

Qualification Pack



Master Wellness Neurotherapist

QP Code: BWS/Q2303

Version: 4.0

NSQF Level: 5

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BWS/Q2303: Master Wellness Neurotherapist

Brief Job Description

A master wellness neurotherapist is responsible for assessing the state of mental, physical and emotional wellbeing of clients seeking for neurotherapy treatments for overall wellness.

Personal Attributes

The individual should guide or suggest senior neurotherapist by recommending appropriate wellness neurotherapy treatments to client needs.

Applicable National Occupational Standards (NOS)

Compulsory NOS:

1. [BWS/N2301: Prepare and maintain the work area for neurotherapy procedures](#)
2. [BWS/N2302: Carry out neurotherapy procedure as per recommendation](#)
3. [BWS/N2303: Assess clients needs and recommend appropriate neurotherapy procedures for increased comfort and enhanced fitness](#)
4. [BWS/N2304: Mentor or coach subordinate neurotherapists to improve work performance](#)
5. [BWS/N2305: Mental well-being counselling and antarmukhikriya procedure](#)
6. [BWS/N9907: Use basic health and safety practices in neurotherapy workplace](#)
7. [DGT/VSQ/N0103: Employability Skills \(90 Hours\)](#)

Qualification Pack (QP) Parameters

Sector	Beauty & Wellness
Sub-Sector	Alternate Therapy & Rejuvenation
Occupation	Neurotherapy Services
Country	India
NSQF Level	5
Credits	15

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Aligned to NCO/ISCO/ISIC Code	NCO-2015/2264.0400
Minimum Educational Qualification & Experience	<p>12th pass with 1 year Vocational Education & training (NTC or NAC or CITS) (in the domain of Health, Wellness, or Alternative Therapy) OR Completed 3 year diploma after 10th with 1.5 years of experience in Health, Wellness, or Alternative Therapy OR 12th grade Pass with 3 Years of experience in Health, Wellness, or Alternative Therapy OR 10th grade pass with 6 Years of experience in Health, Wellness, or Alternative Therapy OR Previous relevant Qualification of NSQF Level (4) with 3 Years of experience in Health, Wellness, or Alternative Therapy OR Previous relevant Qualification of NSQF Level (4.5) with 1.5 years of experience in Health, Wellness, or Alternative Therapy</p>
Minimum Level of Education for Training in School	Not Applicable
Pre-Requisite License or Training	NA
Minimum Job Entry Age	20 Years
Last Reviewed On	NA
Next Review Date	18/12/2028
NSQC Approval Date	18/12/2025
Version	4.0
Reference code on NQR	QG-05-BW-06589-2025-V2-BWSSC
NQR Version	2

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BWS/N2301: Prepare and maintain the work area for neurotherapy procedures

Description

This unit is specifically designed to prepare learners with the required learning outcomes for carrying out preparation of the work area for neurotherapy procedures. This also includes maintaining the area in a safe and hygienic manner. The work may be done independently or together with other co-workers. He/she is responsible for own outcomes and must perform the given work in accordance with relevant health and safety guidelines.

Scope

The scope covers the following :

- Preparing the work area for procedures
- Post work activities

Elements and Performance Criteria

Preparing the work area for procedures

To be competent, the user/individual on the job must be able to:

1. use appropriate personal protective equipment and/or work attire prior to carrying out the work in line with relevant occupational health & safety guidelines (PPE: appropriate footwear; lab coat; mask; gloves; headgear, apron; etc.)
2. assess potential risks related to work and implement relevant safety measures where applicable
3. obtain tools, equipment and materials required for the procedures specified in adequate quantity and designated containers (Tools & equipment: weighing scale, height measuring instrument, procedure support stands, etc.)
4. arrange the tools in a safe and convenient manner for ease of usage during the procedure
5. confirm that the selected tools and equipment are in working order and safe to handle
6. ensure the appropriate environmental conditions for procedures at the site based on the following parameters: (Parameters: neat & tidy; good ventilation; appropriate room temperature; adequately lighted; etc.)
7. check that appropriate space requirements for each customer for the duration and type of procedure, based on the following factors (Requirements: movement requirements of both client and the therapist, posture, height to avoid feeling of suffocation, privacy, etc.)
8. ensure that the environment is suitable for procedures of different types of clients including age, sex and purpose
9. check that the bed is set with comfortable mattress, pillows and clean linen
10. ensure any stands for support are stable, rightly positioned as per space and support requirements
11. change bed linen if soiled and after every procedure as per organisational standards
12. ensure clean towels and sanitizers are available for use as appropriate and positioned conveniently for use by customer and the therapist

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Post work activities

To be competent, the user/individual on the job must be able to:

- 13.** rearrange the beds, pillows and stands as per standard requirements post the procedure
- 14.** leave the work area in a safe condition after completing work
- 15.** exercise safe working practices while dealing with tools and accessories
- 16.** follow relevant electrical safety practices whenever required
- 17.** return all tools, materials and equipment in appropriate storage location
- 18.** collect used materials such as foot covers, towels, work clothes, etc. and deposit in the appropriate location for laundry service
- 19.** report any work related problems or issues to appropriate personnel in line with relevant regulatory and safety requirements

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** relevant health and safety requirements applicable in wellness neurotherapy
- KU2.** own job role and responsibilities and sources for information pertaining to entitlements, job role and responsibilities
- KU3.** inter-dependent functions, lines and procedures
- KU4.** who to approach for support in order to obtain work related instructions, clarifications and support
- KU5.** importance of following health, hygiene, safety and quality standards and the impact of not following the standards on consumers and the business
- KU6.** relevant people and their responsibilities within the work area
- KU7.** scope of procedures offered by the organization and related standards
- KU8.** use of appropriate personal protective equipment (PPE) required during preparing for procedures and during procedures
- KU9.** identify hazards associated with the work and adhere to relevant health and safety practices
- KU10.** comply with relevant regulations and instructions related to client procedure & management
- KU11.** range of materials used for neurotherapy procedures such as powders, etc.
- KU12.** list of tools and equipment used in neurotherapy procedures
- KU13.** importance of referring to information from reliable sources on procedures, practices and precautions
- KU14.** factors affecting safety, comfort and convenience of customers and workers in a neurotherapy lab or site
- KU15.** how to estimate space requirements for customers, procedures and other related requirements
- KU16.** importance of returning all the used tools and equipment safely to their respective storage
- KU17.** importance and methodology of positioning stands and other support equipment
- KU18.** bed and pillow settings for procedures and types of clients
- KU19.** various body postures in which procedure is given and related adjustments to pillow, bed and stand arrangements or positions including one and half setting, angles, distance, etc.

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- KU20.** various emergency conditions and related procedures
- KU21.** storage places and procedures for linen and other tools, materials and equipment
- KU22.** units of measurement used in measuring height and weight e.g. kg, m, cm, m, etc.

Generic Skills (GS)

User/individual on the job needs to know how to:

- GS1.** write clearly and legibly in English, Hindi or the local language
- GS2.** write messages and information with descriptive text using short or long sentences and a range of technical and non-technical vocabulary
- GS3.** fill relevant activity records in log books, write in local language or English, procedure given, update stock records, etc.
- GS4.** record daily activities such as customer attendance, procedure time, nature of procedure, feedback, etc.
- GS5.** document age, sex, weight of customers
- GS6.** read English, Hindi or the local language appropriate to accurately interpret customer needs and procedures on customers forms and recommendation cards
- GS7.** read safety symbols or warning messages on materials, tools & equipment used
- GS8.** read instructions of information provided in local language related to work
- GS9.** speak in English, Hindi or the local language with clarity to convey messages, basic factual information using a range of technical and non-technical vocabulary
- GS10.** can ask simple questions of a factual nature and understand answers expressed in simple language
- GS11.** inform relevant authority of issues or any or problems in work area in any language understood locally
- GS12.** take instructions completely so that no instruction is missed or misunderstood
- GS13.** seek clarification and understanding where instructions are not clear in any language understood locally
- GS14.** use common procedure terms and technical jargon where required
- GS15.** when faced with difficult decisions, seek clarification from seniors at work
- GS16.** take decisions at work within limits to authority and decision making scope approved by organisation
- GS17.** plan and organize own work in a way that all activities are completed in time and as per specifications
- GS18.** plan and organize an efficient work environment based on customer and own comfort, procedure requirements, safety, etc.
- GS19.** display and employ empathy by understanding customer concerns and requirements regarding procedures while addressing their needs at all stages of engagement
- GS20.** provide customers with all relevant information regarding the procedure including time, requirements, processes and support available
- GS21.** ensure customer privacy and dignity is maintained at all times including considerations for appropriate levels of protection of customer information, customer attire, customer handling and manner of touch, addressing customers appropriately, etc.

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- GS22.** address problems related to availability of supply of materials, tool and equipment, by seeking appropriate assistance, reporting problems to appropriate authority, making alternative arrangements within approved procedures, etc.
- GS23.** account for multiple considerations and priorities and related cause and effect impact before taking decision related to own scope of work

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Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Preparing the workarea for procedures</i>	14	30	-	22
1. use appropriate personal protective equipment and/or work attire prior to carrying out the work in line with relevant occupational health & safety guidelines PPE: appropriate footwear; lab coat; mask; gloves; headgear, apron; etc.	2	3	-	2
2. assess potential risks related to work and implement relevant safety measures where applicable	1	3	-	3
3. obtain tools, equipment and materials required for the procedures specified in adequate quantity and designated containers (Tools & equipment: weighing scale, height measuring instrument, procedure support stands, etc.)	1	1	-	1
4. arrange the tools in a safe and convenient manner for ease of usage during the procedure	1	1	-	1
5. confirm that the selected tools and equipment are in working order and safe to handle	1	2	-	1
6. ensure the appropriate environmental conditions for procedures at the site based on the following parameters: (Parameters: neat & tidy; good ventilation; appropriate room temperature; adequately lighted; etc.)	1	3	-	2
7. check that appropriate space requirements for each customer for the duration and type of procedure, based on the following factors (Requirements: movement requirements of both client and the therapist, posture, height to avoid feeling of suffocation, privacy, etc.)	2	3	-	2
8. ensure that the environment is suitable for procedures of different types of clients including age, sex and purpose	1	3	-	2
9. check that the bed is set with comfortable mattress, pillows and clean linen	1	2	-	2

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
10. ensure any stands for support are stable, rightly positioned as per space and support requirements	1	3	-	2
11. change bed linen if soiled and after every procedure as per organisational standards	1	3	-	2
12. ensure clean towels and sanitizers are available for use as appropriate and positioned conveniently for use by customer and the therapist	1	3	-	2
<i>Post work activities</i>	8	14	-	12
13. rearrange the beds, pillows and stands as per standard requirements post the procedure	1	3	-	2
14. leave the work area in a safe condition after completing work	1	1	-	1
15. exercise safe working practices while dealing with tools and accessories	1	2	-	2
16. follow relevant electrical safety practices whenever required	2	2	-	2
17. return all tools, materials and equipment in appropriate storage location	1	3	-	2
18. collect used materials such as foot covers, towels, work clothes, etc. and deposit in the appropriate location for laundry service	1	1	-	1
19. report any work related problems or issues to appropriate personnel in line with relevant regulatory and safety requirements	1	2	-	2
NOS Total	22	44	-	34

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National Occupational Standards (NOS) Parameters

NOS Code	BWS/N2301
NOS Name	Prepare and maintain the work area for neurotherapy procedures
Sector	Beauty & Wellness
Sub-Sector	Alternate Therapy & Rejuvenation
Occupation	Neurotherapy Services
NSQF Level	3
Credits	1
Version	4.0
Last Reviewed Date	18/12/2025
Next Review Date	18/12/2028
NSQC Clearance Date	18/12/2025

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BWS/N2302: Carry out neurotherapy procedure as per recommendation

Description

This unit is specifically designed to prepare learners with the required learning outcomes for carrying out neurotherapy procedures as per recommendation. This also includes delivering these in a safe and hygienic manner bearing in mind customer comfort, privacy and dignity. The work is usually done independently but may sometimes be done with assistance of other co-workers. He/she is responsible for own outcomes and must perform the given work in accordance with relevant health and safety guidelines.

