



Model Curriculum

QP Name: Yoga Prashikshan - Kanishtha Sahayak

योग प्रशिक्षण – कनिष्ठ सहायक

QP Code: EDU/Q1201

QP Version: 1.0

NSQF Level: 2.5

Model Curriculum Version: 1.0

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



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Training Parameters

Sector	Education
Sub-Sector	
Occupation	Yoga Prashiskhan - Kanishtha Sahayak
Country	India
NSQF Level	2.5
Aligned to NCO/ISCO/ISIC Code	NCO -
Minimum Educational Qualification and Experience	<ul style="list-style-type: none">● 8th Grade pass and pursuing continuous education.● 8th Grade pass with 1 year experience.● 9th Grade pass.● Basic knowledge of Yoga and Proficiency in reading and writing with five years' experience in relevant field and minimum age 15 years.
Pre-Requisite License or Training	NA
Minimum Job Entry Age	15
Last Reviewed On	23/06/2023
Next Review Date	23/06/2026
NSQC Approval Date	23/06/2023
QP Version	1.0
Model Curriculum Creation Date	23/06/2023
Model Curriculum Valid Up to Date	23/06/2026
Model Curriculum Version	1.0
Minimum Duration of the Course	240 Hours
Maximum Duration of the Course	240 Hours



Program Overview

This section summarizes the end objectives of the program along with its duration.

Training Outcomes

At the end of the program, the learner should have acquired the listed knowledge and skills to:
Academic Progression - Candidates can progressed to level 3 on completion.

Learning Outcomes-

- Candidates will gain basic knowledge of yoga and yogic practices (Sukshma vyayama, suryanamaskar, yogasana, pranayama, shatkarma and vedic mantra meditation therapy)
- Enhance knowledge of different branches of Yoga and Bhagwad geeta.
- Will develop fundamental sense of health and its relevance with yoga and ayurveda.
- Will learn recitation of shiv sankalp sukta, medha sukta, yoga sutra (samadhi pad) and bhagwad geeta (chapter 1 to 5) in a proficient manner.
- Promote joyful learning of Yoga.
- Discuss the rich history and origin of Yoga heritage of Ancient India.

Compulsory Modules

The table lists the modules and their duration corresponding to the Compulsory NOS of the QP.

NOS and Module Details	Theory Duration	Practical Duration	On-the-Job Training Duration (Mandatory)	On-the-Job Training Duration (Recommended)	Total Duration
NOS Code:MSRVVP/YPK01 Introduction to Skill India Mission and the role of Yoga Prashikshan Kanishtha Sahayak NOS Version- 1.0 NSQF LEVEL- 2.5	05:00	00:00	00:00		15:00
Module 1: Introduction to Skill India Mission and the role of Yoga Prashikshan Kanishtha Sahayak	05:00	00:00	00:00		
NOS Code:MSRVVP/YPK02 Origin and history of yoga NOS Version- 1.0 NSQF LEVEL- 2.5	05:00	05:00	00:00		15:00
Module 2: Origin and history of yoga	05:00	05:00	00:00		
NOS Code:MSRVVP/YPK03 Different branches of Yoga NOS Version- 1.0 NSQF LEVEL- 2.5	07:00	08:00	00:00		15:00



Module 3: Different branches of Yoga	07:00	08:00	00:00	15:00
NOS Code:MSRVVP/YPK04 Yoga and Health NOS Version- 1.0 NSQF LEVEL- 2.5	10:00	00:00	05:00	15:00
Module 4: Yoga and Health	10:00	00:00	05:00	15:00
NOS Code: MSRVVP/YPK05 Bhagwad Geeta NOS Version- 1.0 NSQF LEVEL- 2.5	10:00	15:00	05:00	30:00
Module 5: Bhagwad Geeta	10:00	15:00	05:00	30:00
NOS Code:MSRVVP/YPK06 Different yogic practises (sukshma vyayama, suryanamaskar, yogasanas NOS Version- 1.0 NSQF LEVEL- 2.5	15:00	40:00	05:00	60:00
Module 6: Different yogic practises (sukshma vyayama, suryanamaskar, yogasanas	15:00	40:00	05:00	60:00
NOS Code:MSRVVP/YPK07 Introduction to Pranayama and Shatkarmas NOS Version- 1.0 NSQF LEVEL- 2.5	10:00	10:00	10:00	30:00
Module 7: Introduction to Pranayama and Shatkarmas	10:00	10:00	10:00	30:00
NOS Code:MSRVVP/YPK08 Diet and nutrition (in reference with yoga and ayurveda) NOS Version- 1.0 NSQF LEVEL- 2.5	08:00	07:00	00:00	15:00
Module 8: Diet and nutrition (in reference with yoga and ayurveda)	08:00	07:00	00:00	15:00
NOS Code:MSRVVP/YPK09 Meditation and Vedic Mantra Therapy (Shivsankalp Sukt etc. NOS Version- 1.0 NSQF LEVEL- 2.5	10:00	15:00	05:00	30:00



