

**GOVERNMENT OF INDIA
MINISTRY OF HEALTH AND FAMILY WELFARE
DEPARTMENT OF HEALTH AND FAMILY WELFARE**

**LOK SABHA
UNSTARRED QUESTION NO. 3671
TO BE ANSWERED ON 16TH MARCH, 2018**

HEALTHY LIFESTYLE

**3671. SHRI CHANDRA PRAKASH JOSHI:
SHRI RAMDAS C. TADAS:**

Will the Minister of **HEALTH AND FAMILY WELFARE** be pleased to state:

- (a) whether the Government is implementing any scheme to promote healthy lifestyle among people;
- (b) if so, the steps taken for the same;
- (c) whether cycling is being promoted by the Government as a measure for healthy lifestyle among people; and
- (d) if so, the details thereof ?

**ANSWER
THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND
FAMILY WELFARE
(SMT. ANUPRIYA PATEL)**

(a) to (d): While Health is a State subject, the Central Government supplements the efforts of the State Governments for creating awareness to promote healthy lifestyle and improving healthcare.

Government is implementing National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS) under the National Health Mission. The NPCDCS has focus on awareness generation for behaviour and life-style changes, screening and early diagnosis of persons with high level of risk factors and their treatment and referral (if required) to higher facilities for appropriate management for Non-communicable Diseases (NCD).

For early diagnosis, Population based prevention, control and screening for common NCDs such as diabetes, hypertension and common cancer viz. oral, breast & cervical has been initiated by Government of India by utilizing the services of the Frontline-workers and Health-workers under existing Primary Healthcare System. This process will also generate awareness of risk factors of common NCDs.

Any physical exercise including cycling, walking etc. is regarded as a healthy lifestyle measure.

To encourage sports in the country to allow people to harness the power of sports through its cross-cutting influence, namely holistic development integration, gender equality, healthy lifestyle, national pride and economic opportunities related to sports development, the Ministry of Youth Affairs and Sports is implementing 'Khelo India' Scheme which inter alia includes two verticals, namely 'Community Coaching Development' and 'Physical Fitness of school going children'.

Under the Scheme of Assistance to National Sports Federations (NSFs), assistance is given to NSFs for organizing coaching camps, national tournaments, participation of Indian teams in international events held in India and abroad and hiring foreign coaches for different sports disciplines. Government has recognised Cycling Federation of India (CFI) for promotion of cycling sport in the country.