

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

**LOK SABHA
STARRED QUESTION NO.165
TO BE ANSWERED ON 29TH NOVEMBER, 2019
SETTING UP OF YOGA INSTITUTES**

†*165. SHRI RAMPRIT MANDAL:

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

(a) whether the Government is aware of the fact that general health condition of the citizens is declining due to long sitting hours at workplace and lack of exercise;

(b) whether the Government is considering to set up regional centres on the lines of the Morarji Desai National Yoga Institute in the country including Bihar to address the problem of poor health and untimely death of people due to sedentary lifestyle/lack of exercise;

(c) if so, the details thereof;

(d) whether the Government proposes to introduce Yoga as a part of curriculum/training programme in schools; and

(e) if so, the details thereof?

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

(a) to (e): A statement is laid on the Table of the House

**STATEMENT REFERRED TO IN REPLY TO LOK SABHA
STARRED QUESTION NO. 165* FOR 29TH NOVEMBER, 2019**

(a) Yes. The sedentary lifestyle and lack of physical activities are known risk factors of Non Communicable Diseases (NCDs). The available data suggest that there is an increase in NCDs in India over a period of time.

(b) & (c) There is no such proposal currently with the Ministry of AYUSH to set up regional centres on the lines of the Morarji Desai National Institute of Yoga (MDNIY) including Bihar.

(d) & (e) The National Curriculum Framework (NCF), 2005, has recommended Health and Physical Education as a compulsory subject area from Class I to X. Yoga has been made an integral part of Health and Physical Education. The NCF states that “Yoga may be introduced from the primary level onward in informal way, but formal introduction of yoga from class VI onward”.
