



Model Curriculum

QP Name: Yoga Trainer (B&W)

QP Code: BWS/Q2201

QP Version: 4.0

NSQF Level: 4

Model Curriculum Version: 4.0

Beauty & Wellness Sector Skill Council
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Training Parameters

Sector	Beauty & Wellness
Sub-Sector	Yoga
Occupation	Yoga Services
Country	India
NSQF Level	4
Aligned to NCO/ISCO/ISIC Code	NCO-2015/3255.0101
Minimum Educational Qualification, Experience & Age	<p>12th grade pass OR 10th grade pass plus 1-year NTC plus 1 year NAC in yogic science OR 10th grade pass with 3-year relevant experience in yoga industry OR 8th grade pass with 6-year relevant experience in yoga industry OR Previous relevant qualification of NSQF Level 3.0 with minimum education as 8th grade pass with 3-year relevant experience in yoga industry OR Previous relevant qualification of NSQF Level 3.5 with 1.5-year relevant experience in yoga industry</p>
Pre-Requisite License or Training	NA
Minimum Job Entry Age	18 years
Last Reviewed On	18-12-2025
Next Review Date	18-12-2028
NSQC Approval Date	On File Approval
QP Version	4.0
Model Curriculum Creation Date	18-12-2025

Model Curriculum Valid Up to Date	18-12-2028
Model Curriculum Version	4.0
Minimum Duration of the Course	480:00 Hrs.
Maximum Duration of the Course	480:00 Hrs.

Program Overview

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

Training Outcomes

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

- Explain the objectives of the program
- List the career opportunities and projected growth in yoga services
- Explain the roles & responsibilities of a yoga trainer (B&W)
- Explain the common yoga protocols
- Carry out performing face yoga sessions
- Carry out the basic yoga sessions for holistic wellbeing
- Carry out meditation practices
- Carry out preparation and maintenance of work area
- Describe the application of health and safety practices at the workplace
- Describe the importance of personal hygiene and grooming while executing task
- Discuss the importance of employability skills

Compulsory Modules

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

NOS and Module Details	Theory Duration	Practical Duration	On-the-Job Training Duration (Mandatory)	On-the-Job Training Duration (Recommended)	Total Duration
BWS/N9001- Prepare & maintain the work area V4.0, NSQF Level 3	10:00	20:00	-	-	30:00
Module 1 Introduction to the program and the role of a Yoga Trainer (B&W)	01:00	-	-	-	01:00
Module 2 Prepare and maintain work	09:00	20:00	-	-	29:00

area					
BWS/N2220 Common yoga protocols V1.0 NSQF Level 4	20:00	40:00	-	-	60:00
Module 3 Common yoga protocols as	20:00	40:00	-	-	60:00
BWS/N2227 Conduct face yoga sessions V1.0, NSQF Level 4	20:00	40:00	-	-	60:00
Module 4 Conduct face yoga sessions	20:00	40:00	-	-	60:00
BWS/N2201- Conduct the basic yoga sessions for holistic wellbeing V4.0, NSQF Level 4	30:00	60:00	-	-	90:00
Module 5 Conduct the basic yoga sessions for holistic wellbeing	30:00	60:00	-	-	90:00
BWS/N2221 Implement mediation practices V1.0 NSQF Level 4	10:00	20:00	-	-	30:00
Module 6 Implement mediation practices	10:00	20:00	-	-	30:00
BWS/N9002- Maintain health and safety at the workplace V4.0, NSQF Level 3	10:00	20:00	-	-	30:00
Module 7 Maintain health and safety at the workplace	10:00	20:00	-	-	30:00
BWS/N9003- Create a positive impression at the Workplace V4.0, NSQF Level 3	10:00	20:00	-	-	30:00
Module 8 Create a positive impression at the workplace	10:00	20:00	-	-	30:00
DGT/VSQ/N0102 Employability Skills (60 hours)	20:00	40:00	-	-	60:00

