



QUALIFICATION FILE

Wellness Therapist (Elderly)

☒ 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 ☐ OEM

NCrF/NSQF Level: **NSQF Level 4**

Submitted By:

Beauty & Wellness Sector Skill Council

Office no. - UG-5B, Upper Ground Floor, Himalaya House-23, Kasturba Gandhi Marg, Connaught Place, Delhi-110001

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Section 1: Basic Details

1.	Qualification Name	Wellness Therapist (Elderly)																			
2.	Sector/s	Beauty & Wellness Sector Skill Council																			
3.	Type of Qualification: <input checked="" type="checkbox"/> New <input type="checkbox"/> Revised <input type="checkbox"/> Has Electives/Options <input type="checkbox"/> OEM	NQR Code & version of existing/previous qualification: <i>(change to previous, once approved)</i> NA	Qualification Name of existing/previous version: NA																		
4.	a. OEM Name b. Qualification Name <i>(Wherever applicable)</i>	NA																			
5.	National Qualification Register (NQR) Code &Version <i>(Will be issued after NSQC approval)</i>	QG-04-BW-00734-2023-V1-BWSSC	6. NCrf/NSQF Level: <i>NSQF Level 4</i>																		
7.	Award (Certificate/Diploma/Advance Diploma/ Any Other <i>(Wherever applicable specify multiple entry/exits also & provide details in annexure)</i>	Certificate																			
8.	Brief Description of the Qualification	This is a short-term qualification to help these professionals in achieving and maintaining holistic well-being for elderly																			
9.	Eligibility Criteria for Entry for Student/Trainee/Learner/Employee	a. Entry Qualification & Relevant Experience: <table border="1"> <thead> <tr> <th>S. No.</th> <th>Academic/Skill Qualification (with Specialization - if applicable)</th> <th>Required Experience (with Specialization - if applicable)</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>8th grade pass with 2 year NTC plus 1 year NAC plus 1 year CITS</td> <td></td> </tr> <tr> <td>2</td> <td>10th Grade Pass and pursuing continuous schooling (for 2 year program)</td> <td></td> </tr> <tr> <td>3</td> <td>10th Grade Pass with two years of any combination of NTC/NAC/CITS or equivalent.</td> <td></td> </tr> <tr> <td>4</td> <td>10th Grade Pass</td> <td>2 year relevant of experience</td> </tr> <tr> <td>5</td> <td>11th Grade Pass and pursuing continuous schooling</td> <td></td> </tr> </tbody> </table>		S. No.	Academic/Skill Qualification (with Specialization - if applicable)	Required Experience (with Specialization - if applicable)	1	8th grade pass with 2 year NTC plus 1 year NAC plus 1 year CITS		2	10th Grade Pass and pursuing continuous schooling (for 2 year program)		3	10th Grade Pass with two years of any combination of NTC/NAC/CITS or equivalent.		4	10th Grade Pass	2 year relevant of experience	5	11th Grade Pass and pursuing continuous schooling	
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3	10th Grade Pass with two years of any combination of NTC/NAC/CITS or equivalent.																				
4	10th Grade Pass	2 year relevant of experience																			
5	11th Grade Pass and pursuing continuous schooling																				

		6	11th Grade Pass	1 year relevant of experience																			
		7	12th Grade Pass																				
		8	Previous relevant Qualification of NSQF Level 3.0 (Wellness Neurotherapist/ Assistant Beauty Therapist/ Assistant Hair Dresser and Stylist)	3 Years of relevant experience																			
		9	Completed 2nd year of 3-year diploma (after 10th)																				
		10	Pursuing 2nd year of 3-year regular Diploma																				
		b. Age: 18 years																					
10.	Credits Assigned to this Qualification, Subject to Assessment (as per National Credit Framework (NCrF))	19	11. Common Cost Norm Category (I/II/III) (wherever applicable): II																				
12.	Any Licensing requirements for Undertaking Training on This Qualification (wherever applicable)	NA																					
13.	Training Duration by Modes of Training Delivery (Specify Total Duration as per selected training delivery modes and as per requirement of the qualification)	<input checked="" type="checkbox"/> Offline <input type="checkbox"/> Online <input type="checkbox"/> Blended																					
		<table border="1"> <thead> <tr> <th>Training Delivery Modes</th><th>Theory (Hours)</th><th>Practical (Hours)</th><th>OJT Mandatory (Hours)</th><th>OJT Recommended (Hours)</th><th>Total (Hours)</th></tr> </thead> <tbody> <tr> <td>Classroom (offline)</td><td>194</td><td>316</td><td>60</td><td></td><td>570</td></tr> <tr> <td>Online</td><td></td><td></td><td></td><td></td><td></td></tr> </tbody> </table>				Training Delivery Modes	Theory (Hours)	Practical (Hours)	OJT Mandatory (Hours)	OJT Recommended (Hours)	Total (Hours)	Classroom (offline)	194	316	60		570	Online					
Training Delivery Modes	Theory (Hours)	Practical (Hours)	OJT Mandatory (Hours)	OJT Recommended (Hours)	Total (Hours)																		
Classroom (offline)	194	316	60		570																		
Online																							
		(Refer Blended Learning Annexure for details)																					
14.	Aligned to NCO/ISCO Code/s (if no code is available mention the same)	NCO-2015/NIL																					
15.	Progression path after attaining the qualification (Please show Professional and Academic progression)	Hospitals, Old age home, Senior citizens townships ,Online aggregators like Portae and Urban clap																					

