

Model Curriculum

Yoga Trainer

SECTOR: BEAUTY AND WELLNESS

SUB-SECTOR: ALTERNATE THERAPY

OCCUPATION: YOGA SERVICES

REFERENCE ID: BWS/Q2203, V1.0

NSQF LEVEL: 5



Certificate

CURRICULUM COMPLIANCE TO QUALIFICATION PACK – NATIONAL OCCUPATIONAL STANDARDS

is hereby issued by the

BEAUTY AND WELLNESS SECTOR SKILLS COUNCIL

for the

MODEL CURRICULUM

Complying to National Occupational Standards of
Job Role/ Qualification Pack: 'Yoga Trainer' QP No. BWS/Q2203, Level 5

Date of Issuance: 1st April 2017

Valid up to: 31st March 2019

* Valid up to the next review date of the Qualification Pack



Chairperson
(Beauty & Wellness Sector Skill Council)

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Yoga Trainer

CURRICULUM / SYLLABUS

This program is aimed at training candidates for the job of a “Yoga Trainer”, in the “Beauty and Wellness” Sector/Industry and aims at building the following key competencies amongst the learner.

Program Name	Yoga Trainer		
Qualification Pack Name and Reference ID.	BWS/Q2203, v1.0		
Version No.	1.0	Version Update Date	01-04-2017
Pre-requisites to Training	10 th Standard pass, preferably Diploma course in Yoga / Level 4 Yoga Instructor (BWS/Q2201) Mandatory 12- 36 months as a Yoga Instructor (BWS/Q2201)		
Training Outcomes	<p>After completing this programme, participants will be able to:</p> <ul style="list-style-type: none"> • Prepare and maintain work area: Prepare the equipment, products and work area ahead of service delivery to ensure the efficiency and effectiveness of conducting treatments considering the standards of operation of the salon. • Conduct the advanced yoga sessions: Work with groups and individuals, combining advanced poses, advanced breathing and meditation exercises to conduct yoga sessions. • Conduct hatha yoga sessions: Work with groups and individuals, combining poses, breathing and exercises for hatha yoga. • Maintain health and safety at the workplace: Maintain a safe and hygienic environment at the workplace to reduce potential risks to self and others. • Create a positive impression at work area: Create a positive impression at workplace for individuals to meet the personal grooming and behaviour requirements, execute tasks as per the organization's standards and communicate/record information in order. <p>Optional NOS:</p> <ul style="list-style-type: none"> • Conduct the bal yoga sessions: Work with children and adolescents in groups and individuals, combining poses, breathing and meditation exercises to conduct bal yoga sessions. • Conduct the mahila yoga sessions: Work with a group of ladies and individuals, combining poses, breathing and meditation exercises to conduct mahila yoga sessions. • Conduct the vridha yoga sessions: Work with groups of elderly and individuals, combining poses, breathing and meditation exercises to conduct vridha yoga sessions. 		

This course encompasses 5 out of 5 Compulsory NOS (National Occupational Standards) and 3 out of 3 Optional NOS of “Yoga Trainer” Qualification Pack issued by “Beauty and Wellness Sector Skill Council”.

COMPULSORY NOS:

Sr. No.	Module	Key Learning Outcomes	Equipment Required
1.	Introduction Theory Duration (hh:mm) 03:00 Practical Duration (hh:mm) 00:00	<ul style="list-style-type: none"> • Explain yoga • Identify the four streams of yoga • Identify the eight limbs of Ashtanga yoga • Explain the significance of Bahiranga yoga • Identify the parts of Bahiranga yoga and Antaranga yoga • Discuss unity and diversity • Explain the significance of yoga • Identify career opportunities in yoga • Describe the history of yoga 	<ul style="list-style-type: none"> • Yoga Hall • Yoga Mat
2.	Prepare and maintain work area Theory Duration (hh:mm) 01:00 Practical Duration (hh:mm) 08:00 Corresponding NOS Code BWS/N9001	<ul style="list-style-type: none"> • Prepare and identify types of products, materials etc required for the yoga services • Apply applicable legislation relating to the workplace (for example, health and safety, workplace regulations, use of work equipment, health hazards, handling/storage/ disposal/ cautions in the use of products/ tools/ equipment etc., fire precautions, occurrences, hygiene practice, disposal of waste, environmental protection etc. 	<ul style="list-style-type: none"> • Laptop • Whiteboard • Marker • Projector
3.	Conduct the advanced yoga sessions Theory Duration (hh:mm) 40:00 Practical Duration (hh:mm) 150:00 Corresponding NOS Code BWS/N2204	<ul style="list-style-type: none"> • State the principle of yoga • Describe ancient yoga text such as Bhagwat Gita, Patanjali Yoga Sutra, Narad Bhakti Sutra, Ramayana • Explain about Veda and Upanishad in relation to yoga • Illustrate the anatomy and physiology of human body systems • Define Yogic diet and explain the contents of a yogic diet • Narrate Shanti prayer, Yogic Mantra, Shanti Mantra 	<ul style="list-style-type: none"> • Yoga Mats • Mysore Rugs • Towels • Durries • Yoga Blankets

