

## QUALIFICATION FILE-Heritage-Traditional (Unorganized)

### Yoga Prashikshan - Kanishtha Sahayak

### योग प्रशिक्षण – कनिष्ठ सहायक

Short Term Training (STT)  Long Term Training (LTT)  Apprenticeship

Upskilling  Dual/Flexi Qualification  For ToT  For ToA

General  Multi-skill (MS)  Cross Sectoral (CS)  Future Skills

NCrF/NSQF Level: 2.5

Submitted By:

Maharshi Sandipani Rashtriya Vedavidya Pratishthan,  
Vedavidya Marg, Chintaman Ganesh, Po: Jawasiya, Ujjain – 456006

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## Section1: Basic Details

1.	<b>Qualification Name</b>	Yoga Prashikshan Kanishtha Sahayak योग प्रशिक्षण – कनिष्ठ सहायक							
2.	<b>Sector/s</b>	Educational							
3.	<b>Type of Qualification</b> <input checked="" type="checkbox"/> New <input type="checkbox"/> Revised <input type="checkbox"/> Has Electives/Options	<b>NQR Code &amp; version of the existing /previous qualification:</b> <i>(change to previous, once approved) N/A</i>	<b>Qualification Name of the existing version:</b> <i>(previous, once approved) N/A</i>						
4.	<b>National Qualification Register (NQR) Code&amp;Version</b> <i>(Will be issued after NSQC approval)</i>	QG-2.5-ET-01488-2023-V1-MSRVVP	5. NCrF/NSQFLevel: 2.5						
6.	<b>Award (Certificate/Diploma/ Advanced Diploma/Any Other)</b> <i>(Wherever applicable specify multiple entry/exits also &amp; provide details in annexure)</i>	Certificate							
7.	<b>Brief Description of the Qualification</b>	The Candidates will acquire knowledge of Yoga Therapy and Mantra application in daily life.							
8.	<b>Eligibility Criteria for Entry for Student/Trainee/Learner/Employee</b>	<b>a. Entry Qualification &amp;Relevant Experience:</b> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 10%;">S. No.</th> <th style="width: 50%;">Academic/Skill Qualification (with Specialization - if applicable)</th> <th style="width: 40%;">Relevant Experience (with Specialization - if applicable)</th> </tr> </thead> <tbody> <tr> <td></td> <td> <ul style="list-style-type: none"> <li>8<sup>th</sup> Grade pass and pursuing continuous education.</li> <li>8<sup>th</sup> Grade pass with 1 year experience.</li> <li>9<sup>th</sup> Grade pass.</li> <li>Basic knowledge of Yoga and Proficiency in reading and writing with five years' experience in</li> </ul> </td> <td></td> </tr> </tbody> </table>		S. No.	Academic/Skill Qualification (with Specialization - if applicable)	Relevant Experience (with Specialization - if applicable)		<ul style="list-style-type: none"> <li>8<sup>th</sup> Grade pass and pursuing continuous education.</li> <li>8<sup>th</sup> Grade pass with 1 year experience.</li> <li>9<sup>th</sup> Grade pass.</li> <li>Basic knowledge of Yoga and Proficiency in reading and writing with five years' experience in</li> </ul>	
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	<ul style="list-style-type: none"> <li>8<sup>th</sup> Grade pass and pursuing continuous education.</li> <li>8<sup>th</sup> Grade pass with 1 year experience.</li> <li>9<sup>th</sup> Grade pass.</li> <li>Basic knowledge of Yoga and Proficiency in reading and writing with five years' experience in</li> </ul>								