Module 9: Meditation and Vedic Mantra Therapy (Shivsankalp Sukt etc.	10:00	15:00	05:00		30:00
NOS Code:MSRVVP/YPK10 NOS Version- 1.0 NSQF LEVEL- 2.5 Module 10: Employability Skills	30:00	00:00			30:00
Module 10: Employability Skills	30:00	00:00			30:00
TOTAL	110:00	100:00	30:00		240:00



Module Details

Module 1: Introduction to Skill India Mission and the role of Yoga Prashikshan Kanishtha Sahayak

Mapped to MSRVVP/YPK01, v.1

Terminal Outcomes:

At the end of the training, participants will be able to:

- ❑ Give an overview of the Skill India Mission.
- ❑ Discuss the job role of Yoga Therapy and Mantra Application
- ❑ Discuss the scope of the sector, sub-sector and available employment opportunities.

<i>Duration: 05:00</i>	<i>Duration: 0:00</i>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none">● Discuss the Skill India Mission, its objectives.● List the role and responsibilities of a Yoga Prashikshan Kanishtha Sahayak● The job role of Yoga Prashikshan Kanishtha Sahayak	
Classroom Aids	
Computer, projector, white board, marker and duster, Internet	
Tools, Equipment and Other Requirements	
NA	



Module 2: Origin and history of yoga

Mapped to MSRVVP/YPK02, v.1

Terminal Outcome:

At the end of the training, participants will be able to:

- Gain knowledge about the history and origin of yoga vidya.

<i>Duration: 05:00</i>	<i>Duration: 05:00</i>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none">● Introduction of yoga and yogic practices.● Definition of yoga.● History and origin of yoga.	<ul style="list-style-type: none">● Academic tour to museum, libraries etc. for introducing the enriching history and origin of yoga vidya.
Classroom Aids:	
Computer, projector, white board, marker and duster, Internet	
Tools, Equipment and Other Requirements	
Related books and research documents.	



Module 3: Different branches of Yoga

Mapped to MSRVVP/YPK03, v.1

Terminal Outcomes:

At the end of the training, participants will be able to:

- Conceptualize about different branches of yoga and their applications in our day-to-day life.

<i>Duration: 07:00</i>	<i>Duration: 08:00</i>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none">● 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.	<ul style="list-style-type: none">● Contributing selfless services (karma yoga) generally in keeping the surrounding clean, organizing free yoga consultation camps, contributing selfless efforts in general chores.● Organizing satsang sessions, naam sankirtan, Bhagwad Geeta (12th chapter) recitation (weekly) for introducing students with the consciousness of bhakti yoga.● Daily swadhyaya practice for gyan yoga.● Daily practice of mantra yoga, hath yoga and associated practices.
Classroom Aids	
Computer, projector, white board, marker and duster, Internet	
Tools, Equipment and Other Requirements	
Musical instruments of organizing satsang and kirtan sessions, related books and research papers.	



Module 4: Yoga and Health

Mapped to MSRVVP/YPK04, v.1

Terminal Outcomes:

At the end of the training, participants will be able to:

- Understand the actual meaning of health with reference to ayurvedic texts and also in accordance with World Health Organisation (WHO).
- Role of ashtang yoga and other branches of yoga for well-being of holistic health.