Sr. No.	Module	Key Learning Outcomes	Equipment Required
		<ul style="list-style-type: none"> Demonstrate Breathing-practices such as - hand in and out, hands stretch breathing, ankle stretch breathing, rabbit breathing, tiger breathing, dog breathing Exhibit Sithili Vyayama which includes Toe bending, Ankle bending, Ankle rotation, Knee bending, Knee rotation, Knee cap tightening, Half butterfly Full butterfly, Waist rotation, Wrist rotation, Shoulder rotation, Neck bending, Neck rotation. Demonstrate Loosening Practices (Sithalikarana Vyayama) such as - jogging practices - 4 variations. Perform mukhadhauti (standing), forward and backward bending (standing), side bending (standing), twisting (standing), hip twist (standing), toe touching (standing), swimming (standing), sit up (standing), butterfly (sitting), chapatti making (sitting), rope pulling (Rajju Karshanasana) (sitting), bhunmana (sitting), pascimatasana stretch (sitting), crow walk (sitting), camel walk (sitting), straight leg raising (single and both supine), cycling (supine), rocking and rolling (supine), jathara parivarthana kriya (supine), dorsal stretch (supine), naukasana swing (supine), pavana mukthasan kriya, bhujangasana parvathasana swing (prone), naukasana chalana (prone), dhanurasana swing (prone), salabha shalabhasana (prone) Demonstrate Sakti Vikasaka (Strengthening practice)- mani bandha sakti vikasaka (Wrist), karaprashta sakti vikasaka (Back of Hand), anguli sakti vikasaka (Fingers), khaponi sakti vikasaka (Elbows), bhuja bandha sakti vikasaka (Upper arms), skanda sakti vikasaka (Shoulders), griva sakti vikasaka – (Neck), kati sakti vikasaka (Back), janu sakti sakti vikasaka (Knee), jangha sakti sakti vikasaka (Thighs), pindali sakti sakti vikasaka (Calves) 	

Sr. No.	Module	Key Learning Outcomes	Equipment Required
		<ul style="list-style-type: none"> Demonstrate asana for meditation which include - Padmasana, vajrasana, sukhhasana, siddhasana, siddhiyoni asana, bhadrasana, dhyana veerasana Demonstrate various types of Pranayam techniques such as Bhastrika, vibhagiya pranayam, surya anuloma viloma, chandra anuloma viloma, nadi suddhi, sithili pranayama-cooling pranayama, sitkari pranayama - cooling pranayama, satanta - cooling pranayama, ujjai pranayama, bhramari pranayama Demonstrate asanas in sitting position such as Pascimatasana, GoMukhasana, Vakrasana, Aradha Matsyendrasana, Ustrasana, Mandukasana, Veerasana, Shankasana, Janu Sirasana, Matyasana, Lolasana (swinging pose), Garbhasana, Simhasana, Supta Vajrasana, Gau Mukhasana, Gupta Padmasana, Padma Prasar Pachimostasana, Ek Pada Padhosthanasana, etc. Demonstrate asanas in prone position such as Navasana, Bhujanagasana, Sarpasana, Salbhasana, Ardha Shalabhasana, Saral Dhanurasana, Dhanurasana, etc. Demonstrate asanas in supine position such as Sarvangasana, Chakrasana, Setu Bandhasana, Viparitha Karani, Halasana, etc. Demonstrate asanas in standing position such as Trikonasana, Ardhachakrasana, Garuda sana, Parshwakonasana, Pada Hastasana, Parivrita Trikonasana, Natvar Asana, Virshasana, etc. Exhibit Jalandhar bandas - Jalandhar Bandas, Moolbandas, Uddiyan Bandas Demonstrate MUDRAS like Nasagra Mudra, Chin Mudras, Chinmaya Mudra, Brahma Mudra, Adi Mudra, Bhairava Mudra, Shambhavi Mudra, Aswini Mudra, Yog Mudra Perform Suryanamaskar 	

Sr. No.	Module	Key Learning Outcomes	Equipment Required
4.	Conduct the hatha yoga sessions Theory Duration (hh:mm) 20:00 Practical Duration (hh:mm) 54:00 Corresponding NOS Code BWS/N2202	<ul style="list-style-type: none"> Perform patanjali yoga sutras Perform hatha yoga pradipika Perform gheranda samhita Perform shiva samhita Perform all the postures or techniques involved; their effects and implications Perform the application of yama and niyama Perform range of yoga practices and their potential effects. Perform yogic diet and yogic lifestyle Perform contraindication of yoga practices for specific conditions and circumstances 	<ul style="list-style-type: none"> Yoga Mats Mysore Rugs Towels Durries Yoga Blankets
5.	Maintain health and safety of work area Theory Duration (hh:mm) 04:00 Practical Duration (hh:mm) 08:00 Corresponding NOS Code BWS/N9002	<ul style="list-style-type: none"> Identify the contra-indications related to various yoga asanas and yoga postures Identify applicable legislation relating to the workplace (for example, health and safety, workplace regulations, use of work equipment, health hazards, handling/storage/ disposal/ cautions in performing asanas etc., fire precautions, occurrences, hygiene practice, disposal of waste if any, environmental protection, etc. 	<ul style="list-style-type: none"> Yoga Mats Mysore Rugs Towels Durries Yoga Blankets
6.	Create a positive impression at work area Theory Duration (hh:mm) 04:00 Practical Duration (hh:mm) 08:00 Corresponding NOS Code BWS/N9003	<ul style="list-style-type: none"> Communicate and behave in a professional manne when dealing with clients Identify how to manage client expectations Behave in a professional manner within the workplace Use effective communication techniques when dealing with clients Adapt methods of communication to suit different situations and client needs Use effective consultation techniques to identify treatment objectives 	<ul style="list-style-type: none"> Laptop Whiteboard Marker Projector

