	-	-
10. implement effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the guests progress, and cope with unique difficulties / successes	1	2	-	-
11. transmit the value of self-awareness and self-responsibility throughout the process	1	2	-	-
12. develop appropriate practice strategies to the guest	1	2	-	-
13. set the goals, expectations and aspirations of the guest	1	1	-	-
Assessment Criteria for Outcomes	Theor y Mark s	Practic a l Mark s	Projec t Marks	Viva Mark s
<i>Conduct the Advanced yoga sessions for holistic wellness and train the yoga instructors/trainers</i>	25	75	-	-
1. ensure appropriate ambience for guests to perform the Advanced Yoga sessions	-	2	-	-
2. provide appropriate opening and closure of the session through prayer/chanting/meditation	1	2	-	-
3. recognise, adjust and adapt to specific guest needs in the evolving professional relationship	-	1	-	-

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4. recognise and manage the subtle dynamics inherent in the teacher/ guest relationship	-	2	-	-
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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
5. 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	2	-	-
6. transmit the value of self-awareness and self-responsibility throughout the process	-	1	-	-
7. develop appropriate practice strategies to theguest	1	2	-	-
8. set the goals, expectations and aspirations of theguest	-	2	-	-
9. determine which aspects of the guests' conditions, goals and aspirations might be addressed through Advanced Yoga sessions	-	2	-	-
10. select and prioritise the use of yoga tools andtechniques	1	1	-	-
11. modify and adapt the sequence of yoga practices appropriate to the needs of guests	1	2	-	-
12. deliver appropriate practices for individuals aswell as group, taking into consideration the assessment of their conditions, limitations, possibilities and the overall practice strategy	1	2	-	-

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 fortheclient 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 of2 meters in between two clientele, practicing social distancing by avoiding	2	6	-	-

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handshakes/ hugs to coworkers/ clientele, etc.				
PC2. identify and select suitable equipment and products required for the respective services	2	5	-	-

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
PC3. set up the equipment and prepare the products for services in adherence to the salon procedures and product/equipment guidelines	2	5	-	-
PC4. place disposable sheet on a sanitized trolley and organize the products in it or in area convenient and efficient for service delivery	2	5	-	-
PC5. prepare sterilisation solution as per organisational standards using approved products and as per manufacturer's instructions	2	5	-	-
PC6. sterilize, disinfect and place the tools on the tray as per organisational standards using recommended solutions and conditions; tools such as comedone extractor, scissors, pack brush, water bowl, electrical machine's probes, waxing tools, nailcare sets, comb, gel brushes, gel jars, gel polishes, nail art brushes, toe- separators, etc. in conditions such as time, temperature, etc.	2	6	-	-
PC7. dispose waste materials in adherence to the industry requirements; waste materials such as cotton, wax, strips, hair, disposable linen, disposable head bands, disposable gowns, disposable apron, disposable hair gear, disposable face mask, disposable gloves, disposable spatula, disposable wax strips, open single use packed products, 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. discard the unused open single use packed products properly in a closed bin	2	4		

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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		

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Assessment Criteria for Outcomes	Theor y Marks	Practica IMarks	Projec t Marks	Viva Marks
PC14. conduct awareness program (such as for Covid19) for the employees and display posters/ 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	-	-

Assessment Criteria for Outcomes	Theor y Mark s	Practica IMarks	Projec t Marks	Viva Mark s
<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	3	6	-	-
PC5. maintain one's posture and position to minimize fatigue, risk of injury and chances of cross infection	3	6	-	-

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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	-	-

Assessment Criteria for Outcomes	Theor y Marks	Practica l Marks	Projec t Marks	Viva Marks
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	-	-

Assessment Criteria for Outcomes	Theor y Mark s	Practica l Marks	Projec t Marks	Viva Mark s
<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</i>	10	18	-	-

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<i>organization's standards</i>				
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	-	-

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
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	-	-
PC 9: 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	-	-
<i>Communication and Information record</i>	18	32	-	-
PC10. communicate procedure related information to guests based on the sectors code of practices and organizations 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	-	-