NOS Version No. – 1.0					
NSQF Level – 4					
Module 9	20:00	40:00	-	-	60:00
Employability Skills					
Introduction to Employability Skills	01:00	02:00	-	-	03:00
Constitutional values - Citizenship	02:00	04:00	-	-	06:00
Becoming a Professional in the 21st Century	02:00	04:00	-	-	06:00
Basic English Skills	02:00	04:00	-	-	06:00
Career Development & Goal Setting	02:00	04:00	-	-	06:00
Communication Skills	02:00	04:00	-	-	06:00
Diversity & Inclusion	01:00	02:00	-	-	03:00
Financial and Legal Literacy	02:00	04:00	-	-	06:00
Essential Digital Skills	02:00	04:00	-	-	06:00
Entrepreneurship	02:00	04:00	-	-	06:00
Customer Service	01:00	02:00	-	-	03:00
Getting ready for apprenticeship & Jobs	01:00	02:00	-	-	03:00
On-the-Job Training (Mandatory)	00:00	00:00	90:00	-	90:00
Duration	130:00	260:00	90:00	-	480:00 Hrs

Module Details

Module 1: Introduction to the program and the role of a yoga trainer

Mapped to Bridge Module

Terminal Outcomes:

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

Duration: 01:00 Hrs.	Duration: 00:00 Hrs.
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain the objectives of the program • List the career opportunities and projected growth in yoga services • State the roles & responsibilities of a yoga trainer; and <ul style="list-style-type: none"> • Define yoga • Identify the four streams of yoga • Identify the eight limbs of Ashtangyoga • Explain the significance of Bahiranga yoga • Identify the parts of Bahiranga yoga and • Antaranga yoga • Discuss unity and diversity • Explain the significance of yoga • Describe the history of yoga 	
Classroom Aids	
Computer, Projector, White Board/ Flip chart, Marker and Duster	
Tools, Equipment and Other Requirements	
Basic Stationary, Study Materials	

Module 2: Prepare and maintain work area

Mapped to BWS/N9001, V4.0

Terminal Outcomes:

- Carry out preparation and maintenance of work area

Duration: 09:00 Hrs.	Duration: 20:00 Hrs.
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes

- | | |
|---|---|
| <ul style="list-style-type: none"> • Discuss the significance of maintaining hygienic, safe, disinfected and suitable ambient conditions at work place; such as by using air purifiers to reduce dust, dander, smoke, allergens & odour resulting in a healthier, fresher & cleaner environment and restructuring the workplace set-up by keeping a minimum distance of 2 meters in between two clienteles, practicing social distancing by avoiding handshakes/ hugs to co-workers/ clientele, etc. • Identify and prepare equipment & products required for the respective services • Discuss the instructions required in preparing a sterilization solution as per organizational standards using approved products and as per manufacturer's and checking leakages • Identify need of segregating recyclable, non-recyclable and hazardous waste generated in separate bin • Conduct employee awareness program; such as for COVID-19 by displaying posters/ signage's promoting regular hand-washing and respiratory hygiene in the premises | <ul style="list-style-type: none"> • Demonstrate placing disposable sheet on a sanitized area and organize the sterilized/ disinfected products on it for service delivery; tools such as yoga mats/ Mysore rugs/ towels /durries, yoga blankets, stove/ Electrical/ gas heater for boiling water, etc. • Demonstrate disposing of waste in the designated area at work place; waste materials such as disposable head bands, disposable triple layered surgical face mask, disposable gloves, etc. • Demonstrate the use of electrical equipment while providing services and its proper maintenance when not in use • Prepare reports of materials and equipment securely in line with the organisational policies • Apply digital mode of payment to lessen any kind of cross infection; digital mode such as use of debit/credit cards, internet banking, mobile wallets, digital payment apps, etc. |
|---|---|

Classroom Aids

Computer, Projector, White board/ flip chart, Marker and duster

Tools, Equipment and Other Requirements

Yoga Mats/ Mysore Rugs/ Towels /Durries, Yoga Blankets, Electrical Heater/Induction or Gasstove OR 5 Litre Kettle for boiling water, Container (25 Lts-50 Ltrs Capacity), Neti-Pot, Yoga Cushions (optional), First Aid Kit

Module 3: Common yoga protocols

Mapped to BWS/N2220, V1.0

Terminal Outcomes:

- Introduction to common yoga protocols
- Significance of common yoga protocols
- Components of common yoga protocol
- Apply safety and alignment principles during practice

