

**GOVERNMENT OF INDIA
MINISTRY OF AYURVEDA, YOGA & NATUROPATHY,
UNANI, SIDDHA AND HOMOEOPATHY
(AYUSH)**

**LOK SABHA
UNSTARRED QUESTION NO. 5696
TO BE ANSWERED ON 7TH APRIL, 2017**

YOGA COURSES

**5696. SHRI N.K. PREMACHANDRAN:
SHRI B. SRIRAMULU:**

Will the Minister of **AYURVEDA, YOGA AND NATUROPATHY, UNANI, SIDDHA AND HOMOEOPATHY (AYUSH)** be pleased to state:

- (a) the details of courses offered for the higher education of Yoga and Naturopathy in the country;
- (b) whether the Government is planning to introduce a separate programme and budget allocation to address the physical and mental health needs of school going children through Yoga and counselling;
- (c) if so, the details thereof;
- (d) whether the Government has issued a circular regarding a regular 30 minute Yoga break mandatory for the Central Government employees in the country and if so, the details thereof; and
- (e) whether the Government has any plan for creating awareness among the public regarding the food habits based on Naturopathy and if so, the details thereof?

ANSWER

**THE MINISTER OF STATE (IC) OF THE MINISTRY OF AYURVEDA,
YOGA & NATUROPATHY, UNANI, SIDDHA AND HOMOEOPATHY
(SHRI SHRIPAD YESSO NAIK)**

(a): No organization working under the Ministry of AYUSH is offering higher education in Yoga & Naturopathy as of now.

However, there are some colleges/ universities offering higher education of Yoga in the country (**Annexure-A**). In addition, there are some institution/ colleges offering higher education of Yoga & Naturopathy (**Annexure-B**).

Contd.....

(b) & (c):

- The Department of School Education & Literacy, Ministry of Human Resource Development had spent Rs.166.255 lakhs during 2016-17 under Rashriya Madhyamik Shiksha Abhiyan (RMSA) for Yoga training of 11428 Physical Education Teachers of Government Secondary Schools.
- National Council of Educational Research and Training (NCERT) 2005 recommended Yoga as an Integral Part of Health and Physical Education as part of National Curriculum Framework (NCF). Health and Physical Education is a compulsory subject from Class I to Class X and optional from Classes XI to XII. According to National Curriculum Framework 2005, “the entire group Health and Physical Education and Yoga must be taken together as a comprehensive Health and Physical Education Curriculum, replacing the fragmentary approach current in schools today. As a core part of the curriculum, time allocated for games and for yoga must not be reduced or taken away under any circumstances”. Further, they have already developed integrated syllabi on Health and Physical Education from Class I to Class X. The content of Yoga has been included from Class VI onward. It also prepared separate syllabus on Yoga from Upper Primary to Secondary Stage.

· NCERT has brought out the following two textual materials for Upper Primary (VI to VIII) and Secondary Stages (IX & X):

(i) Yoga: A Healthy Way of Living (Upper Primary stage) and

(ii) Yoga: A Healthy Way of Living (Secondary Stage)

· NCERT organised Yoga Olympiad from school to National Level from 18th to 20th June, 2016.

(d): CCRYN under Ministry of AYUSH has been conducting one hour Yoga Classes to Government employees in few Government Offices/Ministries etc.in Delhi

(e):

- MDNIY is creating awareness about healthy food habits and concept of Yogic Diet through its courses /programmes.
- NIN conducts multifaceted in-house and outreach activities for creating awareness among the general public and women regarding the food habits based on Naturopathy which includes cookery classes, workshops, seminars, lectures, awareness progarmmes, are conducted in different parts of the country. Also they organize Food Festivals based on Naturopathy diet principles in different parts of the Country. Also published “Naturopathy Recipe Book”, book on “Food Thoughts”, “Naturopathy Food Concepts” and monthly magazine “Nisargopachar varta”.

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ANNEXURE-A**LIST OF UNIVERSITIES OFFERING HIGHER EDUCATION IN YOGA****(as per the details available on University/Institutional website)**

S.No	State	University	Name of the course
1.	Andhra Pradesh	Rashtriya Sanskrit Vidyapeeth, Tirpuati, A.P	Acharya (M.A) in Sankhya Yoga
2.	Raipur	Pt. Ravishankar Shukla University, Amanaka G.E Road, Raipur	M.A Applied Philosophy & Yoga
3.	Mangalore	Mangalore University, Mangalagangotri	M.Sc. Yogic Science
4.	Karnataka	Swami Vivekananda Yoga Anusandhana Samsthana No.9, Appajappa Agrahara, Chamarajpet, Bangalore	1.PhD Yoga
			2.M.D Yoga & Rehabilitation
			3.M.phil Counseling & Yoga Therapy
			4.M.A. Yoga , Journalism & Mass Communication
			5.M.Sc. Yoga Management
			6.M.Sc. Yoga & Consciousness
			7.M.Sc. Yoga Education
			8.M.Sc. Yoga
5.	Madhya Pradesh	Dr.Harisingh Gour Vishwavidyalaya, Sagar, Madhya Pradesh	M.Sc./ M.A. Yoga
		Lakshmibai National Institute of Physical Education, Mela Road , Shakti Nagar, Gwalior-M.P	M.A. Yoga
		Rani Durgavati Vishwavidyala, SaraSwati Vihar, Pachpedi, Jabalpur(M.P)	M.A. Human Consciousness & Yogic Sciences.
6.	Odisha	Indian Institute of Yogic Science& Research Bhuvneshwar, Odisha	Master Degree in Yoga
7.	Tamil Nadu	Annamalai University, Annamalainagar	M.Sc. Yoga
		Tamil Nadu Physical Education & Sports University, Chennai	M.Sc. Yoga Therapy
		M.S. University, Thirunelevelli	M.Sc. Yoga
		Bharathidasan University, Trichy	M.Sc. Yoga
		Bharathiyar University, Coimbatore	M.A. Yoga
		Tamil Nadu University, Tanjore	M.A. Yoga
		Tamil Nadu University, Madras	M.A. Yoga
8.	Uttar Pradesh	University of Lucknow	M.A. Yoga
9.	Uttarakhand	Dev Sanskriti Vishwavidyalaya Gayatrikunj, Shantikunj Haridwar	M.A. Applied Yoga& Human Excellence

ANNEXURE-B

**LIST OF UNIVERSITIES /COLLEGES OFFERING HIGHER EDUCATION IN YOGA
& NATUROPATHY**

S.No	State	University	College	Name of the course
1.	Karnataka	Rajiv Gandhi University of Health Sciences, Bangalore, Govt. of Karnataka	1. S.D.M. College of Naturopathy & Yogic Sciences, ujire.	1.MD (Yoga) 2.Ph.D (Yoga)
			2. Alvas College of Naturopathy & Yoga, Moodbiridi.	MD (Yoga)
			3.SVYASA College of Naturopathy & Yogic Sciences, 19,Eknath Bhavan, Gavipram Circle Kempe gowda Nagar, Bengaluru	1.MD (Yoga) 2.Ph.D (Yoga)
2.	Tamil Nadu	The TN Dr.M.G.R. Medical University ,Chennai, Govt. of Tamil Nadu	Govt. Yoga& Naturopathy Medical College, Arumbkkam, Chennai.	MD (Yoga)