16.	Other Indian languages in which the Qualification & Model Curriculum are being submitted	Hindi	
17.	Is similar Qualification(s) available on NQR-if yes, justification for this qualification	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No URLs of similar Qualifications:	
18.	Is the Job Role Amenable to Persons with Disability	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No If "Yes", specify applicable type of Disability:	
19.	How Participation of Women will be Encouraged	In the beauty and wellness industry, women participation is 65%. This job role falls in to the same category and thus promote women's participation.	
20.	Are Greening/ Environment Sustainability Aspects Covered (Specify the NOS/Module which covers it)	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No BWS/N9002, BWS/N9001	
21.	Is Qualification Suitable to be Offered in Schools/Colleges	Schools <input type="checkbox"/> Yes <input type="checkbox"/> No Colleges <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
22.	Name and Contact Details of Submitting / Awarding Body SPOC (In case of CS or MS, provide details of both Lead AB & Supporting ABs)	Name: Ms. Monica Behl Position in the organization : CEO Address: Beauty and Wellness Sector Skill Council (BWSSC) Office no. - UG-5B, Upper Ground Floor, Himalaya House-23, Kasturba Gandhi Marg, Connaught Place, Delhi-110001 E-mail address: info@dwsscindia.com	
23.	Final Approval Date by NSQC: 31 st August 2023	24. Validity Duration: 3 years	25. Next Review Date 31 st August 2026

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/NS QF Level	Credits as per NCrF	Training Duration (Hours)					Assessment Marks					
						Th.	Pr.	OJT-Man.	OJT-Rec.	Total	Th.	Pr.	Proj.	Viva	Total	Weightage (%) (if applicable)
1.	Introduction to Elderly Holistic Well-being	BWS/N3201	Core	4	1	30				30	36	64			100	14
2.	Carry out Wellness Assessments and Nutritional Modifications	BWS/N0508	Core	4	3	30	60			90	26	74			100	15
3.	Provide Basic Skin Care, Hair Care and Alternative Therapy	BWS/N0616	Core	4	3	30	60	30		120	29	71			100	15
4.	Provide Yoga and Meditation Services for Elderly	BWS/N0233	Core	4	5	50	100	30		180	29	71			100	16
5.	Maintain health and safety at the workplace	BWS/N9002	Non-Core	4	1	10	20			30	33	67			100	10
6.	Create a positive impression at the workplace	BWS/N9003	Non-Core	4	1	10	20			30	36	64			100	10
7.	Prepare and maintain work area	BWS/N9001	Non-Core	4	1	10	20			30	30	70			100	10
8.	Employability skills	DGT/VSQ/N0102	Non-Core	4	2	24	36			60	20	30			50	10
Duration (in Hours) / Total Marks					17	194	316	60		570	239	511			750	100

Elective NOS/s:

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

Optional NOS/s:

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

Assessment - Minimum Qualifying Percentage

Please specify **any one** of the following:

Minimum Pass Percentage – Aggregate at qualification level: 70 % (Every Trainee should score specified minimum aggregate passing percentage at qualification level to successfully clear the assessment.)

Minimum Pass Percentage – NOS/Module-wise: (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.	Trainer's Qualification and experience in the relevant sector (in years) <i>(as per NCVET guidelines)</i>	<ul style="list-style-type: none"> 12th pass with Advance Diploma in Yoga/Neurotherapy/Beauty Therapist/Nutrition 3 years relevant experience in Wellness industry/ Yoga/Neurotherapy/Beauty Therapist/Nutrition
2.	Master Trainer's Qualification and experience in the relevant sector (in years) <i>(as per NCVET guidelines)</i>	<p>Post graduate with cosmetology & diploma in make-up / hair dressing /any international full time diploma with 10 years experience (min 5 years as a trainer)</p> <p>Or</p> <p>Bachelors in physiotherapy / bachelors in physical education / international certification in fitness + two speciality certifications in fitnesswith 5 year experience as pt in a gym</p> <p>Or</p> <p>Pg diploma (2 years) / diploma / certificate with 10 years experience or m.sc in yoga with 7 years experience as a trainer</p>
3.	Tools and Equipment Required for Training	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <i>(If "Yes", details to be provided in Annexure)</i>
4.	In Case of Revised Qualification, Details of Any Upskilling Required for Trainer	

Section 4: Assessment Related

1.	Assessor's Qualification and experience in relevant sector (in years) <i>(as per NCVET guidelines)</i>	<ul style="list-style-type: none"> 12th pass with Advance Diploma in Yoga/Neurotherapy/Beauty Therapist/Nutrition 4 years relevant experience in Wellness industry/ Yoga/Neurotherapy/Beauty Therapist/Nutrition
2.	Proctor's Qualification and experience in relevant sector (in years) <i>(as per NCVET guidelines)</i>	
3.	Lead Assessor's/Proctor's Qualification and experience in relevant sector (in years) <i>(as per NCVET guidelines)</i>	<p>Post graduate cosmetology & diploma in make-up/ hair dressing/ any international full time diploma with 12 years experience (min 5 years as a examiner/trainer)</p> <p>Or</p> <p>Bachelors in physiotherapy / bachelors in physical education / international certification in fitness + two speciality certifications in fitnesswith 7 year experience as pt in a gym</p>

		Or Pg diploma (2 years) / diploma / certificate with 5 years experience or m.sc in yoga with 12 years experience as a trainer
4.	Assessment Mode <i>(Specify the assessment mode)</i>	Offline
5.	Tools and Equipment Required for Assessment	<input checked="" type="checkbox"/> Same as for training <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <i>(details to be provided in Annexure-if it is different for Assessment)</i>

Section 5: Evidence of the need for the Qualification

Provide Annexure/Supporting documents name.