		<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">                     relevant field and minimum age 15 years.                 </div> <p><b>b. Age: 15</b></p>																			
<b>9.</b>	<b>Credits Assigned to this Qualification</b> (as per National Credit Framework (NCrF))	08	<b>10. Common Cost Norm Category (I/II/III)</b> (wherever applicable):																		
<b>11.</b>	<b>Any Licensing Requirements for Undertaking Training on This Qualification</b> (wherever applicable)	No																			
<b>12.</b>	<b>Training Duration by Modes of Training Delivery</b> (Specify <b>Total Duration</b> as per selected training delivery modes and as per requirement of the qualification)	<input checked="" type="checkbox"/> <b>Offline Only</b> <input type="checkbox"/> <b>Online Only</b> <input type="checkbox"/> <b>Blended</b>																			
		<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="width: 20%;">Training Delivery Modes</th> <th style="width: 15%;">Theory (Hours)</th> <th style="width: 15%;">Practical (Hours)</th> <th style="width: 15%;">OJT Mandatory (Hours)</th> <th style="width: 15%;">ES Mandatory (Hours)</th> <th style="width: 20%;">Total (Hours)</th> </tr> </thead> <tbody> <tr> <td><b>Classroom (offline)</b></td> <td>80</td> <td>100</td> <td>30</td> <td>30</td> <td>240</td> </tr> <tr> <td><b>Online</b></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table> <p><i>(Refer Blended Learning Annexure for details)</i></p>		Training Delivery Modes	Theory (Hours)	Practical (Hours)	OJT Mandatory (Hours)	ES Mandatory (Hours)	Total (Hours)	<b>Classroom (offline)</b>	80	100	30	30	240	<b>Online</b>					
Training Delivery Modes	Theory (Hours)	Practical (Hours)	OJT Mandatory (Hours)	ES Mandatory (Hours)	Total (Hours)																
<b>Classroom (offline)</b>	80	100	30	30	240																
<b>Online</b>																					
<b>13.</b>	<b>Aligned to NCO/ISCO Code/s</b> (if code is not available, then mention the same)	NCO - 2351.9900																			
<b>14.</b>	<b>Progression Path After Attaining the Qualification</b> (Please show Professional and Academic progression) (wherever applicable)	Academic Progression - Candidates can proceed to level 3 on completion  Learning Outcomes- <ul style="list-style-type: none"> <li>Candidates will gain basic knowledge of yoga and yogic practices (Sukshma vyayama, suryanamaskar, yogasana, pranayama, shatkarma and vedic mantra meditation therapy)</li> <li>Enhance knowledge of different branches of yoga and bhagwad geeta.</li> </ul>																			

		<ul style="list-style-type: none"> <li>• Will develop fundamental sense of health and its relevance with yoga and ayurveda.</li> <li>• Will learn recitation of shiv sankalp sukt, medha sukt, yoga sutra (samadhi pad) and bhagwad geeta (chapter 1 to 5) in a proficient and skillful manner.</li> <li>• Promote joyful learning of Yoga.</li> <li>• Discuss the rich history and origin of Yoga heritage of Ancient India.</li> </ul>
15.	<b>Other Indian Languages in which the Qualification &amp; Model Curriculum are being Submitted</b>	Hindi
16.	<b>Is similar Qualification(s) available on NQR-if yes, justification for this qualification</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No URLs of similar Qualifications:
17.	<b>Is the Job Role Amenable to Persons with Disability</b>	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> If "Yes", specify applicable type of Disability:
18.	<b>How participation of women will be encouraged?</b>	This course is gender neutral.
19.	<b>Are Greening/ Environment Sustainability Aspects Covered</b> (Specify the NOS/Module which covers it), wherever applicable	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
20.	<b>Is Qualification Suitable to be Offered in Schools/Colleges</b>	Schools <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Colleges <input type="checkbox"/> Yes <input type="checkbox"/> No
21.	<b>Name and Contact Details of Submitting / Awarding Body SPOC</b> (In case of CS or MS, provide details of both Lead AB & Supporting ABs)	<b>Name:</b> Maharshi Sandipani Rashtriya Veda Vidya Prtishthan <b>Email:</b> msrvvpunj@gmail.com <b>Contact No.:</b> 9425431375 <b>Website:</b> msrvvp.ac.in
22.	<b>Final Approval Date by NSQC: 23/06/2023</b>	<b>23. Validity Duration: 3 years</b> <b>24. Next Review Date: 23/06/2026</b>

## Section 2: Module Summary

### NOS/s of Qualifications

(In exceptional cases these could be described as components)

#### Mandatory NOS/s:

Specify the training duration and assessment criteria at NOS/ Module level. For further details refer curriculum document.