Duration: 10:00	Duration: 00:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none">● Introduction of health with reference to Ayurveda and World Health Organisation.● Significance of yoga vidya and yogic practices for holistic health.	<ul style="list-style-type: none">● Inculcating healthy habits in students for keeping them physically, mentally, socially and spiritually sound.
Classroom Aids	
Computer, projector, white board, marker and duster, Internet	
Tools, Equipment and Other Requirements	
Related books and research documents.	



Module 5: Bhagwad Geeta

Mapped to MSRVVP/YPK05, v.1

Terminal Outcomes:

At the end of the training, participants will be able to:

- Understand about various branches of yoga in accordance with Bhagwad Geeta.

<i>Duration: 10:00</i>	<i>Duration: 15:00</i>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none">• Definition of different yoga branches with reference to bhagwad geeta.• Elucidating dincharya vigyan, dietary explanations, concept of pathya-apathya etc. mentioned in Bhagwad geeta.	<ul style="list-style-type: none">• Practice of recitation of Bhagwad geeta chapters.• Practice of dhayana sadhana mentioned in Bhagwad geeta (Chapter- 6).
Classroom Aids	
Computer, projector, white board, marker and duster, Internet	
Tools, Equipment and Other Requirements	
Related books and research documents.	



Module 6: Different yogic practises (sukshma vyayama, suryanamaskar, yogasanas)

Mapped to MSRVVP/YPK06, v.1

Terminal Outcomes:

At the end of the training, participants will be able to:

- Nurture their intellectuals with the technicalities of yogic practises which mainly includes sukshma vyayama, surya namaskar and yogasanas.
- Will develop the ability to demonstrate above mentioned yogic practices with their techniques, benefits and contraindications in a more proficient and precise manner.

<i>Duration: 15:00</i>	<i>Duration: 40:00</i>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> ● Will discuss general rules and regulations regarding to the preparations needs to be done before adopting yogic practises. ● Discussion about Yogic Sukshma Vyayama. ● Surya Namaskar and its significance with vedic rituals (Nitya Sandhya etc) . ● Definition and philosophies behind yogasana. ● Theoretical aspects related to yogasanas and different combinations of them. 	<ul style="list-style-type: none"> ● Demonstration of prayer, sukshma vyayama and surya namaskar in a detailed manner. ● Demonstration of yogasanas (referred to yogic texts), such as tadasana, vrikshasana, katichakrasana, trikonasana, padmasana, vajrasana, bhujangasana, yogmudrasana, pavanmuktasana, setubandhasana, uttanpadasana, shavasana etc. with their combinations.
Classroom Aids	
Computer, projector, white board, marker and duster, Internet	
Tools, Equipment and Other Requirements	
Yoga mats, Yoga dress, Related books and research documents.	



Module 7: Introduction to Pranayama and Shatkarma

Mapped to MSRVVP/YPK07, v.1

Terminal Outcome:

At the end of the training, participants will be able to:

- Gain knowledge regarding to the technicalities of Pranayama and Shatkarma practices.
- Get skilled with the ability to demonstrate Pranayama and Shatkarma practices with their techniques, benefits and contraindications.

<i>Duration: 10:00</i>	<i>Duration: 10:00</i>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> ● Will discuss the definition & importance of Pranayama and Shatkarma in reference with yogic texts. 	<ul style="list-style-type: none"> ● Learning and demonstrating nadishodhan, bhramari pranayama. ● Practise of kapalbhati (shatkarma).
Classroom Aids:	
Computer, projector, white board, marker and duster, Internet	
Tools, Equipment and Other Requirements	
Yoga mats, yoga dress, Related books and documents.	



Module 8: Diet and nutrition (in reference with yoga and ayurveda)

Mapped to MSRVP/YPK08, v.1

Terminal Outcome:

At the end of the training, participants will be able to:

- Develop an understanding of yogic diet and its implications in yogic practices and also in our daily life.
- Concept of aahara and mitahara (in ayurveda).
- Will gain knowledge about Pathya-Apathya for adopting healthy eating habit.

<i>Duration: 08:00</i>	<i>Duration: 07:00</i>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> ● Elaborate meaning and significance of Aahara. ● Functions of Aahara (food) and its types (satvika, rajasika, tamasika). ● General rules and regulations related to food intake. ● Concept of yogic diet and balanced diet and their evolved components. 	<ul style="list-style-type: none"> ● This section will cover the practical application by adopting yogic diet and healthy eating practice for progressing to the path of yoga sadhana.
Classroom Aids:	
Computer, projector, white board, marker and duster, Internet	
Tools, Equipment and Other Requirements	
Related books and research documents.	