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PC16. maintain confidentiality of information,as required, in the role	2	4	-	-
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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	-	-
Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Conduct the Advanced Bal Yoga sessions</i>	25	75	-	-
1. components that should be covered during the session yoga sloka bhajans meditation chanting and its essence group activity moral values skit/activity	1	3	-	-
2. ensure appropriate ambience for the children to perform the Advanced Bal yoga	1	2	-	-
3. provide appropriate opening and closure of the session through prayer/chanting/meditation	-	2	-	-
4. obtain information of child's medical history, background, preferences from parents before starting the session	1	2	-	-
5. work on enhancing child's resilience and coping frequency, thereby helping them adapt and cope with negative life events	-	2	-	-
6. work on cultivating balanced psychological and physiological responses to stress, such as improved stress management reduced problematic stress responses decreased cortisol concentrations	1	3	-	-
7. address the spiritual needs of the children and help to mould their character through value-based curriculum	1	2	-	-

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8. introduce children to various Indian scriptures (Ramayana, Bhagwat Purana) and derive lessons of right values and moral principles	–	2	-	-
9. provide a fun and non-competitive environment for children to internalize the teachings	1	3	-	-
10. ensure that there is discipline and respect among children and for their respective teachers	–	2	-	-

Assessment Criteria for Outcomes	Theor y Marks	Practica l Marks	Projec t Marks	Viva Marks
11. ensure that the teachings in class are inclusive and applicable to all children and their respective communities. The parents should feel comfortable reinforcing at home what is taught in classes	1	3	-	-
12. implement effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the child's progress, and cope with unique difficulties / successes	1	2	-	-
13. transmit the value of self-awareness and self-responsibility throughout the process	1	2	-	-
14. elicit the goals, expectations and aspirations of the child	1	2	-	-
15. integrate information from the intake, evaluation and observation to develop a working assessment of the child's condition, limitations and possibilities	1	2	-	-
16. determine which aspects of the children's conditions, goals and aspirations might be addressed through Advanced Bal yoga	-	2	-	-
17. select and priorities the use of yoga tools and techniques	1	3	-	-
18. modify and adapt the sequence of yoga practices appropriate to the needs of children	1	2	-	-
19. 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	2	-	-

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20. provide instruction, demonstration, education of the children using multi-model strategies of education such as audio-visual tools, kinesthetic learning tools, etc.	1	2	-	-
21. foster trust by establishing an appropriate environment through privacy, confidentiality and safety	1	3	-	-

Assessment Criteria for Outcomes	Theor y Mark s	Practica l Marks	Projec t Marks	Viva Marks
22. practice effective student-centered communication based upon a respect for and sensitivity to individual familial, cultural, social, ethnic and religious factors	1	2	-	
23. gather feedback, re-assess and refine the practice to determine short-term or long-term goals and priorities	–	2	-	
24. accept and follow ethical principles and related concepts from the yoga tradition to professional interactions and relationships	–	2	-	-
25. inform children about the various forms of yoga and its effect on body and mind	1	2	-	-
26. use a broad range of mind-body-based healing tools in conjunction with exercise based on needs, ages and ability levels to create effective practices against ailments	1	2	-	-
27. apply yogic principles while conducting sessions to enhance well-being, overcome illness and live a healthier and more meaningful life	1	2	-	-
28. perform and demonstrate all Advanced Bal Yoga techniques to children and ensure compliance to safety and health standards	1	2	-	-
29. assist children to perform all Advanced Bal Yoga techniques effectively	1	1	-	-
30. evaluate exercises performed by children and recommend correction whenever required	–	2	-	-
31. coordinate with children's parents on yogic lifestyle counselling to ensure healthy body and mind	1	2	-	-

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Assessment Criteria for Outcomes	Theor y Marks	Practical Marks	Project Marks	Viva Marks
32. ensure parents' satisfaction and assist in answering all queries that the children may have	-	2	-	-
33. leave the work area in a clean and hygienic condition suitable for further classes	1	2	-	-
34. communicate any shortcomings to the supervisor	1	2	-	-
35. address the spiritual needs of the children's and help to mould their character through value based curriculum	-	2	-	-
NOS Total	25	75	-	-