1.	Latest Skill Gap Study (not older than 2 years) (Yes/No): yes
2.	Latest Market Research Reports or any other source (not older than 2 years) (Yes/No): <p>As per the Skill Gap Study Report for Beauty and Wellness sector of India 2023-2030, there is a huge demand for skilled professionals in Wellness sector. According to the World Health Organization, India's elderly population will rise from its current 60 million to over 227 million by 2050. Accordingly, the old-age dependency ratio will rise from 9.8 to 20.3. The elder care market in India is worth \$1.5 billion and has seen an over 40 per cent surge due to the coronavirus pandemic. The requirement for Wellness Therapist for Elderly in the Indian market is expected to grow substantially in the coming years due to various demographic, social, and economic factors</p> <p>This Qualification Pack will be used across industry which is organised.</p> <p>It would be used by Hospitals, various senior living setups, urban clap, Etc.</p> <p>The SSC would submit details of the employment generated (wherever applicable) and realised.</p>
3.	Government /Industry initiatives/ requirement (Yes/No): Yes
4.	Number of Industry validation provided: 30
5.	Estimated nos. of persons to be trained and employed: 700/year
6.	Evidence of Concurrence/Consultation with Line Ministry/State Departments: <p>If "No", why: Yes</p> <p>No, we do not have a Line Ministry</p>

Section 6: Annexure & Supporting Documents Check List

Specify Annexure Name / Supporting document file name

1.	Annexure: NCrf/NSQF level justification based on NCrf level/NSQF descriptors <i>(Mandatory)</i>	<i>Annexure 1</i>
2.	Annexure: List of tools and equipment relevant for qualification <i>(Mandatory, except in case of online course)</i>	<i>Annexure 2</i>
3.	Annexure: Detailed Assessment Criteria <i>(Mandatory)</i>	<i>Annexure 6</i>
4.	Annexure: Assessment Strategy <i>(Mandatory)</i>	<i>Annexure 7</i>
5.	Annexure: Blended Learning <i>(Mandatory, in case selected Mode of delivery is "Blended Learning")</i>	<i>Annexure 5</i>
6.	Annexure: Multiple Entry-Exit Details <i>(Mandatory, in case qualification has multiple Entry-Exit)</i>	<i>Yes</i>
7.	Annexure: Acronym and Glossary <i>(Optional)</i>	<i>Annexure 8</i>
8.	Supporting Document: Model Curriculum <i>(Mandatory – Public view)</i>	<i>Model Curriculum</i>
9.	Supporting Document: Career Progression <i>(Mandatory - Public view)</i>	<i>Career Progression and Occupational Map</i>
10.	Supporting Document: Occupational Map <i>(Mandatory)</i>	
11.	Supporting Document: Assessment SOP <i>(Mandatory)</i>	<i>Annexure 9</i>
12.	Any other document you wish to submit:	

Annexure 1: 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
Professional Theoretical Knowledge/Process	Well Developed Skills in a familiar context <ul style="list-style-type: none"> Theories and effects of ageing Psychological and psychosocial changes and coping with them Common old age issues Importance of healthy living Assessing mental well-being, emotional well-being, physical well-being, and social well-being Creating personalized wellness plan Identify Malnutrition status and daily energy needs Dietary modification as per physical needs Nutrition modification for healthy skin, nail and haircare Managing daily living activities of the elderly Basic reflexology Anti-ageing facial Basic hair and nail care services Taking care of Diabetic foot Basic Hatha yoga, Vridh yoga and Mahila yoga Meditation Techniques Health and safety practices at the workplace Maintain a clean and secure working environment 	<p>This qualification trains the candidate to be responsible for the holistic management of the elderly. This involves well-developed skills and at various stages a clear choice of procedures.</p> <p>Hence level is 4</p>	4
Professional and Technical Skills/ Expertise/ Professional Knowledge	<ul style="list-style-type: none"> Factual knowledge of field of knowledge or study. approaches to determine likes and dislikes of the elderly by engaging them in conversation Activities related to holistic management of the elderly Assist the elderly in daily living activities Assess the overall well-being and fill assessment tools accurately. Assess the nutritional status and nutritional gaps of the elderly Create an individualized wellness plan 	Knowledge of facts, principles, processes and general concepts, in a field of work or study.	4

