

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

**LOK SABHA
UNSTARRED QUESTION NO. 3409
TO BE ANSWERED ON 4TH AUGUST, 2017**

STUDY ON LAZIEST NATIONS

3409. SHRI JOSE K. MANI:

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

- (a) whether the Government has taken note regarding findings of a study conducted by Stanford University (US) researchers, published in Nature that has ranked India 39 among 46 nations surveyed as the laziest nations in the world;
- (b) if so, the reaction of the Government thereto;
- (c) whether the Government has any plan to promote walking and cycling in focussed manner; and
- (d) 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): There was an article in the Times of India on 13.07.2017 titled, “Indians among world’s laziest, take just 4,297 steps a day: Stanford study”. The article relates the incidence of obesity with reference to the level of physical activities based on the study conducted by Stanford University.

(b) to (d): There cannot be any overlooking of the benefits arising from such form of physical exercises. The Ministry of AYUSH has no plans to promote walking and cycling in focused manner. However, the Central Council for Research in Yoga and Naturopathy (CCRYN), an autonomous organisation under Ministry of AYUSH has informed that Yoga is one of the most effective practices for combating obesity. Yoga, which often couples physical exercise with breathing, is a popular and effective alternative form of “mind–body” therapy. Yoga has different components which includes physical postures (Asanas), regulated breathing practices (Pranayama), Relaxation practice (Shavasana), Meditation etc.

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