



Model Curriculum

QP Name: Senior Yoga Instructor (B&W)

QP Code: BWS/Q2205

QP Version: 4.0

NSQF Level: 5.5

Model Curriculum Version: 4.0

Beauty & Wellness Sector Skill Council
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Table of Contents

Training Parameters.....	3
Training Outcomes	4
Compulsory Modules	4
Elective Modules	7
Module Details	8
Module 1: Introduction to the program and the role of senior yoga trainer	8
Module 2: Prepare and maintain work area.....	9
Module 3: Conduct the advanced yoga sessions for holistic wellness, and train the yoga instructors/trainers	10
Module 4: Conduct the advanced hatha yoga sessions and train the yoga instructors/trainers	11
Module 5: Conduct face yoga sessions	13
Module 6: Corporate yoga sessions for holistic well-being	14
Module 7: Implement meditation and mindful eating practices.....	15
Module 8: Maintain health and safety at the workplace.....	16
Module 9: Create a positive impression at the workplace.....	17
Module 10: DGT/VSQ/N0103 Employability Skills (90 hours)	18
Module 11: Conduct the advanced bal yoga sessions	24
Module 12: Conduct the advanced mahila yoga sessions	25
Module 13: Conduct the advanced vridha yoga sessions	26
Annexure	27



Training Parameters

Sector	Beauty & Wellness
Sub-Sector	Yoga
Occupation	Yoga Services
Country	India
NSQF Level	5.5
Aligned to NCO/ISCO/ISIC Code	NCO-2015/3255.0101
Minimum Educational Qualification, Age and Experience	Completed 3rd year of 3-year/ 4-years UG in the domain of yoga OR 12th Grade Pass with 2 years of any combination of NTC/NAC/CITS or equivalent with 1 year experience in yoga industry OR Previous relevant qualification of NSQF Level 5 with 1.5 year of experience in yoga industry OR Previous relevant qualification of NSQF Level 4.5 with 3 years of experience in yoga industry
Pre-Requisite License or Training	-
Minimum Job Entry Age	18 years
Last Reviewed On	16-12-2025
Next Review Date	16-12-2028
NSQC Approval Date	On File Approval
QP Version	4.0
Model Curriculum Creation Date	16-12-2025
Model Curriculum Valid Up to Date	16-12-2028
Model Curriculum Version	4.0
Minimum Duration of the Course (With 1 Elective)	600:00 Hrs.



Maximum Duration of the Course (With 3 Electives)	660:00 Hrs.(with all electives)
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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 senior yoga trainer (B&W)
- Carry out preparation and maintenance of work area
- Describe the application of health and safety practices at the workplace
- Describe the importance of personal hygiene and grooming while executing task
- Conduct the advanced yoga sessions for holistic wellness and train the yoga instructors/trainers
- Carry out the advanced hatha yoga sessions, as well as train the yoga instructors/trainers
- Carry out performing face yoga sessions
- Carry out corporate yoga sessions for holistic well-being
- Discuss the importance of holistic wellbeing management
- Carry out performing meditation and mindful eating practices
- Discuss the importance of employability skills

Elective NOS:

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

Compulsory Modules

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

NOS and Module Details	Theory Duration	Practical Duration	On-the-Job Training Duration (Mandatory)	On-the-Job Training Duration (Recommended)	Total Duration
BWS/N9001 Prepare & maintain the work area V5.0, NSQF Level 3	10:00	20:00	-	-	30:00
Module 1 Introduction to the program and the role of a Senior Yoga Trainer (B&W)	01:00	00:00	-	-	01:00