Sr. No.	Module	Key Learning Outcomes	Equipment Required
		<ul style="list-style-type: none"> Provide clear recommendations to the client Plan and organise service feedback Plan client scheduling and bookings and maintain the work area, equipment and product stocks to meet the schedule Maintain accurate records of clients, treatments and product stock levels Accept feedback in a positive manner and develop on the shortcomings 	
	COMPULSORY NOS: Total Duration: 300 Theory Duration 72:00 Practical Duration 228:00	Unique Equipment Required: <ul style="list-style-type: none"> Laptop, Whiteboard, Marker, Projector, First Aid Kit, Yoga Mats/ Mysore Rugs/ Towels /Durries Yoga Blankets 	

OPTIONS (Optional to choose any or all or none)

OPTION 1: Conduct the bal yoga sessions

Sr. No.	Module	Key Learning Outcomes	Equipment Required
1.	Conduct the bal yoga sessions Theory Duration (hh:mm) 08:00 Practical Duration (hh:mm) 24:00 Corresponding NOS Code BWS/N2208	<ul style="list-style-type: none"> Plan and provide appropriate opening and closure of the session through prayer/chanting/meditation Collect child's medical history, background, preferences from parents before starting the session Select and prioritise the use of yoga tools and techniques Modify and adapt the sequence of yoga practices appropriate to the needs of children Enlist and inform children about the various forms of yoga and its effect on body and mind Perform and demonstrate all yoga techniques to children and ensure compliance to safety and health standards Assist children to perform all yoga techniques effectively Evaluate exercises performed by children and recommend correction whenever required 	<ul style="list-style-type: none"> Yoga Mats Mysore Rugs Towels Durries Yoga Blankets

		<ul style="list-style-type: none"> Coordinate with senior yoga therapist and children's parents on yogic lifestyle counselling to ensure healthy body and mind 	
OPTION 1: Total Duration: 32:00 Theory Duration 8:00 Practical Duration 24:00	Unique Equipment Required: <ul style="list-style-type: none"> Yoga Mats/ Mysore Rugs/ Towels /Durries Yoga Blankets 		

OPTION 2: Conduct the mahila yoga sessions

Sr. No.	Module	Key Learning Outcomes	Equipment Required
1.	Conduct the mahila yoga sessions Theory Duration (hh:mm) 08:00 Practical Duration (hh:mm) 24:00 Corresponding NOS Code BWS/N2209	<ul style="list-style-type: none"> Plan and provide appropriate opening and closure of the session through prayer/chanting/meditation Determine which aspects of the guest's conditions, goals and aspirations might be addressed through Mahila yoga sessions Ask the guests about any poses causing any sort of discomfort to them Educate the guests about the benefits both baby and mother are gaining through this Mahila yoga sessions Select and prioritise the use of Mahila yoga tools and techniques Modify and adapt the sequence of yoga practices appropriate to the needs of guests Tell and inform guests about various forms of Mahila yoga and its effect on body and mind Apply yogic principles to conduct guest sessions to enhance well-being, overcome illness and live a healthier and more meaningful life Perform and demonstrate all Mahila yoga techniques to guests and ensure compliance to safety and health standards Assist guests to perform all Mahila techniques effectively 	<ul style="list-style-type: none"> Yoga Mats Mysore Rugs Towels Durries Yoga Blankets

OPTION 2: Total Duration: 32:00 Theory Duration 8:00 Practical Duration 24:00	Unique Equipment Required: <ul style="list-style-type: none"> Yoga Mats/ Mysore Rugs/ Towels /Durries, Yoga Blankets, Stove/ Electrical/ Gas Heater for Boiling Water, 5 Litre Kettle, Container (25 Ltrs-50 Ltrs Capacity), Yoga Cushions (optional)
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OPTION 3: Conduct the vridha yoga sessions

Sr. No.	Module	Key Learning Outcomes	Equipment Required
1.	Conduct the vridha yoga sessions Theory Duration (hh:mm) 08:00 Practical Duration (hh:mm) 24:00 Corresponding NOS Code BWS/N2210	<ul style="list-style-type: none"> Provide appropriate opening and closure of the session through prayer/ chanting/ meditation Collate information on guest's medical history, background, preferences, etc. before starting the Vridha yoga session Analyse the difficulties individuals are facing due to ageing in performing various Vridha yoga poses Plan and suggest guests to substitute warm-ups with brisk walking and joint movements Teach and demonstrate standing yoga poses triangle pose (konasana series) and standing spinal twist (kati chakrasanas) Teach and demonstrate sitting yoga poses butterfly pose, cradling (if possible), body rotation, cat stretch and child pose (shishu asana) Teach and demonstrate yoga poses which are performed lying on the back or stomach and focus on repetitions rather than holding any posture such as the cobra pose (bhujangasana), the locust poses (shalabhasana) or the knee to chin press (pawanmuktasana) Teach and demonstrate yoga nidra which is by far the most essential part of any yoga practice, and as age progresses, it becomes even more essential to help assimilate the effect of the asana practice into our system Modify and adapt the sequence of yoga practices appropriate to the needs of guests Inform guests about the various forms of Vridha yoga and its effect on body and mind Apply yogic principles to conduct Vridha yoga sessions to enhance well-being, overcome 	<ul style="list-style-type: none"> Yoga Mats Mysore Rugs Towels Durries Yoga Blankets