Duration: 20:00 Hrs	Duration: 40:00 Hrs
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> Discuss about the standardized set of yoga practices designed for physical, mental, and spiritual well-being List the significance of common yoga protocols Explain the components of common yoga protocol such as prayer, loosening exercises (sukahma vyayama), yoga asanas (posture) and pranayama (breathing techniques) Discuss the safety and alignment principles during yoga practices 	<ul style="list-style-type: none"> Perform holistic well-being, discipline, and a systematic yoga practice which are suitable for all age groups and health conditions Show the various significance of common yoga protocols Perform neck rotations, shoulder rolls, and trunk twists for warm-up Demonstrate the CYP such as prayer, loosening exercises (sukahma vyayama), yoga asanas (posture) and pranayama (breathing techniques) Modify poses for different level (beginner, intermediate and advanced) Demonstrate the body alignment in each pose to avoid strain or injury
Classroom Aids	
Computer, Projector, White board/ flip chart, Marker and duster	
Tools, Equipment and Other Requirements	
Yoga Mats/ Mysore Rugs/ Towels /Durries, Yoga Blankets, Electrical Heater/Induction or Gas Stove or 5 Litre Kettle for boiling water, Container (25 Lts-50 Ltrs Capacity), Neti-Pot, Yoga Cushions (optional), First Aid Kit	

Module 4: Conduct face yoga sessions

Mapped to BWS/N2227, V1.0

Terminal Outcomes:

- Perform face yoga session

Duration: 20:00 Hrs	Duration: 40:00 Hrs
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes

<ul style="list-style-type: none"> • Explain the significance of creating a calm, clean and distraction-free environment for a successful face yoga session • Explain the purpose, benefits, and expected outcomes of the face yoga sessions • Explain the importance of identifying contraindications (facial injuries, TMJ and any surgery) • Explain why clean hands are essential for hygiene before touching the face • Explain the benefits of neck, shoulder, and facial warm-up • Explain the breathing pattern: inhale through the nose, exhale through the mouth, repeated 3 times • Describe how light tapping, stroking, or circular massage helps relax and reset facial muscles after exercise • Explain the different types of face exercises such as forehead smoother, eye toner, cheek lifter, neck and chin toner, and lip firmer • Discuss the breathing techniques • Discuss the step-by-step process of key face yoga exercises • Discuss the significance of closing the session with mindful breathing to restore equilibrium and enhance mental clarity • Explain the importance of aftercare tips such as hydration, applying natural oils, or using a cold compress to soothe the skin 	<ul style="list-style-type: none"> • Demonstrate how arrange seating (chairs or yoga mats) ensuring the spine is upright • Show how to check for any facial injuries, discomfort, or contraindications before starting the session • Perform a short introduction, explaining the purpose, benefits, and expected outcomes of the session • show how to perform Kapala randhra dhouti • Demonstrate how to guide guest through neck rolls and shoulder lifts (3-5 times) to release tension • Show how to do light facial tapping or massage to stimulate blood flow • Demonstrate the forehead smoother by guiding fingertips from the center of the forehead to the temples to relieve tension • Instruct how to perform the eyebrow lifter by pressing fingers under the eyebrows and trying to frown • Demonstrate the neck and chin toner by turning the head, lifting the chin and sliding the hand down the neck • Show how to do lion pose (simha mudra) – wide eyes and mouth, tongue out, exhaling with a “haa” sound
Classroom Aids	
Computer, Projector, White board/ flip chart, Marker and duster	
Tools, Equipment and Other Requirements	
Yoga Mats/ Mysore Rugs/ Towels /Durries, Yoga Blankets, Electrical Heater/Induction or Gas Stove or 5 Litre Kettle for boiling water, Container (25 Lts-50 Ltrs Capacity), Neti-Pot, Yoga Cushions (optional), First Aid Kit	

Module 5: Conduct the basic yoga sessions for holistic wellness

Mapped to BWS/N2201, V4.0

Terminal Outcomes:

- Carry out the basic yoga session for holistic wellness

Duration: 30:00 Hrs	Duration: 60:00 Hrs
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes

<ul style="list-style-type: none"> • Discuss about the principles of yoga • Describe the ancient yoga; such as Bhagwat Gita, Patanjali Yoga Sutra, NaradBhakti, Sutra, Ramayana • Explain about the Veda & Upanishad in relation to yoga • Describe & illustrate the anatomy & physiology of human body systems • List the different yogic diets & explain the contents of a yogic diet • Explain basic pre-natal & post-natal yoga 	<ul style="list-style-type: none"> • Perform Shanti prayer, Yogic Mantra, ShantiMantra • Demonstrate breathing practices; such as hand in and out, hands stretch breathing, ankle stretch breathing, rabbitbreathing, tiger breathing, dog breathing • Practice SITHILI VYAYAMA which includes toe bending, ankle bending, ankle rotation, knee bending, knee rotation, knee captightening, half butterfly, full butterfly rotation, wrist rotation, shoulder rotation, neck bending, neck rotation, and elbow stretching • Describe & demonstrate loosening practices; such as jogging practices – 4 variations followedby mukhad dhuti , forward and backward bending , side bending ,twisting, sit up, hip rotation, nauka chalana , chakki chalana , chapatti making , rope pulling, wood cutting , vayu nikasana , udrakarsana, pascimotasana stretch , alternate toe touching ,horse riding jumping , crow walk, frog jump, camel walk • Demonstrate asana for meditation which include - padmasana , vajrasana, sukhasana • Describe & demonstrate various types of pranayam techniques such as bhastrika surya anuloma viloma , chandra anuloma viloma , nadisuddhi , sithili pranayama , sitkari pranayama , ujjai pranayama , bhramari pranayama , chanting of Om • Describe & demonstrate asanas in differentpostures such as SITTING - pascimotasana , gomukhasanabhunaman asana , vakrasana , aradha matsyendrasana , vajrasana , ustrasana, mandukasana , veerasana , shankasana marjariasana , janu sirasana PRONE - navasana , bhujanagasana, sarpasana ,nilambha salbhasana, salbhasana ,dhanurasana, SUPINE - Straight leg raising, Both leg raising, cycling, pavan muktasana kriya, straight leg up and down, halasana, sarvangasana, Chakrsana ,Setu bandhasana, matsya asana STANDING POSE - vikchasana ,
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	<p>parvatasana, trikonasana , parvritha trikonasana , hastautasana , gadurasana , uthit janusirasana , pada hastasana , natvar asana</p> <ul style="list-style-type: none"> • Perform SURYANAMASKAR • Describe & demonstrate KRIYA techniques such as kapalabhati, sukhma tratka – jathrutratka, jal neti, sutra neti • Describe & demonstrate jalandhar bandas • Define & demonstrate MUDRAS like gayan mudra, chin mudras, chinmaya mudra, adi mudra, brahm mudra • Perform MEDITATION (Dharana) <p>Perform basic pre-natal & post-natal yoga</p>
Classroom Aids	
Computer, Projector, White board/ flip chart, Marker and duster	
Tools, Equipment and Other Requirements	
Yoga Mats/ Mysore Rugs/ Towels /Durries, Yoga Blankets, Electrical Heater/Induction or Gas Stove or 5 Litre Kettle for boiling water, Container (25 Lts-50 Ltrs Capacity), Neti-Pot, Yoga Cushions (optional), First Aid Kit	

Module 6: Implement meditation practices

Mapped to BWS/N2221, V1.0

Terminal Outcomes:

- Introduction to meditation in yoga
- Create a conducive environment
- Guide participants into a comfortable posture
- Begin with deep breathing
- Introduce a meditation technique
- Maintain silence and focus
- Conclude the meditation session mindfully
- Encourage consistency and self- practice