	<ul style="list-style-type: none"> Assess the skin, hair and nail conditions of elderly. Dietary interventions and modifications Basic preparation of the therapeutic diet Assist the healthcare providers during enema, vaccinations and Transferring Perform anti- ageing facials Perform proper cleaning and shaping of the nails Perform shampooing and conditioning Cleaning and bandaging the diabetic foot Perform basic reflexology techniques Basic Hatha yoga, Vridh yoga and Mahila yoga Meditation Techniques health and safety practices at the workplace Maintain a clean and secure working environment 		
Employment Readiness & Entrepreneurship Skills & Mind-set/Professional Skill	<ul style="list-style-type: none"> Ability to read and write and do simple computational math – numeracy and literacy Receive and transmit written and oral messages/ communication clearly. Understanding of safety, hygiene and environment, social, political and religious diversity. Skills including basic self-employment/ entrepreneurial Mind-set for mini businesses Have understanding of use of Financial and Digital literacy, Aadhar and Mobile, digital payments etc. Positive impression at the workplace Prepare and maintain work area Employability skills 	A range of cognitive and practical skills are required to accomplish tasks and solve problems by selecting and applying basic methods, tools, materials and information.	4
Broad Learning Outcomes/Core Skill	<ul style="list-style-type: none"> Language to communicate written or oral, with required clarity, skill to basic arithmetic and algebraic principles, basic understanding of social political and natural environment: keep abreast with the latest knowledge by reading brochures, pamphlets, and product information sheets 	<p>.</p> <p>Able to use language to communicate written or oral, with required clarity; understanding of social and political and services with reference to</p>	4

	<ul style="list-style-type: none"> • reading and writing comprehension to understand, communicate and maintain processes, techniques, records, policies and procedures • discuss task lists and schedules • question customers/ clients appropriately in order to understand the nature of the problem and make a diagnosis • give clear instructions to customers/ clients • keep customers/ clients informed about progress • avoid using jargon, slang or acronyms when communicating with a customer/ client, unless it is required • manner and tone, professional, supportive, respectful, sensitive to client • speak clearly and precisely in a courteous manner and develop a professional relationship with the client • ability to listen and understand the local language in dealing with clients and maintain client confidentiality • ask relevant questions to consult with the client to identify the condition of the skin, hair and scalp, provide suitable services and apply relevant procedures • ask relevant and effective questions to check and establish the client's understanding and expectation prior to commencement of the procedure and clarify doubts, if any • ask questions to check with the client their satisfaction with the finished result • thank customer for feedback post-service, where customer is not satisfied with service take actions to resolve matter to customer satisfaction or apologies for the same and refer to supervisor • communicate procedure related information to clients based on the sector's code of practices and organization's procedures/ guidelines • assist and guide clients to services or products based on their needs 	<p>the organization; keep abreast with the latest knowledge by reading brochures, pamphlets, and product information sheets; communicate and maintain processes, techniques, records, policies and procedures; discuss task lists, schedules; question customers/ clients appropriately in order to understand the nature of the problem and make a diagnosis; give clear instructions to customers/ clients; and keep customers/ clients informed about progress</p>	
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	<ul style="list-style-type: none"> report and record instances of aggressive/ unruly behavior and seek assistance carry out routine documentation legibly and accurately in the desired format file routine reports and feedback maintain confidentiality of information, as required, in the role 		
Responsibility	<ul style="list-style-type: none"> Provide guidance and support follow principles, while carrying out the procedure for safety, minimizing damage and achieving the desired results check the client's comfort and wellbeing throughout the service Review progress and develop appropriate plans Promote a safe and positive environment Collaborate and update health status with family and healthcare providers Provide companionship to elderly 	Responsibility for own work and learning and some responsibility for others' work and learning.	4

Annexure 2: Tools and Equipment (Lab Set-Up)

List of Tools and Equipment

Batch Size: 30

S. No.	Tool / Equipment Name	Specification	Quantity for specified Batch size
1.	Notepad	Standard	1 for each student
2.	Beauty Stool/Chair	Standard	3
3.	Measuring Tape	Standard	1 for each student
4.	Weighing scale	Standard	1
5.	Flip Chart	Standard	1 for each student
6.	Colour pens	Standard	2 for each student

7.	Induction cook top	Standard	3
8.	Pens	Standard	2 for each student
9.	Different reading sources such as books, journals and monthly magazines	Standard	
10.	Basic cooking utensils	Standard	2 sets
11.	PPE	Standard	2 sets for each student
12.	Fire extinguishers	Standard	As per industry norms
13.	First aid kit	Standard	2 kits
14.	Computer (PC) with internet connection	Standard	1 for every 30 students
15.	Projector	Standard	1 for every 30 students
16.	Printer, scanner	Standard	1 for every 30 students
17.	Therapy Bed	Standard	3
18.	Trolley	Standard	3
19.	Bowl	Standard	10
20.	Face Steamer	Standard	3
21.	Sterilizer	Standard	1 for each student
22.	Pack Brush	Standard	1 for each student
23.	Nail Care Kit	Standard	1 for each student
24.	Bandage	Standard	1 for each student
25.	Cotton	Standard	1 for each student
26.	Dustbin	Standard	3

Classroom Aids

The aids required to conduct sessions in the classroom are:

1. Laptops
2. Whiteboards and markers
3. Projector
4. Screen
5. Chart paper
6. AV equipment
7. Stationery
8. Telephone connection

Annexure 3: Industry Validations Summary

Provide the summary information of all the industry validations in table. This is not required for OEM qualifications.