		<p>illness and live a healthier and more meaningful life</p> <ul style="list-style-type: none"> • Perform and demonstrate all Vridha yoga techniques to guests and ensure compliance to safety and health standards • Assist guests to perform all Vridha yoga techniques effectively • Evaluate exercises performed by guests and recommend correction whenever required 	
<p>OPTION 3:</p> <p>Total Duration 32:00</p> <p>Theory Duration 8:00</p> <p>Practical Duration 24:00</p>		<p>Unique Equipment Required:</p> <ul style="list-style-type: none"> • Yoga Mats/ Mysore Rugs/ Towels /Durries Yoga Blankets 	
<p>GRAND Total Duration</p> <p>Minimum Duration for the QP= <u>300 hrs</u></p> <p>Theory: <u>72 hrs</u></p> <p>Practical: <u>228 hrs</u></p> <p>Maximum Duration for the QP= <u>396 hrs</u></p> <p>Theory: <u>96 hrs</u></p> <p>Practical: <u>300 hrs</u></p>		<p>Unique Equipment Required for the QP:</p> <ul style="list-style-type: none"> • Yoga Mats/ Mysore Rugs/ Towels /Durries, Yoga Blankets, Stove/Electrical/ Gas Heater for Boiling Water, 5 Litre Kettle, Container (25 Ltrs-50 Ltrs Capacity), Yoga Cushions (optional) 	

(This syllabus/ curriculum has been approved by Beauty and Wellness Sector Skill Council)

Trainer Prerequisites for Job role: “Yoga Trainer” mapped to Qualification Pack: “BWS/Q2203, v1.0”

Sr. No.	Area	Details
1	Job Description	The Yoga Trainer is responsible to demonstrate the yoga postures, asanas, pranayamas, meditation and relaxation techniques for the guests. The individual must exhibit knowledge of the principles and practices of basic yogic techniques to explain and respond to the guest questions.
2	Personal Attributes	The person should have an aptitude for conducting training, and pre/post training needs to ensure competent, employable candidates. He/ She should have strong communication and interpersonal skills, ability to work as part of a team, and a well-organised and focused mindset with the eagerness to learn and keep oneself updated with the latest in the mentioned field.
3	Minimum Educational Qualifications	PG Diploma/ Diploma/ Certificate in Yoga with 5 years of experience, Or, MSc (Yoga) with 3 years of experience
4a	Domain Certification	Certified for Job Role: “Yoga Trainer” mapped to QP: BWS/Q2203. Minimum accepted score is 80%
4b	Platform Certification	Recommended that the Trainer is certified for the Job Role: “Trainer”, mapped to the Qualification Pack: “MEP/Q0102”. Minimum accepted score is 80%
5	Experience	PG Diploma/ Diploma/ Certificate in Yoga with 5 years’ experience Or, MSc (Yoga) with 3-year Experience

Annexure: Assessment Criteria

Assessment Criteria for Yoga Trainer	
Job Role	Yoga Trainer
Qualification Pack	BWS/ Q2203, v1.0
Sector Skill Council	Beauty and Wellness Sector Skill Council

Sr. No.	Guidelines for Assessment
1	Criteria for assessment for each Qualification Pack will be created by the Sector Skill Council. Each Performance Criteria (PC) will be assigned marks proportional to its importance in NOS. SSC will also lay down proportion of marks for Theory and Skills Practical for each PC
2	The assessment for the theory part will be based on knowledge bank of questions created by the
3	Individual assessment agencies will create unique question papers for theory part for each candidate at each examination/training centre (as per assessment criteria below)
4	Individual assessment agencies will create unique evaluations for skill practical for every student at each examination/training center based on this criterion
5	To pass the Qualification Pack, every trainee should score a minimum of 40% in generic NOS and 60% in core/ functional NOS
6	In case of successfully passing only certain number of NOS's, the trainee is eligible to take subsequent assessment on the balance NOS's to pass the Qualification Pack

Compulsory NOS
Total Marks: 500

Assessment Outcomes	Assessment Criteria for Outcomes	Total Marks	Out Of	Marks Allocation	
				Theory	Skills Practical
1. BWS/N9001 (Prepare and maintain work area)	PC1. ensure that environmental conditions are suitable for the client and the treatment to be carried out in a hygiene and safe environment	100	15	3	12
	PC2. select suitable equipment and products required for the treatment		19	5	14
	PC3. set up the equipment and prepare the products for treatments in adherence to the organization procedures and product/ equipment guidelines		20	4	16
	PC4. place the products in the trolley for the treatment		12	2	10
	PC5. sterilize, disinfect and place the tools on the tray		14	4	10
	PC6. dispose waste materials in adherence to the organization's and industry requirements		10	2	8
	PC7. store records, materials and equipment securely in line with the organization's policies		10	2	8
			100	22	78
2. BWS/N2204 (Conduct the advanced yoga sessions)	PC1. ensure appropriate ambience for guests to perform the advanced yoga session	100	2	1	1
	PC2. provide appropriate opening and closure of the session through prayer/chanting/meditation		3	1	2
	PC3. obtain permission/ notify the guest for a physical contact with the guest during session, if required		4	1	3
	PC4. obtain information on guest's medical history, background, preferences etc. before starting the session		4	1	3
	PC5. recognise, adjust, and adapt to specific guest needs in the evolving therapeutic/professional relationship		2	1	1
	PC6. recognise and manage the subtle dynamics inherent in the therapist/ guest relationship		2	1	1