Assessment Criteria for Outcomes	Theor y Marks	Practical Marks	Project Marks	Viva Marks
<i>Conduct the Advanced Mahila Yoga sessions</i>	28	72	-	-
1. ensure appropriate ambience for guests to perform the Advanced Mahila yoga sessions	1	3	-	-
2. provide appropriate opening and closure of the session through prayer/chanting/meditation	-	2	-	-
3. obtain permission/ notify the client for a physical contact with the guest during session, if required	1	2	-	-
4. obtain information on guests medical history, background, preferences, etc. before starting the session	1	2	-	-
5. recognize, adjust and adapt to specific guest needs in the evolving professional relationship	-	2	-	-

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6. recognize and manage the subtle dynamics inherent in the teacher /guest relationship	1	3	-	-
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Assessment Criteria for Outcomes	Theor y Marks	Practica l Marks	Projec t Marks	Viva Marks
7. implement effective teaching methods, adapt tounique styles of learning, provide supportive and effective feedback, acknowledge the guests progress, and copewith unique difficulties / successes	1	2	-	-
8. transmit the value of self-awareness andself-responsibility throughout the process	–	2	-	-
9. develop and adjust appropriate practicestrategies tothe guest	1	3	-	-
10. integrate information from the intake, evaluation and observation to develop a working assessment of the guests condition, limitations and possibilities	1	2	-	-
11. determine which aspects of the guests conditions, goals and aspirations might be addressed through Advanced Mahila yoga sessions	1	3	-	-
12. understand from guests, poses causingany sort of discomfort to them	1	2	-	-
13. educate the guests on benefits both baby andmother are gaining through this AdvancedMahilayoga session	1	2	-	-
14. select and priorities the use of AdvancedMahila yoga tools and techniques	1	2	-	-
15. modify and adapt the sequence of yoga practices appropriate to the needs of guests	1	2	-	-
16. 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	2	-	-
17. provide instruction, demonstration,education of the guests using multi-model strategies of education such as audio-visual tools, kinesthetic learning tools, etc.	1	3	-	-

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18. foster trust by establishing an appropriate environment through privacy, confidentiality and safety	1	2	-	-
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Assessment Criteria for Outcomes	Theor y Marks	Practica l Marks	Projec t Marks	Viva Marks
19. practice effective, guest-centered communication based upon a respect for, and sensitivity to, individual familial, cultural, social, ethnic and religious factors	1	2	-	-
20. gather feedback, re-assess and refine the practice to determine short-term or long-term goals and priorities	1	2	-	-
21. address new and changing conditions, goals, aspirations and priorities of the guest and to provide appropriate support	1	3	-	-
22. accept and follow ethical principles and related concepts from the yoga tradition to professional interactions and relationships	1	2	-	-
23. maintain neat and clean work area at all times	1	2	-	-
24. inform guests about various forms of Advanced Mahila yoga and its effect on body and mind	-	2	-	-
25. use a broad range of mind-body-based healing tools in conjunction with exercise based on needs, ages and ability levels to create effective practices against ailments	1	2	-	-
26. apply yogic principles to conduct guest sessions to enhance well-being, overcome illness and live a healthier and more meaningful life	-	2	-	-
27. perform and demonstrate all Advanced Mahila yoga techniques to guests and ensure compliance to safety and health standards	1	2	-	-
28. assist guests to perform all Advanced Mahila techniques effectively	1	2	-	-
29. evaluate exercises performed by guests and recommend correction whenever required	1	1	-	-

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30. coordinate with guests on yogic lifestyle counselling to ensure healthy body and mind	1	2	-	-
31. ensure guest satisfaction and assist in answering all guest queries	–	2	-	-

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32. store guest and equipment records, securely inline with the organizations policies	1	2	-	-
33. leave the work area in a clean andhygieniccondition suitable for further classes	1	1	-	-
34. communicate any shortcomings tothesupervisor	1	2	-	-
NOS Total	28	72	-	-

