Model Curriculum

Panchakarma Technician

SECTOR: Healthcare
SUB-SECTOR: AYUSH
OCCUPATION: Ayurveda Therapy
REF ID: HSS/Q3601, v1.0
NSQF LEVEL: 4

Certificate

CURRICULUM COMPLIANCE TO
QUALIFICATION PACK – NATIONAL OCCUPATIONAL STANDARDS

is hereby issued by the

HEALTHCARE SECTOR SKILL COUNCIL

for the

MODEL CURRICULUM

Complying to National Occupational Standards of
Job Role/ Qualification Pack: 'Panchakarma Technician'
QP No. 'HSS/Q 3601 NSQF Level 4'

Date of Issuance:	29th May 2019
Valid up to:	29th May 2022

Authorised Signatory
(Healthcare Sector Skill Council)

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

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Panchakarma Technician

PANCHAKARMA TECHNICIAN

CURRICULUM / SYLLABUS

This program is aimed at training candidates for the job of a "Panchakarma Technician", in the "Healthcare" Sector/Industry and aims at building the following key competencies amongst the learners

Program Name	Panchakarma Technician		
Qualification Pack Name & Reference ID. ID	HSS/Q3601, version 1.0		
Version No.	1.0	Version Update Date	16/07/2019
Pre-requisites to Training	12th Standard		
Training Outcomes	After completing this programme, participants will be able to: • Apply basic concepts and fundamental principles related to panchakarma. • Assist the therapist/doctor and other related professionals during the procedure. • Interpret prescription efficiently and carry out panchakarma procedures competently. • Explain the use of different herbs and formulations related to panchakarma. • Discuss indications, contraindications, and precautions in diet related to panchakarma. • Carry out maintenance of the panchakarma unit • Carry out routine patient care tasks during the panchakarma procedure. • Check the vital parameters to assess the physical state of patient		

This course encompasses 5 out of 5 National Occupational Standards (NOS) of "Panchakarma Technician" Qualification Pack issued by "Healthcare Sector Skill Council".

Sr. No.	Module	Key Learning Outcomes	Equipment Required
1	**Introduction: Panchakarma technicians and their key functions** **Theory Duration** (hh:mm) 10:00 **Practical Duration** (hh:mm) 20:00 **Corresponding NOS Code** HSS/N3601	• Describe the roles and responsibilities of panchakarma technician • Explain about the different instruments and equipment's required to prepare the panchakarma unit • Demonstrate documentation and maintain proper registers related to panchakarma procedures • Discuss about the importance of medicaments used in panchakarma and its safe use. • Discuss about the quality control and quality assurance at panchakarma unit • Discuss about the correct method of handling various articles and medicaments in panchakarma unit • Discuss about do's and don'ts related to functions of panchakarma technician	
2	**Basics of human anatomy and physiology** **Theory duration** (hh:mm) 40:00 **Practical Duration** (hh:mm) 05:00 **Corresponding NOS Code** HSS/N3602	• Explain about the anatomy of cells, tissues, systems, membranes and glands of human body • Describe the anatomy and physiology of the musculo-skeletal system • Describe the anatomy and physiology of the digestive system • Describe the anatomy and physiology of the respiratory system • Describe the anatomy and physiology of the cardiovascular system • Describe the anatomy and physiology of the excretory system • Describe anatomy and physiology of the endocrine system, sense organs and reproductive system • Describe the physiology of blood and its components	3D models of human body and accessory organs, e-modules
3	**Basic concept and fundamental principles of Ayurveda** **Theory Duration** (hh:mm) 50:00 **Practical Duration** (hh:mm) 65:00	• Explain the concept of Ayurveda • Discuss in brief the concept of mind, body and soul • Explain the importance of panchakarma therapy • Explain the importance of *Deepana dravya* and *Pachana* helps in the treatment of indigestion or indigested food • Explain the concept of *Tridosha, Sapta,* Dhatu (body elements), *Mala* (waste products), *Koshta* (alimentary tract)	Charts and e-modules