Assessment Outcomes	Assessment Criteria for Outcomes	Total Marks	Out Of	Marks Allocation	
				Theory	Skills Practical
	PC7. implement effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the guest's progress, and cope with unique difficulties / successes		2	1	1
	PC8. transmit the value of self-awareness and self-responsibility throughout the therapeutic process		2	1	1
	PC9. develop and adjust appropriate practice strategies to the guest		2	1	1
	PC10. elicit the goals, expectations and aspirations of the guest		2	1	1
	PC11. integrate information from the intake, evaluation, and observation to develop a working assessment of the guest's condition, limitations and possibilities		2	1	1
	PC12. determine which aspects of the client/student's conditions, goals and aspirations might be addressed through advanced yoga sessions		2	1	1
	PC13. select and prioritise the use of advanced yoga tools and techniques		3	1	2
	PC14. modify and adapt the sequence of yoga practices appropriate to the needs of guest		4	1	3
	PC15. deliver appropriate practices for individuals as well as group, taking into consideration the assessment of their conditions, limitations, possibilities and the overall practice strategy		4	1	3
	PC16. provide instruction, demonstration, education of the guest using multi-model strategies of education such as audio-visual tools, kinaesthetic learning tools, etc.		2	1	1
	PC17. foster trust by establishing an appropriate therapeutic environment through privacy, confidentiality, and safety		3	1	2
	PC18. practise effective, guest-centred communication based upon a respect for and sensitivity to individual familial, cultural, social, ethnic and religious factors		3	1	2

Assessment Outcomes	Assessment Criteria for Outcomes	Total Marks	Out Of	Marks Allocation	
				Theory	Skills Practical
	PC19. gather feedback, re-assess and refine the practice to determine short-term or long-term goals and priorities		2	1	1
	PC20. address new and changing conditions, goals, aspirations and priorities of the guest and to provide appropriate support		2	1	1
	PC21. provide appropriate closure of the advanced yoga session		2	1	1
	PC22. accept and follow ethical principles and related concepts from the yoga tradition to professional interactions and relationships		4	1	3
	PC23. maintain neat and clean work area at all times		3	1	2
	PC24. inform guests about various advanced forms of yoga and its effect on body and mind		3	1	2
	PC25. use a broad range of mind-body-based healing tools in conjunction with exercise based on needs, ages, and ability levels to create effective practices against ailments		2	1	1
	PC26. apply yogic principles to conduct advanced yoga sessions for guest to enhance wellbeing, overcome illness and live a healthier and more meaningful life		4	1	3
	PC27. perform and demonstrate all advanced yoga techniques to guests and ensure compliance to safety and health standards		2	1	1
	PC28. assist guests to perform all advanced techniques effectively		4	1	3
	PC29. evaluate exercises performed by guests and recommend correction whenever required		2	1	1
	PC30. coordinate with senior Yoga Trainer and guests on yogic lifestyle counselling to ensure healthy body and mind		4	1	3
	PC31. ensure guest satisfaction and assist in answering all guest queries		2	1	1

Assessment Outcomes	Assessment Criteria for Outcomes	Total Marks	Out Of	Marks Allocation	
				Theory	Skills Practical
	PC32. store guest and equipment records, securely in line with the organization's policies		4	1	3
	PC33. leave the work area in a clean and hygienic condition suitable for further classes		4	1	3
	PC34. communicate any shortcomings to the supervisor		4	1	3
	PC35. carry out counselling of guests		4	1	3
			100	35	65
3. BWS/N2202 (Conduct hatha yoga sessions)	PC1. ensure appropriate ambience for participants/clients/ guests to perform the yoga session	100	2	1	1
	PC2. provide appropriate opening and closure of the session through prayer/chanting/meditation		3	1	2
	PC3. perform and instruct loosening exercises or sukshma vyayama as agreed with the guest and arrangement of the organisation		4	1	3
	PC4. perform and instruct classical asana as agreed with the guest and arrangement of the organisation		4	1	3
	PC5. perform and instruct pranayamas as agreed with the guest and arrangement of the organisation		4	1	3
	PC6. perform and instruct mudras and bandhas as agreed with the guest and arrangement of the organisation		4	1	3
	PC7. perform and instruct kriyas as agreed with the guest and arrangement of the organisation		4	1	3
	PC8. recognise, adjust, and adapt to specific client/student needs in the evolving professional relationship		2	1	1
	PC9. recognise and manage the subtle dynamics inherent in the client relationship		2	1	1
	PC10. implement effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the client's progress, and cope with unique difficulties / successes		2	1	1

Assessment Outcomes	Assessment Criteria for Outcomes	Total Marks	Out Of	Marks Allocation	
				Theory	Skills Practical
	PC11. transmit the value of self-awareness and self-responsibility throughout the therapeutic process		2	1	1
	PC12. develop and adjust appropriate practice strategies to the client		3	1	2
	PC13. elicit the goals, expectations and aspirations of the client/student		2	1	1
	PC14. integrate information from the intake, evaluation, and observation to develop a working assessment of the client's condition, limitations and possibilities		2	1	1
	PC15. determine which aspects of the client/student's conditions, goals and aspirations might be addressed through yoga		2	1	1
	PC16. deliver appropriate practices for individuals as well as group, taking into consideration the assessment of their conditions, limitations, possibilities and the overall practice strategy		3	1	2
	PC17. provide instruction, demonstration, education of the client/student using multi-model strategies of education such as audio-visual tools, kinaesthetic learning tools, etc.		3	1	2
	PC18. practice effective, client/student-centred communication based upon a respect for, and sensitivity to, individual familial, cultural, social, ethnic and religious factors		3	1	2
	PC19. gather feedback, re-assess and refine the practice to determine short-term or long-term goals and priorities		2	1	1
	PC20. address new and changing conditions, goals, aspirations and priorities of the student/client and to provide appropriate support		2	1	1
	PC21. accept and follow ethical principles and related concepts from the yoga tradition to professional interactions and relationships		2	1	1
	PC22. maintain neat and clean work area at all times		2	1	1

