

GOVERNMENT OF INDIA  
MINISTRY OF HUMAN RESOURCE DEVELOPMENT  
DEPARTMENT OF HIGHER EDUCATION

LOK SABHA  
UNSTARRED QUESTION No. 3414  
TO BE ANSWERED ON 15.07.2019

**Studies of Yoga at Graduate/Post Graduate Level**

**†3414. SHRI SUMEDHANAND SARSWATI:**

Will the Minister of HUMAN RESOURCE DEVELOPMENT be pleased to state:

- (a) whether subject of Yoga is proposed to be introduced at graduate and post-graduate level in various universities of the country;
- (b) if so, the details thereof, State/ UT-wise;
- (c) whether any recognized courses of Yoga therapy are being run in any institutes of the country;
- (d) if so, the details thereof;
- (e) if not, the reasons therefor; and
- (f) the details of the minimum qualification fixed by the Government for Yoga therapist to run a Yoga therapy clinic?

**ANSWER**

MINISTER OF HUMAN RESOURCE DEVELOPMENT  
(SHRI RAMESH POKHRIYAL 'NISHANK')

(a) & (b): The Ministry of Human Resource Development had constituted a Committee under the chairpersonship of Prof. H.R. Nagendra on 15<sup>th</sup> January, 2016 for making recommendations on Yoga Education in Universities. The Committee had submitted its report in April, 2016 and prescribed curriculum for Yoga courses in its recommendations. As a follow up to the recommendations of the Committee, the Ministry asked the University Grants Commission (UGC) to promote five Yoga courses in Universities and Colleges. Course and Course Code-wise duration of Yoga courses are as follows:

S.No.	Course	Course Code	Duration
1.	Bachelors of Science (Yoga)	B.Sc.(Yoga)	3 year to 6 year
2.	Masters of Science (Yoga)	M.Sc. (Yoga)	2 year to 4 year
3.	Doctor of Philosophy (Yoga)	PhD (Yoga)	As per the PhD duration

			specified by UGC
4.	Post Graduate Diploma in Yoga	PGDY	1 year to 2 year
5.	Post Graduate Diploma in Yoga Therapy	PGDYT	1 year to 2 year

Further, to promote Yoga in Universities, Yoga Departments have been established in the nine Central Universities, namely:

1. Hemwati Nandan Bahuguna Garhwal University, Uttarakhand;
2. Visva Bharati, Shantiniketan, West Bengal;
3. Central University of Rajasthan, Rajasthan;
4. Central University of Kerala, Kerala;
5. Indira Gandhi National Tribal University, Madhya Pradesh;
6. Manipur University, Manipur;
7. Dr. Harisingh Gour Vishwavidyalaya, Madhya Pradesh;
8. Central University of Himachal Pradesh, Himachal Pradesh;
9. Central University of Haryana, Haryana.

(c) to (e): Ministry of AYUSH has informed that Morarji Desai National Institute of Yoga (MDNIY), New Delhi, an autonomous institute of Ministry of AYUSH is conducting Post Graduate Diploma in Yoga Therapy (PGDYT) for medico & Paramedicos of one year duration in affiliation with Guru Gobind Singh Indraprastha University, New Delhi with effect from Academic Year-2019-20.

(f): The minimum qualification for Yoga Therapist is

- i. a degree in Yoga or Yoga & Naturopathy with a minimum of 55% marks from a recognised University and two years experience in Yoga Therapy in a reputed Institute/ Hospital

or

any Graduate from a recognized University with Diploma of at least one year duration from a recognized University in Yoga Education/ Yoga Studies/ Yoga Science/ Yoga Therapy etc. with a minimum of 55% marks and practical experience in Yoga in a reputed Yoga Institute/ Hospital for a minimum period of five years;

- ii. level II (Therapy level) of Yoga Professional Competence Exam of QCI sponsored by Ministry of AYUSH;
- iii. demonstration Skills in Yogic practices, for which skill test is conducted.

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