Assessment Criteria for Outcomes	Theor y Mark s	Practica l Marks	Projec t Marks	Viva Mark s
<i>Conduct the Advanced Vridha Yoga sessions</i>	29	71	-	-
1. ensure appropriate ambience forth elderlyguests to perform the AdvancedVridha yogasessions	1	3	-	-
2. provide appropriate opening and closure of thesession through prayer/chanting/meditation	–	2	-	-
3. obtain permission/ notify the guests for a physical contact with the guest during Advanced Vridha yoga session, if required	1	2	-	-
4. obtain information on guests medical history, background, preferences, etc. before starting theAdvanced Vridha yoga session	1	2	-	-
5. recognize, adjust and adapt to specificclient/studentneeds in the evolving therapeutic/professional relationship	–	2	-	-
6. recognize and manage the subtle dynamicsinherent in the teacher/ guest relationship	1	3	-	-
7. analyze the difficulties individuals are facing, dueto ageing, in performing various AdvancedVridha yoga poses	1	2	-	-
8. suggest guests to substitute warm-ups with briskwalking and jointmovements	1	2	-	-

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9. teach standing yoga poses triangle pose(konasana series) and standing spinal twist(katichakrasanas)	1	3	-	-
10. teach sitting yoga poses butterfly pose, cradling (ifpossible), body rotation, cat stretch andchild pose (shishu asana)	1	2	-	-

Assessment Criteria for Outcomes	Theor y Marks	Practica l Marks	Projec t Marks	Viva Marks
11. teach 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 pose (shalabhasana) or the knee to chin press (pawanmuktasana)	1	3	-	-
12. teach yoga nidra which is by far the most essential part of any yoga practice, and as age progresses, it becomes seven more essential to help assimilate the effect of the asana practice into our system	1	2	-	-
13. 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	1	2	-	-
14. transmit the value of self-awareness and self-responsibility throughout the process	1	2	-	-
15. modify and adapt the sequence of yoga practices appropriate to the needs of guests	1	2	-	-
16. 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	2	-	-
17. foster trust by establishing an appropriate environment through privacy, confidentiality and safety	1	3	-	-
18. practice effective, guest-centered communication based upon a respect for, and sensitivity to, individual, familial, cultural, social, ethnic and religious factors	-	2	-	-
19. gather feedback, re-assess and refine the practice to determine short-term or long-term goals and priorities	1	2	-	-
20. address new and changing conditions, goals, aspirations and priorities of the guest and to provide appropriate support	1	2	-	-

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
21. accept and follow ethical principles and related concepts from the yoga tradition to professional interactions and relationships	1	3	-	-
22. maintain neat and clean work area at all times	1	2	-	-
23. inform guests about the various forms of Advanced Vridha yoga and its effect on body and mind	1	2	-	-
24. use a broad range of mind-body-based healing tools in conjunction with exercise based on needs, ages and ability levels to create effective practices against ailments	-	2	-	-
25. apply yogic principles to conduct Advanced Vridha yoga sessions to enhance well-being, overcome illness and live a healthier and more meaningful life	1	2	-	-
26. perform and demonstrate all Advanced Vridha yoga techniques to guests and ensure compliance to safety and health standards	1	2	-	-
27. assist guests to perform all Advanced Vridha yoga techniques effectively	1	2	-	-
28. evaluate exercises performed by guests and recommend correction whenever required	1	2	-	-
29. coordinate with guests on yogic lifestyle counselling to ensure healthy body and mind	1	1	-	-
30. ensure guest satisfaction and assist in answering all guest queries	1	2	-	-
31. store guest and equipment records, securely in line with the organizations policies	1	2	-	-
32. leave the work area in a clean and hygienic condition suitable for further classes	1	2	-	-
33. communicate any shortcomings to the supervisor	1	2	-	-

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NOS Total	29	71	-	-
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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 these criteria.

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.