S. No	Organization Name	Representative Name	Designation	Contact Address	Contact Phone No	E-mail ID	LinkedIn Profile (if available)
1.	Signature Training Centre & Ayurveda Institute	Dr. Madhumita Saikia	Principal	Signature Training Centre & Ayurveda Institute	8486983071	signatureawards2010@gmail.com	
2.	Cleopatra Chain of Beauty and Wellness Spa	Ms. Richa Agarwal	Founder and Director	Cleopatra Chain of Beauty and Wellness Spa	9876082999	richacleopatra@gmail.com	
3.	LTA School of Beauty	Ms. Vaishali Shah	Director	LTA School of Beauty	9821170707	vaishali.k@ltaindia.org	
4.	Impression Hair & Beauty Clinic Pvt. Ltd.	Ms. Kalyani Umrani	Director	Impression Hair & Beauty Clinic Pvt. Ltd.	9823165443	kalyanimpression@yahoo.co.in	
5.	Lee's Beauty Centre and Spa	Ms. Leena Khandekar	Owner & Founder	Lee's Beauty Centre and Spa	9822333382	leesspa@gmail.com	
6.	Fortis Healthcare	Ms. Trapti Singh	Company Secretary	Fortis Healthcare	8130605473	trapti@fortishealthcare.com	

7.	Painease Global Health Solutions Pvt. Ltd.	Dr. Shashikant Mishra		Painease Global Health Solutions Pvt. Ltd.	9873340143	info@painease.com	
8.	Manipal Hospital, Ghaziabad	Dr. Aditi Sharma	HOD(Nutrition and Dietetics)	Manipal Hospital, Ghaziabad	9582892012	aditi.s@manipalhospitals.com	
9.	Medanta Hospital, Gurgaon	Ms.Surbhi	Nutrition and Diet consultant	Medanta Hospital, Gurgaon	9810530563	surbhi.singh@medanta.org	
10.	Medanta Hospital, Gurgaon	Mr.Deepak Jha	Yoga Consultant	Medanta Hospital, Gurgaon	9999998547	yogideepakjha@gmail.com	
11.	Painease Global Health Solutions Pvt. Ltd.	Dr. Sakshi Mishra	Physiotherapist Consultant	Painease Global Health Solutions Pvt. Ltd.	9873340143	info@painease.com	
12.		Puja Tewari	Diet Consultant		9335104200	tewaripuja31@gmail.com	
13.	Neha Medical Home Health Care	Devendra Ahirwar	Director	Neha Medical Home Health Care	8719043841	mehamedicalhomehealthcare@gmail.com	
14.	Goodwill Healthcare	Yogendra	HR Manager	Goodwill Healthcare	8766285609	goodwillhealthcare1990@gmail.com	
15.	Aamdthane	Krishna	Founder & CEO	Aamdthane	7987210193	support@aamdthane.com	
16.	Apollo Homecare	Ankit Kurmee	HR	Apollo Homecare	8130318300	ankit_kurmee@apollohomecare.com	
17.	MMC Health Care Charitable Trust	P Shivaramakrishna	Managing Director	MMC Health Care Charitable Trust	986660514	mmcfacilityservices@gmail.com	
18.	Care At Home	Vineeta Prakash	Proprietor	Care At Home	9430156190	careathome24hr@gmail.com	

19.	Upicon	Avinash Shukla	State Head	Upicon	9713706201		
20	Naturopathy And Yoga Treatment Services	Suman Adarsee	Advisor	Naturopathy And Yoga Treatment Services	8409270353	sumanadarsee97@gmail.com	
21	Fortis Hospital, Noida	Dr. Nihar Gupta	Senior Resident (Radiologist)	Fortis Hospital, Noida	9871457800	nihar.gupta99@gmail.com	
22	S.K. Nursing Home And Hospital	Dr. Devashish Gupta	Consultant	S.K. Nursing Home And Hospital	855587777	docdevashishgupta@gmail.com 8755587777	
23	HCG Hospitals	Dr. Ishita Gupta	MD, Pathology	HCG Hospitals		Ishita@hcg.com	
24	J.K. Lon Hospital, Kota	Dr. Madhu Singh	Senior Resident	J.K. Lon Hospital, Kota	9829035877	Madhusingh1962@gmail.com	
25		Dr. Alpa Aggarwal	Gynaecologist		8587918521	alpa1990@gmail.com	
26	Medanta Hospital, Gurgaon	Raghuvani	Senior Dietitian	Medanta Hospital, Gurgaon	9632884097	raghuvani@medanta.org	
27	Medharbour Hospital, Gurgaon	Dr. Poonam Hooda	Associate Director (Physiotherapy)	Medharbour Hospital, Gurgaon	9643700409	poonamhooda1@gmail.com	
28	Amrita Hospital, Faridabad	Dr. Megha Thakur	Senior Physiotherapist	Amrita Hospital, Faridabad	9511681184	thakurmegha06@gmail.com	
29	S.K. Nursing Home And Hospital	Dr. Aditi Jaiman	Paediatric Consultant	S.K. Nursing Home And Hospital	7895119484	adtjmn@gmail.com	

30	Painease Global Health Solutions Pvt. Ltd.	Dr. Smita Sharma	Clinical Director	Painease Global Health Solutions Pvt. Ltd.	7873340152	info@painease.com	
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Annexure 4: 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
1 st Year	1000	700	650	420	NA	NA
2 nd Year	2000	1400	1300	840	NA	NA
3 rd Year	3000	2100	1950	1260	NA	NA

Data to be provided year-wise for next 3 years

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

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

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

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

- 1.
- 2.

