

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

**LOK SABHA  
UNSTARRED QUESTION NO. 5638  
TO BE ANSWERED ON 26<sup>TH</sup> JULY, 2019**

**INTERNATIONAL YOGA DAY**

**5638. SHRIMATI POONAMBEN MAADAM:**

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

- (a) whether there has been a growing reach and acceptance of yoga in the recent year in the country and across the world;
- (b) if so, the total number of countries that have recently participated in the International Yoga Day on 2019;
- (c) whether ambassadors of different countries that expressed their interest in yoga and also participated in the Yoga Day programme and if so, the reaction of the Government thereto; and
- (d) the theme selected by the Government on the said occasion along with purpose thereof?

**ANSWER**

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

- (a): Yes.
- (b): Participation in observation of IDY is on voluntary basis. Hence, the Ministry of AYUSH does not maintain any data on participation of other countries. However, the Indian Council for Cultural Relations (ICCR) has supported Yoga-related events in 172 countries on the International Day of Yoga, 2019.
- (c): Yes. The Morarji Desai National Institute of Yoga (MDNIY), New Delhi, an autonomous institute of Ministry of AYUSH conducted Common Yoga Protocol Classes for Diplomats and their family members at Pravasi Bharatiya Kendra, Chanakyapuri. More than 100 people participated in and benefited from the activity.
- (d): The theme selected on the occasion of the 5<sup>th</sup> International Day of Yoga (IDY) was '*Yoga for Heart Care*'. There has been a substantial increase in the number of heart disease cases for the last two decades in India. Practicing Yogasanas on daily basis and inculcating certain asanas into the daily routine minimizes the risk of heart diseases. Hence this theme was selected, considering its relevance to the lives of large sections of the population.

.....