Duration: 30:00 Hrs	Duration: 60:00 Hrs
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> Define and significance of mediation in yoga Explain the history and evolution of meditation practices in different traditions (Vedic, Buddhist, Yogic) Discuss importance of meditation for mental, emotional, and physical well-being Describe how a peaceful and clean space enhances relaxation and focus Explain why dim lighting, calming sounds, and incense create a meditative atmosphere Identify traditional postures like sukhasana (easy pose), padmasana (lotus pose), and vajrasana (thunderbolt pose) Explain the importance of keeping the spine straight, shoulders relaxed, and hands in gyan mudra for stability Explain the role of breath in calming the nervous system and preparing the mind for meditation Discuss different breathing methods such as counted breathing and deep breathing Explain different meditation types and their purpose Identify common distractions and how to gently bring focus back Highlight how a short prayer, gratitude, or reflective silence completes the session 	<ul style="list-style-type: none"> Show how to arrange the meditation space with minimal distractions Show how to arrange mats, cushions, or chairs for comfortable sitting Demonstrate correct sitting postures and their benefits Perform hand mudras like gyan mudra for improved concentration Show how to maintain a straight spine, relaxed shoulders, and hands in gyan mudra for proper posture Perform deep breathing by placing one hand on the belly and feeling the breath Demonstrate each meditation technique and its benefits Show participants how to chant mantras with proper pronunciation Show them how to let go of distractions and thoughts, bringing awareness back to the breath Show how to take a few gentle breaths before opening their eyes Perform trataka meditation by focusing in a candle flame to enhance concentration
Classroom Aids	
Computer, Projector, White board/ flip chart, Marker and duster	
Tools, Equipment and Other Requirements	
Yoga mat, meditation cushions, incense, essential oils, sound healing instruments, candle or trataka lamp, 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	

Module 7: Maintain health and safety at the workplace

Mapped to BWS/N9002, V4.0

Terminal Outcomes:

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

Duration: 10:00 Hrs	Duration: 20:00 Hrs
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> State the significance of personal protective equipment (PPE) & its efficient supply at work place; PPE such as tissues, antibacterial soaps, alcohol-based hand cleansers, triple layered surgical face masks, gloves, etc. Discuss the importance of maintaining basic hygiene at work place to avoid any kind of cross infection; basic hygiene such as wearing disposable N-95/ triple layered surgical face mask, gloves, apron, washing/ sanitizing hands & taking bath at regular intervals, etc. Explain the importance of maintaining first aid kit at work place Identify and list potential risks and hazards in the workplace 	<ul style="list-style-type: none"> Demonstrate and state significance of maintaining posture and position to minimize fatigue and the risk of injury Demonstrate the method of sterilizing equipment & tools before and after use Prepare, maintain and report accident reports as per organisational policies
Classroom Aids	
Computer, Projector, White board/ flip chart, Marker and duster	
Tools, Equipment and Other Requirements	
Basic Stationary	

Module 8: Create a positive impression at the workplace

Mapped to BWS/N9003, V4.0

Terminal Outcomes:

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

Duration: 10:00 Hrs	Duration: 20:00 Hrs
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> Explain the importance of maintaining personal hygiene and grooming; such as sanitized hands, neatly tied and covered hair, clean nails, sanitized uniform while engaging with clients with no gender stereotyping, to ensure privacy, comfort and wellbeing of all the genders throughout the services, etc. List the ways to manage client expectations; such as by identifying new techniques State the importance of maintaining confidentiality of information while performing documentation of records Conduct employee awareness program; such as internalization of gender, PwD sensitization on designing PwD friendly workplace 	<ul style="list-style-type: none"> Demonstrate confidence at the workplace by managing and identifying various business opportunities Demonstrate the different formats of maintaining documentation of records Demonstrate the process of client appointment scheduling; pre-bookings and maintaining the work area, equipment, product stocks to meet the schedule Carry out different & effective ways of communication for clients; clients could be from different culture, religion, age, background, disability, gender; and communication such as email, phone etc. Perform activities related to the financial literacy; such as saving money, opening bank accounts, linking Aadhaar card to bank account, using various e-commerce payment systems, etc.
Classroom Aids	
Computer, Projector, White board/ flip chart, Marker and duster	
Tools, Equipment and Other Requirements	
POS machine	

Module 9: DGT/VSQ/N0102 Employability Skills (60 hours)

Introduction to Employability

Mapped to DGT/VSQ/N0102 V1.0

Terminal Outcomes:

- Discuss about Employability Skills in meeting the job requirements

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

Constitutional values - Citizenship

Mapped to DGT/VSQ/N0102 V1.0

Terminal Outcomes:

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

Duration: <02:00>	Duration: <04:00>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain constitutional values, civic rights, duties, citizenship, responsibility towards society etc. that are required to be followed to become a responsible citizen. 	<ul style="list-style-type: none"> • Practice different environmentally sustainable practices
Classroom Aids:	
Whiteboard, marker pen, projector	
Tools, Equipment and Other Requirements	
Basic Stationary	

