

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

**LOK SABHA
UNSTARRED QUESTION NO. 1132
TO BE ANSWERED ON 07TH FEBRUARY, 2020**

PROMOTION OF YOGA

**1132. SHRI KANAKMAL KATARA:
SHRI JANARDAN SINGH SIGRIWAL:
SHRI GOPAL JEE THAKUR:
SHRIMATI KESHARI DEVI PATEL:**

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

- (a) whether the Government has made any assessment with regard to impact of yoga on health and if so, the details thereof;
- (b) the existing schemes being implemented by the Government for promotion and creating awareness about yoga in the country along with the budgetary allocation made for the purpose, State/UT-wise including Bihar particularly in Darbhanga;
- (c) whether the Government proposes to include yoga in the syllabus of schools/education institutes and if so, the details thereof during the last three years including the number of yoga teachers appointed for the purpose; and
- (d) the other measures being taken by the Government to promote yoga throughout the country?

**ANSWER
THE MINISTER OF STATE (IC) OF THE MINISTRY OF AYURVEDA,
YOGA & NATUROPATHY, UNANI, SIDDHA AND HOMOEOPATHY
(SHRI ASHWINI KUMAR CHOUBEY)**

(a): The Central Council for Research in Yoga and Naturopathy (CCRYN), New Delhi an autonomous body of Ministry of AYUSH, which takes out various research activities on Yoga has carried out studies/ assessment of impact of Yoga on disease conditions like for example Pre-diabetes, Post-stroke Rehabilitation, Post myocardial infarction, Migraine, Osteoarthritis, Coronary Artery Disease. These studies were carried out in the form of Collaborative projects with reputed healthcare institutions. Details of such important studies of the last 10 years are given in **Annexure-A**.

(b): The Ministry of AYUSH actively promotes various activities of Yoga in the country through its autonomous bodies namely (MDNIY), New Delhi, National Institute of

Naturopathy (NIN), Pune, Central Council of Research in Yoga and Naturopathy (CCRYN), New Delhi. The details of which are placed at **Annexure-B**.

In addition, an Information Education and Communication (IEC) Scheme, has been devised by the Ministry, activities under which steps are taken to reach out to people to promote Yoga and Naturopathy. IEC activities include programs on TV, Radio, Print-media etc.

Also, under Centrally Sponsored Scheme of National AYUSH Mission (NAM), financial assistance is provided to States and Union Territories for setting up AYUSH Wellness Centres including Yoga.

However, Ministry of AYUSH does not make State/UT-wise budgetary allocation for the same.

(c): The National Curriculum Framework (NCF), 2005 has recommended Health and Physical Education as a compulsory subject 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”.

Since, as Education is a subject in the Concurrent List of the Constitution, the appointment of Yoga teachers is mainly comes in the purview of State/UT Governments.

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

At the Central level, Ministry of AYUSH also strives to promote these systems and to create awareness for the benefit of the people. Ministry of AYUSH through its three autonomous bodies namely Central Council for Research in Yoga and Naturopathy (CCRYN), Morarji Desai National Institute of Yoga (MDNIY) and National Institute of Naturopathy (NIN) promote activities related to Yoga and Naturopathy. The activities are given at **Annexure-B**.

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Annexure-A

List of Research Collaboration/ Joint Projects on use/ impact of Yoga on various health issues/ diseases Completed in last 10 years.

S. No.	Name of the Collaborating Institute	Title of the project	Year of Completion	Disease Category
1.	Council's Project	Efficacy of Yogic intervention for the management of migraine – a randomized controlled trial	2010	Migraine
2.	Deptt. of Psychiatry, Dr. R.M.L. Hospital, New Delhi	An exploratory analysis of genetic correlates and effects of Yoga on circadian rhythms, cognitive functions and social burden in major mental disorders: schizophrenia, bipolar disorder and depression and their comparison with a cardiac group	2010	Major Mental Disorders: Schizophrenia, Bipolar disorder and Depression
3.	Department of Physiology, AIIMS, New Delhi.	A Study to assess acute mental stress induced changes in EEG, Cognitive behavior and Neurosteroids across the menstrual cycle and effect of meditation on stress induced changes	2010	Meditation
4.	Department of Neurology, Sir Ganga Ram Hospital, New Delhi	A Randomized Controlled Trail of Yoga to manage the adverse stress reactions at work in health professionals	2010	Yoga & Stress
5.	Bharath Charitable Cancer Hospital & Institute, #18-19, Hebbal Industrial Area, Metagally Post, Mysore-570016	Comparison of effects of yoga vs. relaxation on CINV outcomes following adjuvant chemotherapy	2013	Cancer
6.	Department of Laboratory Medicine, All India Institute of Medical Sciences, New Delhi-110029	Effect of Yoga on Serum Interleukin levels in Adolescents with Depression	2013	Depression
7.	Patanjali Yogpeeth , Haridwar, Uttarakhand.	Effect of a Yoga Program on Anthropometric and Biochemical Measures in Obese Persons	2015	Obesity
8.	Add Life-PRAKRUTI, Indo American Cancer Institute & Research Centre, Hyderabad.	Efficacy of Naturopathy & Yoga therapy as an adjuvant in the management of Non-Hodgkin's Lymphoma [NHL]	2015	Non-Hodgkin's Lymphoma [NHL]
9.	ALN Rao Memorial Ayurvedic Medical College, Koppa, Karnataka	A study of efficacy of Yogic and Naturopathy measures in Varicose Veins	2016	Varicose Veins