*Th.-Theory Pr.-Practical OJT-On the Job Man.-Mandatory Training Rec.-Recommended Proj.-Project*

S. No	NOS/Module Name	NOS/Module Code & Version (if applicable)	Core/ Non-Core	NCrF/ NSQF Level	Credits as per NCrF	Training Duration (Hours)					Assessment Marks					Weightage (%) (if applicable)
						Th.	Pr.	OJT-Man.	OJT-Rec.	Total	Th.	Pr.	Proj.	Viva	Total	
1.	Introduction to skill India Mission & role of yoga prashikshan kanishtha sahayak	<b>MSRVVP/YPK01</b> <b>NOS Version- 1.0</b>			06	05	00	00		15	2					
2.	Origin and history of yoga	<b>MSRVVP/YPK02</b> <b>NOS Version- 1.0</b>	Core	2.5		05	05	00			3	5	20	10	100	
3.	Different branches of Yoga	<b>MSRVVP/YPK03</b> <b>NOS Version- 1.0</b>	Core	2.5		07	08	00		15	2	5				
4.	Yoga and Health	<b>MSRVVP/YPK04</b> <b>NOS Version- 1.0</b>	Core	2.5		10	00	05		15	3	5				
5.	Bhagwad Geeta	<b>MSRVVP/YPK05</b> <b>NOS Version- 1.0</b>	Core	2.5		10	15	05		30	5	5				
6.	Different yogic practises (sukshma vyayama, suryanamaskar, yogasanas)	<b>MSRVVP/YPK06</b> <b>NOS Version- 1.0</b>	Core	2.5		15	40	05		60	7	8				
7.	Introduction to Pranayama and Shatkarmas	<b>MSRVVP/YPK07</b> <b>NOS Version- 1.0</b>	Core	2.5		10	10	10		30	3	5				
8.	Diet and nutrition (in reference with yoga and ayurveda)	<b>MSRVVP/YPK08</b> <b>NOS Version- 1.0</b>	Core	2.5		08	07	00		15	3	5				

S. No	NOS/Module Name	NOS/Module Code & Version (if applicable)	Core/Non-Core	NCrF/NSQF Level	Credits as per NCrF	Training Duration (Hours)					Assessment Marks					Weightage (%) (if applicable)
						Th.	Pr.	OJT-Man.	OJT-Rec.	Total	Th.	Pr.	Proj.	Viva	Total	
9.	Meditation and Vedic Mantra Therapy (Shivsankalp Sukt etc.)	MSRVVP/YPK09 NOS Version- 1.0	Core	2.5		10	15	05		30	2	2				
10.	Employability Skills	MSRVVP/YPK10 NOS Version- 1.0				30				30						
<b>Duration (in Hours) / Total Marks</b>						110	100	30		240	30	40	20	10	100	

**Elective NOS/s:**

S. No	NOS/Module Name	NOS/Module Code & Version (if applicable)	Core/Non-Core	NCrF/NSQF Level	Credits as per NCrF	Training Duration (Hours)					Assessment Marks					Weightage (%) (if applicable)
						Th.	Pr.	OJT-Man.	OJT-Rec.	Total	Th.	Pr.	Proj.	Viva	Total	
11.																
12.																
<b>Duration (in Hours) / Total Marks</b>																

**Optional NOS/s:**

S. No	NOS/Module Name	NOS/Module Code & Version (if applicable)	Core/Non-Core	NCrF/NSQF Level	Credits as per NCrF	Training Duration (Hours)					Assessment Marks					Weightage (%) (if applicable)
						Th.	Pr.	OJT-Man.	OJT-Rec.	Total	Th.	Pr.	Proj.	Viva	Total	
1.																
2.																
<b>Duration (in Hours) / Total Marks</b>																

## Assessment - Minimum Qualifying Percentage

Please specify any one of the following:

**Minimum Pass Percentage –Aggregate at qualification level: 40%**(Every Trainee should score specified minimum aggregate passing percentage at qualification level to successfully clear the assessment.)

**Minimum Pass Percentage –NOS/Module-wise:40%**(Every Trainee should score specified minimum passing percentage in each mandatory and selected elective NOS/Module to successfully clear the assessment.)