Scope

The scope covers the following :

- Pre-procedure activities
- Carry out procedures
- Post procedure activities

Elements and Performance Criteria

Pre-procedure activities

To be competent, the user/individual on the job must be able to:

1. use appropriate personal protective equipment and/or work attire prior to carrying out the work in line with relevant occupational health & safety guidelines PPE: appropriate footwear; lab coat; mask; gloves; headgear, apron; etc.
2. assess potential risks related to work and implement relevant safety measures where applicable
3. sanitise hands prior to procedure using appropriate sanitiser
4. ensure personal presentation and grooming is appropriate to convey a professional appearance
Personal presentation and grooming: e.g. neatly combed hair, washed and clean hands and face, clean uniform or clothes, trimmed nails, procedure cap and appropriate, odourless socks and footwear, etc
5. read and interpret correctly the neurotherapy procedure requirement given on the recommendation for the specific customer
6. estimate time requirements and convey the same to the customer prior to procedure based on procedure specifications and organisational standards
7. confirm that the materials, tools and equipment required for the procedure are available at hand and ready for use
8. greet the customer appropriately in a courteous manner
9. ensure to check that there are no new symptoms or conditions that may require attention prior to procedure
10. report any new symptoms or conditions to appropriate authority to check its implications for procedures or further customer advise
11. decline procedures where any new symptoms warrant further requirement or medical attention by informing the customer politely Symptoms: e.g. open wounds, fracture indicated by increasing swelling, unusual tenderness, etc

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- 12.** ensure customer is dressed comfortably and any watch, jewellery or mobile phones are stored away safely prior to commencement of procedure
- 13.** ensure that the customer is comfortable in the environment for procedure
- 14.** address any customer feedback, request or complaint regarding the environment to the customer satisfaction or appropriate level of resolution as per organisation standards
- 15.** ensure the set-up is as per procedure requirement and organisational standard, adjust the set-up as required for customer comfort and procedure requirements
- 16.** address and respond to customer queries with an appropriate response, provide accurate and relevant information where available, take personal responsibility to come back to the guest with relevant response where required information is not immediately available

Carry out procedure activities

To be competent, the user/individual on the job must be able to:

- 17.** politely and clearly instruct the customer to take appropriate position for the specific procedure to be given
- 18.** assist the customer with requisite physical support to achieve desired position, where required, in a professional manner Professional manner: e.g. take permission from the customer, do not touch the customer inappropriately, ensure customer comfort and dignity, check if the customer is comfortable during and after the shift, etc
- 19.** change the position of the supporting stands as required
- 20.** use materials like talcum powder in the required quantity and for approved purpose as per organisational or specified reference standards
- 21.** Provide holistic nutrition counselling aligned with Panch Vidhi Kriyas such as Tejas Kriya, Chit Shuddhi, Sanjeevini Kriya, Aushadh Kriya or more
- 22.** apply appropriate massage techniques and pressure as per specifications in the recommendation and standard practice in line with organisational and referenced standards
Massage techniques: e.g. feather touch or light massage, deep tissue massage Specifications: e.g. target bodily points (area) for massaging, duration, direction, number of repetitions, extent of pressure, etc.
- 23.** adhere to the specified sequence in which procedure is to be done as per the recommendation
- 24.** complete the procedure sequence within acceptable time frames as per organisational standards
- 25.** address issues that work against maintaining of a stress and anxiety free environment by ensuring timely and relevant information shared with customer, positive reinforcements, calm and pleasant work environment, etc.

Post work activities

To be competent, the user/individual on the job must be able to:

- 26.** check with the customer if they are satisfied with the procedure in a courteous manner
- 27.** check if the guest is experiencing any unusual discomfort post the procedure
- 28.** report any unusual symptoms or conditions to the senior therapist immediately
- 29.** thank customers for their patronage and wish them appropriately
- 30.** rearrange the beds, pillows and stands as per standard procedures post the procedure
- 31.** leave the work area in a safe condition after completing work
- 32.** return all tools, materials and equipment in appropriate storage location

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- 33.** collect used materials such as foot covers, towels, work clothes, etc. and deposit in the appropriate location for laundry service
- 34.** exercise safe working practices while dealing with tools and accessories
- 35.** encourage consistency in diet practices as part of a holistic wellness routine
- 36.** report any work related problems or issues to appropriate personnel in line with relevant regulatory and safety requirements
- 37.** update records as required post procedure in line with organizational standards

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** relevant health and safety requirements applicable in wellness neuro-therapy
- KU2.** own job role and responsibilities and sources for information pertaining to entitlements, job role and responsibilities
- KU3.** inter-dependent functions, lines and procedures
- KU4.** who to approach for support in order to obtain work related instructions, clarifications and support
- KU5.** importance of following health, hygiene, safety and quality standards and the impact of not following the standards on consumers and the business
- KU6.** relevant people and their responsibilities within the work area
- KU7.** scope of procedures offered by the organisation and related standards
- KU8.** use of appropriate personal protective equipment (PPE) while preparing for procedures and during procedures
- KU9.** identify hazards associated with the work and adhere to relevant health and safety practices
- KU10.** comply with relevant regulations and instructions related to patient procedure & management
- KU11.** range of materials used for neurotherapy procedures such as powders, etc.
- KU12.** list of tools and equipment used in neurotherapy procedures
- KU13.** importance of referring to information from reliable sources on procedures, practices and precautions
- KU14.** factors affecting safety, comfort and convenience of customers and workers in a neuro-therapy lab or site
- KU15.** how to estimate space requirements for customers, procedures and other related requirements
- KU16.** importance of returning all the used tools and equipment safely to their respective storage
- KU17.** importance and methodology of positioning stands and other support equipment
- KU18.** bed and pillow settings for procedures and types of clients
- KU19.** various body postures in which procedure is given and related adjustments to pillow, bed and stand arrangements or positions including one and half setting, angles, distance, etc.
- KU20.** various emergency conditions and related procedures
- KU21.** storage places and procedures for linen and other tools, materials and equipment
- KU22.** various body points on which pressure is applied and their significance

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- KU23.** various procedures and their purpose
- KU24.** various procedures and its specifications including points of massage or pressure, extent of pressure to be applied, direction, duration and frequency
- KU25.** various symptoms or conditions in which not to proceed with the procedures
- KU26.** various aspects of human dignity and precautions to be taken to protect someones dignity during procedure
- KU27.** different methodologies of massage including feather touch massage or deep tissue massage
- KU28.** correct procedures to apply pressure at various body points
- KU29.** difference between appropriate and inappropriate ways of touching patients
- KU30.** importance of customer privacy and confidentiality
- KU31.** importance of accurate record keeping
- KU32.** storage principles and importance of following correct storage methods
- KU33.** importance of not extending ones scope of authority and expertise while dealing with customers
- KU34.** importance of reporting issues and customer discomfort to seniors in a timely manner
- KU35.** stress, anxiety and their negative effects on health and well being
- KU36.** factors contributing to stress and how to contribute towards maintaining a stress anxiety free work environment
- KU37.** various elements of health and well being
- KU38.** importance of addressing customer complaints in a timely and effective manner
- KU39.** importance of customer feedback and taking action on it

Generic Skills (GS)

User/individual on the job needs to know how to:

- GS1.** write clearly and legibly in English, Hindi or the local language
- GS2.** write messages and information with descriptive text using short or long sentences and a range of technical and non-technical vocabulary
- GS3.** fill relevant activity records in log books, write in local language or English, procedure given, update stock records, etc.
- GS4.** record daily activities such as customer attendance, procedure time, nature of procedure, feedback, etc.
- GS5.** document age, sex, weight of customers
- GS6.** read English, Hindi or the local language appropriate to accurately interpret customer needs and procedures on customers forms and recommendation cards
- GS7.** read safety symbols or warning messages on materials, tools & equipment used
- GS8.** read instructions of information provided in local language related to work
- GS9.** speak in English, Hindi or the local language with clarity to convey messages, basic factual information using a range of technical and non-technical vocabulary
- GS10.** can ask simple questions of a factual nature and understand answers expressed in simple language.

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- GS11.** inform relevant authority of issues or any or problems in work area in any language understood locally
- GS12.** take instructions completely so that no instruction is missed or misunderstood
- GS13.** seek clarification and understanding where instructions are not clear in any language understood locally
- GS14.** use common procedure terms and technical jargon where required
- GS15.** when faced with difficult decisions seek clarification from seniors at work
- GS16.** take decisions at work within limits to authority and decision making scope approved by organisation
- GS17.** plan and organize own work in a way that all activities are completed in time and as per specifications
- GS18.** plan and organize an efficient work environment based on customer and own comfort, procedure requirements, safety, etc.
- GS19.** display and employ empathy by understanding customer concerns and requirements regarding procedures while addressing their needs at all stages of engagement
- GS20.** provide customers with all relevant information regarding the procedure including time, requirements, processes and support available
- GS21.** ensure customer privacy and dignity is maintained at all times including considerations for appropriate levels of protection of customer information, customer attire, customer handling and manner of touch, addressing customers appropriately, etc.
- GS22.** address problems related to availability of supply of materials, tool and equipment, by seeking appropriate assistance, reporting problems to appropriate authority, making alternative arrangements within approved procedures, etc.
- GS23.** account for multiple considerations and priorities and related cause and effect impact before taking decision related to own scope of work