Module 2 Prepare and maintain work area	09:00	20:00	-	-	29:00
BWS/N2207 Conduct the Advanced Yoga sessions for holistic wellness, and train the Yoga Instructors/Trainers V4.0, NSQF Level 5.5	10:00	20:00	-	-	30:00
Module 3 Conduct the Advanced Yoga sessions for holistic wellness, and train the Yoga Instructors/Trainers	10:00	20:00	-	-	30:00
BWS/N2205 Conduct Advanced Hatha Yoga sessions and train the Yoga Instructors/Trainers V4.0, NSQF Level 5.5	20:00	40:00	-	-	60:00
Module 4 Conduct Advanced Hatha Yoga sessions and train the Yoga Instructors/Trainers	20:00	40:00	-	-	60:00
BWS/N2227 Conduct face yoga sessions V2.0, NSQF Level 4	20:00	40:00	-	-	60:00
Module 5 Perform face yoga sessions	20:00	40:00	-	-	60:00
BWS/N2222 Corporate yoga sessions for holistic well-being V1.0, NSQF Level 5.5	20:00	40:00	-	-	60:00
Module 6 Corporate yoga sessions for holistic well-being	20:00	40:00	-	-	60:00
BWS/N2224 Implement meditation and mindful eating practices V1.0, NSQF Level 5.5	10:00	20:00	-	-	30:00
Module 7 Perform meditation and mindful eating practices	10:00	20:00	-	-	30:00
BWS/N9002 Maintain health and safety at the workplace V5.0, NSQF Level 3	10:00	20:00	-	-	30:00
Module 8 Maintain health and safety at the workplace	10:00	20:00	-	-	30:00



BWS/N9003 Create a positive impression at the workplace V5.0, NSQF Level 3	10:00	20:00	-	-	30:00
Module 9 Create a positive impression at the workplace	10:00	20:00	-	-	30:00
DGT/VSQ/N0103 Employability Skills (90 hours) NOS Version No. 1.0 NSQF Level 5	30:00	60:00	-	-	90:00
Module 10 Employability Skills	30:00	60:00	-	-	90:00
Introduction to Employability Skills	02:00	04:00	-	-	3
Constitutional values - Citizenship	02:00	05:00	-	-	1.5
Becoming a Professional in the 21st Century	03:00	05:00	-	-	5
Basic English Skills	02:00	04:00	-	-	10
Career Development & Goal Setting	03:00	05:00	-	-	4
Communication Skills	03:00	06:00	-	-	10
Diversity & Inclusion	02:00	04:00	-	-	2.5
Financial and Legal Literacy	03:00	06:00	-	-	10
Essential Digital Skills	03:00	06:00	-	-	20
Entrepreneurship	02:00	05:00	-	-	7
Customer Service	02:00	05:00	-	-	9
Getting ready for apprenticeship & Jobs	03:00	05:00	-	-	8
On-the-Job Training (Mandatory)	00:00	00:00	150:00	-	150:00
Total Duration	140:00	280:00	150:00	-	570:00 Hrs



Elective 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/N2214- Conduct the advanced bal yoga sessions V4.0, NSQF Level 5.5	10:00	20:00	-	-	30:00
Module 11 Conduct the advanced bal yoga sessions	10:00	20:00	-	-	30:00
BWS/N2215- Conduct the advanced mahila yoga sessions V4.0, NSQF Level 5.5	10:00	20:00	-	-	30:00
Module 12 Conduct the advanced mahila yoga sessions	10:00	20:00	-	-	30:00
BWS/N2216- Conduct the vridha yoga sessions V4.0, NSQF Level 5.5	10:00	20:00	-	-	30:00
Module 13 Conduct the advanced vridha yoga sessions	10:00	20:00	-	-	30:00
Total Duration	30:00	60:00	-	-	90:00 Hrs

Duration with Elective NOS:

- Total duration with 1 Elective NOS: 600 Hrs.**
- Total duration with 2 Elective NOS: 630 Hrs.**
- Total duration with 3 Elective NOS: 660 Hrs.**



Module Details

Module 1: Introduction to the program and the role of senior 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 senior 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 senior yoga trainer	
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, V5.0

