

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

**LOK SABHA  
UNSTARRED QUESTION NO.734  
TO BE ANSWERED ON 23<sup>RD</sup> JULY, 2021**

**SEVENTH INTERNATIONAL YOGA DAY**

**734. SHRI DHANUSH M. KUMAR:  
SHRI REBATI TRIPURA:  
SHRI VIJAY KUMAR DUBEY:  
SHRI C.N. ANNADURAI:  
SHRI GAJANAN KIRTIKAR:  
SHRI SELVAM G.:  
SHRI B.Y. RAGHAVENDRA:  
SHRI GAUTHAM SIGAMANI PON:  
SHRI ARVIND GANPAT SAWANT:**

Will the Minister of **AYUSH** be pleased to state:

- (a) whether the Seventh International Day of Yoga was celebrated in the country recently and if so, the details of the programmes conducted thereunder;
- (b) the details of the Namaste Yoga App launched during the Yoga Day;
- (c) whether the Government has taken steps to propagate the use of yoga among masses in post COVID recovery and boosting of immunity to fight against COVID-19, if so the details thereof;
- (d) whether the Government has allocated/proposed to allocate funds for research in Yoga and if so, the details of the funds allocated and achievements made, thereon;
- (e) the number of virtual/online classes organized and the number of persons benefited therefrom, State/ UT-wise; and
- (f) whether the Government has proposed to promote Yoga in rural areas across the country, if so, the details thereof and if not, the reasons therefor?

**ANSWER**

**THE MINISTER OF STATE OF THE MINISTRY OF AYURVEDA,  
YOGA & NATUROPATHY, UNANI, SIDDHA AND HOMOEOPATHY  
(DR. MUNJPARA MAHENDRABHAI)**

(a):Yes. The International Day of Yoga(IDY) 2021 was observed by the Ministry of AYUSH by engaging virtual medium optimally, keeping in view the COVID related protocols. The activities undertaken by the Ministry for IDY 2021 are given at **Annexure-I**.

On 21<sup>st</sup> June, 2021 a National lead programme was inaugurated by the Hon'ble Prime Minister and the Hon'ble Minister of State for Ayush. This was followed by a 45-minute CYP session which was broadcast across the Doordarshan network.

(b): Namaste Yoga Mobile Application was launched on 11.06.2021 by the Ministry. Namaste Yoga App is one stop health solution that enables people to access Yoga related information, Yoga events and Yoga centres at their fingertips. The app also provides information on one's physical activity in terms of step count and calories burnt accordingly. The App is beneficial for Yoga Trainers and Centres as it provides a platform for them to register themselves and get noticed through their geographical locations.

(c): The Ministry of Ayush has taken various steps to propagate the use of Yoga in post covid recovery and boosting immunity 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. The steps taken by them are given at **Annexure-II**. Further, the Ministry has issued guidelines for Yoga Practitioners with reference to COVID-19.

(d): The Ministry of Ayush under its Central Sector Scheme of Centre of Excellence (CoE) has allocated a total of Rs. 9,64,11,834/-for Centre for Integrative Medicine and Research (CIMR), All India Institute of Medical Science (AIIMS), New Delhi. The project includes research in Yoga & Ayurveda systems.

Also, the Central Council for Research in Yoga and Naturopathy (CCRYN), New Delhi is the apex body for research in Yoga & Naturopathy. For the current financial year a total of Rs. 59.7 Cr has been allocated to CCRYN. CCRYN is presently implementing following activities to promote research in Yoga & Naturopathy:

- i. Two Post Graduate Institute of Yoga & Naturopathy Education and Research (PGIYNER)** are set up in Jhajjar, Haryana and Nagamangala, Karnataka. OPD facility and Yoga classes are started in both of these PGIYNERs.
- ii. Central Research Institutes of Yoga & Naturopathy (CRIYN)** in Odisha, West Bengal, Rajasthan, Andhra Pradesh, Kerala, Jharkhand and Chhattisgarh along with 100 bedded indoor hospital facilities to carry out in depth research studies to establish the efficacy of Yoga and Naturopathy in various remedies.
- iii. Collaborative Research Centres (CRCs):** The Council is running a scheme of establishing Collaborative Research Centres (CRCs) to undertake Collaborative Research with leading Medical as well as Yoga and Naturopathy Institutions. So far, four such centres are functioning. One each at National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore, Defence Institute of Physiology and Allied Sciences (DIPAS), Delhi, Samskriti Foundation, Mysore and Kaivalyadhama Yoga Institute of Research Centre, Lonavala conducting collaborative research.

(e): Due to pandemic situation, the classes were majorly conducted in online mode and hence the number of persons benefited therefrom, State/ UT-wise is not prepared.

CCRYN has conducted a total of 130 online Yoga classes on various topics. MDNIY had conducted around 126 online YogaTherapy classes during COVID Pandemic from May, 2020.

(f): As public health is a State subject, promoting Yoga in rural and backward areas across the country comes under the purview of respective State/UT Governments.

However, the Ministry of AYUSH takes up various activities for promotion of Yoga and Naturopathy treatment 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.

In addition to the above, under National Ayush Mission (NAM) Scheme, financial assistance is provided to States and Union Territories for setting up AYUSH Wellness Centres. Yoga forms an important element of such Wellness Centres, subject to the choice of the concerned State/UT governments.

## **Annexure-I**

- i. Digital first approach by utilising the existing social media platforms and digital assets including Ministry of Ayush website, the Yoga Portal.
- ii. Joined various new platforms such as Koo, Josh, and Bolo Indya to reach wider audiences.
- iii. Partnered with Nickelodeon to release short videos and promotional content of popular Toons doing Yoga.
- iv. Released the mYoga application in coordination with the World Health Organisation (WHO).
- v. Engagement through MyGov platform in organisation of various online activities.
- vi. Creation of IDY Handbook which contained consolidated repository of promotional materials and information which could be used by all. The Department of Posts undertook commemorative special cancellations across over 811 post offices in India.
- vii. Engagement of 30,000 Common Service Centres (CSCs) to deepen the reach of Yoga within rural areas.
- viii. Started a shortened 15-hour CYP appreciation programme which provides basic introduction to Yoga, and a CYP volunteer course through Morarji Desai National Institute of Yoga (MDNIY).
- ix. Engaged 125 Community Radio Stations for propagating IDY related activities in semi urban and rural areas. The programme saw a reach of an estimated 1.20 crores.

**MDNIY:**

- The MDNIY deputed 32 yoga instructors to COVID/quarantine centres in Delhi to conduct yoga sessions to COVID patients and health care workers during the COVID first wave.
- During COVID 2<sup>nd</sup> wave, MDNIY deputed 11 yoga interneers in Delhi to conduct online/offline Yoga sessions to COVID Patients/Health Workers.
- Also, the Institute had conducted online Yoga Therapy classes during COVID Pandemic from May, 2020, wherein around 126 online classes have been conducted.

**CCRYN:**

- Yoga for home isolated patients.
- Online Yoga classes for OPD patients.
- Post Covid clinic started for mild to moderate Covid patients in AIIMS, Jhajjar, Lady Hardinge Medical College (LHMC), Delhi.

**NIN:**

NIN collaborated with Naidu Hospital,Pune and started a Post Covid OPD where Yoga was used as a therapeutic tool and the public were taught various yogic practices to boost their immunity post infection. NIN has also established a post covid rehabilitation center at two places to help people recover from the post infection side effects.

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