Content availability for previous versions of qualifications: NA

☐ Participant Handbook ☐ Facilitator Guide ☐ Digital Content ☐ Qualification Handbook ☐ Any Other:

Languages in which Content is available: NA

Annexure 5: 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 : Online Ratio
	NA	NA	NA

Annexure 6: 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
BWS/N3201: Introduction to Elderly Holistic Well-being	theories of ageing	4	6		
	PC1. develop understanding on different theories of ageing like cross- link theory, radical theory, somatic mutations theory, genetic theory and pacemaker theory				
	PC2. identify the biological changes that occur while ageing				
	effects of ageing	14	20		
	PC3. classify the effects of ageing on the human body in terms of physical change, decline in				

	sensory functions, cognitive changes, increased risk of chronic health conditions				
	PC4. explain the changes in body composition that occur during ageing				
	PC5. state the musculo skeletal changes in the ageing phase				
	PC6. outline the changes that occur in the ageing phase in the cardiovascular system, respiratory system, nervous system, endocrine system, digestive system and immune system				
	PC7. analyse the change in skin and connective tissues while ageing				
	psychological and psychosocial changes and coping with them	10	18		
	PC8. understand and provide assistance in making the elderly adjusted to the personality changes, social changes, changes in family and living arrangements and depression				
	PC9. establish companionship with the elderly to help them against stress or anxiety				
	PC10. provide assistance and empower the elderly in using different social media platforms, online shopping, making appointments, booking transportation				
	PC11. Identify factors contributing to active ageing and support independence and wellbeing of elderly				
	PC12. identify and network with relevant elderly services to explore community inclusion opportunities				
	common old age issues	8	20		
	PC13. describe various old age health issues like elderly fever, anemia, hypertension, vertigo, anorexia, loss of memory, respiratory disease, heart disease, kidney disease, stroke, metabolic disorders, musculoskeletal disorder, ibs, vision, hearing, sleep disturbances, perimenopausal				

	problem, genitourinary problem, prostate, hair and skin problems				
	PC14. <ul style="list-style-type: none"> • identify how to prevent and avoid health concerns through hygiene, exercise, healthy diet and lifestyle practices 				
	Total Marks	36	64		
BWS/N0508: Carry out Wellness Assessments and Nutritional Modifications	assessing mental wellbeing, emotional wellbeing, physical wellbeing, and social wellbeing	10	20		
	PC1. introduce oneself to begin working and establish a rapport				
	PC2. build rapport and trust through communication and respect cultural sensitivities				
	PC3. ensure patient's privacy for assisting with any task.				
	PC4. know how to use and fill up the assessment form				
	PC5. obtain relevant information from caregivers about their health status				
	PC6. filling up the cognitive assessment tool accurately and patiently to assess cognitive decline, depression and Alzheimer's issue				
	PC7. filling up the activities of daily living scale – bathing, dressing, feeding, toileting, transferring, fecal urinary continence, vision and hearing- to assess the functional ability				
	PC8. assessing the feeling of loneliness, isolation, emotional and social support.				
	PC9. establish companionship with the elderly to help them against stress or anxiety.				
	PC10. proper assessment according to the standard criteria				
	creating personalised wellness plan	5	15		
	PC11. prepare an individualized wellness plan on based on the assessments, that brings comfort and peace of mind for elderly, their family and				

	care givers				
	PC12. resolving the issues by priority, involving and informing the caregivers and the family				
	PC13. recommendations that relieve stress and worry, save time and money				
	PC14. establish companionship with to help them against stress or anxiety.				
	PC15. help to restore, maintain and improve the quality of life				
	identify malnutrition status and daily energy needs.	4	15		
	PC16. assessing the nutritional status of the client by filling up the nutritional assessment form				
	PC17. assessing the micro and macronutrient inadequacy.				
	PC18. suggesting the recommended calorie requirements with adequate intake of carbohydrates, proteins, fats, minerals, vitamins and fluids				
	dietary modification as per physical needs	3	15		
	PC19. formulation of therapeutic diet for the elderly as per the assessment and healthcare provider's guidelines.				
	PC20. well-versed with common old age issues like hypertension, diabetes, cardiac issues, etc.				
	PC21. ensure dietary interventions to improve and prevent the old age issues				
	PC22. modify the texture, temperature and taste of food accordingly and use appropriate cutlery.				
	PC23. identify and communicate the dietary and nutritional issues to the healthcare provider related to acceptability, tolerance, and consumption of food				
	PC24. establish communication and report the changes to the health care provider and family.				
	nutrition modification for healthy skin, nail and haircare	4	9		

	PC25. common skin, nails and hair conditions in the elderly and their prevention to enhance creativity, self-expression, and spatial awareness.				
	PC26. role of macro and micro-nutrients for fighting against free radicals and delaying ageing.				
	PC27. diet for healthy ageing of skin, nails and hair				
	PC28. dietary guidelines to prevent hair loss				
	Total Marks	26	74		
	assisting in daily living activities	7	17		
BWS/N0616: Provide Basic Skin Care, Hair Care and Alternative Therapy	PC1. ensure maintaining good health and personal hygiene				
	PC2. build rapport and trust through communication and respect cultural sensitivities				
	PC3. ensure the client's privacy for assisting with any task				
	PC4. ensure effective hand sanitizing before and after any activity				
	PC5. focus on safety and fall prevention				
	PC6. provide assistance and support in daily activities like bathing, changing, toileting, hair care, skin care, nail care feeding.				
	PC7. provide assistance to healthcare provider by holding the elderly during enema, vaccinations transferring				
	reflexology	4	10		
	PC8. describe the importance of alternative therapies				
	PC9. identify reflexology points and techniques to apply pressure for relaxation.				
	anti-ageing facial	6	10		
	PC10. ask relevant questions to consult the client to identify the condition of the skin and provide suitable services by applying relevant procedures				
	PC11. select and prepare products, tools and equipment that are suitable for the client's skin condition				

