

**GOVERNMENT OF INDIA
MINISTRY OF YOUTH AFFAIRS & SPORTS
(DEPARTMENT OF SPORTS)**

LOK SABHA

UNSTARRED QUESTION NO. †4260

TO BE ANSWERED ON 19.03.2020

Promotion of Yoga

†4260. SHRI RAVI KISHAN:

Will the Minister of YOUTH AFFAIRS AND SPORTS be pleased to state:

- (a) whether the Government proposes to take any step to promote Yoga in the country within the existing framework/infrastructure;**
- (b) if so, the details thereof;**
- (c) the steps taken/being taken by the Government in this regard;**
- (d) whether the Government proposes to include Yoga and Sports institutes in the core curriculum of all the schools and sports institutes; and**
- (e) if so, the details thereof?**

ANSWER

**THE MINISTER OF STATE (INDEPENDENT CHARGE)
FOR YOUTH AFFAIRS AND SPORTS
[SHRI KIREN RIJIJU]**

(a) to (c): “Public Health” being a State subject, the primarily responsibility to initiate steps for promotion of Yoga fall under the purview of the respective State/ UT governments.

At the Central level, Ministry of AYUSH strives to promote Yoga among all segments of population 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). The details of steps taken to promote Yoga are given in Annexure.

(d) & (e): National Curriculum Framework (NCF), 2005 recommends Yoga as an integral part of Health and Physical Education (HPE). As per NCF, 2005, Health and Physical Education (HPE) is a compulsory subject from Class I to Class X and optional from Class XI to XII. However, Central Board of Secondary Examination (CBSE) has made Health and Physical Education compulsory in all classes from I-XII and has directed schools to keep one period of HPE for classes I-XII each day. At the graduation level, it is for the students to exercise the options available in the Universities / Colleges as per their choices.

Further, Education comes under the Concurrent List of the Constitution. With majority of schools falling under respective State Examination Boards, the school curriculum is largely determined by State Governments.

Annexure referred to in reply to part (a) to (c) of Lok Sabha Unstarred Question No. 4260 to be answered on 19.03.2020 regarding “Promotion of Yoga”

Details of steps taken/being taken to promote Yoga by Ministry of AYUSH and its autonomous bodies

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.
