

**GOVERNMENT OF INDIA  
MINISTRY OF AYUSH**

**RAJYA SABHA  
UNSTARRED QUESTION NO-975  
FOR 12.12.2023**

**FORMULATION OF POLICY TO PROMOTE YOGA**

**975. Shri Vijay Pal Singh Tomar:**

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

- (a) whether Government has in place or proposes to formulate any policy/scheme(s) to promote yoga considering the fact that the yoga and yogic principles/practices help in improving overall health, boost confidence and inner strength of people;
- (b) if so, the details of such policy/schemes framed/ being framed for the purpose; and
- (c) the steps taken/being taken by Government to promote yoga and aspects of yogic practices, which are proved to be supportive/beneficial for all?

**ANSWER**

THE MINISTER OF AYUSH

(SHRI SARBANANDA SONOWAL)

(a) to (b): Various schemes of the Ministry of Ayush for promotion and development of Yoga are given below:

- I. Information, Education and Communication (IEC): A Central Sector Scheme namely 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.
- II. AYURSWASTHYA Yojana: Ministry is implementing a Central Sector Scheme namely AYURSWASTHYA Yojana. Under the Centre of Excellence (CoE) component of AYURSWASTHYA Yojana, financial assistance is provided to individual organizations/ institutes for establishing and upgrading their functions & facilities and/or for research & development activities in Ayush including Yoga.
- III. AYURGYAN Yojana: There is a component of Research & Innovation in Ayush under Central Sector Scheme namely AYURGYAN Yojana. Under this component, funds are provided for Research activities in all streams of Ayush including Yoga.
- IV. National Ayush Mission (NAM): The Ministry of Ayush is implementing the Centrally Sponsored Scheme of National Ayush Mission (NAM) in the country for

promotion and development of the Ayush system including Yoga. Under NAM, financial assistance is being provided to the State/UT Governments for different activities as proposed by them in their State Annual Action Plans (SAAPs).

Further, Ministry of Ayush promotes Yoga through its three autonomous bodies namely Morarji Desai National Institute of Yoga (MDNIY), New Delhi, Central Council for Research in Yoga & Naturopathy (CCRYN), New Delhi and National Institute of Naturopathy (NIN), Pune.

MDNIY provides various courses for Yoga education. CCRYN is the apex body for research and development in the Yoga and Naturopathy systems. NIN, a premier institute for Naturopathy organizes various activities related to Naturopathy and Yoga.

The activities and programs of MDNIY, CCRYN and NIN are available on the websites i.e. [yogamdniy.nic.in](http://yogamdniy.nic.in), [www.ccryn.gov.in](http://www.ccryn.gov.in) and [ninpune.ayush.gov.in](http://ninpune.ayush.gov.in) respectively.

Ministry of Ayush has also established a Yoga Certification Board (YCB) for certification of Yoga professionals and accreditation of Institutions under various categories.

(c) At the initiative of the Hon'ble Prime Minister Shri Narendra Modi, the United Nations General Assembly took a historic decision in 2014 to declare 21st June as the International Day of Yoga. The Ministry of Ayush is the nodal Ministry for observation of the International Day of Yoga (IDY) every year.

Considering the need of Yoga enthusiasts worldwide, the Ministry has developed Yoga Break (Y-Break) mobile application. This app is designed for persons at work place so as to keep them fit and healthy with a view to increase productivity.

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. Under this, the m-Yoga mobile App was launched by Honorable Prime Minister of India on June 21, 2021 on the occasion of the International Day of Yoga-2021.

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