Assessable Outcome	Assessment Criteria	Total Marks	Out Of	Marks Allocation	
				Theory	Skills Practical
	PC23. inform clients/ guests/ participants in various forms of yoga and its effect on body and mind		3	1	2
	PC24. use a broad range of mind-body-based healing tools in conjunction with exercise based on needs, ages, and ability levels to create effective practices against ailments		3	1	2
	PC25. apply yogic principles to conduct client/ guest sessions to enhance wellbeing, overcome illness and live a healthier and more meaningful life		3	1	2
	PC26. perform and demonstrate all yoga techniques to guests and ensure compliance to safety and health standards		4	1	3
	PC27. assist guests to perform all techniques effectively		3	1	2
	PC28. evaluate exercises performed by guests and recommend correction whenever required		3	1	2
	PC29. coordinate with senior supervisors and guests on yogic lifestyle counselling to ensure healthy body and mind		2	1	1
	PC30. ensure customer satisfaction and assist in answering all client/ guest queries		2	1	1
	PC31. store client/ guest and equipment records, securely in line with the organization's policies		2	1	1
	PC32. leave the work area in a clean and hygienic condition suitable for further classes		2	1	1
	PC33. communicate any shortcomings to the supervisor		2	1	1
	PC34. assist the senior Yoga Trainer in designing courses, practice modules, schedules and the lesson plans		3	1	2
	PC35. assess the students'/ clients' progress and achievements		3	1	2
	PC36. assist the senior teachers to review the course modules and the teaching skills of yoga instructors		3	1	2

Assessment Outcomes	Assessment Criteria for Outcomes	Total Marks	Out Of	Marks Allocation	
				Theory	Skills Practical
	PC37. provide yogic counselling to the participants/ guests to set their long or short-term goals		3	1	2
			100	37	63
4. BWS/N9002 (Maintain health and safety at the workplace)	PC1. set up and position the equipment, chemicals, products and tools in the work area to meet legal, hygiene and safety requirements	100	10	3	7
	PC2. clean and sterilize all tools and equipment before use		10	3	7
	PC3. maintain one's posture and position to minimize fatigue and the risk of injury		10	3	7
	PC4. dispose waste materials in accordance to the industry accepted standards		12	2	10
	PC5. maintain first-aid kit and keep oneself updated on the first aid procedures		15	3	12
	PC6. identify and document potential risks and hazards in the workplace		10	3	7
	PC7. accurately maintain accident reports		10	3	7
	PC8. report health and safety risks/ hazards to concerned personnel		10	3	7
	PC9. use tools, equipment, chemicals and products in accordance with the salon's guidelines and manufacturers' instructions		13	3	10
			100	26	74
5. BWS/N9003 (Create a positive impression at the workplace)	PC1. maintain good health and personal hygiene	100	8	2	6
	PC2. comply with organisation's standards of grooming and personal behaviour		9	3	6
	PC3. meet the organisation's standards of courtesy, behaviour and efficiency		5	1	4
	PC4. stay free from intoxicants while on duty		6	1	5
	PC5. wear and carry organisation's uniform and accessories correctly and smartly		6	1	5
	PC6. take appropriate and approved actions in line with instructions and guidelines		6	2	4

Assessment Outcomes	Assessment Criteria for Outcomes	Total Marks	Out Of	Marks Allocation	
				Theory	Skills Practical
	PC7. record details related to tasks, as per procedure		5	2	3
	PC8. participate in workplace activities as a part of the larger team		5	1	4
	PC9. report to supervisor immediately in case there are any work issues		3	1	2
	PC10. use appropriate language, tone and gestures while interacting with clients from different cultural and religious backgrounds, age, disabilities and gender		7	2	5
	PC11. communicate procedure related information to clients based on the sector's code of practices and organisation's procedures/ guidelines		7	2	5
	PC12. communicate role related information to stakeholders in a polite manner and resolve queries, if any		7	2	5
	PC13. assist and guide clients to services or products based on their needs		4	1	3
	PC14. report and record instances of aggressive/ unruly behaviour and seek assistance		4	1	3
	PC15. use communication equipment (phone, email etc.) as mandated by your organization		4	1	3
	PC16. carry out routine documentation legibly and accurately in the desired format		4	1	3
	PC17. file routine reports and feedback		4	1	3
	PC18. maintain confidentiality of information, as required, in the role		6	2	4
			100	27	73
Optional NOS- Bal Yoga Trainer					
1. BWS/N2208 (Conduct the bal yoga sessions)	PC1. components that should be covered during the session <ul style="list-style-type: none"> • yoga • sloka • bhajans • meditation • chanting om and its essence • group activity 	100	3	1	2

Assessment Outcomes	Assessment Criteria for Outcomes	Total Marks	Out Of	Marks Allocation	
				Theory	Skills Practical
	<ul style="list-style-type: none"> moral values – skit/activity 				
	PC2. ensure appropriate ambience for the children to perform the Bal yoga		3	1	2
	PC3. provide appropriate opening and closure of the session through prayer/chanting/meditation		3	1	2
	PC4. obtain information of child's medical history, background, preferences from parents before starting the session		3	1	2
	PC5. work on enhancing child's resilience and coping frequency, thereby helping them adapt and cope with negative life events		3	1	2
	PC6. work on cultivating balanced psychological and physiological responses to stress, such as improved stress management reduced problematic stress responses decreased cortisol concentrations		3	1	2
	PC7. address the spiritual needs of the children and help to mould their character through value-based curriculum		3	1	2
	PC8. introduce children to various Indian scriptures (Ramayana, Bhagwat puran) and derive lessons of right values and moral principles		3	1	2
	PC9. provide a fun and non-competitive environment for children to internalize the teachings		3	1	2
	PC10. ensure that there is discipline and respect among children and for their respective teachers		3	1	2
	PC11. ensure that the teachings in class are inclusive and applicable to all children and their respective communities. The parents should feel comfortable reinforcing at home what is taught in classes		3	1	2
	PC12. implement effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the child's progress, and cope with unique difficulties / successes		3	1	2

