

**GOVERNMENT OF INDIA
MINISTRY OF EDUCATION
DEPARTMENT OF SCHOOL EDUCATION AND LITERACY**

LOK SABHA

**UNSTARRED QUESTION NO. 2772
ANSWERED ON 7TH AUGUST, 2023**

Proposal for Making Yoga Compulsory

2772. PROF. SOUGATA RAY:

DR. BHARATIBEN DHIRUBHAI SHIYAL:

Will the Minister of EDUCATION be pleased to state:

- (a) whether the Government has any proposal to make Yoga mandatory in school and college curriculum and for the students preparing for competitive examinations;
- (b) if so, the details thereof and if not, the reasons therefor;
- (c) whether it has come to the notice of the Government that some anti-social groups are trying to give Yoga a religious colour; and
- (d) if so, the details thereof and the action taken by the Government in this regard?

ANSWER

**MINISTER OF STATE IN THE MINISTRY OF EDUCATION
(SMT. ANNPURNA DEVI)**

(a) to (d): Yoga is recommended as an integral part of Health and Physical Education. CBSE has made Health and Physical Education compulsory in all classes from I-XII. The Board has directed schools to keep one period of HPE for classes I-XII each day. The National Council of Educational Research and Training (NCERT) has developed integrated syllabi on Health and Physical Education from Class I to Class X. In addition, Central Board of Secondary Examination (CBSE) has introduced a streamlined and well-designed Health and Physical Education (HPE) Program to mainstream health and physical education in schools for students of class I-XII.

Under the Centrally Sponsored scheme of Samagra Shiksha, realizing the need for holistic development of children, Sports and Physical Education component has been introduced for encouragement of Sports, Physical activities, Yoga, Co-curricular activities etc.

Further, the Government has included Yoga training in the “Study in India” programme to encourage Yoga seekers from abroad to obtain authentic Yoga training in India. The University Grants Commission (UGC) has prepared guidelines for institutional fitness plan. These guidelines encourage higher educational institutions to adopt policies and practices towards fitness and well-being of students and staff. The indicative guidelines inter-alia suggests denoting minimum one hour per day on fitness activities. UGC has also approved the establishment of an Inter University Centre-Yogic Science at Bengaluru and introduced Yoga as a new National Eligibility Test (NET) subject from January 2017 UGC-NET onwards. Yoga Departments have been established in several Central Universities.