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Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Pre-procedure activities</i>	12	16	-	16
1. use appropriate personal protective equipment and/or work attire prior to carrying out the work in line with relevant occupational health & safety guidelines PPE: appropriate footwear; lab coat; mask; gloves; headgear, apron; etc.	1	1	-	1
2. assess potential risks related to work and implement relevant safety measures where applicable	1	1	-	1
3. sanitise hands prior to procedure using appropriate sanitiser	1	1	-	1
4. ensure personal presentation and grooming is appropriate to convey a professional appearance Personal presentation and grooming: e.g. neatly combed hair, washed and clean hands and face, clean uniform or clothes, trimmed nails, procedure cap and appropriate, odourless socks and footwear, etc	1	1	-	1
5. read and interpret correctly the neurotherapy procedure requirement given on the recommendation for the specific customer	1	1	-	1
6. estimate time requirements and convey the same to the customer prior to procedure based on procedure specifications and organisational standards	1	1	-	1
7. confirm that the materials, tools and equipment required for the procedure are available at hand and ready for use	1	1	-	1
8. greet the customer appropriately in a courteous manner	1	1	-	1
9. ensure to check that there are no new symptoms or conditions that may require attention prior to procedure	-	1	-	1

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
10. report any new symptoms or conditions to appropriate authority to check its implications for procedures or further customer advise	-	1	-	1
11. decline procedures where any new symptoms warrant further requirement or medical attention by informing the customer politely Symptoms: e.g. open wounds, fracture indicated by increasing swelling, unusual tenderness, etc	1	1	-	1
12. ensure customer is dressed comfortably and any watch, jewellery or mobile phones are stored away safely prior to commencement of procedure	-	1	-	1
13. ensure that the customer is comfortable in the environment for procedure	1	1	-	1
14. address any customer feedback, request or complaint regarding the environment to the customer satisfaction or appropriate level of resolution as per organisation standards	-	1	-	1
15. ensure the set-up is as per procedure requirement and organisational standard, adjust the set-up as required for customer comfort and procedure requirements	1	1	-	1
16. address and respond to customer queries with an appropriate response, provide accurate and relevant information where available, take personal responsibility to come back to the guest with relevant response where required information is not immediately available	1	1	-	1
<i>Carry out procedure activities</i>	8	11	-	9
17. politely and clearly instruct the customer to take appropriate position for the specific procedure to be given	1	1	-	1
18. assist the customer with requisite physical support to achieve desired position, where required, in a professional manner Professional manner: e.g. take permission from the customer, do not touch the customer inappropriately, ensure customer comfort and dignity, check if the customer is comfortable during and after the shift, etc	1	1	-	1

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
19. change the position of the supporting stands as required	-	1	-	1
20. use materials like talcum powder in the required quantity and for approved purpose as per organisational or specified reference standards	1	1	-	1
21. Provide holistic nutrition counselling aligned with Panch Vidhi Kriyas such as Tejas Kriya, Chit Shuddhi, Sanjeevini Kriya, Aushadh Kriya or more	1	1	-	1
22. apply appropriate massage techniques and pressure as per specifications in the recommendation and standard practice in line with organisational and referenced standards Massage techniques: e.g. feather touch or light massage, deep tissue massage Specifications: e.g. target bodily points (area) for massaging, duration, direction, number of repetitions, extent of pressure, etc.	1	1	-	1
23. adhere to the specified sequence in which procedure is to be done as per the recommendation	1	1	-	1
24. complete the procedure sequence within acceptable time frames as per organisational standards	1	2	-	1
25. address issues that work against maintaining of a stress and anxiety free environment by ensuring timely and relevant information shared with customer, positive reinforcements, calm and pleasant work environment, etc.	1	2	-	1
<i>Post work activities</i>	3	13	-	12
26. check with the customer if they are satisfied with the procedure in a courteous manner	1	1	-	1
27. check if the guest is experiencing any unusual discomfort post the procedure	-	1	-	1
28. report any unusual symptoms or conditions to the senior therapist immediately	-	1	-	1
29. thank customers for their patronage and wish them appropriately	1	1	-	1

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
30. rearrange the beds, pillows and stands as per standard procedures post the procedure	-	1	-	1
31. leave the work area in a safe condition after completing work	-	1	-	1
32. return all tools, materials and equipment in appropriate storage location	1	1	-	1
33. collect used materials such as foot covers, towels, work clothes, etc. and deposit in the appropriate location for laundry service	-	1	-	1
34. exercise safe working practices while dealing with tools and accessories	-	1	-	1
35. encourage consistency in diet practices as part of a holistic wellness routine	-	1	-	1
36. report any work related problems or issues to appropriate personnel in line with relevant regulatory and safety requirements	-	2	-	1
37. update records as required post procedure in line with organizational standards	-	1	-	1
NOS Total	23	40	-	37

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National Occupational Standards (NOS) Parameters

NOS Code	BWS/N2302
NOS Name	Carry out neurotherapy procedure as per recommendation
Sector	Beauty & Wellness
Sub-Sector	Alternate Therapy & Rejuvenation
Occupation	Neurotherapy Services
NSQF Level	5
Credits	3
Version	5.0
Last Reviewed Date	18/12/2025
Next Review Date	18/12/2028
NSQC Clearance Date	18/12/2025

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BWS/N2303: Assess clients needs and recommend appropriate neurotherapy procedures for increased comfort and enhanced fitness

Description

This unit is specifically designed to prepare learners with the required learning outcomes for assessing clients needs and recommending appropriate wellness neurotherapy procedure. The job duties require the incumbent to thoroughly examine relevant discomfort points in the body and identify the level of the discomfort. The job holder should be capable of recommending appropriate procedure requirements and schedule to supplement the procedure. He/she must comply with any relevant procedure restrictions while recommending neurotherapy. Any related occupational health and safety required must be fulfilled while carrying work.

Scope

The scope covers the following :

- Documenting client's general health history for assessment
- Assessing client's needs and recommending appropriate neurotherapy procedure
- Suggesting appropriate diet and lifestyle
- Activities post client's needs assessment

Elements and Performance Criteria

Documenting client's general health history for assessment

To be competent, the user/individual on the job must be able to:

1. use appropriate personal protective equipment and/or work attire prior to carrying out the work in line with relevant occupational health & safety guidelines PPE: appropriate footwear; lab coat; mask; gloves; headgear, apron; etc
2. assess potential risks related to work and implement relevant safety measures where applicable
3. sanitise hands prior to procedure using appropriate sanitizer
4. obtain tools, equipment and materials required to carry out assessment of client's well-being
Tools & equipment: sphygmomanometer, weighing scale, thermometer, height measuring instrument, etc. Materials: powder
5. confirm that the selected tools and equipment are in working order and safe to handle
6. check that the client's activity or recommendation card is duly filled with necessary information such as name & address, age, gender, blood group, height, weight, etc.
7. ensure that valid consent of the client or that of closest kin is obtained wherever necessary
8. greet the customer appropriately in a courteous manner
9. respect client's rights and wishes relating to their consent, privacy, beliefs and dignity
10. confirm past or current health history of the client and document information in the recommendation card as per organization's standard procedures Information: e.g. complaints of medical conditions or diseases such autoimmune / inflammatory diseases, low blood pressure, heart diseases, diabetics, kidney problems, cancer, wounds, etc.; any allopathic medication; etc.

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- 11.** ensure that any references of symptoms and observations are recorded accurately in the client recommendation card
- 12.** clarify any unusual or arbitrary information related to client's health condition as per organization's standard procedures
- 13.** ensure that client's blood pressure and body temperature are measured using appropriate devices and techniques Assessing client's needs and recommending appropriate neurotherapy procedure

Assessing client's needs and recommending appropriate neurotherapy procedure

To be competent, the user/individual on the job must be able to:

- 14.** politely ask the client to lie down on the examination table in correct body alignment
- 15.** confirm if there are any injury, swelling or visual inflammation
- 16.** check acid and alkaline balance using appropriate methods Methods: pressing ring fingers; etc
- 17.** identify the appropriate discomfort to be checked as per client's needs Discomfort points: e.g. pan, gal, mu, liv, rt ov, spl, acid, gas l, etc.
- 18.** use approved pressing techniques to check discomfort points and confirm the level of discomfort
- 19.** seek client's guidance while determining the correct discomfort location and level of discomfort as per relevant organization's standard procedures
- 20.** ensure that the client continues with any ongoing allopathic procedure
- 21.** identify the appropriate type of procedure & schedule to be prepared in accordance with the assessment result Type of procedures: acid procedure; alkali/base procedure; normal procedure; ajay normal procedure; old nabhi set procedure; vater procedure; alkali procedure; etc.
- 22.** determine the appropriate duration and dose of neurotherapy procedure based on client's needs assessment
- 23.** confirm that the procedure schedule consists of required specifications relevant to the client's needs assessment Specifications: type of pressing techniques to be used (e.g. feather touch or light massage, deep tissue massage); procedure to be given by hands or legs; duration; direction; number of repetitions; extent of pressure; etc
- 24.** specify sequence in which procedure is to be given clearly in the client card as per organization's standard procedures
- 25.** adhere to relevant procedure restrictions in wellness neurotherapy
- 26.** confirm that procedure specifications and relevant indicators of discomfort level are documented accurately as per organization's standard procedures

Suggesting appropriate diet and lifestyle

To be competent, the user/individual on the job must be able to:

- 27.** recommend client with general healthy lifestyle such as appropriate sleeping, eating and bathing habits, etc.
- 28.** recommend appropriate diet, eating habits and prepare a supplementary chart
- 29.** advise client to follow correct body posture while lying down i.e. turn sideways, fold both legs at knees and lift up legs gently
- 30.** advise client with relevant physical exercises that can be performed at home

Activities post client's needs assessment

To be competent, the user/individual on the job must be able to:

- 31.** leave the work area in a safe condition after completing work

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32. exercise safe working practices while dealing with tools and accessories
33. follow relevant electrical safety practices whenever required
34. return all tools, material and equipment in appropriate storage location
35. collect used materials such as foot covers, towels, work clothes, etc. and deposit in the appropriate location for laundry service
36. report any work related problems or issues to appropriate personnel in line with relevant regulatory and safety requirements

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** relevant health and safety requirements applicable in wellness neuro-therapy
- KU2.** own job role and responsibilities and sources for information pertaining to entitlements, job role and responsibilities
- KU3.** inter-dependent functions, lines and procedures
- KU4.** who to approach for support in order to obtain work related instructions, clarifications and support
- KU5.** importance of following health, hygiene, safety and quality standards and the impact of not following the standards on consumers and the business
- KU6.** relevant people and their responsibilities within the work area
- KU7.** scope of procedures offered by the organisation and related standards
- KU8.** use of appropriate personal protective equipment and/or work attire required prior to assessing clients needs
- KU9.** identify hazards associated with the work and adhere to relevant health and safety practices
- KU10.** comply with relevant regulations and instructions related to wellness neurotherapy procedure
- KU11.** material used in the procedure such as powder
- KU12.** list of tools and equipment used in neurotherapy procedures
- KU13.** importance of referring to information from reliable sources on procedures, practices and precautions
- KU14.** factors affecting safety, comfort and convenience of customers and workers in a neuro-therapy lab or procedure center
- KU15.** importance of collecting client past and present health history in appropriate format accurately
- KU16.** approved neurotherapy techniques used to assess clients needs
- KU17.** range of neurotherapy discomfort points in human body
- KU18.** basic anatomy and physiology of human body
- KU19.** techniques used to determine the level of discomfort points
- KU20.** different types of neurotherapy procedures
- KU21.** how to determine procedure schedule
- KU22.** composition of a schedule
- KU23.** relation between general wellness and healthy lifestyle