Assessment Outcomes	Assessment Criteria for Outcomes	Total Marks	Out Of	Marks Allocation	
				Theory	Skills Practical
	PC13. transmit the value of self-awareness and self-responsibility throughout the process		3	1	2
	PC14. elicit the goals, expectations and aspirations of the child		3	1	2
	PC15. integrate information from the intake, evaluation, and observation to develop a working assessment of the child's condition, limitations and possibilities		3	1	2
	PC16. determine which aspects of the children's conditions, goals and aspirations might be addressed through Bal yoga		3	1	2
	PC17. select and prioritise the use of yoga tools and techniques		3	1	2
	PC18. modify and adapt the sequence of yoga practices appropriate to the needs of children		3	1	2
	PC19. deliver appropriate practices for individuals as well as group, taking into consideration the assessment of their conditions, limitations, possibilities and the overall practice strategy		3	1	2
	PC20. provide instruction, demonstration, education of the children using multi-model strategies of education such as audio-visual tools, kinaesthetic learning tools, etc.		3	1	2
	PC21. foster trust by establishing an appropriate environment through privacy, confidentiality, and safety		3	1	2
	PC22. practise effective student-centred communication based upon a respect for and sensitivity to individual familial, cultural, social, ethnic and religious factors		3	1	2
	PC23. gather feedback, re-assess and refine the practice to determine short-term or long-term goals and priorities		3	1	2
	PC24. accept and follow ethical principles and related concepts from the yoga tradition to professional interactions and relationships		3	1	2

Assessment Outcomes	Assessment Criteria for Outcomes	Total Marks	Out Of	Marks Allocation	
				Theory	Skills Practical
	PC25. inform children about the various forms of yoga and its effect on body and mind		3	1	2
	PC26. use a broad range of mind-body-based healing tools in conjunction with exercise based on needs, ages, and ability levels to create effective practices against ailments		3	1	2
	PC27. apply yogic principles while conducting sessions to enhance wellbeing, overcome illness and live a healthier and more meaningful life		3	1	2
	PC28. perform and demonstrate all yoga techniques to children and ensure compliance to safety and health standards		3	1	2
	PC29. assist children to perform all techniques effectively		3	1	2
	PC30. evaluate exercises performed by children and recommend correction whenever required		3	1	2
	PC31. coordinate with senior yoga therapist and children parents on yogic lifestyle counselling to ensure healthy body and mind		3	1	2
	PC32. ensure customer satisfaction and assist in answering all queries that the children may have		3	1	2
	PC33. leave the work area in a clean and hygienic condition suitable for further classes		2	1	1
	PC34. communicate any shortcomings to the supervisor		2	1	1
			100	34	66
Optional NOS- Mahila Yoga Trainer					
2. BWS/N2209 (Conduct the mahila yoga sessions)	PC1. ensure appropriate ambience for guests to perform the Mahila yoga sessions	100	3	1	2
	PC2. provide appropriate opening and closure of the session through prayer/chanting/meditation		3	1	2
	PC3. obtain permission/ notify the client for a physical contact with the guest during session, if required		3	1	2

Assessment Outcomes	Assessment Criteria for Outcomes	Total Marks	Out Of	Marks Allocation	
				Theory	Skills Practical
	PC4. obtain information on guest's medical history, background, preferences etc. before starting the session		3	1	2
	PC5. recognise, adjust, and adapt to specific guest needs in the evolving professional relationship		3	1	2
	PC6. recognise and manage the subtle dynamics inherent in the teacher /guest relationship		3	1	2
	PC7. implement effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the guest's progress, and cope with unique difficulties / successes		3	1	2
	PC8. transmit the value of self-awareness and self-responsibility throughout the process		3	1	2
	PC9. develop and adjust appropriate practice strategies to the guest		3	1	2
	PC10. integrate information from the intake, evaluation, and observation to develop a working assessment of the guest's condition, limitations and possibilities		3	1	2
	PC11. determine which aspects of the guest's conditions, goals and aspirations might be addressed through Mahila yoga sessions		3	1	2
	PC12. understand from guests, poses causing any sort of discomfort to them		3	1	2
	PC13. educate the guests on benefits both baby and mother are gaining through this Mahila yoga sessions		3	1	2
	PC14. select and prioritise the use of Mahila yoga tools and techniques.		3	1	2
	PC15. modify and adapt the sequence of yoga practices appropriate to the needs of guests		3	1	2
	PC16. deliver appropriate practices for individuals as well as group, taking into consideration the assessment of their conditions, limitations, possibilities and the overall practice strategy		3	1	2

Assessment Outcomes	Assessment Criteria for Outcomes	Total Marks	Out Of	Marks Allocation	
				Theory	Skills Practical
	PC17. provide instruction, demonstration, education of the guests using multi-model strategies of education such as audio-visual tools, kinaesthetic learning tools, etc.		3	1	2
	PC18. foster trust by establishing an appropriate environment through privacy, confidentiality, and safety		3	1	2
	PC19. practise effective, guest-centred communication based upon a respect for, and sensitivity to, individual familial, cultural, social, ethnic and religious factors		3	1	2
	PC20. gather feedback, re-assess and refine the practice to determine short-term or long-term goals and priorities		3	1	2
	PC21. address new and changing conditions, goals, aspirations and priorities of the guest and to provide appropriate support		3	1	2
	PC22. accept and follow ethical principles and related concepts from the yoga tradition to professional interactions and relationships		3	1	2
	PC23. maintain neat and clean work area at all times		3	1	2
	PC24. inform guests in various forms of Mahila yoga and its effect on body and mind		3	1	2
	PC25. use a broad range of mind-body-based healing tools in conjunction with exercise based on needs, ages, and ability levels to create effective practices against ailments		3	1	2
	PC26. apply yogic principles to conduct guest sessions to enhance wellbeing, overcome illness and live a healthier and more meaningful life		3	1	2
	PC27. perform and demonstrate all Mahila yoga techniques to guests and ensure compliance to safety and health standards		3	1	2
	PC28. assist guests to perform all Mahila techniques effectively		3	1	2

