

**GOVERNMENT OF INDIA  
MINISTRY OF AYUSH**

**LOK SABHA  
UNSTARRED QUESTION NO-5057  
TO BE ANSWERED ON 31.03.2023**

**MASS YOGA DEMONSTRATIONS/SESSIONS IN 100 CITIES**

**5057. SHRIMATI SANGEETA KUMARI SINGH DEO:  
SHRI RAJA AMARESHWARA NAIK:  
SHRI BHOLA SINGH:  
SHRI VINOD KUMAR SONKAR:  
SHRI RAJVEER SINGH (RAJU BHAIYA):  
DR. JAYANTA KUMAR ROY:  
DR. SUKANTA MAJUMDAR:**

Will the Minister of **AYUSH** be pleased to state:

- a) Whether the Government has proposed to organize the Mass Yoga demonstrations/sessions in 100 cities and 100 organizations activities;
- b) if so, the details thereof;
- c) whether the Government has recently organized an event “Yoga Mahotsav 2023” in Delhi to commemorate 100 days countdown to the 9<sup>th</sup> edition of International Day of Yoga 2023;
- d) if so, the details thereof; and
- e) the other steps being taken by the Government to give a wider promotion/publicity to Yoga and its utility and to kindle a mass movement to promote health/well-being and peace across the globe?

**ANSWER  
THE MINISTER OF AYUSH  
(SHRI SARBANANDA SONOWAL)**

**(a) & (b):** Yes, The guidelines to conduct countdown programme each day for 100 days are enclosed at Annexure A.

**(c) & (d):** Yes, the Ministry of Ayush has organized an event “Yoga Mahotsav 2023” on 13<sup>th</sup>-14<sup>th</sup> March, 2023 in Delhi to commemorate 100 days countdown to the 9<sup>th</sup> edition of International Day of Yoga 2023. The details are enclosed at Annexure B.

**(e):** Ministry of Ayush promotes Yoga in the country through its three autonomous bodies namely Morarji Desai National Institute of Yoga (MDNIY), New Delhi, Central Council for Research in Yoga & Naturopathy (CCRYN), New Delhi and National Institute of

Naturopathy (NIN), Pune. MDNIY provides various courses for Yoga Education. CCRYN is the apex body for research and development in the Yoga and Naturopathy systems. NIN, a premier institute for Naturopathy organizes various activities related to Naturopathy and Yoga.

The activities and programs of MDNIY, CCRYN and NIN are available on the websites i.e. [yogamdniy.nic.in](http://yogamdniy.nic.in), [www.ccryn.gov.in](http://www.ccryn.gov.in) and [ninpune.ayush.gov.in](http://ninpune.ayush.gov.in) respectively. Also, Ministry of Ayush has established a Yoga Certification Board (YCB) for the certification of Yoga professionals and the accreditation of Institutions under various categories.

At the initiative of the Hon'ble Prime Minister Shri Narendra Modi, the United Nations General Assembly took a historic decision in 2014 to declare 21st June as the International Day of Yoga. The Ministry of Ayush is the nodal Ministry for observation of the International Day of Yoga (IDY) every year. IDY observation is focused on a Mass Yoga demonstration based on Common Yoga Protocol (CYP) which is publicly available on the Yoga Portal ([yoga.ayush.gov.in](http://yoga.ayush.gov.in)).

Also, Ministry is implementing the Centrally Sponsored Scheme of National Ayush Mission (NAM) through State/UT Governments for development & promotion of different Ayush systems in the country including Yoga and providing financial assistance to them as per the proposals received in their State Annual Action Plans (SAAPs). State/UT Governments may avail financial assistance by submitting proposals through State Annual Action Plans (SAAPs) as per the NAM guidelines.

Under National Ayush Mission (NAM), Ministry of Ayush is implementing the operationalization of 12,500 Ayush Health and Wellness Centres (HWCs) through State/UT Governments. At these Ayush HWCs, Yoga is being taught to the public for general health promotion as community-based intervention by qualified Yoga Instructors.

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**GUIDELINES TO CONDUCT COUNTDOWN PROGRAMME EACH DAY  
FOR 100 DAYS W.R.T. IDY-2023**

1. The programme shall be widely advertised through different media – print, electronic and social media.
2. The programme shall be made live through the organisation's social media platforms and also the link of the same should be shared with MDNIY.
3. The Common Yoga Protocol (CYP) preferably to be practiced from 07:00 AM to 07:45 AM.
4. Seminar, lectures, discourses or workshop shall be conducted by involving the experts of Yoga and allied sciences as part of the countdown programme.
5. Efforts shall be made to have maximum participation in the CYP practice.
6. It is desired to organize the event with the participation of minimum 1000 people.
7. Local Government Organisations, NGOs, Schools, Colleges and different sections of the society shall be made part of the programme.
8. The organization has to celebrate IDY – 2023 on 21<sup>st</sup> June, 2023 with much more participation at the same city in a much larger scale where the countdown programme is being conducted.
9. The basic objective of the programme shall be the promotion of Yoga for health and well-being of common people.

## **Yoga Mahotsav-2023**

**To commemorate 100 days countdown to IDY-2023**

**On 13-14 March, 2023 at 04.00 PM**

**at Talkatora Indoor Stadium, New Delhi-110001**

- Ministry of Ayush, Government of India, organized the **Yoga Mahotsav-2023 - An Event to commemorate 100-days Countdown to International Day of Yoga-2023**, from **March 13-14, 2023** at Talkatora Indoor Stadium.
- This year's International Day of Yoga (IDY) endeavours to connect with larger global community, as India's G20 presidency theme "One World, One Health" resonates with the principle of "Vasudhaiva Kutumbakam".
- Shri Sarbananda Sonowal, Union Minister of Ayush and Ports, Shipping & Waterways inaugurated the Yoga Mahotsav 2023 in the august presence of Shri G. Kishan Reddy, Union Minister of Culture, Tourism and DoNER; Shri N. Biren Singh, Chief Minister of Manipur; Smt. Meenakshi Lekhi, Hon'ble Union Minister of State for External Affairs and Culture; Dr. Munjpara Mahendrabhai Kalubhai, MoS for Ayush & Women & Child Development; Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, Shri P.K Pathak, Special Secretary, Ministry of Ayush; Ms. Hima Das, International Athlete; Dr. H. R. Nagendra, Chancellor, SVYASA, Bengaluru; Shri Munishree Kamal Kumar, Terapanth Samaj Rajasthan; Senior officers of Ministry of Ayush and other dignitaries.
- The Yoga Mahotsav 2023 featured a wide range of activities which included informative talks/discourses by Yoga gurus, Vice Chancellors Summit on the topic - IDY- A Reflection on its Past and Opportunity for Future, experience sharing by heads of leading institutes on the topic: Yoga-Its Past/Present/Future, States/UTs Ayush Summit, Yoga Fusion/Demonstration, Yoga Rhythmic Performance, competitions like Quiz/Elocution/Poster presentation and Y-Break @ Workplace-Yoga in Chair & Common Yoga Protocol were also performed.
- Mass Yoga demonstrations/sessions took place in 100 places in Delhi NCR.
- This year, Yoga Mahotsav witnessed active participations from Gram Pradhans, Anganwadi Workers & Asha Workers/Self Help Groups, Ayush Health & Wellness Centres, Resident Welfare Associations (RWAs), Women Welfare Organisations, Post Graduate Yoga Departments/Universities/Yoga Universities/Yoga Colleges & Institutes/Ayurveda, Siddha Homeopathy & Unani Colleges/Naturopathy Colleges, Schools, Research Councils/National Institutes/Regulators and others.

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