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 clientele, practicing social distancing by avoiding handshakes/ hugs to co-workers/ clientele, etc.Identify and prepare equipment & products required for the respective servicesDiscuss the instructions required in preparing a sterilization solution as per organizational standards using approved products and as per manufacturer's and checking leakagesIdentify need of segregating recyclable, non-recyclable and hazardous waste generated in separate bin	<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 usePrepare reports of materials and equipment securely in line with the organisational policiesApply 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.Conduct employee awareness program; such as for COVID-19 by displaying posters/signage's promoting regular hand-washing and respiratory hygiene in the premises
Classroom Aids	
Computer, Projector, White board/ flip chart, Marker and duster	
Tools, Equipment and Other Requirements	
Yoga Mats/ Mysore Rugs/ Towels /Durries, Yoga Blankets, Electrical Heater/Induction OR Gas Stove OR 5 Litre Kettle for boiling water, Container (25 Lts-50 Ltrs Capacity), Neti-Pot, Yoga Cushions (optional), First Aid Kit	



Module 3: Conduct the advanced yoga sessions for holistic wellness, and train the yoga instructors/trainers

Mapped to BWS/N2207, V4.0

Terminal Outcomes:

- Carry out the advanced yoga sessions for holistic wellness, and train the yoga instructors/trainers

Duration: 20:00 Hrs	Duration: 40:00 Hrs
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none">Explain the need of maintaining appropriate ambience for guests to perform the Advanced Yoga sessionsIdentify effective teaching methods, adapt to unique styles of learningState the importance to maintain neat and clean work area at all timesExplain the yoga instructor about the structure, states, functioning and conditions of the mind referred in the texts including but not limited to yoga sutras, Bhagavad Gita, Upanishads, etc.Design strategies for yoga instructors to address common disorders and pathologies of the major human systems and common mental health conditions, as well as other goals and aspirations of the student as relevant to the work of a Yoga TrainerDesign research methodologies and provide inputs/ participate in conducting research programs to evaluate the efficacies of yogic practiceExplain the yoga instructor about advanced pre-natal & post-natal yoga	<ul style="list-style-type: none">Analyze which aspects of the guest's conditions, goals and aspirations might be addressed through Advanced Yoga sessions & organize the sequence of yoga practices appropriate to the needs of guestsDeliver appropriate practices for individuals as well as group, taking into consideration the assessment of their conditions, limitations, possibilitiesPractice effective, guest-centred communication based upon a respect for and sensitivity to individual familial, cultural, social, ethnic and religious factorsApply a broad range of-body-mind –soul-based healing / spiritual healing tools in conjunction with exercise based on needs, ages, and ability levels to create effective practices against ailmentsApply yogic principles to conduct guest sessions to enhance wellbeing, overcome illness and live a healthier and more meaningful lifeDemonstrate all advanced yoga techniques to guests and ensure compliance to safety and health standardsConduct intake and assess the guests, including: taking history of guest and their condition(s); assessing the current conditions using the tools relevant to the Senior Yoga Trainer, including an evaluation of the physical, energetic, mental, emotional and spiritual dimensions of well-beingEvaluate the performance of Trainers and instructors and design upskilling programs for them as per their needsDemonstrate advanced pre-natal & post-natal yoga techniques to yoga instructorPerform after-procedure, homecare



	<p>advice to the client</p> <ul style="list-style-type: none">• Record details of the therapy as per organizational procedures
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 the advanced hatha yoga sessions and train the yoga instructors/trainers

Mapped to BWS/N2205, V4.0

Terminal Outcomes:

- Carry out the advanced hatha yoga sessions, as well as train the yoga instructor/trainers