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- KU24.** dos and donts in wellness neurotherapy procedure
- KU25.** basic knowledge of yogic exercises such as pranayama, suksma vyayam, etc.
- KU26.** importance of returning all the used tools and equipment safely to their respective storage
- KU27.** importance and methodology of positioning stands
- KU28.** determining appropriate duration and sequence of procedure
- KU29.** various body postures in which procedure is given and related adjustments to pillow, bed and stand arrangements or positions including various emergency conditions and related procedures
- KU30.** storage places and procedures for linen and other tools, materials and equipment

Generic Skills (GS)

User/individual on the job needs to know how to:

- GS1.** write clearly and legibly in English, Hindi or the local language
- GS2.** write messages and information with descriptive text using short or long sentences and a range of technical and non-technical vocabulary related to procedure
- GS3.** fill relevant activity records in log books, clients needs assessment in procedure cards write in local language or English, procedure records, etc.
- GS4.** document clients past and present health history in recommendation cards, nature of procedure, before and after procedure results, feedback, etc.
- GS5.** document age, sex, weight, blood group, blood pressure, etc.
- GS6.** read English, Hindi or the local language to accurately interpret customer needs and recommend procedure on client recommendation cards
- GS7.** read and comprehend clients previous health report or related documents wherever necessary
- GS8.** read safety symbols on materials, tools & equipment used
- GS9.** read any instructions of information provided in English, Hindi or local language related to work
- GS10.** speak in English, Hindi or the local language with clarity to convey messages, basic factual information using a range of technical and non-technical vocabulary
- GS11.** can ask simple questions of a factual nature and understand answers expressed in simple language
- GS12.** inform relevant authority of issues or any or problems in work area in any language understood locally
- GS13.** take instructions completely so that no instruction is missed or misunderstood
- GS14.** seek clarification and understanding where instructions are not clear in any language understood locally
- GS15.** use common procedure terms and technical jargon where required
- GS16.** when faced with difficult decisions seek clarification from immediate authority
- GS17.** take decisions at work within limits to authority and decision making scope approved by organisation
- GS18.** plan and organize own work in a way that all activities are completed in time and as per specifications

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- GS19.** plan and organize an efficient work environment based on customer and own comfort, procedure requirements, safety, etc.
- GS20.** display and employ empathy by understanding client concerns and requirements regarding procedures while addressing their needs at all stages of engagement
- GS21.** provide clients with all relevant information regarding the procedure including time, requirements, processes and support available
- GS22.** ensure clients privacy and dignity are maintained at all times including considerations for appropriate levels of protection of client information, client attire, client handling and manner of touch, addressing clients appropriately, etc.
- GS23.** address problems related to availability of effective delivery of procedure, supply of materials, tool and equipment, co-operation from client, reporting problems to immediate authority, making alternative arrangements within approved procedures, etc.
- GS24.** account for multiple considerations and priorities and related cause and effect impact before taking decision related to own scope of work
- GS25.** think critically of health conditions that are beyond the scope of neurotherapy procedure and refer to concern healthcare specialists if necessary

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Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Documenting client's general health history for assessment</i>	5	15	-	13
1. use appropriate personal protective equipment and/or work attire prior to carrying out the work in line with relevant occupational health & safety guidelines PPE: appropriate footwear; lab coat; mask; gloves; headgear, apron; etc	1	1	-	1
2. assess potential risks related to work and implement relevant safety measures where applicable	1	1	-	1
3. sanitise hands prior to procedure using appropriate sanitizer	-	1	-	1
4. obtain tools, equipment and materials required to carry out assessment of client's well-being Tools & equipment: sphygmomanometer, weighing scale, thermometer, height measuring instrument, etc. Materials: powder	-	1	-	1
5. confirm that the selected tools and equipment are in working order and safe to handle	-	1	-	1
6. check that the client's activity or recommendation card is duly filled with necessary information such as name & address, age, gender, blood group, height, weight, etc.	-	1	-	1
7. ensure that valid consent of the client or that of closest kin is obtained wherever necessary	-	1	-	1
8. greet the customer appropriately in a courteous manner	1	1	-	1
9. respect client's rights and wishes relating to their consent, privacy, beliefs and dignity	-	1	-	1

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
10. confirm past or current health history of the client and document information in the recommendation card as per organization's standard procedures Information: e.g. complaints of medical conditions or diseases such autoimmune / inflammatory diseases, low blood pressure, heart diseases, diabetics, kidney problems, cancer, wounds, etc.; any allopathic medication; etc.	-	1	-	1
11. ensure that any references of symptoms and observations are recorded accurately in the client recommendation card	-	1	-	1
12. clarify any unusual or arbitrary information related to client's health condition as per organization's standard procedures	1	2	-	1
13. ensure that client's blood pressure and body temperature are measured using appropriate devices and techniques Assessing client's needs and recommending appropriate neurotherapy procedure	1	2	-	1
<i>Assessing client's needs and recommending appropriate neurotherapy procedure</i>	9.5	21	-	13.5
14. politely ask the client to lie down on the examination table in correct body alignment	-	1	-	1
15. confirm if there are any injury, swelling or visual inflammation	1	1	-	1
16. check acid and alkaline balance using appropriate methods Methods: pressing ring fingers; etc	-	1	-	1
17. identify the appropriate discomfort to be checked as per client's needs Discomfort points: e.g. pan, gal, mu, liv, rt ov, spl, acid, gas l, etc.	1	1	-	1
18. use approved pressing techniques to check discomfort points and confirm the level of discomfort	1	2	-	1
19. seek client's guidance while determining the correct discomfort location and level of discomfort as per relevant organization's standard procedures	1	2	-	1
20. ensure that the client continues with any ongoing allopathic procedure	1	2	-	2

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
21. identify the appropriate type of procedure & schedule to be prepared in accordance with the assessment result Type of procedures: acid procedure; alkali/base procedure; normal procedure; ajoy normal procedure; old nabhi set procedure; vater procedure; alkali procedure; etc.	-	2	-	1
22. determine the appropriate duration and dose of neurotherapy procedure based on client's needs assessment	0.5	1	-	0.5
23. confirm that the procedure schedule consists of required specifications relevant to the client's needs assessment Specifications: type of pressing techniques to be used (e.g. feather touch or light massage, deep tissue massage); procedure to be given by hands or legs; duration; direction; number of repetitions; extent of pressure; etc	1	2	-	1
24. specify sequence in which procedure is to be given clearly in the client card as per organization's standard procedures	1	2	-	1
25. adhere to relevant procedure restrictions in wellness neurotherapy	1	2	-	1
26. confirm that procedure specifications and relevant indicators of discomfort level are documented accurately as per organization's standard procedures	1	2	-	1
<i>Suggesting appropriate diet and lifestyle</i>	2	4	-	4
27. recommend client with general healthy lifestyle such as appropriate sleeping, eating and bathing habits, etc.	1	1	-	1
28. recommend appropriate diet, eating habits and prepare a supplementary chart	1	1	-	1
29. advise client to follow correct body posture while lying down i.e. turn sideways, fold both legs at knees and lift up legs gently	-	1	-	1
30. advise client with relevant physical exercises that can be performed at home	-	1	-	1
<i>Activities post client's needs assessment</i>	0.5	7	-	5.5

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
31. leave the work area in a safe condition after completing work	-	1	-	1
32. exercise safe working practices while dealing with tools and accessories	-	1	-	1
33. follow relevant electrical safety practices whenever required	-	1	-	1
34. return all tools, material and equipment in appropriate storage location	-	1	-	1
35. collect used materials such as foot covers, towels, work clothes, etc. and deposit in the appropriate location for laundry service	-	1	-	1
36. report any work related problems or issues to appropriate personnel in linewith relevant regulatory and safety requirements	0.5	2	-	0.5
NOS Total	17	47	-	36

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National Occupational Standards (NOS) Parameters

NOS Code	BWS/N2303
NOS Name	Assess clients needs and recommend appropriate neurotherapy procedures for increased comfort and enhanced fitness
Sector	Beauty & Wellness
Sub-Sector	Alternate Therapy & Rejuvenation
Occupation	Neurotherapy Services
NSQF Level	4
Credits	3
Version	5.0
Last Reviewed Date	18/12/2025
Next Review Date	18/12/2028
NSQC Clearance Date	18/12/2025

Qualification Pack

BWS/N2304: Mentor or coach subordinate neurotherapists to improve work performance

Description

This unit covers one of the important work aspects of a senior wellness neurotherapists. The job holder is responsible for mentoring or coaching wellness neurotherapists in their personal development plans create progressive career paths provide learning guide etc. The incumbent performs the given job duty independently however, he/she must adhere to the core objectives of working in a team and corelation. He/she is responsible for own outcomes and must comply with relevant organizations policies and protocols.

Scope

The scope covers the following :

- Preparing for subordinate/s mentoring session
- Conducting mentoring session at work place
- Post mentoring activities

Elements and Performance Criteria

Preparing for subordinate/s mentoring session

To be competent, the user/individual on the job must be able to:

1. identify individual needs and expectations related to the work
2. confirm that the identified mentoring needs and expectations are in compliance with organizations policies and procedures
3. discuss mentoring objectives and develop suitable plans agreeable to subordinates within their scope of work
4. encourage subordinate therapists to participate in team building and planning activities
5. ensure that the suggested delivery plans are well documented and include the following information Information: individual focus area and development plans; frequency of mentoring requirements; work related training programs; progress reviews; assessing and measuring progress; etc.
6. obtain any relevant tools and materials required in carrying out workplace mentoring
7. ensure that the selected tools and materials are in working order and safe to use
8. check that the mentoring session is scheduled appropriately such that clients are not left attended

Conducting mentoring session at work place

To be competent, the user/individual on the job must be able to:

9. identify appropriate delivery methods based on the type of target subordinates and mentoring requirements Delivery methods: demonstrations, experiential learning, discussion, explanations, peer mentoring, presentations, etc.
10. apply appropriate techniques while carrying out mentoring or coaching Techniques: one-on-one session, in group session, feedback, etc.