Assessment Outcomes	Assessment Criteria for Outcomes	Total Marks	Out Of	Marks Allocation	
				Theory	Skills Practical
	PC29. evaluate exercises performed by guests and recommend correction whenever required		3	1	2
	PC30. coordinate with senior Yoga Trainer and guests on yogic lifestyle counselling to ensure healthy body and mind		3	1	2
	PC31. ensure guest satisfaction and assist in answering all guest queries		3	1	2
	PC32. store guest and equipment records, securely in line with the organization's policies		3	1	2
	PC33. leave the work area in a clean and hygienic condition suitable for further classes		2	1	1
	PC34. communicate any shortcomings to the supervisor		2	1	1
			100	34	66
Optional NOS- Vridha Yoga Trainer					
3. BWS/N2210 (Conduct the vridha yoga sessions)	PC1. ensure appropriate ambience for the elderly guests to perform the Vridha yoga sessions	100	3	1	2
	PC2. provide appropriate opening and closure of the session through prayer/chanting/meditation		3	1	2
	PC3. obtain permission/ notify the guests for a physical contact with the guest during Vridha yoga session, if required		3	1	2
	PC4. obtain information on guest's medical history, background, preferences etc before starting the Vridha yoga session		3	1	2
	PC5. recognise, adjust, and adapt to specific client/student needs in the evolving therapeutic/professional relationship		3	1	2
	PC6. recognise and manage the subtle dynamics inherent in the teacher/ guest relationship		3	1	2
	PC7. analyse the difficulties individuals are facing due to ageing in performing various Vridha yoga poses		3	1	2

Assessment Outcomes	Assessment Criteria for Outcomes	Total Marks	Out Of	Marks Allocation	
				Theory	Skills Practical
	PC8. suggest guests to substitute warm-ups with brisk walking and joint movements		3	1	2
	PC9. teach standing yoga poses triangle pose (konasana series) and standing spinal twist (kati chakrasanas)		4	1	3
	PC10. teach sitting yoga poses butterfly pose, cradling (if possible), body rotation, cat stretch and child pose (shishu asana)		3	1	2
	PC11. teach yoga poses which are performed lying on the back or stomach and focuses on repetitions rather than holding any posture such as the cobra pose (bhujangasana), the locust pose (shalabhasana) or the knee to chin press (pawanmuktasana)		3	1	2
	PC12. teach yoga nidra which is by far the most essential part of any yoga practice, and as age progresses, it becomes even more essential to help assimilate the effect of the asana practice into our system		3	1	2
	PC13. implement effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the guest's progress, and cope with unique difficulties / successes		3	1	2
	PC14. transmit the value of self-awareness and self-responsibility throughout the process		3	1	2
	PC15. modify and adapt the sequence of yoga practices appropriate to the needs of guests		3	1	2
	PC16. deliver appropriate practices for individuals as well as group, taking into consideration the assessment of their conditions, limitations, possibilities and the overall practice strategy		3	1	2
	PC17. foster trust by establishing an appropriate environment through privacy, confidentiality, and safety		3	1	2

Assessment Outcomes	Assessment Criteria for Outcomes	Total Marks	Out Of	Marks Allocation	
				Theory	Skills Practical
	PC18. practise effective, guest-centred communication based upon a respect for, and sensitivity to, individual familial, cultural, social, ethnic and religious factors		3	1	2
	PC19. gather feedback, re-assess and refine the practice to determine short-term or long-term goals and priorities		3	1	2
	PC20. address new and changing conditions, goals, aspirations and priorities of the guest and to provide appropriate support		3	1	2
	PC21. accept and follow ethical principles and related concepts from the yoga tradition to professional interactions and relationships		3	1	2
	PC22. maintain neat and clean work area at all times		3	1	2
	PC23. inform guests about the various forms of Vridha yoga and its effect on body and mind		3	1	2
	PC24. use a broad range of mind-body-based healing tools in conjunction with exercise based on needs, ages, and ability levels to create effective practices against ailments		3	1	2
	PC25. apply yogic principles to conduct Vridha yoga sessions to enhance wellbeing, overcome illness and live a healthier and more meaningful life		3	1	2
	PC26. perform and demonstrate all Vridha yoga techniques to guests and ensure compliance to safety and health standards		3	1	2
	PC27. assist guests to perform all Vridha yoga techniques effectively		3	1	2
	PC28. evaluate exercises performed by guests and recommend correction whenever required		3	1	2
	PC29. coordinate with senior Yoga Trainer and guests on yogic lifestyle counselling to ensure healthy body and mind		3	1	2
	PC30. ensure guest satisfaction and assist in answering all guest queries		3	1	2

Assessment Outcomes	Assessment Criteria for Outcomes	Total Marks	Out Of	Marks Allocation	
				Theory	Skills Practical
	PC31. store guest and equipment records, securely in line with the organization's policies		3	1	2
	PC32. leave the work area in a clean and hygienic condition suitable for further classes		3	1	2
	PC33. communicate any shortcomings to the supervisor		3	1	2
			100	33	67