## Section 3: Training Related

1.	<b>Trainer’s Qualification and experience in the relevant sector (in years) (as per NCVET guidelines)</b>	<ul style="list-style-type: none"><li>• Veda Vibhushan/ Moolanta with knowledge of Yoga and yogic practices with 2 year of teaching experience in Yoga</li><li style="text-align: center;">Or</li><li>• Bachelor’s Degree in Veda with 2 year of teaching experience in Yoga</li><li style="text-align: center;">Or</li><li>• Bachelor’s Degree in yoga and 2 years of relevant experience with knowledge of veda.</li><li style="text-align: center;">Or</li><li>• One year Certificate/Diploma in Yoga education with minimum 2 year of teaching experience in Yoga</li><li style="text-align: center;">Or</li><li>• Traditional Practitioner with 10 years of experience in the relevant field.</li><li>• Recommended that the Trainer is certified for the Job Role: “Trainer (VET &amp; skills)”, mapped to the Qualification Pack: “MEP/Q2601, v2”. The minimum accepted score is 80%</li></ul>
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2.	<b>Master Trainer's Qualification and experience in the relevant sector (in years) (as per NCVET guidelines)</b>	<ul style="list-style-type: none"> <li>• Veda Vibhushan/ Moolanta with knowledge of Yoga and yogic practices with 5 years' experience in Yoga</li> <li style="text-align: center;">Or</li> <li>• Diploma in Yoga education with 4 years of teaching experience in knowledge of Veda</li> <li style="text-align: center;">Or</li> <li>• Master's Degree in Yoga with 3 years of teaching experience in knowledge of Veda</li> <li style="text-align: center;">Or</li> <li>• Bachelor's Degree in yoga with 4 year of teaching experience with knowledge of Veda</li> <li style="text-align: center;">Or</li> <li>• Traditional Practitioner with 10 years of experience in the relevant field.</li> </ul>
3.	<b>Tools and Equipment Required for the Training</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No (If "Yes," details to be provided in Annexure)
4.	<b>In Case of Revised Qualification, Details of Any Upskilling Required for Trainer</b>	

## Section 4: Assessment Related

1.	<b>Assessor's Qualification and experience in relevant sector (in years) (as per NCVET guidelines)</b>	<ul style="list-style-type: none"> <li>• Veda Vibhushan/ Moolanta with knowledge of Yoga and yogic practices with 3 year of teaching experience in Yoga</li> <li style="text-align: center;">or</li> <li>• One year Certificate/Diploma in Yoga education with minimum 3 year of teaching experience in Yoga</li> <li style="text-align: center;">Or</li> <li>• Bachelor's Degree in Veda with 3 year of teaching experience in Yoga</li> <li style="text-align: center;">Or</li> <li>• Bachelor's Degree in yoga with 2 years of relevant experience with knowledge of Veda</li> <li style="text-align: center;">Or</li> <li>• Traditional Practitioner with 10 years of experience in the relevant field.</li> </ul>
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		<ul style="list-style-type: none"> <li>Recommended that the Assessor is certified for the Job Role: “Assessor (VET &amp; skills)”, mapped to the Qualification Pack: “MEP/Q2701, v2”. The minimum accepted score is 80%</li> </ul>
2.	<b>Proctor’s Qualification and experience in relevant sector (in years)</b> (as per NCVET guidelines) wherever applicable	<ul style="list-style-type: none"> <li>Veda Vibhushan/ Moolanta with knowledge of Yoga and yogic practices with 3 year of teaching experience in Yoga</li> <li>or</li> <li>One year Certificate/Diploma in Yoga education with minimum 3 year of teaching experience in Yoga</li> <li>Or</li> <li>Bachelor’s Degree in Veda with 3 year of teaching experience in Yoga</li> <li>Or</li> <li>Bachelor’s Degree in yoga with 2 year of teaching experience</li> <li>Or</li> <li>Traditional Practitioner with 10 years of experience in the relevant field.</li> </ul>
3.	<b>Lead Assessor’s/Proctor’s Qualification and experience in relevant sector (in years)</b> (as per NCVET guidelines) wherever applicable	<ul style="list-style-type: none"> <li>Veda Vibhushan/ Moolanta with knowledge of Yoga and yogic practices with 5 years’ experience in Yoga</li> <li>Or</li> <li>Diploma in Yoga education with 4 years of teaching experience in knowledge of Veda</li> <li>Or</li> <li>Master’s Degree in Yoga with 3 years of teaching experience in knowledge of Veda</li> <li>Or</li> <li>Bachelor’s Degree in yoga with 4 year of teaching experience with knowledge of Veda</li> <li>Or</li> <li>Traditional Practitioner with 10 years of experience in the relevant field</li> <li>Recommended that the Lead Assessor is certified for the Job Role: “Lead Assessor (VET &amp; skills)”, mapped to the Qualification Pack: “MEP/Q2702, v2”. The minimum accepted score is 80%</li> </ul>
4.	<b>Assessment Mode</b> (Specify the assessment mode)	Summative assessment / Year end Exams and Practical
5.	<b>Tools and Equipment Required for Assessment</b>	<input checked="" type="checkbox"/> Same as for training <input type="checkbox"/> Yes <input type="checkbox"/> No (details to be provided in Annexure-if it is different for Assessment)