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- 11.** facilitate individuals access to the required work related information, management and resources for personal development
- 12.** provide advice to individuals based on own knowledge and experience and facilitate individuals access to other sources of advice, wherever necessary
- 13.** ensure that subordinates are given the opportunity to share any innovative ideas and approaches related to work
- 14.** check that subordinates are duly addressed on relevant ethical practices related to wellness neurotherapy
- 15.** monitor their progress at work and provide timely feedback to enable them improve on their performance

Post mentoring activities

To be competent, the user/individual on the job must be able to:

- 16.** ensure that work area is kept tidy and ready for next use
- 17.** check that subordinates adhere to their scheduled work responsibilities
- 18.** document the mentoring activities with required information
- 19.** report any work related problems or issues to appropriate personnel in line with relevant regulatory and safety requirements

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** relevant health and safety requirements applicable in wellness neuro-therapy
- KU2.** own job role and responsibilities and sources for information pertaining to entitlements, job role and responsibilities
- KU3.** inter-dependent functions, lines and procedures
- KU4.** who to approach for support in order to obtain work related instructions, clarifications and support
- KU5.** importance of following health, hygiene, safety and quality standards and the impact of not following the standards on consumers and the business
- KU6.** relevant people and their responsibilities within the work area
- KU7.** scope of treatments offered by the organisation and related standards
- KU8.** identify hazards associated with the work and adhere to relevant health and safety practices
- KU9.** comply with relevant regulations and instructions related to wellness neurotherapy treatment
- KU10.** relevant mentoring delivery methods and practices
- KU11.** various techniques used to carry out mentoring
- KU12.** importance of feedback in mentoring
- KU13.** techniques used to measure progress in subordinate therapists
- KU14.** importance of identifying individual needs and expectations in a mentoring session
- KU15.** how to facilitate the promotion of personal development and career progression
- KU16.** effective management of clients and mentoring session during working hours
- KU17.** how to inculcate innovative ideas and approaches at work

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- KU18.** ethical practices in workplace
- KU19.** managing personal expectations within the scope of the organizations policies and procedures

Generic Skills (GS)

User/individual on the job needs to know how to:

- GS1.** write clearly and legibly in English, Hindi or the local language
- GS2.** write messages and information with descriptive text using short or long sentences and a range of technical and non-technical vocabulary related to mentoring or coaching session
- GS3.** fill relevant activity records in log books; document mentoring or coaching sessions in appropriate documents in local language or English; record or measure progress of subordinates; etc.
- GS4.** document target subordinates/participants; mentoring or coaching objectives; expected delivery outcomes; etc.
- GS5.** read English, Hindi or the local language to accurately interpret subordinates feedback, suggestions, ideas, views, etc.
- GS6.** read safety symbols on materials & tools used
- GS7.** read instructions of any information provided in local language related to work
- GS8.** speak in English, Hindi or the local language with clarity to convey messages, basic factual information using a range of technical and non-technical vocabulary
- GS9.** can ask simple questions of a factual nature and understand answers expressed in simple language
- GS10.** inform relevant authority of issues or any or problems in work area in any language understood locally
- GS11.** take instructions completely so that no instruction is missed or misunderstood
- GS12.** seek clarification and understanding where instructions are not clear in any language understood locally
- GS13.** use common treatment terms and technical jargon where required
- GS14.** when faced with difficult decisions seek clarification from immediate authority at work
- GS15.** take decisions at work within limits to authority and decision making scope approved by organisation
- GS16.** plan and organize own work in a way that all activities are completed in time and as per specifications
- GS17.** plan and organize an efficient work environment based on customer and own comfort, treatment requirements, safety, etc.
- GS18.** display and employ empathy by understanding subordinates concerns and requirements regarding career plans while addressing their needs at all stages of engagement
- GS19.** provide subordinates with all relevant information regarding personal development plans including time, requirements, processes and support available
- GS20.** address problems related to disagreements among subordinates and underperformance of subordinates by providing effective mentoring or coaching delivery plans, reporting unresolved problems to appropriate authority, making alternative arrangements within approved procedures, etc.

Qualification Pack

- GS21.** account for multiple considerations and priorities and related cause and effect impact before taking decision related to own scope of work

Qualification Pack

Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Preparing for subordinate/s mentoring session</i>	9	16	-	13
1. identify individual needs and expectations related to the work	1	2	-	2
2. confirm that the identified mentoring needs and expectations are in compliance with organizations policies and procedures	1	2	-	2
3. discuss mentoring objectives and develop suitable plans agreeable to subordinates within their scope of work	1	2	-	2
4. encourage subordinate therapists to participate in team building and planning activities	1	2	-	2
5. ensure that the suggested delivery plans are well documented and include the following information Information: individual focus area and development plans; frequency of mentoring requirements; work related training programs; progress reviews; assessing and measuring progress; etc.	2	3	-	2
6. obtain any relevant tools and materials required in carrying out workplace mentoring	1	1	-	1
7. ensure that the selected tools and materials are in working order and safe to use	1	1	-	1
8. check that the mentoring session is scheduled appropriately such that clients are not left attended	1	3	-	1
<i>Conducting mentoring session at work place</i>	13	19	-	16
9. identify appropriate delivery methods based on the type of target subordinates and mentoring requirements Delivery methods: demonstrations, experiential learning, discussion, explanations, peer mentoring, presentations, etc.	2	3	-	3
10. apply appropriate techniques while carrying out mentoring or coaching Techniques: one-on-one session, in group session, feedback, etc.	2	3	-	3

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
11. facilitate individuals access to the required work related information, management and resources for personal development	1	3	-	2
12. provide advice to individuals based on own knowledge and experience and facilitate individuals access to other sources of advice, wherever necessary	2	3	-	2
13. ensure that subordinates are given the opportunity to share any innovative ideas and approaches related to work	2	2	-	2
14. check that subordinates are duly addressed on relevant ethical practices related to wellness neurotherapy	2	2	-	2
15. monitor their progress at work and provide timely feedback to enable them improve on their performance	2	3	-	2
<i>Post mentoring activities</i>	4	5	-	5
16. ensure that work area is kept tidy and ready for next use	1	1	-	1
17. check that subordinates adhere to their scheduled work responsibilities	1	1	-	1
18. document the mentoring activities with required information	1	1	-	1
19. report any work related problems or issues to appropriate personnel in line with relevant regulatory and safety requirements	1	2	-	2
NOS Total	26	40	-	34

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National Occupational Standards (NOS) Parameters

NOS Code	BWS/N2304
NOS Name	Mentor or coach subordinate neurotherapists to improve work performance
Sector	Beauty & Wellness
Sub-Sector	Alternate Therapy & Rejuvenation
Occupation	Neurotherapy Services
NSQF Level	4
Credits	2
Version	5.0
Last Reviewed Date	18/12/2025
Next Review Date	18/12/2028
NSQC Clearance Date	18/12/2025

Qualification Pack

BWS/N2305: Mental well-being counselling and antarmukhikriya procedure

Description

This unit is specifically designed to prepare learners with the required learning outcomes for assessing clients mental and physical well-being conditions. The incumbent should be capable of deriving an appropriate neurotherapy procedure based on the results of the assessment. A master wellness therapist may suggest or guide senior neurotherapist with additional procedure requirements wherever necessary. The individual is expected to think through clients mental discomfort issues and follow an empathetic approach during the course of the procedure. He/she must comply with any relevant procedure restrictions while practicing this form of alternative medicine. Any related occupational well-being and safety required must be fulfilled while carrying work.

Scope

The scope covers the following :

- Assess state of client's mental well-being and history
- Determine appropriate procedure needs
- Suggest appropriate diet and lifestyle
- Activities post mental well-being assessment and procedure recommendation

Elements and Performance Criteria

Assess state of client's mental wellbeing history

To be competent, the user/individual on the job must be able to:

- PC1.** use appropriate personal protective equipment and/or work attire prior to carrying out the work in line with relevant occupational well-being & safety guidelines PPE: appropriate footwear; lab coat; mask; gloves; headgear, apron; etc.
- PC2.** assess potential risks related to work and implement relevant safety measures where applicable
- PC3.** sanitise hands prior to procedure using appropriate sanitizer
- PC4.** obtain tools, equipment and materials required to carry out assessment of client's mental well-being condition (Tools & equipment: blood pressure measuring device; weighing scale; height measuring instrument; etc.)
- PC5.** confirm that the selected tools and equipment are in working order and safe to handle
- PC6.** greet the customer appropriately in a courteous manner
- PC7.** ensure that the customer is comfortable in the environment for procedure
- PC8.** verify that the necessary preliminary well-being checks of the following parameters are completed (Parameters: blood pressure; skin colour; nail and tongue colours; etc.)
- PC9.** actively listen to client's well-being concerns and maintain an empathetic approach
- PC10.** ensure the procedures do not cause discomfort or discomfort to the customer
- PC11.** politely ask relevant questions to assess the state of client's social, psychological and emotional well-being

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- PC12.** seek client's involvement during the mental well-being assessment in accordance with standard organization's procedures
- PC13.** respect client's rights and wishes relating to their consent, privacy, beliefs and dignity
- PC14.** clarify any unusual or arbitrary information related to client's well-being condition as per organization's standard procedures

Determine appropriate procedure needs & counseling

To be competent, the user/individual on the job must be able to:

- PC15.** suggest or guide senior wellness neurotherapy in recommending appropriate procedure & schedule based on clients well-being assessment
- PC16.** confirm that the recommended procedure schedule consists of required specifications relevant to the clients well-being assessment (Specifications: type of pressing techniques to be used (e.g. feather touch or light massage, deep tissue massage); procedure to be given by hands or legs; duration; direction; number of repetitions; extent of pressure; etc.)
- PC17.** specify sequence in which procedure is to be given clearly in the client card as per organizations standard procedures
- PC18.** prepare procedure chart based on assessment of clients emotional behaviour such as anger, irritation, tolerance, concentration, social behaviour, anxiety, etc.
- PC19.** counsel and motivate client to regain positivity in personal, social and professional life
- PC20.** adhere to relevant procedure restrictions in wellness neurotherapy
- PC21.** confirm that procedure specifications and relevant indicators of discomfort level are documented accurately as per organizations standard procedures

Perform innerrejuvenation with antarmukhikriya

To be competent, the user/individual on the job must be able to:

- PC22.** ensure that the client is in a calm and relaxed state prior to starting the session
- PC23.** confirm that the client is seated in a comfortable posture with eyes closed
- PC24.** use approved techniques to carry out procedure as per organization required quality standards Techniques: antarmukhikriya (e.g. tejas kriya, sanjeevini kriya, chittashuddhi kriya and abhimantrit kriya)
- PC25.** adhere to appropriate procedure specifications in line with required organizations quality standards Specifications: rubbing technique; breathing technique; state of inner healing or meditation; body balancing posture; number of repetitions; sequence of procedure; etc.
- PC26.** complete the procedure sequence within acceptable time frames as per organisational standards
- PC27.** ensure that the client is informed of the next procedure session
- PC28.** adhere to appropriate procedure specifications in line with required organization's quality standards Specifications: rubbing technique; breathing technique; state of inner healing or meditation; body balancing posture; number of repetitions; sequence of procedure; etc.