10.	CSM Medical University, Lucknow.	Effect of Yogic Practices on Serum Lipid Profile & Insulin Resistance in Obese subjects	2016	Obesity
11.	Nisarga Nature Cure, Yoga, Physiotherapy and Acupuncture Hospital, Nadiggalli, Sirsi, Karnataka	Randomized Control Trial to evaluate the effectiveness of cold and hot Immersion baths on impaired glucose tolerance in pre-diabetes	2016	Pre-diabetes
12.	Yoga and Nature Cure Home, Khundrakpam, Awang Leikai, Imphal Saikul Road, Imphal East – Manipur-795114	Naturopathy and Yoga Intervention for post-stroke Rehabilitation & Quality of Life Improvement-a controlled study	2016	Post-stroke Rehabilitation
13.	Vardhman Mahavir Medical College and Safdurjung Hospital, New Delhi	Comparison of cardiovascular autonomic functions in two groups of post myocardial infarction patients (age 30-55 yrs): A randomized trail involving 2 groups of patients.(1) On pharmacotherapy alone (2) On Yoga & pharmacotherapy life style intervention therapy & Pharmacotherapy.	2016	Post myocardial infarction
14.	National Institute of Mental Health and Neurosciences, Bangalore	Effect of Yoga & Hydriatic application on migraine– A Clinical, Electrophysiological and Immunological study.	2016	Migraine
15.	INYS Medical Research Society, Bangalore	Efficacy of Mustard pack on knees in Osteoarthritis	2016	Osteoarthritis
16.	U.C.M.S., G.T.B. Hospital, Dilshad Garden, Delhi	The effect of Yoga Therapy on Coagulation Profile, Lipid profiles, Lung Diffusion capacity and Quality of Life in Patients with Coronary Artery Disease	2016	Coronary Artery Disease
17.	Swami Vivekananda Yoga Anusandhana Samsthana, Bengaluru	The effect of Yoga in prevention of pregnancy Complications in High Risk Pregnancies	2016	High Risk Pregnancies
18.	Vivekananada Aroghya Dhama, asarkod, Karnataka	Comparison of effects of two Yoga interventions versus Exercise therapy in the management of mechanical Low Back pain	2016	Mechanical Low Back pain
19.	Yog Research Department, Patanjali Yogpeeth , Haridwar, Uttarakhand.	Effect of Yoga on Physical, Cognitive and Emotional Development in Children.	2016	Child Development
20.	Adhyatma Sadhana Kendra, Chhattarpur, New Delhi.	Comprehensive Effect of Preksha Meditation and Lifestyle Change on Coronary Heart Disease–A Randomized Controlled Trial	2016	

Annexure-B

CCRYN, New Delhi

- i. Research projects in Yoga and Naturopathy with a view to develop scientific basis and supporting evidence for various practices of Yoga and Naturopathy.
- ii. Running Central Research Institute of Yoga & Naturopathy (CRIYN), Rohini, Delhi.
- iii. Collaborative Research centres.
- iv. Conducting multi-centric research studies.
- v. Establishment of OPD of Yoga & Naturopathy for drawing data for research.

MDNIY, New Delhi

- i. Conducting Certificate, Diploma, Degree and Post Graduate Course in Yoga.
- ii. Running Yoga OPD and providing Yoga treatment in 19 CGHS Wellness Centre and 4 Yoga Therapy Centres in Tertiary/ Allopathy Hospitals.
- iii. Conducting Seminars/ Conference/ Workshops and Special Lecture Series to create awareness about Yoga among the people.
- iv. Running Yoga Centres at 4 Sports Authority of India (SAI) Stadia, preventive healthcare units in CGHS wellness Centres, Yoga Therapy Centres in Govt. Tertiary hospitals.
- v. MDNIY has been recognized as a WHO collaborative Centre (Yoga) and is conducting activities for standardization of Yoga protocols. MDNIY has come out with some protocols related to Yoga for women's health as follows.
 - a. Yoga for Children of Age 3-6 years.
 - b. Yoga for expecting mothers.
 - c. Yoga for Adolescent girls.
 - d. Yoga for Lactating mothers.
 - e. Yoga for women of 40+ age group.

NIN, Pune

- i. Conducting One Year Full Time "Treatment Assistant Training Course" (TATC) at NIN campus, and Conducting Training of Trainers (TOT) programs outside Pune.
- ii. Running OPD clinic.
- iii. Conducting Yoga session camps at various Govt. offices, Institutes, Schools, Colleges etc.

- iv. Coordinating various public-facing activities to promote Naturopathy across the country.
- v. Conducts on an average 16 outreach activities every month to popularize Yoga and Naturopathy.

National Board for Promotion of Yoga & Naturopathy

The Ministry has also established a high level advisory body namely, “National Board for Promotion of Yoga & Naturopathy” (NBPYN) in February, 2016 to give policy advices and recommendations on broad issues regarding promotion of Yoga & Naturopathy in the country. Inputs of NBPYN have helped the Ministry to strengthen different aspects of the practice of Yoga and Naturopathy in the country.

Creation of awareness about Yoga and Naturopathy

In addition, an Information Education and Communication (IEC) Scheme, has been devised by the Ministry, activities under which include steps to reach out to people to promote awareness about Yoga and Naturopathy. IEC activities include public events, conferences, exhibitions, camps and programs on TV, Radio, Print-media etc.

Observation of International Day of Yoga

Under the aegis of United Nations, 21st June is being observed as International Day of Yoga (IDY) all across the globe every year since 2015. Ministry of AYUSH is the nodal Ministry for the event in the country. Efforts of the Ministry in association with various other Ministries/ Departments, State/UT Governments and Yoga Organisations have succeeded in converting IDY into a true mass movement in the country.

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

Yoga and Naturopathy under the Centrally Sponsored Scheme of National AYUSH Mission (NAM)

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. Yoga and Naturopathy form important elements of such Wellness Centres, subject to the choice of the concerned State/UT governments.