	PC12. carryout the required steps for anti-ageing facial correctly and effectively				
	PC13. assess the water temperature to meet the needs of the service procedure and the client's comfort				
	PC14. assess the client's comfort and wellbeing throughout the service and adapt procedures to ensure the same, reassure the client with the necessary information and positive comments as required				
	hair care services.	4	10		
	PC15. ask relevant questions to consult the client to identify the condition of the hair and scalp				
	PC16. select and prepare products, tools and equipment that are suitable for the client's hair and scalp.				
	PC17. carry out the procedure of shampooing and conditioning using methods that minimize risk of cross infection				
	PC18. detangle hair without causing damage to hair or scalp using a tooth comb				
	PC19. check the water temperature to meet the needs of the service procedure and client comfort				
	PC20. check the client's comfort and wellbeing throughout the service and adapt procedures to ensure the same, reassure the client with the necessary information and positive comments as required				
	nail care services	8	24		
	PC21. ask relevant questions to consult with the client to identify the condition of the nail				
	A PC22. select and prepare products, tools and equipment that are suitable for the client's nail				
	PC23. enquire to establish the desired length and shape of nails				
	PC24. remove dirt in the underside of the nails				

	PC25. analyzing diabetic foot conditions, if any				
	PC26. carry out the procedure for proper cleaning and bandaging as per the healthcare provider				
	PC27. carry out and adapt massage techniques to suit the client needs and perform the service plan				
	PC28. check the water temperature to meet the needs of the service procedure and client comfort.				
	PC29. check the client's comfort and wellbeing throughout the service and adapt procedures to ensure the same, reassure the client with necessary information and positive comments as required				
	Total Marks	29	71		
BWS/N0233: Provide Yoga and Meditation Services for Elderly	vridh yoga	12	31		
	PC1. ensure appropriate ambience for the client to perform the Vridha yoga sessions				
	PC2. obtain permission/ notify the client for a physical contact with the guest during Vridha yoga session, if required				
	PC3. obtain information on client medical history, background, preferences, etc. before starting the Vridha yoga session				
	PC4. analyze the difficulties individuals are facing, due to ageing, in performing various Vridha yoga poses				
	PC5. suggest client to substitute warm-ups with brisk walking and joint movements				
	PC6. 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				
	PC7. modify and adapt the sequence of yoga practices appropriate to the needs of client				
	PC8. inform client about the various forms of Vridha yoga and its effect on body and mind				

	PC9. apply yogic principles to conduct Vridha yoga sessions to enhance well-being, overcome illness and live a healthier and more meaningful life				
	PC10. perform and demonstrate all Vridha yoga techniques to client and ensure compliance to safety and health standards				
	PC11. assist client to perform all Vridha yoga techniques effectively				
	PC12. evaluate exercises performed by client and recommend correction whenever required				
	mahila yoga	12	30		
	PC13. obtain relevant information from their care givers about their health status				
	PC14. introduce oneself to begin working and establish a rapport				
	PC15. build rapport and trust through communication and respect cultural sensitivities				
	PC16. ensure patient privacy for assisting with any task				
	PC17. promote handwashing for self and others before initiating any task				
	PC18. ensure hygiene and cleanliness in the surroundings				
	PC19. focus on safety and fall prevention				
	PC20. obtain relevant information from their care givers about their health condition				
	PC21. assist the elderly to practice relevant yoga postures based on their mobility, health condition etc promote relaxation techniques such as meditation, breathing exercise				
	PC22. address the concerns with required actions for meeting health needs				
	PC23. escalate any concerns that cannot be resolved to health care provider and care givers				
	PC24. be a role model for the elderly by practicing yoga to promote good health				

	meditation	5	10		
	PC25. Provide guidance and instruct about meditation techniques effectively				
	PC26. Ensure the meditation session is conducted in a peaceful and relaxing atmosphere				
	PC27. Provide clear step-by-step instructions to the clients				
	PC28. Provide feedback and should be able to address concerns				
	Total Marks	29	71		
BWS/N9002: Maintain health and safety at the workplace	Maintain health and safety at the workplace	33	67		
	PC1. ensure proper supply of Personal Protective Equipment such as tissues, antibacterial soaps, alcohol-based hand cleansers, triple layered surgical face masks, gloves, etc. for the employees and clientele				
	PC2. ensure maintaining basic hygiene and keep proper distance between the clientele to avoid any kind of cross infection, basic hygiene such as wearing disposable N-95/ triple layered surgical face mask, gloves, apron, washing/ sanitizing hands & taking bath at regular intervals, etc.				
	PC3. set up and position oneself, equipment, chemicals, products and tools in the work area to meet legal, hygiene and safety requirements				
	PC4. clean and sterilize all tools and equipment before and after use				
	PC5. maintain one's posture and position to minimize fatigue, risk of injury and chances of cross infection				
	PC6. dispose waste materials in accordance to the industry accepted standards				
	PC7. maintain first aid kit and keep oneself updated on the first aid procedures				
	PC8. identify and document potential risks and hazards in the workplace				