## Section 5: Evidence of Need for the Qualification

*Provide Annexure/Supporting documents name.*

1.	Justification of being a Traditional-Heritage Qualification in unorganised sector (Yes/No): Yes, the traditional practitioner who has wide experience in various places and in various practical areas as known to traditional institutions will be drafted as traditional practitioner.
2.	Government /Industry initiatives/ requirement (Yes/No): no
3.	Number of Industry validation provided: 05
4.	Estimated nos. of people to be trained and employed: 5000

## Section 6: Annexure & Supporting Documents Check List

*Specify Annexure Name / Supporting document file name*

1.	<b>Annexure:</b> NCrf/NSQF level justification based on NCrf level/NSQF descriptors ( <i>Mandatory</i> )	Kanishtha Sahayak Level 2.5. Hence the level is justified.
2.	<b>Annexure:</b> List of tools and equipment relevant for qualification ( <i>Mandatory, except in case of online course</i> )	Attached
3.	<b>Annexure:</b> Detailed Assessment Criteria ( <i>Mandatory</i> )	Attached
4.	<b>Annexure:</b> Assessment Strategy ( <i>Not Mandatory</i> )	Attached
5.	<b>Annexure:</b> Blended Learning ( <i>Mandatory, in case selected Mode of delivery is Blended Learning</i> )	NA
6.	<b>Annexure:</b> Multiple Entry-Exit Details ( <i>Mandatory, in case qualification has multiple Entry-Exit</i> )	NA
7.	<b>Annexure:</b> Acronym and Glossary ( <i>Optional</i> )	NA
8.	<b>Supporting Document:</b> Model Curriculum ( <i>Mandatory – Public view</i> )	Attached
9.	<b>Supporting Document:</b> Career Progression ( <i>Optional - Public view</i> )	NA
10.	<b>Any other document you wish to submit:</b>	NA

## Annexure: Evidence of Level

NCrF/NSQF Level Descriptors	Key requirements of the job role/ outcome of the qualification	How the job role/ outcomes relate to the NCrF/NSQF level descriptor	NCrF/NSQF Level
<b>Professional Theoretical Knowledge/Process</b>	Theoretical Knowledge	Kanishtha Sahayak	2.5
<b>Professional and Technical Skills/ Expertise/ Professional Knowledge</b>	Basic knowledge of Yoga	Kanishtha Sahayak	2.5
<b>Employment Readiness &amp; Entrepreneurship Skills &amp; Mind-set/Professional Skill</b>	Employment Readiness	Kanishtha Sahayak	2.5
<b>Broad Learning Outcomes/Core Skill</b>	Basic knowledge of Yoga	Kanishtha Sahayak	2.5
<b>Responsibility</b>	As a helper	Kanishtha Sahayak	2.5

## Annexure: Tools and Equipment

### List of Tools and Equipment

#### Batch Size:

S. No.	Tool / Equipment Name	Specification	Quantity for specified Batch size
01	Computer (PC) with latest configurations – and Internet connection with standard operating system and standard word processor and worksheet software (Licensed) (all software should either be latest version or one/two version below)	Specified	As required
02	UPS	Specified	As required
03	Scanner cum Printer	Specified	As required
04	Computer Tables	Specified	As required
05	Computer Chairs	Specified	As required
06	LCD Projector	Specified	As required

07	White Board 1200mm x 900mm	Specified	As required
08	Telescope	Specified	As required
09	Inch Tape (Measuring Tape)	Specified	As required
10	Trowel (Khurpi)	Specified	As required
11	Water can	Specified	As required
12	Yoga mats	Specified	As required
13	Yoga dress	Specified	As required
14	Tools and equipments used to practice shatkarmas	Specified	As required

### Classroom Aids

The aids required to conduct sessions in the classroom are:

1. White Board
2. Marker Pen
3. Related Books

## Annexure: Industry Validations Summary

S. No	Organization Name	Representative Name	Designation	Contact Address	Contact Phone No	E-mail ID	LinkedIn Profile (if available)
1	Sangopanga Vidyapitha "Arsha Gurukula"	Acharya Hanumat Prasad Nautiyal	Principal	Tatesar, Jataundi, Delhi, 110081	9868792232	Vedvidya.81@gmail.com	