Duration: 20:00 Hrs	Duration: 40:00 Hrs
Theory – Key Learning Outcomes <ul style="list-style-type: none">• Explain the need of maintaining appropriate ambience for guests to perform the advanced hatha yoga sessions• Identify effective teaching methods, adapt to unique styles of learning• State the importance to maintain neat and clean work area at all times• Explain the Yoga Trainers - the structure, states, functioning and conditions of the mind referred in the texts including but not limited to yoga sutras, Bhagavad Gita, Upanishads, etc.• Design strategies for yoga instructors to address common disorders and pathologies of the major human systems and common mental health conditions, as well as other goals and aspirations of the student as relevant to the work of a yoga trainer• Design research methodologies and provide inputs/ participate in conducting research programs to evaluate the efficacies of yogic practice• Assess the performance of yoga trainers and instructors and design up skilling programs for them as per their needs	Practical – Key Learning Outcomes <ul style="list-style-type: none">• Perform and instruct loosening exercises or sukshma vyayama as agreed with the guest and arrangement of the organisation• Perform and instruct classical asanas, pranayama, mudras, bandhas, kriyas as agreed with the guest and arrangement of the organisation• Deliver appropriate practices for individuals as well as group, taking into consideration the assessment of their conditions, limitations, possibilities• Practice effective, guest-centred communication based upon a respect for and sensitivity to individual familial, cultural, social, ethnic and religious factors• Apply a broad range of-body-mind –soul-based healing / spiritual healing tools in conjunction with exercise based on needs, ages, and ability levels to create effective practices against ailments• Apply yogic principles to conduct guest sessions to enhance wellbeing, overcome illness and live a healthier and more meaningful life• Demonstrate all advanced hatha yoga techniques to guests and ensure compliance to safety and health



	<p>standards</p> <ul style="list-style-type: none">• Conduct intake and assess the guests, including: taking history of guest and their condition(s); assessing the current conditions using the tools relevant to the Senior Yoga Trainer, including an evaluation of the physical, energetic, mental, emotional and spiritual dimensions of well-being• Evaluate the performance of Trainers and instructors and design upskilling programs for them as per their needs• Perform after-procedure, homecare advice to the client• Record details of the therapy as per organizational procedures
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 face yoga sessions

Mapped to BWS/N2227, V2.0

Terminal Outcomes:

- Perform face yoga session

Duration: 20:00 Hrs	Duration: 40:00 Hrs
Theory – 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 beathing 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	Practical – Key Learning Outcomes <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 6: Corporate yoga sessions for holistic well-being

Mapped to BWS/N2222, V1.0

Terminal Outcomes:

- Understand corporate yoga needs
- Plan and design corporate yoga sessions
- Conduct effective corporate yoga sessions
- Nutrition and lifestyle for well-being
- Health and safety considerations
- Professional communication and client management

Duration: 20:00 Hrs	Duration: 40:00 Hrs
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none">• Explain the common corporate health issues (e.g., stress, anxiety, back pain, digital strain and sedentary lifestyle)• Identify plan and design corporate yoga sessions• identify the psychological and physical demands of corporate professionals• Discuss the structured yoga modules for various corporate levels (entry level, mid-level, senior level and executive level)• Explain stress relief techniques through yoga nidra, guided relaxation, and mindfulness• discuss the role of food, hydration, and mindful eating in health• List the health and safety consideration• Learn to improve posture and make office spaces more comfortable to prevent strain and pain• Discuss the techniques of hatha yoga, chair yoga, pranayama, meditation and relaxation	<ul style="list-style-type: none">• Conduct the corporate health assessments to identify specific wellness needs• Interact with employees and HR teams to understand workplace concerns• Design pre-session questionnaires to tailor yoga programs effectively• Demonstrate customized yoga session plans for different corporate groups• Demonstrate correct postures, breath control, and relaxation techniques• Show how to guide employees on seated stretches and movement breaks to reduce strain• Create office wellness guidelines to promote daily self-care routines• Network with corporate wellness managers and HR professionals• Show how to collect testimonials and feedback for the effectiveness of sessions• Share simple self-care tips (hydration, stretching, micro-



	movements) for maintaining wellness at work
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 7: Implement meditation and mindful eating practices

Mapped to BWS/N2224, V1.0

Terminal Outcomes:

- Understanding meditation and mindful awareness
- Types of meditation practices
- Teaching meditation techniques
- Understanding mindful eating
- Practicing and teaching mindful eating
- Integrating meditation and mindful eating into daily life

Duration: 10:00 Hrs	Duration: 20:00 Hrs
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none">• learn the science behind meditation and its impact on the brain and body• discuss the role of mindfulness in reducing stress, anxiety, and emotional imbalances• explore the connection between meditation, yoga, and holistic well being• learn the concept of mindful eating and its benefits for digestion and mental clarity• explain the meditation for different audiences, including beginners, children, and various senior citizens• teach conscious eating techniques (slow eating, savouring flavours, avoiding distractions)• list the types of mediation practices• introduce a detox diet plan and explain the benefits of natural healing foods• explain how meditation affects the nervous system and brain• discuss the different effects experienced	<ul style="list-style-type: none">• Demonstrate the role of mindfulness in reducing stress, anxiety, and emotional imbalances• Design a holistic yoga session incorporating different yoga styles for relaxation, healing, and energy balancing• Educate candidates on how stress affects the body (e.g., headaches, muscle tension, digestive issues)• Design structured yoga sessions incorporating• Show how self-awareness techniques help candidates recognize stress signals in their bodies• Demonstrate simple detox practices like warm water with lemon in



after each meditation	
<ul style="list-style-type: none">explore the benefits of detoxification and nutrient-rich natural foods for enhancing vitality and overall well-beingexplain the ayurvedic principles of eating based on body constitution	
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 8: Maintain health and safety at the workplace

Mapped to BWS/N9002, V5.0

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 placeIdentify 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 injuryDemonstrate the method of sterilizing equipment & tools before and after usePrepare, maintain and report accident reports as per organisational policies
Classroom Aids	
Computer, Projector, White board/ flip chart, Marker and duster	
Tools, Equipment and Other Requirements	
Yoga Mats/ Mysore Rugs/ Towels /Durries, Yoga Blankets, Electrical Heater/Induction OR Gas Stove OR 5 Litre Kettle for boiling water, Container (25 Lts-50 Ltrs Capacity), Neti-Pot, Yoga Cushions (optional), First Aid Kit	



Module 9: Create a positive impression at the workplace

Mapped to BWS/N9003, V5.0

Terminal Outcomes:

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

Duration: 10:00 Hrs	Duration: 20:00 Hrs
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none">Explain the importance of maintaining personal hygiene and grooming; such as sanitized hands, neatly tied and covered hair, clean nails, sanitized uniform while engaging with clients with no gender stereotyping, to ensure privacy, comfort and wellbeing of all the genders throughout the services, etc.List the ways to manage client expectations; such as by identifying new techniquesState the importance of maintaining confidentiality of information while performing documentation of recordsConduct 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 opportunitiesDemonstrate the different formats of maintaining documentation of recordsDemonstrate the process of client appointment scheduling; pre-bookings and maintaining the work area, equipment, product stocks to meet the scheduleCarry 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 10: DGT/VSQ/N0103 Employability Skills (90 hours)

Introduction to Employability Skills

Mapped to DGT/VSQ/N0103, V1.0

Terminal Outcomes:

- Discuss about Employability Skills in meeting the job requirements

Duration: <2:00>	Duration: <4:00>
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 usageResearch and prepare a note on different industries, trends, required skills and the available opportunities
Classroom Aids: Whiteboard, marker pen, projector	
Tools, Equipment and Other Requirements	

Constitutional values - Citizenship

Mapped to DGT/VSQ/N0103, V1.0

Terminal Outcomes:

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

Duration: <2:00>	Duration: <5:00>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none">Explain constitutional values, civic rights, duties, citizenship, responsibility towards society etc. that are required to be followed to become a responsible citizen.	<ul style="list-style-type: none">Practice different environmentally sustainable practices
Classroom Aids: Whiteboard, marker pen, projector	
Tools, Equipment and Other Requirements	