Sr. No.	Module	Key Learning Outcomes	Equipment Required
	Corresponding NOS Code HSS/N3602	• Explain the concept of *Prakruti* (body constitution) • Explain the concepts of *Daraniya* (non-suppressive urges) and *Aadharaniyavegas* (suppressive urges) • Discuss the concept of *Srotas* (body channels) • Explain the concept of *Ama* and *Agni* • Explain the importance and application of ayurvedic therapies "*Shadupakramas (Brimhana, Langhana, Svedana, Stambhana, Rukshna, Senhana), Rasayana, Vajikarana, Samsamana, Samsodhana, Pathya - Apathya*" • Explain the concept of ayurvedic pharmacology knowledge of *Rasa, Guna, Karma, Virya, Vipaka* and *Prabhava* of *Dravya* • Explain about the different oils use in medicinal therapy	
4	**Carry out panchakarma therapy** **Theory Duration** (hh:mm) 60:00 **Practical Duration** (hh:mm) 70:00 **Corresponding NOS Code** HSS/N3602	• Explain the pre procedure compliances of therapy including Right Patient, Right Dose, Right Drug, Right Route, Right Time, Right Documentation, Right to Know and Right to Refuse • Demonstrate various patient positioning used to conduct different therapies • Measure the vital parameters of patient to assess general state before conducting procedure • Demonstrate standard procedure for medicament dosage calculation • Explain about the standard operating procedures for *Snehana Karma* (oleation treatment) • Demonstrate the different types of massages • Demonstrate the types of procedures such as *Shirodhara, Shirobasti, Shirobhyanga, Padabhyanga, Udwartana, Udgharshana, Mardana, Samvahana, SiroPichu and Sthanik Pichu, Lepa, Kavalaand, Gandoosha* (gargling) • Explain about standard operating procedures for *Sweda Karma* (fomentation) and its benefits • Demonstrate the *Tapa Sweda* (fomentation), *Upanaha Sweda* (poultice), *Ushma Sweda* (herbal steam and Bolus bags) • Organize work and prioritize the activities as per the instructions of the therapist/ doctor • Assist the patient in home visits also • Explain about do's and don'ts related to each therapy	e-modules and demonstrative videos

Sr. No.	Module	Key Learning Outcomes	Equipment Required
		• Demonstrate standard procedure for medicaments formulations • Explain about do's and don'ts while preparing the medicaments • Discuss about various side effects that arise due to incorrect calculation of dosage and its composition • Discuss about the plant, animal and mineral origin drugs and compound formulations. • Demonstrate the standard procedure for primary and Secondary preparations of medicament and their uses	
5	**Major procedures of panchakarma** **Theory Duration** (hh:mm) 40:00 **Practical Duration** (hh:mm) 65:00 **Corresponding NOS Code** HSS/N3602	• Explain about the pharmacodynamics, indications, contraindications of various panchakarma procedures such as *Vamana Karma* (therapeutic emesis), *Virechana Karma* (purgation), *Basti Karma* (enema), *Nasya Karma* (nasal administration of oils and herbal derivatives), *Rakta Mokshana* (therapeutic bloodletting) • Explain about the concepts of *Samyak Yoga, Ati Yoga* and *Ayoga, Lakshanas* • Discuss about the *Vyapads* (complications) in *Vamana, Virechana, Nasya, Basti* and *Raktamokshana.*	
6	**Ayurvedic diet (Ahara) and concepts related to panchakarma** **Theory Duration** (hh:mm) 25:00 **Practical Duration** (hh:mm) 65:00 **Corresponding NOS Code** HSS/N3602	• Discuss the importance of *Ahara* in health and disorders • Explain the importance of *Hita Avam Ahita Ahara* based on *Doshika Prakriti* • Explain about *Ritucharya Avam Ahara* and its preparation • Explain about *Dinacharya Avam Ahara* and its preparation • Explain about the importance of *Anupama* with respect to panchakarma • Discuss the concept of *Peyadi, Tarpanadi Krama* and its preparation • Explain the preparation of *Swarasa, Kalka, Kwath, Hima, Phanta, Tandulodaka, Mantha,Avaleha, Dhanyamla, Kshirapaka, Panaka, Mamsarasa, Lepa* • Explain about the importance of diet according to panchakarma procedure	Diet Charts and e-module
7	**Provide support to the patient throughout the therapy session** **Theory duration** (hh:mm) 40:00	• Plan suitable time of appointment to the individual in consultation with therapist/doctor or concerned authority • Identify limitations or comfort areas of patient basis on preferences considering factors such as gender, religion, culture, language, etc	