2	Shri Mahakal Vaidik Prashikshan evam Shodh Sansthan	Piyush Tripathi	Principle	Chintaman Ganesh, Jawasiya, Ujjain 456006	9229446911	Dptujn78@gmail.com	
3	Dudheswar Ved Vidyalay	Shri Mahant Narayan Giri	President	Gaushala Road, Jassipura, Gaziabad, UP	9990571008	dvvsanstha@gmail.com	
4	Shri Baba Neem Karari Ji Ved Vidyalay	Dr. Chandrakant Dwivedi	Secretary	Vishwavidyalay Marg, Hanuman Setu, Lucknow, 226007	9415545455	ckdwivedin@gmail.com	
5	Shri Swami Narayananaditirth Ved Vidyalay	Dr. Jayant Pati Tripathi	Principal	B 1/148 F Shri Kashi Dharmapith, Assi, Varanasi UP	9415954193	Ssntvedvidyalaya@gmail.com	

## Annexure: Training & Employment Details

### Training and Employment Projections:

Year	Total Candidates		Women		People with Disability	
	Estimated Training #	Estimated Employment Opportunities	Estimated Training #	Estimated Employment Opportunities	Estimated Training #	Estimated Employment Opportunities
2024	400	160	160	160	20	20
2025	700	280	280	280	30	30
2026	900	360	360	360	40	40

*Data to be provided year-wise for next 3 years.*

### Training, Assessment, Certification, and Placement Data for previous versions of qualifications:

Year	Total Candidates	Women	People with Disability
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Qualification Version		Trained	Assessed	Certified	Placed	Trained	Assessed	Certified	Placed	Trained	Assessed	Certified	Placed
		NA				NA					NA		

Applicable for revised qualifications only, data to be provided for past 3 years.

**List Schemes in which the previous version of Qualification was implemented:**

- 1.
- 2.

**Content availability for previous versions of qualifications:**

Participant Handbook  Facilitator Guide  Digital Content  Qualification Handbook  Any Other:

**Languages in which Content is available: Hindi**

## Annexure: Blended Learning

**Blended Learning Estimated Ratio & Recommended Tools:**

Refer NCVET “Guidelines for Blended Learning for Vocational Education, Training & Skilling” available

on: <https://ncvet.gov.in/sites/default/files/Guidelines%20for%20Blended%20Learning%20for%20Vocational%20Education,%20Training%20&%20Skilling.pdf>

S. No.	Select the Components of the Qualification	List Recommended Tools – for all Selected Components	Offline: OnlineRatio
1	<input checked="" type="checkbox"/> Theory/ Lectures - Imparting theoretical and conceptual knowledge		
2	<input type="checkbox"/> Imparting Soft Skills, Life Skills, and Employability Skills /Mentorship to Learners		
3	<input type="checkbox"/> Showing Practical Demonstrations to the learners		
4	<input type="checkbox"/> Imparting Practical Hands-on Skills/ Lab Work/ workshop/ shop floor training		



5	<input type="checkbox"/> Tutorials/ Assignments/ Drill/ Practice		
6	<input type="checkbox"/> Proctored Monitoring/ Assessment/ Evaluation/ Examinations		
7	<input type="checkbox"/> On the Job Training (OJT)/ Project Work Internship/ Apprenticeship Training		

### Annexure: Detailed Assessment Criteria

Detailed assessment criteria for each NOS/Module are as follows:

NOS/Module Name	Assessment Criteria for Performance Criteria/Learning Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<b>MSRVVP/YPK01</b>  <b>Introduction to the role of a Yoga Prashikshan Kanishtha Sahayak</b>	<b>The role and responsibilities of a Yoga Prashikshan Kanishtha Sahayak</b>	02	00		
	<b>PC1.</b> Introduction to the skill india mission				
	<b>PC2.</b> List the role and responsibilities of a Yoga Prashikshan Kanishtha Sahayak				
	<b>PC3.</b> Discuss the job opportunities of a Yoga Prashikshan Kanishtha Sahayak				
	<b>Total Marks</b>	<b>02</b>	<b>00</b>		
<b>MSRVVP/ YPK02</b>  <b>Origin and history of yoga</b>	<b>The history and origin of yoga vidya.</b>	03	05		
	<b>PC1.</b> Introduction of yoga and yogic practices.				
	<b>PC2.</b> Definition of yoga.				
	<b>PC3.</b> History and origin of yoga				
	<b>Total Marks</b>	<b>03</b>	<b>05</b>		