NSQF QUALIFICATION FILE

SECTION 2

22. EVIDENCE OF LEVEL

OPTION A

Title/Name of qualification/component: Senior Yoga Trainer (B&W)			Level: 6
NSQF Domain	Outcomes of the Qualification/Component	How the outcomes relate to the NSQF level descriptors	NSQF Level
Process	The individual is expected to conduct Advanced Ashtanga Vinyasa yoga, Advanced Hatha yoga sessions for groups and individuals combining poses/breathing and meditation exercises as well as conduct extensive training sessions and research in the field of yoga.	The role demands wide range of specialized technical skill, clarity of knowledge and practice in broad range of activities involving standard and non-standards practices, such as maintaining neat and clean work area at all times, inform guests/ guests/ participants in various forms of yoga and its effect on body and mind, perform and demonstrate all kriya's /yoga techniques/mudras & bandhas, assist guests to perform all techniques effectively, evaluate asanas performed by guests and recommend correction, design courses/practice modules/schedules and the lesson plans, provide specialized trainings theoretically & graphically to yoga instructors to become specialized in Hatha Yoga and Ashtanga Vinyasa yoga and to assess their performance & design upskilling programs for them if needed. Along with these the Teacher is also expected to exhibit impeccable personal grooming and behavior to	6

NSQF QUALIFICATION FILE

		create a positive	
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NSQF QUALIFICATION FILE

Title/Name of qualification/component: Senior Yoga Trainer (B&W)		Level: 6	
NSQF Domain	Outcomes of the Qualification/Component	How the outcomes relate to the NSQF level descriptors	NSQF Level
		<p>impression in front of guests & at the workplace and maintain health and safety at the workplace. Considering that all the above mentioned outcomes are related to wide range of specialized technical skill & clarity of knowledge and practice in broad range of Yoga services involving standard and non-standards practices, therefore, the job role is pegged at level 06.</p> <p>Since the individual's scope of work is not limited to well- developed skills with a clear choice of procedures in familiar context but even encompasses wide range of specialized technical skill such as hand on experience about identifying/planning/preparing/delivering /monitoring/evaluating Yoga services training sessions and supporting & coaching learners. Hence the individual can't be placed at level 5 And as the job holder doesn't require to hold a command on wide ranging specialized theoretical and practical skill which would have made the job holder accountable for planning/ preparing/conducting & evaluating of Yoga service training assessments, or managing the centre operations/ quality related aspects, therefore s/he can't be placed at level 7</p>	

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Professional	The individual is expected to exhibit in depth	The job holder is expected to exhibit factual and	6
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NSQF QUALIFICATION FILE

Title/Name of qualification/component: Senior Yoga Trainer (B&W)			Level: 6
NSQF Domain	Outcomes of the Qualification/Component	How the outcomes relate to the NSQF level descriptors	NSQF Level
knowledge	<p>knowledge of Yoga perspectives on the structure/states/functioning and conditions of the mind. knowledge of the range of Yoga practices and their potential therapeutic effects for common conditions, knowledge of counselling/ teaching methodology and knowledge & ability to design/ implement/assess and evaluate programmes to suit different groups of guests / students.</p>	<p>theoretical in broad contexts within HathaYoga & Ashtanga Vinyasa yoga such as knowledge of applicable legislation relating to the workplace/ evolution of the teachings and philosophy of Yoga tradition and its relevance and application/ understanding of Patanjali Yoga Sutras/ Hatha Yoga Pradipika/ Gheranda Samhita/ Shiva Samhita, understanding/effects & implications of various asanas /pranayams & mudras/ yama & niyama / yogic diet & yogic lifestyle. S/he should know about counseling/ teaching methodology, in depth knowledge of Human Anatomy and Physiology, generally accepted ethical principles of health care codes of conduct and yoga's ethical principles, current trends and recent developments in the field. . S/he is also supposed to have basic knowledge and understanding of other schools of Yoga like Bhakti Yoga, Gyan Yoga, Karma Yoga etc. Ability to speak read and write in the local vernacular language and English is always preferable for this position. Since all of the mentioned knowledge are related to factual and theoretical in broad contexts within Yoga services, therefore the individual can be</p>	

