GOVERNMENT OF INDIA
MINISTRY OF AYUSH

RAJYA SABHA
UNSTARRED QUESTION NO-1607
TO BE ANSWERED FOR -03 AUGUST 2021

YOGA AWARENESS PROGRAMME

1607. SHRI NEERAJ DANGI:

Will the Minister of **AYUSH** be pleased to state:

(a) whether Government is organizing any special scheme/programme in order to spread awareness about Yoga among people in the country;

(b) if so, the details thereof;

(c) whether it is a fact that complete cure of diseases like COVID-19 is possible with Yoga;

(d) if so, the details thereof along with the studies carried out; and

(e) the details of the funds spent in this regard, institute/institution-wise?

ANSWER
THE MINISTER OF AYUSH
(SHRI SARBANANDA SONOWAL)

(a) & (b): The Ministry of Ayush spreads awareness about Yoga through its three autonomous bodies namelyMorarji Desai National Institute of Yoga (MDNIY), New Delhi, Central Council for Research in Yoga and Naturopathy (CCRYN), New Delhi and National Institute of Naturopathy (NIN), Pune.

Under the aegis of United Nations, 21st June is being observed as International Day of Yoga (IDY) all across the globe every year since 2015. Ministry of AYUSH is the nodal Ministry for the event in the country. Efforts of the Ministry in association with various other Ministries/ Departments, State/UT Governments and Yoga Organisations have succeeded in converting IDY into a true mass movement in the country. IDY 2021 was observed by the Ministry of AYUSH by engaging virtual medium optimally, keeping in view the COVID related protocols.

During IDY 2016, Hon'ble Prime Minister announced the Prime Minister's Yoga Awards. The awards are being given away each year for exemplary contribution in the field of Yoga towards the development and promotion of Yoga. There are four awards falling under two categories i.e. at National Level (2 Nos) and at International Level (2 Nos).

Ministry of AYUSH and World Health Organization (WHO) had jointly undertaken a project, named, m-Yoga in the year 2019. This envisages the concept of the 'Be Healthy, Be Mobile' (BHBM) under the United Nations Sustainable Development Goals to achieve Universal Health Coverage by 2030.The m-Yoga mobile App was launched by Honorable Prime Minister of India on June 21, 2021 on the occasion of International Day of Yoga-2021.

Also, considering the need of Yoga enthusiasts world over, the Ministry has developed/upgraded various IT tools. These tools enable them to get all the yoga related information on one single platform i.e. Yoga Portal (yoga.ayush.gov.in). The Ministry has launched Namaste Yoga App, IDY Handbook, Yoga Calendar and Yoga Dictionary recently to spread awareness about Yoga among common people.

A Yoga Certification Board (YCB) has been constituted for certification of Yoga professionals and accreditation of Institutions, prescribing syllabus for various levels of Yoga trainers and any such activities that may be considered necessary for promotion of Yoga. Professional assessment of these service providers are carried so as to certify the competencies so that user of the service is assured of the skill sets possessed by the trainer.

An Information Education and Communication (IEC) Scheme, has been devised by the Ministry, activities under which include steps to reach out to people to promote awareness about Yoga. IEC activities include public events, conferences, exhibitions, camps and programs on TV, Radio, Print-media etc.

In addition to the above, under National AYUSH Mission (NAM) Scheme, financial assistance is provided to States and Union Territories for setting up AYUSH Wellness Centres. Yoga forms an important element of such Wellness Centres, subject to the choice of the concerned State/UT governments.

(c) to (e): Yoga acts as an adjuvant, preventive&promotive health care measure.The yogic practices are used to improve the immunity and the lungs function of the person affected with COVID. The details of the research studies conducted by the Morarji Desai National Institute of Yoga are enclosed at **Annexure –I**.

Under theModified Extra Mural Research Scheme for SARSCoV-2 infection and COVID-19 disease, funds werereleased after initial screening by the concernedResearch Council/ Expert and approval of the ProjectApproval Committee. The funds under AYURGYANScheme for Research and Innovation released to institutes/organizations under the scheme is placed at **Annexure-II**.