<b>MSRVVP/ YPK03</b>  <b>Different branches of Yoga</b>	<b>Different branches of yoga and their applications in our day-to-day life.</b>	02	05		
	<b>PC1.</b> This section will cover the theoretical aspect related to various branches of yoga, such as – karma yoga, gyan yoga, bhakti yoga, hath yoga, ashtang yoga (raj yoga), mantra yoga etc.				
	<b>PC2.</b> Contributing selfless services (karma yoga) generally in keeping the surrounding clean, organizing free yoga consultation camps, contributing selfless efforts in general chores.				
	<b>PC3.</b> Organizing satsang sessions, naam sankirtan, Bhagwad Geeta (12th chapter) recitation (weekly) for introducing students with the consciousness of bhakti yoga.				
	<b>PC4.</b> Daily swadhyaya practice for gyan yoga.				
	<b>PC5.</b> Daily practice of mantra yoga, hath yoga and associated practices.				
	<b>Total Marks</b>	<b>02</b>	<b>05</b>		
<b>MSRVVP/ YPK04</b>  <b>Yoga and Health</b>	<b>Understand the actual meaning of health with reference to ayurvedic texts and also in accordance with World Health Organisation (WHO) and role of ashtang yoga and other branches of yoga for well-being of holistic health.</b>	03	05		
	<b>PC1.</b> Introduction of health with reference to Ayurveda and World Health Organisation.				
	<b>PC2.</b> Significance of yoga vidya and yogic practices for holistic health.				
	<b>PC3.</b> Inculcating healthy habits in students for keeping them physically, mentally, socially and spiritually sound.				

	<b>Total Marks</b>	<b>03</b>	<b>05</b>		
<b>MSRVVP/ YPK05</b>  <b>Bhagwad Geeta</b>	<b>various branches of yoga in accordance with Bhagwad Geeta.</b>	05	05		
	<b>PC1.</b> Definition of different yoga branches with reference to bhagwad geeta.				
	<b>PC2.</b> Elucidating dincharya vigyan, dietary explanations, concept of pathya-apathya etc. mentioned in Bhagwad geeta.				
	<b>PC3.</b> Practice of recitation of Bhagwad geeta chapters.				
	<b>PC4.</b> Practice of dhayana sadhana mentioned in Bhagwad geeta (Chapter- 6).				
	<b>Total Marks</b>	<b>05</b>	<b>05</b>		
<b>MSRVVP/ YPK06</b>  <b>Different yogic practises (sukshma vyayama, suryanamaskar, yogasanas)</b>	<b>Technicalities of yogic practices and demonstrate yogic practices.</b>	07	08		
	<b>PC1.</b> Will discuss general rules and regulations regarding to the preparations needs to be done before adopting yogic practises.				
	<b>PC2.</b> Discussion about Yogic Sukshma Vyayama.				
	<b>PC3.</b> Surya Namaskar and its significance with vedic rituals (Nitya Sandhya etc) .				
	<b>PC4.</b> Defination and philosophies behind yogasana.				
	<b>PC5.</b> Theoretical aspects related to yogasanas and different combinations of them.				
	<b>Total Marks</b>	<b>07</b>	<b>08</b>		
<b>MSRVVP/ YPK07</b>  <b>Introduction to Pranayama and Shatkarma</b>	<b>The technicalities of Pranayama and Shatkarma practices and demonstrate Pranayama and Shatkarma practices with their techniques, benefits and contraindications.</b>	03	05		
	<b>PC1.</b> Will discuss the definition & importance of Pranayama and Shatkarma in reference with yogic texts.				
	<b>PC2.</b> Learning and demonstrating nadishodhan, bhramari pranayama.				
	<b>PC3.</b> Practise of kapalbhati (shatkarma).				
	<b>Total Marks</b>	<b>03</b>	<b>05</b>		