Sr. No.	Module	Key Learning Outcomes	Equipment Required
	Practical Duration (hh:mm) 55:00 **Corresponding NOS Code** HSS/N3603	• Explain do's and don'ts to patients during therapy as per orders from a therapist/doctor with respect to a specific therapy • Maintain records of grievances and escalate to the concerned authority as per organizational policies and procedures • Identify the needs of the individual post therapy sessions and record it as per organizational policies • Explain the importance of taking and recording feedback from patients post therapy as per organizational process	
8	**Soft skills and communication** **Theory duration** (hh:mm) 15:00 **Practical Duration** (hh:mm) 10:00 **Corresponding NOS Code** Bridge Module	• Explain the significance of effective communication • Demonstrate the use of effective communication with patients and family without using jargons and colloquial terms • Apply effective communication skills with colleagues using appropriate terminology in communication • Apply basic reading and writing skills • Apply goal setting, team building, teamwork, time management, thinking and reasoning and communicating with others • Apply problem solving and decision-making skills • Describe the need for patient service and service excellence in medical service • Explain work ethics in hospital set up • Discuss objection handling • Analyse the information gathered from observation, experience, reasoning, or communication to act efficiently • Apply the information gathered from observation, experience, reasoning, or communication to act efficiently • Evaluate the information gathered from observation, experience, reasoning, or communication to act efficiently • Identify rapidly changing situations and adapt accordingly • Discuss planning and organization of work	Case studies and modules of soft skills, scenario-based learning modules
9	**Post therapy compliances** **Theory duration** (hh:mm) 40:00	• Explain do's and don'ts for patients post therapy including precautions to be taken at home settings as per orders from a therapist/doctor with respect to a specific therapy • Apply standard operating procedures for maintenance of panchakarma unit • Identify the suitable cleaning agent and	Different types of cleaning instruments and cleaning brushes and cleaning agents, standard

Sr. No.	Module	Key Learning Outcomes	Equipment Required
	Practical Duration (hh:mm) 55:00 **Corresponding NOS** HSS/N3603	method/procedure for cleaning • Inspect the functionality of required articles for next session • Apply safe practices while cleaning articles and other related components • Identify faulty articles and report in line with relevant requirements, policies and procedures • Inspect articles during and after processing • Apply hygiene and infection control associated with handling of linen • Explain the correct methods for handling, segregation and transport of used and unused linen • Explain the relevance and maintenance of records for consumables and non-consumables items	guidelines of cleaning the equipment
10	**Inventory Control** **Theory Duration** (hh:mm) 20:00 **Practical Duration** (hh:mm) 45:00 **Corresponding NOS Code** HSS/N3603	• Maintain inventory of stock • Explain the importance of keeping record of manufacturing and expiration dates • Report any loss of commodities or consumables. • Discuss inventory replenishment and distribution systems • Identify stock not complying with inventory control guidelines • Remove stock not complying with inventory control guidelines. • Re-process or discard stock not complying with inventory control guidelines	Inventory registers, sample inventory lists, inventory separators
11	**Maintain interpersonal relationship with colleagues and others** **Theory Duration** (hh:mm) 05:00 **Practical Duration** (hh:mm) 10:00 **Corresponding NOS Code** HSS/N3602	• Apply appropriate and timely communication between inter and intra departments • Maintain confidentiality and privacy • Describe the importance for ensuring fulfilment of commitments • Explain organization's policies and procedures • Discuss the importance of effective communication amongst colleagues • Maintain a positive work friendly milieu	Case studies portraying effective networking amongst the team members
12	**Maintain professional and medico-legal conduct** **Theory Duration** (hh:mm)	• Apply rules and policies of organization • Apply code of conduct and demonstrate best practices • Explain the importance of carrying out one's duties and responsibilities and effects of non-	Sample case studies