Becoming a Professional in the 21st Century

Mapped to DGT/VSQ/N0102 V1.0

Terminal Outcomes:

- Demonstrate professional skills required in 21st century

Duration: <2:00>	Duration: <4:00>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Discuss 21st century skills required for employment 	<ul style="list-style-type: none"> • Highlight the importance of practicing 21st century skills like Self-Awareness, Behavior Skills, time management, critical and adaptive thinking, problem-solving, creative thinking, social and cultural awareness, emotional awareness, learning to learn etc. in personal or professional life • Create a pathway for adopting a continuous learning mindset for personal and professional development
Classroom Aids:	
Whiteboard, marker pen, projector	
Tools, Equipment and Other Requirements	
Basic Stationary	

Basic English Skills

Mapped to DGT/VSQ/N0102 V1.0

Terminal Outcomes:

- Practice basic English speaking.

Duration: <02:00>	Duration: <04:00>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Describe basic communication skills • Discuss ways to read and interpret text written in basic English 	<ul style="list-style-type: none"> • Show how to use basic English sentences for everyday conversation in different contexts, in person and over the telephone • Read and understand text written in basic English • Write a short note/paragraph / letter/e - mail using correct basic English
Classroom Aids:	
Whiteboard, marker pen, projector	
Tools, Equipment and Other Requirements	
Basic Stationary	

Career Development & Goal Setting

Mapped to DGT/VSQ/N0102 V1.0

Terminal Outcomes:

- Demonstrate Career Development & Goal Setting skills.

Duration: <02:00>	Duration: <04:00>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Identify well-defined short- and long-term goals 	<ul style="list-style-type: none"> • Create a career development plan
Classroom Aids:	
Whiteboard, marker pen, projector	
Tools, Equipment and Other Requirements	
Basic Stationary	

Communication Skills

Mapped to DGT/VSQ/N0102 V1.0

Terminal Outcomes:

- Practice basic communication skills.

Duration: <02:00>	Duration: <04:00>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain the importance of communication etiquette including active listening for effective communication 	<ul style="list-style-type: none"> • Demonstrate how to communicate effectively using verbal and nonverbal communication etiquette • Write a brief note/paragraph on a familiar topic • Role play a situation on how to work collaboratively with others in a team
Classroom Aids:	
Whiteboard, marker pen, projector	

Tools, Equipment and Other Requirements

Basic Stationary

Diversity & Inclusion

Mapped to DGT/VSQ/N0102 V1.0

Terminal Outcomes:

- Describe PwD and gender sensitisation.

Duration: <1:00>	Duration: <02:00>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> Discuss the significance of reporting sexual harassment issues in time 	<ul style="list-style-type: none"> Demonstrate how to behave, communicate, and conduct oneself appropriately with all genders and PwD
Classroom Aids:	
Whiteboard, marker pen, projector	
Tools, Equipment and Other Requirements	
Basic Stationary	

Financial and Legal Literacy

Mapped to DGT/VSQ/N0102 V1.0

Terminal Outcomes:

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

Duration: <02:00>	Duration: <04:00>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> Discuss various financial institutions, products, and services Explain the common components of salary such as Basic, PF, Allowances (HRA, TA, DA, etc.), tax deductions Discuss the legal rights, laws, and aids 	<ul style="list-style-type: none"> Demonstrate how to conduct offline and online financial transactions, safely and securely and check passbook/statement Calculate income and expenditure for budgeting
Classroom Aids:	
Whiteboard, marker pen, projector	

Tools, Equipment and Other Requirements

Basic Stationary

Essential Digital Skills

Mapped to DGT/VSQ/N0102 V1.0

Terminal Outcomes:

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

Duration: <02:00>	Duration: <04:00>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Describe the role of digital technology in day-to-day life and the workplace • Discuss the significance of displaying responsible online behavior while using various social media platforms 	<ul style="list-style-type: none"> • Demonstrate how to operate digital devices and use the associated applications and features, safely and securely • Demonstrate how to connect devices securely to internet using different means • Follow the dos and don'ts of cyber security to protect against cyber crimes • Create an e-mail id and follow e- mail etiquette to exchange e -mails • Show how to create documents, spreadsheets and presentations using appropriate applications • Utilize virtual collaboration tools to work effectively
Classroom Aids:	
Whiteboard, marker pen, projector	
Tools, Equipment and Other Requirements	
Basic Stationary	

Entrepreneurship

Mapped to DGT/VSQ/N0102 V1.0

Terminal Outcomes:

- Describe opportunities as an entrepreneur.

