

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

**LOK SABHA
UNSTARRED QUESTION NO. 954
TO BE ANSWERED ON 22ND NOVEMBER, 2019**

PROMOTION OF YOGA

**954. SHRIMATI SANDHYA RAY:
SHRI VIJAY KUMAR DUBEY:
SHRI REBATI TRIPURA:
SHRI MOHANBHAI KALYANJI KUNDARIYA:**

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

- (a) whether the Government is planning to promote yoga through Fit India Movement, if so, the details thereof and the steps taken in this regard;
- (b) whether the Government has set any target to promote Yoga and Naturopathy in the country, if so, the details of funds allocated for the same during each of the last three years and the current year and the achievement of physical and financial targets;
- (c) whether the Government has initiated any awareness drive for the promotion of Yoga and Naturopathy, if so, the details thereof and the response of the Government thereon;
- (d) whether the Government proposes to make Yoga compulsory in schools and if so, the details thereof along with the measures taken to meet the shortage of Yoga teachers in schools; and
- (e) whether the Government is working on a programme to make Yoga a lifestyle habit for pregnant and lactating women as well as children and 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): Yoga is part of the Fit-India Movement, and the following activities are initiated for the purpose:
- i. Identification and training of Fitness Volunteers in Yogasana with special focus on women.
 - ii. Developing age appropriate Yogasan capsules and disseminating in schools.
 - iii. Database of places where Yogasan sessions are held regularly.

The steps initiated by the Ministry to achieve the above include:

- i. Strengthening the certification activities of the Yoga Certification Board and coordination with stake-holding Yoga Institutions, Professional Certification Bodies (PrCBs) for enlisting fitness volunteers in Yogasana.
 - ii. Yoga protocols for children and adolescents developed and disseminated widely.
 - iii. Design for creation of database on Yoga training services finalised. An App YogaLocator has been developed and launched.
- (b): No specific targets have been set by the government to promote Yoga and Naturopathy.

(c): Since Public Health is a State subject, initiating various steps for awareness about Yoga and Naturopathy in their respective domains fall under the purview of the respective State/ UT governments.

Further to this, at the Central level, Ministry of AYUSH also strives to promote these systems and to create awareness for the benefit of the people. For this purpose an Information Education and Communication (IEC) Scheme, has been devised by the Ministry, activities under which include steps to reach out to people and to create awareness about Yoga and Naturopathy. IEC activities include programs on TV, Radio, Print-media etc.

As a part of observation of International Day of Yoga (IDY) on 21st June, this Ministry has reached out to about 2.5 lakh Gram Pradhan with suggested plan of action for Yoga promotion in villages. Common Service Centers(CSCs) of the Ministry of Electronics & IT have also been roped in for promotion of Yoga in rural areas.

National Institute of Naturopathy (NIN), Pune, an Institute under Ministry of AYUSH, conducts on an average 16 outreach activities every month to popularize Yoga and Naturopathy.

Further to mark 150th birth anniversary of Mahatma Gandhi, 150 Naturopathy camps are being organised across the country from 2nd October, 2019 to 2nd October, 2020.

In addition to the above, under National AYUSH Mission (NAM), financial assistance is provided to States and Union Territories for setting up AYUSH Wellness Centres.

(d): There is no such proposal currently with this Ministry.

(e): Yes, Morarji Desai National Institute of Yoga (MDNIY), New Delhi, an autonomous institute under Ministry of AYUSH has come out with some protocols related to Yoga for women's health as follows.

- i. Yoga for Children of Age 3-6 years.
- ii. Yoga for expecting mothers.
- iii. Yoga for Adolescent girls.
- iv. Yoga for Lactating mothers.
- v. Yoga for women of 40+ age group.