Suggest appropriatediet and lifestyle

To be competent, the user/individual on the job must be able to:

- PC29.** recommend client with general well-being lifestyle such as appropriate sleeping, eating and bathing habits, etc.
- PC30.** recommend healthy diet, eating habits and prepare a supplementary diet chart in line with organizations quality standards

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PC31. advise client to follow correct body posture while lying down i.e. turn sideways, fold both legs at knees and gently lift up legs

PC32. advise client with relevant physical exercises that can be performed at home

Activities post mental wellbeing assessment and procedure recommendation

To be competent, the user/individual on the job must be able to:

PC33. leave the work area in a safe condition after completing work

PC34. exercise safe working practices while dealing with tools and accessories

PC35. follow relevant electrical safety practices whenever required

PC36. return all tools, material and equipment in appropriate storage location

PC37. collect any used materials such as foot covers, towels, work clothes, etc. and deposit in the appropriate location for laundry service

PC38. report any work related problems or issues to appropriate personnel in line with relevant regulatory and safety requirements

PC39. update records as required procedures post-procedure in line with organizational standards

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

KU1. relevant well-being and safety requirements applicable in wellness neurotherapy

KU2. own job role and responsibilities and sources for information pertaining to entitlements, job role and responsibilities

KU3. inter-dependent functions, lines and procedures

KU4. who to approach for support in order to obtain work related instructions, clarifications and support

KU5. importance of following well-being, hygiene, safety and quality standards and the impact of not following the standards on consumers and the business

KU6. relevant people and their responsibilities within the work area

KU7. scope of procedures offered by the organisation and related standards

KU8. use of appropriate personal protective equipment and/or work attire required prior to assessing clients well-being status

KU9. identify hazards associated with the work and adhere to relevant well-being and safety practices

KU10. comply with relevant regulations and instructions related to wellness neurotherapy procedure

KU11. list of tools and equipment used in neurotherapy procedures

KU12. importance of referring to information from reliable sources on procedures, practices and precautions

KU13. factors affecting safety, comfort and convenience of customers and workers in a neurotherapy lab or procedure center

KU14. importance of collecting client past and present well-being history in appropriate format accurately

KU15. approved neurotherapy techniques used to assess clients well-being conditions

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- KU16.** range of neurotherapy discomfort points in human body
- KU17.** basic anatomy and physiology of human body
- KU18.** techniques used to determine the level of discomfort points
- KU19.** different types of neurotherapy procedures
- KU20.** counseling and its application in the procedure of mental problems
- KU21.** steps involved in antamukhikriya : tejas, sanjeevini, chittashuddhi and abhimantrit
- KU22.** specifications comprising antarmukhikriya procedures
- KU23.** advantages of alternative medicines
- KU24.** how to determine procedure schedule
- KU25.** composition of a schedule
- KU26.** relation between general wellness and well-being lifestyle
- KU27.** dos and donts in wellness neurotherapy procedure
- KU28.** basic knowledge of yogic exercises such as pranayama, sukshma vyayam, etc.
- KU29.** importance of returning all the used tools and equipment safely to their respective storage
- KU30.** importance and methodology of positioning stands
- KU31.** determining appropriate duration and sequence of procedure
- KU32.** various body postures in which procedure is given and related adjustments to pillow, bed and stand arrangements or positions including various emergency conditions and related procedures
- KU33.** storage places and procedures for linen and other tools, materials and equipment

Generic Skills (GS)

User/individual on the job needs to know how to:

- GS1.** write clearly and legibly in English, Hindi or the local language
- GS2.** write messages and information with descriptive text using short or long sentences and a range of technical and non-technical vocabulary related to procedure
- GS3.** fill relevant activity records in log books; document mentoring or coaching sessions in appropriate documents in local language or English; record or measure progress of subordinates; etc.
- GS4.** document clients past and present well-being history in procedure cards, nature of procedure, before and after procedure results, feedback, etc.
- GS5.** document age, sex, weight, blood group, blood pressure, etc.
- GS6.** read English, Hindi or the local language to accurately interpret customer wellbeing problems and recommend procedure on client procedure cards
- GS7.** read clients and comprehend previous recommendation report or well-being assessment related documents wherever necessary
- GS8.** read safety symbols on materials, tools & equipment used
- GS9.** read any instructions of information provided in English, Hindi or local language related to work
- GS10.** speak in English, Hindi or the local language with clarity to convey messages, basic factual information using a range of technical and non-technical vocabulary

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- GS11.** can ask simple questions of a factual nature and understand answers expressed in simple language
- GS12.** inform relevant authority of issues or any or problems in work area in any language understood locally
- GS13.** take instructions completely so that no instruction is missed or misunderstood
- GS14.** seek clarification and understanding where instructions are not clear in any language understood locally
- GS15.** use common procedure terms and technical jargon where required
- GS16.** when faced with difficult decisions seek clarification from immediate authority at work
- GS17.** take decisions at work within limits to authority and decision making scope approved by organisation
- GS18.** plan and organize own work in a way that all activities are completed in time and as per specifications
- GS19.** plan and organize an efficient work environment based on customer and own comfort, procedure requirements, safety, etc.
- GS20.** display and employ empathy by understanding client concerns and requirements regarding procedures while addressing their needs at all stages of engagement
- GS21.** provide clients with all relevant information regarding the procedure including time, requirements, processes and support available
- GS22.** ensure clients privacy and dignity are maintained at all times including considerations for appropriate levels of protection of client information, client attire, client handling and manner of touch, addressing clients appropriately, etc.
- GS23.** address problems related to availability of effective delivery of procedure, supply of materials, tool and equipment, co-operation from client, reporting problems to immediate authority, making alternative arrangements within approved procedures, etc.
- GS24.** account for multiple considerations and priorities and related cause and effect impact before taking decision related to own scope of work

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Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Assess state of client's mental wellbeing history</i>	11	18	-	14.5
PC1. use appropriate personal protective equipment and/or work attire prior to carrying out the work in line with relevant occupational well-being & safety guidelines PPE: appropriate footwear; lab coat; mask; gloves; headgear, apron; etc.	1	1	-	1
PC2. assess potential risks related to work and implement relevant safety measures where applicable	1	1	-	1
PC3. sanitise hands prior to procedure using appropriate sanitizer	-	1	-	1
PC4. obtain tools, equipment and materials required to carry out assessment of client's mental well-being condition (Tools & equipment: blood pressure measuring device; weighing scale; height measuring instrument; etc.)	-	1	-	1
PC5. confirm that the selected tools and equipment are in working order and safe to handle	0.5	1	-	0.5
PC6. greet the customer appropriately in a courteous manner	0.5	1	-	1
PC7. ensure that the customer is comfortable in the environment for procedure	1	1	-	1
PC8. verify that the necessary preliminary well-being checks of the following parameters are completed (Parameters: blood pressure; skin colour; nail and tongue colours; etc.)	1	2	-	1.5
PC9. actively listen to client's well-being concerns and maintain an empathetic approach	1	2	-	1
PC10. ensure the procedures do not cause discomfort or discomfort to the customer	1	2	-	1.5
PC11. politely ask relevant questions to assess the state of client's social, psychological and emotional well-being	1	1	-	1

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
PC12. seek client's involvement during the mental well-being assessment in accordance with standard organization's procedures	1	1	-	1
PC13. respect client's rights and wishes relating to their consent, privacy, beliefs and dignity	1	1	-	1
PC14. clarify any unusual or arbitrary information related to client's well-being condition as per organization's standard procedures	1	2	-	1
<i>Determine appropriate procedure needs & counseling</i>	1.5	5	-	3.5
PC15. suggest or guide senior wellness neurotherapy in recommending appropriate procedure & schedule based on clients well-being assessment	-	0.5	-	0.5
PC16. confirm that the recommended procedure schedule consists of required specifications relevant to the clients well-being assessment (Specifications: type of pressing techniques to be used (e.g. feather touch or light massage, deep tissue massage); procedure to be given by hands or legs; duration; direction; number of repetitions; extent of pressure; etc.)	-	0.5	-	0.5
PC17. specify sequence in which procedure is to be given clearly in the client card as per organizations standard procedures	0.5	1	-	0.5
PC18. prepare procedure chart based on assessment of clients emotional behaviour such as anger, irritation, tolerance, concentration, social behaviour, anxiety, etc.	0.5	1	-	0.5
PC19. counsel and motivate client to regain positivity in personal, social and professional life	0.5	1	-	0.5
PC20. adhere to relevant procedure restrictions in wellness neurotherapy	-	0.5	-	0.5
PC21. confirm that procedure specifications and relevant indicators of discomfort level are documented accurately as per organizations standard procedures	-	0.5	-	0.5
<i>Perform innerrejuvenation with antarmukhikriya</i>	3.5	8.5	-	7

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
PC22. ensure that the client is in a calm and relaxed state prior to starting the session	1	1	-	1
PC23. confirm that the client is seated in a comfortable posture with eyes closed	0.5	1	-	0.5
PC24. use approved techniques to carry out procedure as per organization required quality standards Techniques: antarmukhikriya (e.g. tejas kriya, sanjeevini kriya, chittashuddhi kriya and abhimantrit kriya	-	1	-	1
PC25. adhere to appropriate procedure specifications in line with required organizations quality standards Specifications: rubbing technique; breathing technique; state of inner healing or meditation; body balancing posture; number of repetitions; sequence of procedure; etc.	-	1	-	1
PC26. complete the procedure sequence within acceptable time frames as per organisational standards	1	2	-	1.5
PC27. ensure that the client is informed of the next procedure session	1	1	-	1
PC28. adhere to appropriate procedure specifications in line with required organization's quality standards Specifications: rubbing technique; breathing technique; state of inner healing or meditation; body balancing posture; number of repetitions; sequence of procedure; etc.	-	1.5	-	1
<i>Suggest appropriatediet and lifestyle</i>	2.5	4	-	4
PC29. recommend client with general well-being lifestyle such as appropriate sleeping, eating and bathing habits, etc.	1	1	-	1
PC30. recommend healthy diet, eating habits and prepare a supplementary diet chart in line with organizations quality standards	0.5	1	-	0.5
PC31. advise client to follow correct body posture while lying down i.e. turn sideways, fold both legs at knees and gently lift up legs	1	1	-	1.5

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
PC32. advise client with relevant physical exercises that can be performed at home	-	1	-	1
<i>Activities post mental wellbeing assessment and procedure recommendation</i>	1.5	8.5	-	7
PC33. leave the work area in a safe condition after completing work	-	0.5	-	0.5
PC34. exercise safe working practices while dealing with tools and accessories	-	2	-	1.5
PC35. follow relevant electrical safety practices whenever required	1	1	-	1
PC36. return all tools, material and equipment in appropriate storage location	-	1	-	1
PC37. collect any used materials such as foot covers, towels, work clothes, etc. and deposit in the appropriate location for laundry service	-	1	-	1
PC38. report any work related problems or issues to appropriate personnel in line with relevant regulatory and safety requirements	-	1	-	1
PC39. update records as required procedures post-procedure in line with organizational standards	0.5	2	-	1
NOS Total	20	44	-	36

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National Occupational Standards (NOS) Parameters

NOS Code	BWS/N2305
NOS Name	Mental well-being counselling and antarmukhikriya procedure
Sector	Beauty & Wellness
Sub-Sector	Alternate Therapy & Rejuvenation
Occupation	Neurotherapy Services
NSQF Level	5
Credits	2
Version	4.0
Last Reviewed Date	18/12/2025
Next Review Date	18/12/2028
NSQC Clearance Date	18/12/2025

Qualification Pack

BWS/N9907: Use basic health and safety practices in neurotherapy workplace

Description

This OS unit is about knowledge and practices relating to health, safety and security that candidates need to use in the neurotherapy workplace. It covers responsibilities towards self, others, assets and the environment. It includes understanding of risks and hazards in the workplace, along with basic knowledge of common first aid applications, safe practices and accident prevention methods.