Becoming a Professional in the 21st Century

Mapped to DGT/VSQ/N0103

Terminal Outcomes:

- Demonstrate professional skills required in 21st century

Duration: <3:00>	Duration: <5:00>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none">• Discuss 21st century skills required for employment	<ul style="list-style-type: none">• Highlight the importance of practicing 21st century skills like Self-Awareness, Behavior Skills, time management, critical and adaptive thinking, problem-solving, creative thinking, social and cultural awareness, emotional awareness, learning to learn etc. in personal or professional life• Create a pathway for adopting a continuous learning mindset for personal and professional development
Classroom Aids: Whiteboard, marker pen, projector	
Tools, Equipment and Other Requirements	

Basic English Skills

Mapped to DGT/VSQ/N0103, V1.0

Terminal Outcomes:

- Practice basic English speaking.

Duration: <2:00>	Duration: <4:00>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none">• Describe basic communication skills• Discuss ways to read and interpret text written in basic English	<ul style="list-style-type: none">• Show how to use basic English sentences for everyday conversation in different contexts, in person and over the telephone• Read and understand text written in basic English• Write a short note/paragraph / letter/e-mail using correct basic English
Classroom Aids: Whiteboard, marker pen, projector	
Tools, Equipment and Other Requirements	



Career Development & Goal Setting

Mapped to DGT/VSQ/N0103, V1.0

Terminal Outcomes:

- Demonstrate Career Development & Goal Setting skills.

Duration: <3:00>	Duration: <5:00>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none">• Identify well-defined short- and long-term goals	<ul style="list-style-type: none">• Create a career development plan
Classroom Aids: Whiteboard, marker pen, projector	
Tools, Equipment and Other Requirements	

Communication Skills

Mapped to DGT/VSQ/N0103, V1.0

Terminal Outcomes:

- Practice basic communication skills.

Duration: <3:00>	Duration: <6:00>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none">• Explain the importance of communication etiquette including active listening for effective communication	<ul style="list-style-type: none">• Demonstrate how to communicate effectively using verbal and nonverbal communication etiquette• Write a brief note/paragraph on a familiar topic• Role play a situation on how to work collaboratively with others in a team
Classroom Aids: Whiteboard, marker pen, projector	
Tools, Equipment and Other Requirements	



Diversity & Inclusion

Mapped to DGT/VSQ/N0103, V1.0

Terminal Outcomes:

- Describe PwD and gender sensitisation.

Duration: <2:00>	Duration: <4:00>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none">Discuss the significance of reporting sexual harassment issues in time	<ul style="list-style-type: none">Demonstrate how to behave, communicate, and conduct oneself appropriately with all genders and PwD
Classroom Aids: Whiteboard, marker pen, projector	
Tools, Equipment and Other Requirements	

Financial and Legal Literacy

Mapped to DGT/VSQ/N0103, V1.0

Terminal Outcomes:

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

Duration: <3:00>	Duration: <6:00>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none">Discuss various financial institutions, products, and servicesExplain the common components of salary such as Basic, PF, Allowances (HRA, TA, DA, etc.), tax deductionsDiscuss 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/statementCalculate income and expenditure for budgeting
Classroom Aids: Whiteboard, marker pen, projector	
Tools, Equipment and Other Requirements	



Essential Digital Skills

Mapped to DGT/VSQ/N0103, V1.0

Terminal Outcomes:

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

Duration: <3:00>	Duration: <6:00>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none">• Describe the role of digital technology in day-to-day life and the workplace• Discuss the significance of displaying responsible online behavior while using various social media platforms	<ul style="list-style-type: none">• Demonstrate how to operate digital devices and use the associated applications and features, safely and securely• Demonstrate how to connect devices securely to internet using different means• Follow the dos and don'ts of cyber security to protect against cyber crimes• Create an e-mail id and follow e-mail etiquette to exchange e-mails• Show how to create documents, spreadsheets and presentations using appropriate applications• Utilize virtual collaboration tools to work effectively
Classroom Aids: Whiteboard, marker pen, projector	
Tools, Equipment and Other Requirements	

Entrepreneurship

Mapped to DGT/VSQ/N0103, V1.0

Terminal Outcomes:

- Describe opportunities as an entrepreneur.