Sr. No.	Module	Key Learning Outcomes	Equipment Required
	05:00 **Practical Duration** (hh:mm) 20:00 **Corresponding NOS Code** Bridge Module	compliance • Maintain relationship with other departments and seek support if required • Reduce risks associated with quality and safety measures	
13	**Maintain a safe, healthy and secure working environment** **Theory Duration** (hh:mm) 05:00 **Practical Duration** (hh:mm) 25:00 **Corresponding NOS Code** HSS/N9617	• Enhance awareness of the responsibilities to maintain health safety and security • Enhance awareness for performing basic first aid in case of emergencies • Identify potential hazards in the hospital and hospital colour coding system • Demonstrate documentation related to safety and security • Identify the suspicious package or items • Follow the policy and rules of the organisation • Demonstrate the skills of infection control and use of personal protective equipment (PPE)	First-Aid Kit, colour coding diagrams, Infection control protocols, Personal Protective Equipment, videos on safety
14	**Infection control policies and procedures** **Theory Duration** 10:00 (hh:mm) **Practical Duration** (hh:mm) 20:00 **Corresponding NOS Code** Bridge Module	• Describe the importance of infection control and prevention and guiding others about it in accordance with healthcare team • Identify the factors which influence the outcome of an exposure to infection • List strategies for preventing transmission of pathogenic organisms • Demonstrate the steps of spill management • Ensure hand hygiene and infection control and exposure control • Describe nosocomial infections • Explain the importance of incident reporting • Develop techniques of self-grooming and maintenance • Explain the concept of immunisation to reduce the health risks for self and patients. •	Current guidelines on hand washing and hand rub techniques, spill kit, PPE
15	**Bio Medical Waste Management** **Theory Duration** (hh:mm) 05:00 **Practical Duration** (hh:mm) 15:00 **Corresponding NOS Code** HSS/N9618	• Explain the importance of proper and safe disposal of bio-medical waste and treatment • Explain the categories of bio-medical waste • Discuss about disposal of bio-medical waste – colour coding, types of containers, transportation of waste, etc. • Explain standards for bio-medical waste disposal • Discuss means of bio-medical waste treatment	Different coded colour bins, chart for colour coding of bins

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Sr. No.	Module	Key Learning Outcomes	Equipment Required
16	**Basic Computer Knowledge** **Theory Duration** (hh:mm) 10:00 **Practical Duration** (hh:mm) 20:00 **Corresponding NOS Code** Bridge Module	• Discuss the application of computers • Explain the concepts of computers including block diagram, input and output devices and storage devices. • Discuss the latest version of software such as Window 10, its utilities and basic operations • Microsoft office 2000 – MS Word, MS Excel, PowerPoint Presentation	Computer with internet facility and latest MS Office
17	**Reporting and Documentation** **Theory Duration** (hh:mm) 10:00 **Practical Duration** (hh:mm) 15:00 **Corresponding NOS Code** Bridge Module	• Define the scope of practice for panchakarma technician in reporting and documentation • Define and discuss the method of reporting matrix • Explain the importance of maintaining various records • Explain the various types of records to be maintained by the panchakarma technician • Demonstrate essential components of various records and the method of their documentation and retrieval	Sample formats of reports and hospital documents
18	**Personal Hygiene** **Theory Duration** (hh:mm) 10:00 **Practical Duration** (hh:mm) 20:00 **Corresponding NOS Code** Bridge Module	• Explain the concept of healthy living. • Demonstrate the procedures of hand hygiene to prevent cross infection including effective hand washing to include; social and clinical techniques • Demonstrate the techniques of proper usage of PPE • Explain the importance of PPE • Explain various vaccinations against common infectious diseases.	PPE, vaccination kits, latest hand hygiene protocols
	Total Duration **Theory Duration** (hh:mm) 400: 00 **Practical Duration** (hh:mm) 600: 00	**Unique equipment required:** 3D models of human body and accessory organs, e-modules and demonstrative videos, computer-aided learning modules, rubber and latex gloves and apron, modules of soft skills, different types of cleaning instruments and cleaning agents, standard guidelines of cleaning the equipment, inventory registers, sample inventory lists, inventory separators, case studies portraying effective networking amongst the team members, first-aid kit, colour coding diagrams, infection control protocols, Personal Protective Equipment, videos on safety, current guidelines on	