<b>MSRVVP/ YPK08</b>  <b>Diet and nutrition (in reference with yoga and ayurveda)</b>	<b>Concept of aahara and mitahara (in ayurveda) and knowledge about Pathya-Apathya for adopting healthy eating habit.</b>	03	05		
	<b>PC1.</b> Elaborate meaning and significance of Aahara.				
	<b>PC2.</b> Functions of Aahara (food) and its types (satvika, rajasika, tamasika).				
	<b>PC3.</b> General rules and regulations related to food intake.				
	<b>PC4.</b> Concept of yogic diet and balanced diet and their evolved components				
	<b>Total Marks</b>	<b>03</b>	<b>05</b>		
<b>MSRVVP/ YPK09</b>  <b>Meditation and Vedic Mantra Therapy (Shivsankalp Sukt etc.)</b>	<b>meditation techniques on Vedic mantras.</b>	02	02		
	<b>PC1.</b> Will discuss the significance of meditation of veda mantras, physiological and psychological benefits associated with them.				
	<b>PC2.</b> Meditation practice on Shivsankalpa Sukta and Medha Sukta.				
	<b>PC3.</b> Recitation of Bhagwad Geeta (Chapter- 1 to 5).				
	<b>PC4.</b> Recitation of Yoga Sutra (Samadhipada).				
	<b>Total Marks</b>	<b>02</b>	<b>02</b>		
<b>MSRVVP/ YPK10</b>  <b>Employability Skills</b>	1. Introduction to Employability skills				
	2. Constitutional values				
	3. Becoming a professional in the 21st century				
	4. Basic English skills				
	5. Career development and goal setting				
	6. Communication skills				
	7. Diversity and inclusion				
	8. Essential digital skills				
	9. Entrepreneurship				
	10. Customer service				
	11. Getting ready for apprenticeship and job				
	<b>Total Marks</b>				
<b>Grand Total</b>		<b>30</b>	<b>40</b>	<b>20</b>	<b>10</b>

## Annexure: Assessment Strategy

This section includes the processes involved in identifying, gathering, and interpreting information to evaluate the Candidate on the required competencies of the program.

### <1. Assessment System Overview:

- Batches assigned to the assessment agencies for conducting the assessment on SIP or email
- Assessment agencies send the assessment confirmation to VTP/TC looping SSC
- Assessment agency deploys the ToA certified Assessor for executing the assessment
- SSC monitors the assessment process & records

### 2. Testing Environment:

- Check the Assessment location, date and time
- If the batch size is more than 30, then there should be 2 Assessors.
- Check that the allotted time to the candidates to complete Theory & Practical Assessment is correct.
- .....

### 3. Assessment Quality Assurance levels/Framework:

- Question bank is created by the Subject Matter Experts (SME) are verified by the other SME
- Questions are mapped to the specified assessment criteria
- Assessor must be ToA certified & trainer must be ToT Certified
- .....

### 4. Types of evidence or evidence-gathering protocol:

- Time-stamped & geotagged reporting of the assessor from assessment location
- Centre photographs with signboards and scheme specific branding
- .....

### 5. Method of verification or validation:

- Surprise visit to the assessment location
- ...

6. Method for assessment documentation, archiving, and access

- Hard copies of the documents are stored
- ....

**On the Job:**

1. Each module (which covers the job profile of Automotive Service Assistant Technician) will be assessed separately.
2. The candidate must score 60% in each module to successfully complete the OJT.
3. Tools of Assessment that will be used for assessing whether the candidate is having desired skills and etiquette of dealing with customers, understanding needs & requirements, assessing the customer and perform Soft Skills effectively:
  - Videos of Trainees during OJT
  -
4. Assessment of each Module will ensure that the candidate is able to:
  - Effective engagement with the customers
  - Understand the working of various tools and equipment>

## Annexure: Acronym and Glossary

### Acronym

Acronym	Description
AA	Assessment Agency
AB	Awarding Body
ISCO	International Standard Classification of Occupations
NCO	National Classification of Occupations
NCrF	National Credit Framework
NOS	National Occupational Standard(s)
NQR	National Qualification Register

<b>NSQF</b>	National Skills Qualifications Framework
<b>OJT</b>	On the Job Training

## Glossary

<b>Term</b>	<b>Description</b>
<b>National Occupational Standards (NOS)</b>	NOS define the measurable performance outcomes required from an individual engaged in a particular task. They list down what an individual performing that task should know and also do.
<b>Qualification</b>	A formal outcome of an assessment and validation process which is obtained when a competent body determines that an individual has achieved learning outcomes to given standards
<b>Qualification File</b>	A Qualification File is a template designed to capture necessary information of a Qualification from the perspective of NSQF compliance. The Qualification File will be normally submitted by the awarding body for the qualification.
<b>Sector</b>	A grouping of professional activities on the basis of their main economic function, product, service or technology.
<b>Long Term Training</b>	Long-term skilling means any vocational training program undertaken for a year and above. <a href="https://ncvet.gov.in/sites/default/files/NCVET.pdf">https://ncvet.gov.in/sites/default/files/NCVET.pdf</a>