Duration: <2:00>	Duration: <5:00>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none">• Explain the types of entrepreneurship and enterprises• Discuss how to identify opportunities for potential business, sources of funding and associated financial and legal risks with its mitigation plan	<ul style="list-style-type: none">• Create a sample business plan, for the selected business opportunity



- Describe the 4Ps of Marketing-Product, Price, Place and Promotion and apply them as per requirement

Classroom Aids:

Whiteboard, marker pen, projector

Tools, Equipment and Other Requirements

Customer Service

Mapped to DGT/VSQ/N0103, V1.0

Terminal Outcomes:

- Describe ways of maintaining customer.

Duration: <2:00>	Duration: <5:00>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> Classify different types of customers Discuss various tools used to collect customer feedback Discuss the significance of maintaining hygiene and dressing appropriately 	<ul style="list-style-type: none"> Demonstrate how to identify customer needs and respond to them in a professional manner
Classroom Aids:	
Whiteboard, marker pen, projector	
Tools, Equipment and Other Requirements	

Getting ready for apprenticeship & Jobs

Mapped to DGT/VSQ/N0103, V1.0

Terminal Outcomes:

- Describe ways of preparing for apprenticeship & Jobs appropriately.

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



Module 11: Conduct the advanced bal yoga sessions

Mapped to BWS/N2214, V3.0

Terminal Outcomes:

- Carry out the advanced bal yoga sessions

Duration: 10:00 Hrs	Duration: 20:00 Hrs
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none">Describe the importance of appropriate opening and closure of the session through prayer/chanting/meditationList the documents to be collected before starting the session such as child's medical history, background, preferences from parentsList the components that should be covered during the session like: Yoga, sloka, bhajans, meditation, chanting om and its essence, group activity, moral values – skit/activityEnlist and inform children about the various forms of yoga and its effect on body and mindDesign research methodologies and provide inputs/ participate in conducting research programs to evaluate the efficacies of yogic practiceAssess the performance of yoga trainers and instructors and design up skilling programs for them as per their needs	<ul style="list-style-type: none">Perform the sequence of yoga practices appropriate to the needs of childrenPerform and demonstrate all yoga techniques to children and ensure compliance to safety and health standardsAssist children to perform all yoga techniques effectivelyEvaluate exercises performed by children and recommend correction whenever requiredEvaluate the performance of Trainers and instructors and design upskilling programs for them as per their needsPerform after-procedure, homecare advice to the clientRecord details of the therapy as per organizational procedures
Classroom Aids	
Computer, Projector, White board/ flip chart, Marker and duster	
Tools, Equipment and Other Requirements	
Yoga Mats/ Mysore Rugs/ Towels /Durries, Yoga Blankets	



Module 12: Conduct the advanced mahila yoga sessions

Mapped to BWS/N2215, V4.0

Terminal Outcomes:

- Carry out the advanced mahila yoga sessions

Duration: 10:00 Hrs	Duration: 20:00 Hrs
Theory – Key Learning Outcomes <ul style="list-style-type: none">• Describe the importance of appropriate opening and closure of the session through prayer/chanting/meditation• Determine which aspects of the guest's conditions, goals and aspirations might be addressed through Mahila yoga sessions• State the importance of maintaining guests' comfort; such as by asking the guests about any poses causing any sort of discomfort to them• State and deliver the benefits to both baby and mother are gaining through mahila yoga sessions• Design research methodologies and provide inputs/ participate in conducting research programs to evaluate the efficacies of yogic practice• Assess the performance of yoga trainers and instructors and design up skilling programs for them as per their needs	Practical – Key Learning Outcomes <ul style="list-style-type: none">• Demonstrate pre and post-natal yoga postures and breathing techniques• Perform and demonstrate all mahila yoga techniques to guests and ensure compliance to safety and health standards• Evaluate the performance of Trainers and instructors and design upskilling programs for them as per their needs• Perform after-procedure, homecare advice to the client• Record details of the therapy as per organizational procedures
Classroom Aids	
Computer, Projector, White board/ flip chart, Marker and duster	
Tools, Equipment and Other Requirements	
Yoga Mats/ Mysore Rugs/ Towels /Durries, Yoga Blankets	