Scope

The scope covers the following :

- Maintain health and safety at the workplace

Elements and Performance Criteria

Maintain health and safety at the workplace

To be competent, the user/individual on the job must be able to:

1. use protective clothing/equipment in neurotherapy work (Protective clothing: appropriate footwear; lab coat; mask; gloves; headgear, apron; etc.)
2. state the name and location of people responsible for health and safety in the workplace
3. set up and position the equipment, relevant products and tools in the work area to meet legal, hygiene and safety requirements
4. clean and sterilize all tools and equipment before use
5. maintain one's posture and position to minimize fatigue and the risk of injury
6. state methods of accident prevention in the work environment of the job role
Methods of accident prevention: training in health and safety procedures; using health and safety procedures; use of equipment and working practices (such as safe carrying procedures); safety notices; instruction from colleagues and supervisors
7. apply good housekeeping practices at all times
Good housekeeping practices: clean/tidy work areas, removal/disposal of waste, etc.
8. lift, carry or move objects from one place to another using appropriate safe working practices
9. keep oneself updated on the knowledge of the first aid procedures
10. identify and document potential risks and hazards in the workplace
11. accurately maintain accident reports
12. report health and safety risks/ hazards to concerned personnel
13. use tools, equipment and relevant products in accordance with standard operation procedures

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** organizations policies and procedures to address risks and hazards

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- KU2.** health and safety requirements in the organization
- KU3.** health and safety hazards commonly present in the work environment and related precautions
- KU4.** possible causes of risk, hazard or accident in the workplace and why risk and/or accidents are possible
- KU5.** methods of accident prevention Methods of accident prevention: training in health and safety procedures; using health and safety procedures; use of equipment and working practices (such as safe carrying procedures); safety notices; instruction from colleagues and supervisors
- KU6.** safe working practices when working with tools and equipment
- KU7.** importance of using protective clothing/equipment while working
- KU8.** adherence to environmental management policies
- KU9.** precautionary activities to prevent the fire accident
- KU10.** content of written accident report
- KU11.** contraindications related to wellness neurotherapy procedures
- KU12.** how to sterilize and disinfect equipment/ tools
- KU13.** manufacturers instructions related to equipment and product use and cleaning
- KU14.** knowledge of applicable legislation relating to the workplace (for example, health and safety, workplace regulations, use of relevant work equipment and tools, etc.)

Generic Skills (GS)

User/individual on the job needs to know how to:

- GS1.** document reports, task lists, and schedules with co-workers in English or local language
- GS2.** prepare clients status and progress reports where ever necessary in English or local language
- GS3.** read clients procedure recommendation card and interpret clients needs correctly
- GS4.** read about new procedures and services with regards to the scope of work and in reference to the organizations operation framework
- GS5.** question coworkers appropriately in order to clarify instructions and other issues
- GS6.** give clear instructions to coworkers, subordinates and others
- GS7.** question client appropriately in order to understand the nature of needs
- GS8.** give clear instructions related to procedures to client
- GS9.** keep clients informed about neurotherapy procedures
- GS10.** avoid using jargon, slang or acronyms when communicating with client, unless it is required
- GS11.** make appropriate decisions pertaining to the scope of work and intended work objective; span of authority; responsibility; laid down procedure and guidelines, etc.
- GS12.** plan and organize own work schedule, work area, tools, equipment and materials to maintain decorum and for improved productivity
- GS13.** manage cordial relationships with clients who may be in discomfort and stress
- GS14.** show empathy and follow customer centric approach during neurotherapy procedures

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- GS15.** think through the problem, evaluate the possible solution(s) and suggest an optimum /best possible solution(s)
- GS16.** identify immediate or temporary solutions to resolve delays
- GS17.** identify sources of support that can be availed of for problem solving for various kind of problems
- GS18.** seek appropriate assistance from other sources to resolve problems
- GS19.** report problems that you cannot resolve to appropriate authority
- GS20.** identify cause and effect relations in their area of work
- GS21.** use cause and effect relations to anticipate potential problems and their solution
- GS22.** apply, analyze, and evaluate the information gathered from observation, experience, reasoning, or communication, as a guide to thought and action

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Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Maintain health and safety at the workplace</i>	28	39	-	33
1. use protective clothing/equipment in neurotherapy work(Protective clothing: appropriate footwear; lab coat; mask; gloves; headgear, apron; etc.)	2	3	-	3
2. state the name and location of people responsible for health and safety in the workplace	2	3	-	2
3. set up and position the equipment, relevant products and tools in the work area to meet legal, hygiene and safety requirements	2	4	-	3
4. clean and sterilize all tools and equipment before use	2	3	-	3
5. maintain one's posture and position to minimize fatigue and the risk of injury	2	3	-	3
6. state methods of accident prevention in the work environment of the job roleMethods of accident prevention: training in health and safety procedures; using health and safety procedures; use of equipment and working practices (such as safe carrying procedures); safety notices; instruction from colleagues and supervisors	2	2	-	2
7. apply good housekeeping practices at all timesGood housekeeping practices: clean/tidy work areas, removal/disposal of waste, etc.	3	3	-	3
8. lift, carry or move objects from one place to another using appropriate safe working practices	2	2	-	2
9. keep oneself updated on the knowledge of the first aid procedures	2	2	-	2
10. identify and document potential risks and hazards in the workplace	2	2	-	2
11. accurately maintain accident reports	2	3	-	3
12. report health and safety risks/ hazards to concerned personnel	2	5	-	2

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
13. use tools, equipment and relevant products in accordance with standard operation procedures	3	4	-	3
NOS Total	28	39	-	33

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National Occupational Standards (NOS) Parameters

NOS Code	BWS/N9907
NOS Name	Use basic health and safety practices in neurotherapy workplace
Sector	Beauty & Wellness
Sub-Sector	Alternate Therapy & Rejuvenation
Occupation	Neurotherapy Services
NSQF Level	3
Credits	1
Version	4.0
Last Reviewed Date	18/12/2025
Next Review Date	18/12/2028
NSQC Clearance Date	18/12/2025

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DGT/VSQ/N0103: Employability Skills (90 Hours)

Description

This unit is about employability skills, Constitutional values, becoming a professional in the 21st Century, digital, financial, and legal literacy, diversity and Inclusion, English and communication skills, customer service, entrepreneurship, and apprenticeship, getting ready for jobs and career development.

Scope

The scope covers the following :

- Introduction to Employability Skills
- Constitutional values - Citizenship
- Becoming a Professional in the 21st Century
- Basic English Skills
- Career Development & Goal Setting
- Communication Skills
- Diversity & Inclusion
- Financial and Legal Literacy
- Essential Digital Skills
- Entrepreneurship
- Customer Service
- Getting ready for Apprenticeship & Jobs

Elements and Performance Criteria

Introduction to Employability Skills

To be competent, the user/individual on the job must be able to:

- PC1.** understand the significance of employability skills in meeting the current job market requirement and future of work
- PC2.** identify and explore learning and employability relevant portals
- PC3.** research about the different industries, job market trends, latest skills required and the available opportunities

Constitutional values – Citizenship

To be competent, the user/individual on the job must be able to:

- PC4.** recognize the significance of constitutional values, including civic rights and duties, citizenship, responsibility towards society etc. and personal values and ethics such as honesty, integrity, caring and respecting others, etc.
- PC5.** follow environmentally sustainable practices

Becoming a Professional in the 21st Century

To be competent, the user/individual on the job must be able to:

- PC6.** recognize the significance of 21st Century Skills for employment

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- PC7.** practice the 21st Century Skills such as Self-Awareness, Behaviour Skills, time management, critical and adaptive thinking, problem-solving, creative thinking, social and cultural awareness, emotional awareness, learning to learn for continuous learning etc. in personal and professional life
- PC8.** adopt a continuous learning mindset for personal and professional development

Basic English Skills

To be competent, the user/individual on the job must be able to:

- PC9.** use basic English for everyday conversation in different contexts, in person and over the telephone
- PC10.** read and understand routine information, notes, instructions, mails, letters etc. written in English
- PC11.** write short messages, notes, letters, e-mails etc. in English

Career Development & Goal Setting

To be competent, the user/individual on the job must be able to:

- PC12.** identify career goals based on the skills, interests, knowledge, and personal attributes
- PC13.** prepare a career development plan with short- and long-term goals

Communication Skills

To be competent, the user/individual on the job must be able to:

- PC14.** follow verbal and non-verbal communication etiquette while communicating in professional and public settings
- PC15.** use active listening techniques for effective communication
- PC16.** communicate in writing using appropriate style and format based on formal or informal requirements
- PC17.** work collaboratively with others in a team

Diversity & Inclusion

To be competent, the user/individual on the job must be able to:

- PC18.** communicate and behave appropriately with all genders and PwD
- PC19.** escalate any issues related to sexual harassment at workplace according to POSH Act

Financial and Legal Literacy

To be competent, the user/individual on the job must be able to:

- PC20.** identify and select reliable institutions for various financial products and services such as bank account, debit and credit cards, loans, insurance etc.
- PC21.** carry out offline and online financial transactions, safely and securely, using various methods and check the entries in the passbook
- PC22.** identify common components of salary and compute income, expenses, taxes, investments etc
- PC23.** identify relevant rights and laws and use legal aids to fight against legal exploitation

Essential Digital Skills

To be competent, the user/individual on the job must be able to:

- PC24.** operate digital devices and use their features and applications securely and safely
- PC25.** carry out basic internet operations by connecting to the internet safely and securely, using the mobile data or other available networks through Bluetooth, Wi-Fi, etc.
- PC26.** display responsible online behaviour while using various social media platforms

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- PC27.** create a personal email account, send and process received messages as per requirement
- PC28.** carry out basic procedures in documents, spreadsheets and presentations using respective and appropriate applications
- PC29.** utilize virtual collaboration tools to work effectively

Entrepreneurship

To be competent, the user/individual on the job must be able to:

- PC30.** identify different types of Entrepreneurship and Enterprises and assess opportunities for potential business through research
- PC31.** develop a business plan and a work model, considering the 4Ps of Marketing Product, Price, Place and Promotion
- PC32.** identify sources of funding, anticipate, and mitigate any financial/ legal hurdles for the potential business opportunity

Customer Service

To be competent, the user/individual on the job must be able to:

- PC33.** identify different types of customers and ways to communicate with them
- PC34.** identify and respond to customer requests and needs in a professional manner
- PC35.** use appropriate tools to collect customer feedback
- PC36.** follow appropriate hygiene and grooming standards

Getting ready for apprenticeship & Jobs

To be competent, the user/individual on the job must be able to:

- PC37.** create a professional Curriculum vitae (Résumé)
- PC38.** search for suitable jobs using reliable offline and online sources such as Employment exchange, recruitment agencies, newspapers etc. and job portals, respectively
- PC39.** apply to identified job openings using offline /online methods as per requirement
- PC40.** answer questions politely, with clarity and confidence, during recruitment and selection
- PC41.** identify apprenticeship opportunities and register for it as per guidelines and requirements