Module 9: Meditation and Vedic Mantra Therapy (Shivsankalp Sukt etc.)

Mapped to MSRVVP/YPK09, v.1

Terminal Outcome:

At the end of the training, participants will be able to:

- Learn the meditation techniques on Vedic mantras.
- Have proper recitation of Bhagwad Geeta and Yoga sutra (Samadhipada).

<i>Duration: 10:00</i>	<i>Duration: 15:00</i>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none">● Will discuss the significance of meditation of veda mantras, physiological and psychological benefits associated with them.	<ul style="list-style-type: none">● Meditation practice on Shivsankalpa Sukta and Medha Sukta.● Recitation of Bhagwad Geeta (Chapter-1 to 5).● Recitation of Yoga Sutra (Samadhipada).
Classroom Aids:	
Computer, projector, white board, marker and duster, Internet	
Tools, Equipment and Other Requirements	
Yoga mats, Related books and research documents.	



Module 10: Employability Skills (30 Hours)

Mapped to MSRVVP/YPK09, v.1

Terminal Outcomes:

- Communicate effectively with team members, clients, vendors, visitors.
- Build personal and professional
- Digital and financial literacy which includes basic components of computer system and related concept, saving money, opening bank account, and filing tax return

Duration: 30:00

Key Learning Outcomes

- Discuss the importance of Employability Skills in meeting the job requirements
- Explain constitutional values, civic rights, duties, citizenship, responsibility towards society etc. that are required to be followed to become a responsible citizen.
- Show how to practice different environmentally sustainable practices
- Discuss 21st century skills.
- Display positive attitude, self -motivation, problem solving, time management skills and continuous learning mind set in different situations.
- Use appropriate basic English sentences/phrases while speaking
- Demonstrate how to communicate in a well -mannered way with others.
- Demonstrate working with others in a team
- Show how to conduct oneself appropriately with all genders and PwD
- Discuss the significance of reporting sexual harassment issues in time
- Discuss the significance of using financial products and services safely and securely.
- Explain the importance of managing expenses, income, and savings.
- Explain the significance of approaching the concerned authorities in time for any exploitation as per legal rights and laws
- Show how to operate digital devices and use the associated applications and features, safely and securely
- Discuss the significance of using internet for browsing, accessing social media platforms, safely and securely
- Discuss the need for identifying opportunities for potential business, sources for arranging money and potential legal and financial challenges
- Differentiate between types of customers
- Explain the significance of identifying customer needs and addressing them
- Discuss the significance of maintaining hygiene and dressing appropriately
- Create a biodata
- Use various sources to search and apply for jobs
- Discuss the significance of dressing up neatly and maintaining hygiene for an interview
- Discuss how to search and register for apprenticeship opportunities.

Classroom Aids

Laptop, white board, marker, Computer, projector, charts

Tools, Equipment and Other Requirements



Annexure

Trainer Requirements

Trainer Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training Experience		Remarks
		Years	Specialization	Years	Specialization	
Vedavibhushana / Moolanta / with knowledge of Yoga	Knowledge of Veda and Practice of Yoga	2	Yoga Practice	NA	NA	NA
Bachelor's Degree in any related subjects of Veda with knowledge of Yoga	Knowledge of Veda and Practice of Yoga	2	Yoga Practice	NA	NA	NA
Bachelor's Degree in Yoga with knowledge in any related subjects of veda	Knowledge of Veda and Practice of Yoga	2	Yoga Practice	NA	NA	NA
Certificate / Diploma in yoga education	Knowledge of Veda and Practice of Yoga	2	Yoga Practice	NA	NA	NA
Traditional Practitioner	Knowledge of Veda and Practice of Yoga	10	Yoga Practice	NA	NA	NA

Trainer Certification	
Domain Certification	Platform Certification
Certified for Job Role "Yoga Prashikshan Kanishtha Sahayak", mapped to QP: "EDU/Q1201 v1.0", Minimum accepted score is 80%	Recommended that the Trainer is certified for the Job Role: "Trainer (VET & Skills)" mapped to the qualification Pack: "MEP/Q2601, V2.0. The minimum accepted score is 80%.