Module 13: Conduct the advanced vridha yoga sessions

Mapped to BWS/N2216, V3.0

Terminal Outcomes:

- Carry out the advanced vridha yoga sessions

Duration: 10:00 Hrs	Duration: 20:00 Hrs
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none">Describe the importance of appropriate opening and closure of the session through prayer/chanting/meditationList the documents to be collated on guest's medical history, background, preferences, etc. before starting the Vridha yoga sessionAnalyse the difficulties individuals are facing due to ageing in performing various Vridha yoga posesDetermine which aspects of the guest's conditions, goals and aspirations might be addressed through vridha yoga sessionsState the importance of maintaining guests' comfort; such as by asking the guests about any poses causing any sort of discomfort to themApply yogic principles to conduct guest sessions to enhance well-being, overcome illness and live a healthier and more meaningful lifeDesign research methodologies and provide inputs/ participate in conducting research programs to evaluate the efficacies of yogic practiceAssess the performance of yoga trainers and instructors and design up skilling programs for them as per their needs	<ul style="list-style-type: none">Perform the sequence of yoga practices appropriate to the needs of childrenPerform and demonstrate all vridha yoga techniques to guests and ensure compliance to safety and health standardsDemonstrate and assist guest's while performing standing yoga poses triangle pose (konasana series), standing spinal twist (kati chakrasanas) , sitting yoga poses butterfly pose, cradling (if possible), body rotation, cat stretch and child pose (shishu asana) , lying on the back or stomach and focus on repetitions rather than holding any posture such as the cobra pose (bhujangasana), the locust poses (shalabhasana) or the knee to chin press (pawanmuktasana), yoga nidra which is by far the most essential part of any yoga practice, and as age progresses, it becomes even more essential to help assimilate the effect of the asana practice into our systemEvaluate the performance of Trainers and instructors and design upskilling programs for them as per their needsPerform after-procedure, homecare advice to the clientRecord details of the therapy as per organizational procedures
Classroom Aids	Computer, Projector, White board/ flip chart, Marker and duster
Tools, Equipment and Other Requirements	Yoga Mats/ Mysore Rugs/ Towels /Durries, Yoga Blankets



Annexure

Trainer Requirements

Trainer Prerequisites						Remarks	
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training Experience			
		Years	Specialization	Years	Specialization		
Graduate	Yoga with good knowledge on human anatomy & physiology	3	Yoga	2	NA		

Trainer Certification	
Domain Certification	Platform Certification
Certified to TOT for Job Role: "Senior Yoga Instructor" mapped to QP: "BWS/N2205, 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	
Post Graduate	Yoga with good knowledge on human anatomy & physiology	5	Yoga	2	NA	

Assessor Certification	
Domain Certification	Platform Certification
Certified to TOA for Job Role: "Senior Yoga Instructor" mapped to QP: "BWS/N2205, 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 30:70 ratio. While theory assessment is summative and a written exam; practical will involve demonstrations of applications and presentations of procedures and other components. Practical assessment will also be summative in nature.

Testing Environment

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

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

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

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

The theory and practical assessments will be carried out on same day. The question paper is pre-loaded in the computer (incase 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 geo-tagged and so it is monitored to check their arrival and completion of assessment.

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

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

Assessment agency will be responsible to put details in SIP.

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

Method of assessment documentation and access

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



References

Glossary

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

Acronyms and Abbreviations

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