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** need for employability skills and different learning and employability related portals
- KU2.** various constitutional and personal values
- KU3.** different environmentally sustainable practices and their importance
- KU4.** Twenty first (21st) century skills and their importance
- KU5.** how to use English language for effective verbal (face to face and telephonic) and written communication in formal and informal set up
- KU6.** importance of career development and setting long- and short-term goals
- KU7.** about effective communication
- KU8.** POSH Act
- KU9.** Gender sensitivity and inclusivity
- KU10.** different types of financial institutes, products, and services

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- KU11.** components of salary and how to compute income and expenditure
- KU12.** importance of maintaining safety and security in offline and online financial transactions
- KU13.** different legal rights and laws
- KU14.** different types of digital devices and the procedure to operate them safely and securely
- KU15.** how to create and operate an e- mail account
- KU16.** use applications such as word processors, spreadsheets etc.
- KU17.** how to identify business opportunities
- KU18.** types and needs of customers
- KU19.** how to apply for a job and prepare for an interview
- KU20.** apprenticeship scheme and the process of registering on apprenticeship portal

Generic Skills (GS)

User/individual on the job needs to know how to:

- GS1.** read and write different types of documents/instructions/correspondence in English and other languages
- GS2.** communicate effectively using appropriate language in formal and informal settings
- GS3.** behave politely and appropriately with all to maintain effective work relationship
- GS4.** how to work in a virtual mode, using various technological platforms
- GS5.** perform calculations efficiently
- GS6.** solve problems effectively
- GS7.** pay attention to details
- GS8.** manage time efficiently
- GS9.** maintain hygiene and sanitization to avoid infection

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Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Introduction to Employability Skills</i>	1	1	-	-
PC1. understand the significance of employability skills in meeting the current job market requirement and future of work	-	-	-	-
PC2. identify and explore learning and employability relevant portals	-	-	-	-
PC3. research about the different industries, job market trends, latest skills required and the available opportunities	-	-	-	-
<i>Constitutional values – Citizenship</i>	1	1	-	-
PC4. recognize the significance of constitutional values, including civic rights and duties, citizenship, responsibility towards society etc. and personal values and ethics such as honesty, integrity, caring and respecting others, etc.	-	-	-	-
PC5. follow environmentally sustainable practices	-	-	-	-
<i>Becoming a Professional in the 21st Century</i>	1	3	-	-
PC6. recognize the significance of 21st Century Skills for employment	-	-	-	-
PC7. practice the 21st Century Skills such as Self-Awareness, Behaviour Skills, time management, critical and adaptive thinking, problem-solving, creative thinking, social and cultural awareness, emotional awareness, learning to learn for continuous learning etc. in personal and professional life	-	-	-	-
PC8. adopt a continuous learning mindset for personal and professional development	-	-	-	-
<i>Basic English Skills</i>	3	4	-	-
PC9. use basic English for everyday conversation in different contexts, in person and over the telephone	-	-	-	-

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
PC10. read and understand routine information, notes, instructions, mails, letters etc. written in English	-	-	-	-
PC11. write short messages, notes, letters, e-mails etc. in English	-	-	-	-
<i>Career Development & Goal Setting</i>	1	2	-	-
PC12. identify career goals based on the skills, interests, knowledge, and personal attributes	-	-	-	-
PC13. prepare a career development plan with short- and long-term goals	-	-	-	-
<i>Communication Skills</i>	2	2	-	-
PC14. follow verbal and non-verbal communication etiquette while communicating in professional and public settings	-	-	-	-
PC15. use active listening techniques for effective communication	-	-	-	-
PC16. communicate in writing using appropriate style and format based on formal or informal requirements	-	-	-	-
PC17. work collaboratively with others in a team	-	-	-	-
<i>Diversity & Inclusion</i>	1	1	-	-
PC18. communicate and behave appropriately with all genders and PwD	-	-	-	-
PC19. escalate any issues related to sexual harassment at workplace according to POSH Act	-	-	-	-
<i>Financial and Legal Literacy</i>	2	3	-	-
PC20. identify and select reliable institutions for various financial products and services such as bank account, debit and credit cards, loans, insurance etc.	-	-	-	-
PC21. carry out offline and online financial transactions, safely and securely, using various methods and check the entries in the passbook	-	-	-	-

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
PC22. identify common components of salary and compute income, expenses, taxes, investments etc	-	-	-	-
PC23. identify relevant rights and laws and use legal aids to fight against legal exploitation	-	-	-	-
<i>Essential Digital Skills</i>	3	5	-	-
PC24. operate digital devices and use their features and applications securely and safely	-	-	-	-
PC25. carry out basic internet operations by connecting to the internet safely and securely, using the mobile data or other available networks through Bluetooth, Wi-Fi, etc.	-	-	-	-
PC26. display responsible online behaviour while using various social media platforms	-	-	-	-
PC27. create a personal email account, send and process received messages as per requirement	-	-	-	-
PC28. carry out basic procedures in documents, spreadsheets and presentations using respective and appropriate applications	-	-	-	-
PC29. utilize virtual collaboration tools to work effectively	-	-	-	-
<i>Entrepreneurship</i>	2	3	-	-
PC30. identify different types of Entrepreneurship and Enterprises and assess opportunities for potential business through research	-	-	-	-
PC31. develop a business plan and a work model, considering the 4Ps of Marketing Product, Price, Place and Promotion	-	-	-	-
PC32. identify sources of funding, anticipate, and mitigate any financial/ legal hurdles for the potential business opportunity	-	-	-	-
<i>Customer Service</i>	1	2	-	-
PC33. identify different types of customers and ways to communicate with them	-	-	-	-

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
PC34. identify and respond to customer requests and needs in a professional manner	-	-	-	-
PC35. use appropriate tools to collect customer feedback	-	-	-	-
PC36. follow appropriate hygiene and grooming standards	-	-	-	-
<i>Getting ready for apprenticeship & Jobs</i>	2	3	-	-
PC37. create a professional Curriculum vitae (Résumé)	-	-	-	-
PC38. search for suitable jobs using reliable offline and online sources such as Employment exchange, recruitment agencies, newspapers etc. and job portals, respectively	-	-	-	-
PC39. apply to identified job openings using offline /online methods as per requirement	-	-	-	-
PC40. answer questions politely, with clarity and confidence, during recruitment and selection	-	-	-	-
PC41. identify apprenticeship opportunities and register for it as per guidelines and requirements	-	-	-	-
NOS Total	20	30	-	-

Qualification Pack

National Occupational Standards (NOS) Parameters

NOS Code	DGT/VSQ/N0103
NOS Name	Employability Skills (90 Hours)
Sector	Cross Sectoral
Sub-Sector	Professional Skills
Occupation	Employability
NSQF Level	5
Credits	3
Version	1.0
Last Reviewed Date	18/12/2025
Next Review Date	18/12/2028
NSQC Clearance Date	18/12/2025

Assessment Guidelines and Assessment Weightage

Assessment Guidelines

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 criteria.
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

Qualification Pack

Minimum Aggregate Passing % at QP Level : 70

(Please note: Every Trainee should score a minimum aggregate passing percentage as specified above, to successfully clear the Qualification Pack assessment.)

Minimum Passing % at NOS Level: 50

(Please note: A Trainee must score the minimum percentage for each NOS separately as well as on the QP as a whole.)

Assessment Weightage

Compulsory NOS

National Occupational Standards	Theory Marks	Practical Marks	Project Marks	Viva Marks	Total Marks	Weightage
BWS/N2301.Prepare and maintain the work area for neurotherapy procedures	22	44	0	34	100	10
BWS/N2302.Carry out neurotherapy procedure as per recommendation	23	40	0	37	100	20
BWS/N2303.Assess clients needs and recommend appropriate neurotherapy procedures for increased comfort and enhanced fitness	17	47	0	36	100	20
BWS/N2304.Mentor or coach subordinate neurotherapists to improve work performance	26	40	0	34	100	10
BWS/N2305.Mental well-being counselling and antarmukhikriya procedure	20	44	0	36	100	20
BWS/N9907.Use basic health and safety practices in neurotherapy workplace	28	39	0	33	100	10
DGT/VSQ/N0103.Employability Skills (90 Hours)	20	30	-	-	50	10
Total	156	284	-	210	650	100

Qualification Pack

Acronyms

NOS	National Occupational Standard(s)
NSQF	National Skills Qualifications Framework
QP	Qualifications Pack
TVET	Technical and Vocational Education and Training

Qualification Pack

Glossary

Sector	Sector is a conglomeration of different business operations having similar business and interests. It may also be defined as a distinct subset of the economy whose components share similar characteristics and interests.
Sub-sector	Sub-sector is derived from a further breakdown based on the characteristics and interests of its components.
Occupation	Occupation is a set of job roles, which perform similar/ related set of functions in an industry.
Job role	Job role defines a unique set of functions that together form a unique employment opportunity in an organisation.
Occupational Standards (OS)	OS specify the standards of performance an individual must achieve when carrying out a function in the workplace, together with the Knowledge and Understanding (KU) they need to meet that standard consistently. Occupational Standards are applicable both in the Indian and global contexts.
Performance Criteria (PC)	Performance Criteria (PC) are statements that together specify the standard of performance required when carrying out a task.
National Occupational Standards (NOS)	NOS are occupational standards which apply uniquely in the Indian context.
Qualifications Pack (QP)	QP comprises the set of OS, together with the educational, training and other criteria required to perform a job role. A QP is assigned a unique qualifications pack code.
Unit Code	Unit code is a unique identifier for an Occupational Standard, which is denoted by an 'N'
Unit Title	Unit title gives a clear overall statement about what the incumbent should be able to do.
Description	Description gives a short summary of the unit content. This would be helpful to anyone searching on a database to verify that this is the appropriate OS they are looking for.
Scope	Scope is a set of statements specifying the range of variables that an individual may have to deal with in carrying out the function which have a critical impact on quality of performance required.

Qualification Pack

Knowledge and Understanding (KU)	Knowledge and Understanding (KU) are statements which together specify the technical, generic, professional and organisational specific knowledge that an individual needs in order to perform to the required standard.
Organisational Context	Organisational context includes the way the organisation is structured and how it operates, including the extent of operative knowledge managers have of their relevant areas of responsibility.
Technical Knowledge	Technical knowledge is the specific knowledge needed to accomplish specific designated responsibilities.
Core Skills/ Generic Skills (GS)	Core skills or Generic Skills (GS) are a group of skills that are the key to learning and working in today's world. These skills are typically needed in any work environment in today's world. These skills are typically needed in any work environment. In the context of the OS, these include communication related skills that are applicable to most job roles.
Electives	Electives are NOS/set of NOS that are identified by the sector as contributive to specialization in a job role. There may be multiple electives within a QP for each specialized job role. Trainees must select at least one elective for the successful completion of a QP with Electives.
Options	Options are NOS/set of NOS that are identified by the sector as additional skills. There may be multiple options within a QP. It is not mandatory to select any of the options to complete a QP with Options.