The CCRYN conducted a Clinical research study to assessthe effect of Yoga as an adjunct intervention along withconventional treatment in COVID-19 subjects at RajeevGandhi Super Specialty Hospital, Delhi in collaboration withNCT Delhi. The study showed a reduction in Anxiety, Depression andimprovement in Heart Rate Variability (HRV) and Sleep.CCRYN has spent a total of Rs.19,82,229/- in the year 2020-21 and Rs. 9,42,847/- (till June) in the year 2021-22 for these research work.

The Ministry of Ayushhas taken various steps to propagate the use of Yoga in post covid recovery and boosting immunity through its three autonomous bodies namely Morarji Desai National Institute of Yoga (MDNIY), New Delhi, Central Council for Research in Yoga and Naturopathy (CCRYN), New Delhi and National Institute of Naturopathy (NIN), Pune. The steps taken by them are given below:

MDNIY:

i. The MDNIY deputed 32 yoga instructors to COVID/quarantine centres in Delhi to conduct yoga sessions to COVID patients and health care workers during the COVID first wave.

ii. During COVID 2nd wave, MDNIY deputed 11 yoga internees in Delhi to conduct online/offline Yoga sessions to COVID Patients/Health Workers.

iii. Also, the Institute had conducted online Yoga Therapy classes during COVID Pandemic from May, 2020, wherein around 126 online classes have been conducted.

CCRYN:

i. Online Yoga sessions for home isolated patients.

ii. Online Yoga classes for OPD patients.

iii. Post Covid clinic started for mild to moderate Covidpatients in AIIMS, Jhajjar, Lady Hardinge Medical College (LHMC), Delhi.

NIN:

NIN collaborated with Naidu Hospital, Pune and started a Post Covid OPD where Yoga was used as a therapeutic tool and the public were taught various yogic practices to

boost their immunity post infection. NIN has also established a post covid rehabilitation center at two places to help people recover from the post infection side effects.

Further to the above, Government of India has released “National Clinical Management Protocol based on Ayurveda and Yoga for management of COVID-19” prepared by National Task Force in consensus from expert committees. The Yoga protocol includes detailed information for both Primary Prevention of COVID- 19 and Post COVID- 19 care (including care for COVID-19 patients). The objectives of both protocols are given below:

Primary Prevention of COVID- 19:

i. To improve respiratory and cardiac efficiency
ii. To reduce stress and anxiety
iii. To enhance immunity

Post COVID- 19 care (including care for COVID-19 patients)

i. To improve pulmonary function and lung capacity
ii. Toreduce stress and anxiety
iii. To improve Muco-ciliary clearance.

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Annexure-I

MDNIY has undertaken the following 2 Research Projects and the details are as under:-

S. No.	Title of Study	Project Investigator	Sample Size	Time Period	Status	Amount
1.	Efficacy of Pranayama on Positivity rate in people exposed to COVID-19 patients and mental status	Dr. I.V. Basavaraddi, Director, MDNIY	250	3 Months	Completed	Rs.10.22 lakh
2.	Efficacy of a Virtual Video-Bases, Regular Yoga Programme on the Antioxidant Status, Immune Function and Stress Hormone Responses in Healthy Population and Patients Recovered from COVID-19 Disease.		200	1 Year	On-going	Rs. 60 lakh

Research Outcome: Practicing the Pranayama modules, twice daily for 28 days is highly effective in preventing the infection of COVID-19 amongst healthcare professionals (HCPs) assigned COVID-19 duties.

Annexure-II

Research projects, on Yoga & Naturopathy, funded under the AYURGYAN Scheme for Research and Innovation (erstwhile EMR Scheme) for SARS CoV-2 infection and COVID-19 disease

S. No.	Name of Organization & PI	Purpose of Grant	Fund released
1.	Postgraduate Institute of Medical Education & Research (PGIMER), Chandigarh	The role of Yogic breathing techniques among quarantined HCWs, Covid-19 positive and COVID 19 Convalescent patients A randomized clinical trial	Rs 7,46,955/-
2.	Swami Vivekananda Yoga AnusandhanaSamsthana SVYASA, Bengaluru	Tele-yoga as an adjunct intervention for management of COVID-19, a non-randomized clinical trial	Rs 5,48,160/-

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