NSQF QUALIFICATION FILE

Title/Name of qualification/component: Senior Yoga Trainer (B&W)		Level: 6	
NSQF Domain	Outcomes of the Qualification/Component	How the outcomes relate to the NSQF level descriptors	NSQF Level
		<p>placed at level 6.</p> <p>The Job holder is expected to possess professional knowledge more than just knowledge of facts, principles, processes and general concepts about Yoga services but ratherencompasses theoretical knowledge in broad contexts such as theories of adult learning and how to apply them in training delivery (like behavioral learning theory, cognitive learning theory & information processing theory) and factual knowledge of Yoga services like use of assessment tools to identify individual learning needs (one-to-one discussion, self-assessment & formal assessment tools), therefore s/he can't be placed at level 5</p> <p>And as the job holders professional knowledge doesn't require to be wide ranging in regards to factual & theoretical knowledge like being able todo a comparative analysis of actual performance to expected outcomes of the Yoga services trainings delivered or to perform its evaluation ofthe effectiveness and efficiency or of its delivery & content, hence s/he can't be placed at level 7.</p>	
Professional skill	The Job holder is expected to plan & organize the schedule for all services, bookings & training sessions for subordinates to be	The job holder is expected to exhibit a range of cognitive and practical skills required to generate solutions to specific in Hatha	6

NSQF QUALIFICATION FILE

Title/Name of qualification/component: Senior Yoga Trainer (B&W)		Level: 6	
NSQF Domain	Outcomes of the Qualification/Component	How the outcomes relate to the NSQF level descriptors	NSQF Level
	<p>undertaken by self or by the team and ensure adherence to the same. Further s/he must be able to take decision on a regular basis & solve problems being faced by self and team. 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>	<p>Yoga & Ashtanga Vinyasa Yoga such as decision making ability pertaining to work, planning & organizing service feedback forms, building & managing relationships with customers, being a solution specialist. The jobholder must also apply, analyse, and evaluate the information gathered from observation.</p> <p>Since all of the mentioned professional skills are related to cognitive & practical skills to generate solutions to specific problems within Yoga Services, therefore the individual can be placed at level 6.</p> <p>The Job holder is expected to possess professional skills which are more than cognitive & practical skills required to accomplish tasks but rather practicing the same skills to generate solutions to specific problems in Yoga Services such as providing constructive and motivational feedback to improve the learner's application of learning of Yoga practices and related products</p> <p>at work to ensure maximum benefit to the guests and higher satisfaction levels which will result in increased interest of the learners in the training sessions and will also lower down the trend of absenteeism among the learners. Also</p> <p>managing a group environment in such a way</p>	

NSQF QUALIFICATION FILE

Title/Name of qualification/component: Senior Yoga Trainer (B&W)			Level: 6
NSQF Domain	Outcomes of the Qualification/Component	How the outcomes relate to the NSQF level descriptors	NSQF Level
		that the learners feel valued, supported, confident and be able to learn without any inhibitions. Therefore, the job holder can't be placed at level 5 And as the job holders cognitive & practical skills are not so wide enough to capture the planning and designing of appropriate instruments as per need of Yoga Services training's assessment or to know the various assessment methods and instruments for assessments the training delivery of Yoga Services modules, hence the s/he can't be placed at level 7	
Core skill	The individual is expected to exhibit good communication skills including strong guest relationship establishment and maintenance, perform accurate record maintaining and possess basic understanding of environment to cater to the different requirements of varied types of guest tele along with reading about new products and services with reference to the organization and also from external forums such as websites and blogs	The job holder is expected to be reasonably good in mathematical calculation, a good understanding of social, political and should be reasonably good in data collecting, organizing information and logical communication such as knowledge of documenting call logs/reports/task lists/schedules, knowledge of drafting memos and e-mail providing work updates and enquiring relevant information's without language errors. The incumbent should keep oneself abreast about new products and services and should know what to say,	6

NSQF QUALIFICATION FILE

		when to say & how to say to the customers without using	
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NSQF QUALIFICATION FILE

