

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

**LOK SABHA
UNSTARRED QUESTION NO.3925
TO BE ANSWERED ON 19TH March, 2021**

COMMON YOGA PROTOCOL TRAINING

**3925. SHRI DHANUSH M. KUMAR:
SHRI REBATI TRIPURA:
SHRI ARVIND GANPAT SAWANT:
SHRI GAJANAN KIRTIKAR:
SHRI VIJAY KUMAR DUBEY:
SHRI C.N. ANNADURAI:**

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

- (a) whether the Government has formulated a Common Yoga Protocol (CYP) Training recently;
- (b) if so, the details thereof along with its aims and objectives;
- (c) whether the training would include safe practices to improve the physical, mental, emotional, and spiritual health and if so, the details thereof;
- (d) whether the 'Central Council for Research in Yoga and Naturopathy' conduct research and development in the field of Yoga and Naturopathy and if so, the number of projects undertaken and the outcome thereof;
- (e) the funds provided to research institutes under Extra Mural Research scheme during each of the last three years State/UT-wise; and
- (f) the other steps taken by the Government to popularise the adoption of the practice of Yoga, both within the country and abroad?

ANSWER

**THE MINISTER OF STATE (IC) OF THE MINISTRY OF YOUTH AFFAIRS AND
SPORTS AND ADDITIONAL CHARGE OF MINISTER OF STATE (IC) OF THE
MINISTRY OF AYURVEDA,
YOGA & NATUROPATHY, UNANI, SIDDHA AND HOMOEOPATHY
(SHRI KIREN RIJJU)**

(a) to (c): Yes. The Ministry of AYUSH through its autonomous body namely Morarji Desai National Institute of Yoga (MDNIY), New Delhi has started a Yoga Volunteer Training Programme on Common Yoga Protocol (CYP) from the 1st of February, 2021.

The program divides CYP into short modules viz. appreciation, introduction and volunteer program on CYP allowing persons of varying capabilities to gradually learn and adopt Yoga. It is a monthly training module and would be repeated every month till month of June, 2021.

The objectives of this programme are as under:

- i. To increase mass awareness about the health benefits of Yoga.
- ii. To introduce basic well-being principles and practices to common people.
- iii. To promote positive health through Yoga
- iv. To propagate Yoga for preventive practice as an approach to holistic health.

(d): Yes, the Central Council for Research in Yoga and Naturopathy (CCRYN), New Delhi conducts research and development in the field of Yoga and Naturopathy. List of research papers published by CCRYN in last 3 years is given at Annexure-I.

(e): In the Extra Mural Research scheme of the Ministry of AYUSH, the total funds released to research institutes during the last three years is given Annexure-II.

(f): The Ministry of AYUSH takes up various activities for promotion of Yoga through its three autonomous bodies namely Morarji Desai National Institute of Yoga (MDNIY), New Delhi, Central Council for Research in Yoga and Naturopathy (CCRYN), New Delhi and National Institute of Naturopathy (NIN), Pune.

Further, Ministry of AYUSH has intensified its digital and online activities for Yoga Education and Training to the aspirants and practitioners of Yoga. In addition, the various steps are taken through autonomous bodies for popularize the adoption of Yoga both within the country and abroad including the followings:

- i. Availability of sufficient online resources on the digital platforms like the Yoga Portal and the social media handles i.e YouTube, Facebook, Twitter and Instagram to provide ample opportunities for the people to learn Yoga from their homes.
- ii. A Year-long calendar has been created where various Yoga related information is provided by various Leading Yoga Institutions.
- iii. Indian Council for Cultural Relations (ICCR) has been granted the status of Personnel Certification Body (PrCB) to promote and popularise adoption of Yoga abroad.

- iv. Further, every year IDY observation in the country is lead by Hon'ble Prime Minister himself and millions of people all over the country follow CYP demonstrated by him.

Furthermore, online discourses on Yoga by prominent Yoga gurus and experts were organized as a part of the promotional campaign for IDY 2020 and as part of IDY observation for the year 2020, the Ministry also organized the 'My Life, My Yoga (MLMY)' i.e. the Jeevan Yoga video blogging contest with attractive prizes for the winners and runners-up in association with Indian Council for Cultural Relations (ICCR) in which contestants from 130 countries participated. For this the Ministry had activated all the Indian Missions and Posts abroad to promote and MLMY and Yoga at Home Yoga with Family actively. Prominent celebrities from the entertainment industry gave promotional messages on Yoga, encouraging the people to be active participants from their homes in the IDY.

List of Research Papers published by CCRYN in last 5 years

S. No.	Title of the Paper	Year of Publication	Impact factor
1.	Cardiovascular Risk Factors Assessment in Individuals Performing Yoga and Residing in State of Delhi	2018	0.87
2.	Efficacy of a Validated Yoga Protocol on Dyslipidemia in Diabetes Patients	2019	0.1
3.	Methodology for a Nationwide Diabetes Prevalence Estimate:	2019	0.44
4.	a Nationwide Multicentric Trial on the Effect of a Validated Culturally Acceptable Lifestyle Intervention for Primary Prevention of Diabetes:	2019	0.44
5.	Diabetes Prevention through Yoga-Based Lifestyle: A Pan-India Randomized Controlled Trial	2019	6.73
6.	Distribution of Glycated Hemoglobin and its Determinants in Indian Young Adults,	2019	3.26
7.	Efficacy of a Validated Yoga Protocol on Dyslipidemia in Diabetes Patients: NMB-2017 India Trial.	2019	0.1
8.	Partitioning of radiological, stress and biochemical changes in pre-diabetic women subjected to Diabetic Yoga Protocol	2019	1.94
9.	Narendra Modi's citizen centered Yoga-Diabetes Management Program: Will Indian State install Integrative Medicine in premier Institutes?	2019	2.04
10.	Development and implementation of ZED-YOG quality module: NiyantritaMadhumehaBharataskill development initiatives	2019	2.04
11.	Niyantrita Madhumeha Bharata 2017, methodology for a nationwide diabetes prevalence estimate: Part 1.	2019	0.44
12.	Methodology of NiyantritaMadhumehaBharata Abhiyaan-2017, a nationwide multicentric trial on the effect of a validated culturally acceptable lifestyle intervention for primary prevention of diabetes: Part 2.	2019	0.44
13.	Knowledge, Attitude and Practice of Yoga in rural and urban India: KAPY: A nationwide randomized cluster sample survey	2020	0.1
14.	Perceived stress and depression in Pre Diabetics and Diabetics among Indian population a call for mindfulness based intervention	2020	3.4
15.	A composite of BMI & WC may be better obesity metric in Indians with high risk of T2DM NMB 2017	2020	3.26
16.	A Nationwide Cluster Sample Survey	2020	0.1
17.	Effectiveness of yoga on arterial stiffness: A systematic review.	2020	1.97
18.	Intelligent gaze tracking approach for trail making test.	2020	1.85
19.	Effect of an integrated naturopathy and yoga program on long-term glycemic control in type 2 diabetes mellitus patients: A prospective cohort study.	2020	

Annexure-II

S. No.	Year	Total funds Released
1.	2017-18	Rs. 8,43,04,242/-
2.	2018-19	Rs. 5,47,23,588/-
3.	2019-20	Rs. 5,21,57,666/-