

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

**LOK SABHA  
UNSTARRED QUESTION NO. 2001  
TO BE ANSWERED ON 29<sup>TH</sup> DECEMBER, 2017**

**TEACHING OF YOGA**

**2001. ADV. CHINTAMAN NAVASHA WANAGA:**

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

- (a) whether Saudi Arabia has officially approved teaching of Yoga;
- (b) if so, the details thereof and the reaction of the Government thereto;
- (c) whether the Indian Government has given any assistance in this regard and if so, the details thereof;
- (d) whether the Government proposes to include yoga in the country's educational curriculum; and
- (e) 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) & (b): It is reported by the Indian Mission at Riyadh that in November 2017, Saudi Ministry of Trade & Industry has approved listing of Yoga in the category of 'Sports Activities'. The citizens of the Kingdom of Saudi Arabia can now practice Yoga by obtaining license from the Government authorities.

(c): The Embassy of India in Riyadh and Consulate General of India in Jeddah have been propagating Yoga practices in various cities of the Kingdom of Saudi Arabia under their respective jurisdictions for past few years. Since, the last three years, the 'International Day of Yoga' has also been celebrated with participation of thousands of Indian community members, teacher and students, foreign diplomats and Saudi nationals. The Yoga demonstration as well as lectures have also been organized for participants in sessions led by the Saudi female Yoga trainers. The Mission has also arranged participation of Saudi Yoga trainers in the International Yoga Conference organized by Ministry of AYUSH in India. All the above activities have played a significant role in propagating and popularizing Yoga in Kingdom of Saudi Arabia.

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(d) & (e): The NCERT has informed that the National Curriculum Framework (NCF), 2005 recommended Yoga as an Integral Part of Health and Physical Education, which is a compulsory subject from Class I to Class X and optional from Classes XI to XII. NCF has further recommended that “Yoga may be introduced from the primary level onwards in informal ways, but formal introduction of yogic exercises should begin only from class VI onwards.” NCERT has 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. A separate syllabus on Yoga from Upper Primary to Secondary Stage had also been developed. NCERT has brought out the following two textual materials for Upper Primary (Classes VI to VIII) and Secondary Stages (Classes IX & X):

1. Yoga: A Healthy Way of Living (Upper Primary stage)
2. Yoga: A Healthy Way of Living (Secondary Stage)

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