Title/Name of qualification/component: Senior Yoga Trainer (B&W)		Level: 6	
NSQF Domain	Outcomes of the Qualification/Component	How the outcomes relate to the NSQF level descriptors	NSQF Level
		<p>jargon, slang or acronyms.</p> <p>Thus, considering the core skills the job holder can be placed at level 6</p> <p>Since the job holder core skills are not limited to having fair authority on mathematical calculation but is expected to be reasonably good in it as s/he needs to practically & factually exhibit it to the learners (i.e., Yoga Instructors) that how using the various products, economically with least possible spillage and without compromising on the standard of the yoga services, it can result in the substantial savings and a positive impact on the centre's budget, hence s/he can't be placed at level 5</p> <p>And as the core skills are not so broad enough to expect the job holder to be perfect in the mathematical skills which would have helped in planning/ designing/ evaluating of the assessment of Yoga services. Thus considering the core skills the job holder can be placed at level 6</p> <p>Since the job holder core skills are not limited to having fair authority on mathematical calculation but is expected to be reasonably good in it as s/he needs to practically & factually exhibit it to the learners (i.e. Yoga Instructors) that how using</p>	

NSQF QUALIFICATION FILE

Title/Name of qualification/component: Senior Yoga Trainer (B&W)			Level: 6
NSQF Domain	Outcomes of the Qualification/Component	How the outcomes relate to the NSQF level descriptors	NSQF Level
		<p>the various resources, economically with least possible spillage and without compromising on the standard of the Yoga services it can result inthe substantial savings and a positive impact onthe centre’s budget, hence s/he can’t be placed at level 5</p> <p>And as the core skills are not so broad enough to expect the job holder to be perfect in the mathematical skills which would have helped inplanning/ designing/ evaluating of the assessment of Yoga Services training delivery, therefore s/he can’t be placed at level 7.</p>	
Responsibility	The individual is responsible to deliver assessing and training of Yoga Instructors and guests for a range of therapies S/he is also responsible for managing & leading the team ofsubordinates.	<p>The job holder is expected to take responsibility for own work & learning as</p> <p>S/he is an expert Yoga Instructor with extensivetraining to be able to impart or teach the Yoga Instructors to specialize in Hatha</p> <p>Yoga & Ashtanga Vinyasa Yoga tradition and counsel the guests using a broad range of mind bodybased yogic tools. The individual conducts Yoga training sessions, extensive research andassessments for adherence to quality norms. The job holder is also expected to take full</p> <p>responsibility for other’s works and learning. Given that the individual is responsible for</p>	6

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NSQF QUALIFICATION FILE

Title/Name of qualification/component: Senior Yoga Trainer (B&W)		Level: 6	
NSQF Domain	Outcomes of the Qualification/Component	How the outcomes relate to the NSQF level descriptors	NSQF Level
		<p>work & learning and also responsible for the work & learning of the team i.e., Yoga Instructors & Yoga teachers, hence s/he can be placed at level 6</p> <p>Since the individual's responsibility is not limited to being partially responsible for his/her team's performance but is fully responsible as better the conduct of Yoga Instructors & Yoga teachers will be in their respective services, higher the guest satisfaction index ratio will go which will result in repeat business from guests, referrals to new potential guests and also retention of regular guests, therefore s/he can't be placed at level 5</p> <p>And as job holder's responsibilities are not so wide enough to be fully responsible for the output of the entire Yoga Centre since that's the responsibility of Centre Head because that includes conducting all required measures to meet/exceed centre's sales target, developing public relations, ensuring IT and data handling of the centre and etc., hence s/he can't be placed at level 7.</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 would 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>

NSQF QUALIFICATION FILE

	<p>qualification is one of the critical roles in the sector. The details of statistics and research analysis are 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 would 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>		

NSQF QUALIFICATION FILE

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 08/03/2024.

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 Senior Yoga Trainer (B&W)- Annexure 1
2. QP BWS/Q2205- Annexure 2

NSQF QUALIFICATION FILE

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



Annexure 2- QP BWS/Q2205

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