

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

**LOK SABHA
UNSTARRED QUESTION NO. 1230
TO BE ANSWERED ON 28TH JUNE, 2019**

YOGA ACTIVITY FOR WOMEN

1230. SHRIMATI RAKSHA NIKHIL KHADSE:

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

- (a) whether the yoga and yogic principals helps to improve health and to attain the confidence level and inner strength of women especially housewives and working women;
- (b) if so, the details thereof;
- (c) whether the Government proposes to promote the yoga activity especially for women;
- (d) if so, the details of the schemes framed up for the purpose; and
- (e) the other steps taken/being taken by the Government to promote yoga and aspects of yogic practices which are proven to be supportive for women?

ANSWER

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

- (a): Yes.
- (b): Yoga helps to improve the physical & mental health of all, including the women. Given its holistic approach, Yoga can play a significant role in improving health and to attain the confidence level and inner strength of women especially housewives and working women.

To promote women health through Yoga, age-wise yoga protocol is prepared by Morarji Desai National Institute of Yoga (MDNIY), New Delhi, with details as follows:

- i. Yoga for Children of Age 3-6 years.
- ii. Yoga for expecting mothers.
- iii. Yoga for Adolescent girls.
- iv. Yoga for Lactating mothers.
- v. Yoga for women of 40+ age group.

(c) & (d): At present, there is no such women specific plan with this Ministry for promoting the Yoga activity especially for women. However, women are also notable beneficiaries of various steps taken by the Government to promote Yoga among the people of the country.

(e): Ministry of AYUSH takes various steps to promote Yoga as listed below, which are supportive for women: -

1. Through Information Education & Communication (IEC) schemes, awareness is being created about advantages of Yoga in enhancing the physical and mental wellbeing of women.
2. Morarji Desai National Institute of Yoga (MDNIY), New Delhi, an autonomous Institute under Ministry of AYUSH has come out with some protocols related to Yoga for women's health, with details as given at (b) above.
3. MDNIY also provides Yoga facilities to women at the following Centres: -
 - i. Dr. Shyama Prasad Mukharjee Swimming Pool Complex, New Delhi
 - ii. Major Dhyan Chand National Stadium, India Gate, New Delhi
 - iii. Indira Gandhi Stadium Complex, IP Estate, New Delhi
 - iv. JawaharLal Nehru Stadium, Lodhi Road, Delhi