Duration: <02:00>	Duration: <04:00>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> Explain the types of entrepreneurship and enterprises Discuss how to identify opportunities for potential business, sources of funding and associated financial and legal risks with its mitigation plan Describe the 4Ps of Marketing-Product, Price, Place and Promotion and apply them as per requirement 	<ul style="list-style-type: none"> Create a sample business plan, for the selected business opportunity
Classroom Aids:	
Whiteboard, marker pen, projector	
Tools, Equipment and Other Requirements	
Basic Stationary	

Customer Service

Mapped to DGT/VSQ/N0102 V1.0

Terminal Outcomes:

- Describe ways of maintaining customer.

Duration: <01:00>	Duration: <02:00>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> Classify different types of customers Discuss various tools used to collect customer feedback Discuss the significance of maintaining hygiene and dressing appropriately 	<ul style="list-style-type: none"> Demonstrate how to identify customer needs and respond to them in a professional manner
Classroom Aids:	
Whiteboard, marker pen, projector	
Tools, Equipment and Other Requirements	
Basic Stationary	

Getting ready for apprenticeship & Jobs

Mapped to DGT/VSQ/N0102 V1.0

Terminal Outcomes:

- Describe ways of preparing for apprenticeship & Jobs appropriately.

Duration: <01:00>	Duration: <02:00>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> Discuss the significance of maintaining hygiene and dressing appropriately for an interview List the steps for searching and registering for apprenticeship opportunities 	<ul style="list-style-type: none"> Draft a professional Curriculum Vitae (CV) Use various offline and online job search sources to find and apply for jobs Role play a mock interview
Classroom Aids:	
Whiteboard, marker pen, projector	
Tools, Equipment and Other Requirements	
Basic Stationary	

Annexure

Trainer Requirements

Trainer Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training Experience		Remarks
		Years	Specialization	Years	Specialization	
12th pass with Diploma or certified in relevant CITS course.	Yoga; with good knowledge on human anatomy and physiology	2	Yoga	1	N.A	Diploma should be minimum of 6 months period

Trainer Certification	
Domain Certification	Platform Certification
Certified to TOT for Job Role: “Yoga Trainer” mapped to QP: “BWS/Q2205, v4.0”. Minimum accepted score is 80%	Recommended that the Trainer is certified for the Job Role: “Trainer”, mapped to the Qualification Pack: “Master Trainer (VET and Skills) MEP/Q2601 v2.0”. Minimum accepted score is 80%.

Assessor Requirements

Assessor Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Assessment Experience		Remarks
		Years	Specialization	Years	Specialization	
12th pass with Advance Diploma or certified in relevant CITS course.	Yoga with good knowledge on human anatomy and physiology	3	Yoga	2	NA	Diploma should be minimum of 6 months period followed by Advanced Diploma of minimum 3 months

Assessor Certification	
Domain Certification	Platform Certification
Certified to TOA for Job Role: “Yoga Trainer” mapped to QP: “BWS/Q2205, V4.0”. Minimum accepted score is 80%	Recommended that the Assessor is certified for the Job Role: “Assessor”, mapped to the Qualification Pack: “Assessor (VET and Skills) MEP/Q2701 v2.0”. Minimum accepted % as per respective SSC guidelines is 80%.

Assessment Strategy

Assessment system Overview

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

The assessment will have both theory and practical components in 20:80 ratios. While theory assessment is summative and a written exam; practical will involve demonstrations of applications and presentations of procedures and other components. Practical assessment will also be summative in nature.

Testing Environment

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

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

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

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

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

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

Assessment Quality Assurance framework

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

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



marking scheme.

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

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

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

Methods of Validation

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

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

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

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

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

Assessment agency will be responsible to put details in SIP.

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

Method of assessment documentation and access

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

References

Glossary

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



Acronyms and Abbreviations

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