Sr. No.	Module	Key Learning Outcomes	Equipment Required
	Total mandatory OJT Duration (hh:mm) 500:00	hand washing and hand rub techniques, spill kit, different coded colour bins, chart for colour coding of bins, computer with internet facility and latest MS Office, sample formats of reports and hospital documents, latest hand hygiene protocols **Interactive lectures and discussion** • Brain storming • Charts and models • Activity • Video presentation **Skill lab equipped with following arrangements:** • Unique equipment as enlisted at the last • Practical demonstration of various functions • Case study • Role play	

- Grand Total Course Duration 1500:00 hours (400:00 hours duration for Classroom, 600:00 hours of Skill Lab Training and 500:00 hours of mandatory OJT)

(This syllabus/ curriculum has been approved by SSC: Healthcare Sector Skill Council)

Trainer Prerequisites for Job role: "Panchakarma Technician" mapped to Qualification Pack: "HSS/Q3601, v1.0"

Sr. No.	Area	Details
1	**Description**	To deliver accredited training service, mapping to the curriculum detailed above, in accordance with the Qualification Pack "HSS/Q3601".
2	**Personal Attributes**	Aptitude for conducting training, and pre/ post work to ensure competent, employable candidates at the end of the training. Strong communication skills, interpersonal skills, ability to work as part of a team; a passion for quality and for developing others; well-organised and focused, eager to learn and keep oneself updated with the latest in the mentioned field.
3	**Minimum Educational Qualifications**	• M.D. degree in Panchakarma/ *Kayachikista* or • B.A.M.S. with 5 years of clinical experience in Panchakarma
4a	**Domain Certification**	Certified for Job Role: "Panchakarma Technician" mapped to QP: "HSS/Q3601", version 1.0 with scoring of minimum 80%.
4b	**Platform Certification**	Recommended that the Trainer is certified for the Job Role: "Trainer", mapped to the Qualification Pack: "MEP/Q2601" with scoring of minimum 80%.
5	**Experience**	• M.D. degree in Panchakarma/ *Kayachikista* or • B.A.M.S. with 5 years of clinical experience in Panchakarma

Annexure: Assessment Criteria

Criteria for Assessment of Trainees

Job Role: Panchakarma Technician

Qualifications Pack: HSS/Q3601

Sector Skill Council: Healthcare Sector Skill Council

Guidelines for Assessment:

1. Criteria for assessment for each Qualifications Pack will be created by the Sector Skill Council. Each Performance Criteria (PC) will be assigned marks proportional to its importance in NOS. SSC will also lay down proportion of marks for Theory
 and Skills Practical for each PC.
2. The assessment for the theory part will be based on knowledge bank of questions created by the SSC.
3. Individual assessment agencies will create unique question papers for theory part for each candidate at each examination/training center (as per assessment criteria below.)
4. Individual assessment agencies will create unique evaluations for skill practical for every student at each examination/ training center based on these criteria.
5. To pass the Qualifications Pack, every trainee should score a minimum of 70% in every NOS.
6. In case of successfully passing only certain number of NOSs, the trainee is eligible to take subsequent assessment on the balance NOS's to pass the Qualifications Pack.
7. In case of *unsuccessful completion*, the trainee may seek reassessment on the Qualifications Pack.

(For Assessment Criteria please refer the QP-NOS PDF)