Assessor Requirements

Assessor Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training Experience		Remarks
		Years	Specialization	Years	Specialization	
Vedavibhushana / Moolanta / with knowledge of Yoga	Knowledge of Veda and Practice of Yoga	3	Yoga Practice	1	Knowledge of Veda and Practice of Yoga	NA
Bachelor's Degree in any related subjects of Veda with knowledge of Yoga	Knowledge of Veda and Practice of Yoga	3	Yoga Practice	1	Knowledge of Veda and Practice of Yoga	NA
Bachelor's Degree in Yoga with knowledge in any related subjects of veda	Knowledge of Veda and Practice of Yoga	2	Yoga Practice	1	Knowledge of Veda and Practice of Yoga	NA
Certificate / Diploma in yoga education	Knowledge of Veda and Practice of Yoga	3	Yoga Practice	1	Knowledge of Veda and Practice of Yoga	NA
Traditional Practitioner	Knowledge of Veda and Practice of Yoga	10	Yoga Practice	1	Knowledge of Veda and Practice of Yoga	NA

Assessor Certification	
Domain Certification	Platform Certification
Certified for Job Role "Yoga Prashikshan Kanishtha Sahayak", mapped to QP: "EDU/Q1201 v1.0", Minimum accepted score is 80%	Recommended that the Assessor is certified for the Job Role: "Assessor (VET & Skills)" mapped to the qualification Pack: "MEP/Q2601, V2.0. The minimum accepted score is 80%.



Tools and Equipments

LIST OF TOOLS & EQUIPMENT FOR EMPLOYABILITY SKILLS		
S No.	Name of the Equipment	Quantity
1.	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)	As required
2.	UPS	As required
3.	Scanner cum Printer	As required
4.	Computer Tables	As required
5.	Computer Chairs	As required
6.	LCD Projector	As required
7.	White Board 1200mm x 900mm	As required
8.	Telescope	As required
9.	Inch Tape (Measuring Tape)	As required
10.	Trowel (Khurpi)	As required
11.	Water can	As required

Assessment Strategy

- Assessment will be based on the concept of Independent Assessors empaneled with Maharshi Sandipani Rashtriya Veda Vidya Pratishthan (MSRVVP), identified, selected, trained and certified on Assessment techniques. These Assessors would be aligned to assess as per the laid down criteria.
- MSRVVP would conduct assessment only at the training centers or designated testing centers authorized by MSRVVP.
- Ideally, the assessment will be a continuous process comprising of two distinct steps:
 - A. Continuous assessment by Trainers
 - B. Term end /Final Assessment by MSRVVP
- Each National Occupational Standard (NOS) in the respective QPs will be assigned weightage. Each Performance Criteria in the NOS will be assigned marks for theory and/or practical based on relative importance and criticality of function.
- This will facilitate preparation of question bank / paper sets for each of the QPs. Each of these papers sets/question banks created by subject matter experts through MSRVVP, especially with regard to the



practical test and the defined tolerances, finish, accuracy etc.

- The following tools are proposed to be used for final assessment:
 - i. Written Test: This will comprise of
 - (i) True/False Statements and/or
 - (ii) Multiple Choice Questions and/or
 - (iii) Matching Type Questions.
 - ii. Practical Test: This will comprise a test job to be prepared as per project briefing following appropriate working steps, using necessary tools, equipment and instruments. Through observation it will be possible to ascertain a candidate's aptitude, attention to details, quality consciousness etc.
 - iii. Structured Viva-voce: This tool will be used to assess the conceptual understanding and the behavioral aspects as regards the job role and the specific task at hand.



References

Glossary

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



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



Acronyms and Abbreviations

Term	Description
NOS	National Occupational Standard (s)
NSQF	National Skills Qualifications Framework
OJT	On-the-job Training
QP	Qualifications Pack
PwD	People with Disability
PPE	Personal Protective Equipment
NCVET	National Council for Vocational Education and Training
NCO	National Classification of Occupations
NQR	National Qualification Register