	PC9. accurately maintain accident reports				
	PC10. report health and safety risks/ hazards to concerned personnel				
	PC11. use tools, equipment, chemicals and products in accordance with the guidelines and manufacturers' instructions				
	Total Marks	33	67		
BWS/N9003: Create a positive impression at the workplace	Appearance and Behaviour	8	14		
	PC1. ensure maintaining good health and personal hygiene such as sanitized hands, neatly tied and covered hair, clean nails, etc.				
	PC2. meet the organization's standards of grooming (courtesy, behaviour and efficiency) such as engaging with clients with no gender stereotyping, positioning self and client in a manner, to ensure privacy, comfort and well-being of all the genders throughout the services, etc.				
	PC3. stay free from intoxicants while on duty				
	PC4. wear and carry organization's uniform and accessories correctly and smartly by sanitizing it in hot water with detergent and bleach				
	Task execution as per organization's standards	10	18		
	PC5. take appropriate and approved actions in line with instructions and guidelines				
	PC6. participate in workplace activities as a part of the larger team				
	PC7. report to supervisor immediately in case there are any work issues				
	PC8. use appropriate language, tone and gestures while interacting with guests from different cultural and religious backgrounds, age, disabilities and gender				
	PC9. improve upon existing techniques of services by updating skills, such as, learning about digital technologies (by using digital platform for booking an appointment, making bills & payments,				

	collecting feedback); financial literacy (opening savings bank accounts, linking Aadhaar card to bank account, using various e-commerce platforms); self-ownership, etc				
	Communication and Information record	18	32		
	PC10. communicate procedure related information to guests based on the sectors code of practices and organisations procedures/ guidelines				
	PC11. communicate role related information to stakeholders in a polite manner and resolve queries, if any				
	PC12. assist and guide guests to services or products based on their needs				
	PC13. report and record instances of aggressive/ unruly behaviour and seek assistance				
	PC14. use communication equipment (phone, email etc.) as mandated by the organization				
	PC15. carry out routine documentation (such as recording details related to employee's tasks, services taken and feedback given by clients) legibly and accurately in the desired format				
	PC16. maintain confidentiality of information, as required, in the role				
	PC17. communicate the internalization of gender & its concepts at work place				
	PC18. conduct various workshops for the employees at workplace; using range of technologies that aid PwDs at the workplace, etc.				
	Total Marks	36	64		
BWS/N9001: Prepare and maintain work area	Prepare and maintain work area	30	70		
	PC1. ensure that ambient conditions are suitable for the client and the service procedures to be carried out in a hygienic, safe and disinfected environment such as using air purifiers to reduce dust, dander, smoke, allergens & odour resulting in a healthier, fresher & cleaner environment, restructuring the workplace set-up, by keeping a minimum distance of				

	2 meters in between two clientele, practicing social distancing by avoiding handshakes/ hugs to coworkers/ clientele, etc.				
	PC2. identify and select suitable equipment and products required for the respective services/session				
	PC3. set up the area for services/ session in adherence to the organizational/ beauty salon/ centre's guidelines				
	PC4. place disposable towels, glasses for water, tea/ coffee and other items/ tools/ equipment's (applicable if any) in area convenient for efficient service/ session delivery				
	PC5. prepare sterilisation solution as per organizational/ salon standards using approved products and as per manufacturers instructions				
	PC6. sterilize, disinfect the area as per organizational standards using recommended solutions and conditions				
	PC7. dispose waste materials in adherence to the industry requirements; waste materials such as disposable linen, disposable head bands, disposable gowns, disposable apron, disposable face mask, disposable gloves, etc.				
	PC8. identify ways to optimize usage of material including water in various tasks/activities/processes				
	PC9. check for spills/leakages occurred while providing services				
	PC10. identify and segregate recyclable, nonrecyclable and hazardous waste generated in separate bin				
	PC11. store the unused disposable material properly in a dedicated area; material such as disposable masks, gloves, etc.				
	PC12. ensure electrical equipment and appliances are switched off when not in use				
	PC13. store records, materials and equipment				

	securely in line with the policies				
	PC14. conduct awareness program (such as for Covid19) for the employees and display posters/ signage's promoting regular hand-washing and respiratory hygiene in the premises				
	PC15. set up and promote digital modes of payment to lessen any kind of cross infection				
	Total Marks	30	70		
DGT/VSQ/N0102: Employability skills	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. Financial and legal literacy				
	9. Essential digital skills				
	10. Entrepreneurship				
	11. Customer service				
	12. Getting ready for apprenticeship and job				
	Total Marks	20	30		
Grand Total		239	511		

Annexure 7: 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.

Mention the detailed assessment strategy in the provided template.

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 8: 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
NSQF	National Skills Qualifications Framework
OJT	On the Job Training

Glossary

Term	Description
National Occupational Standards (NOS)	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.
Qualification	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
Qualification File	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.
Sector	A grouping of professional activities on the basis of their main economic function, product, service or technology.
Long Term Training	Long-term skilling means any vocational training program undertaken for a year and above. https://ncvet.gov.in/sites/default/files/NCVET.pdf