

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

**LOK SABHA  
UNSTARRED QUESTION NO.799  
TO BE ANSWERED ON 23<sup>RD</sup> JULY, 2021  
M-YOGA APP**

**799. SHRI CHANDRA SEKHAR BELLANA:  
DR. BEESETTI VENKATA SATYAVATHI:**

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

- (a) whether the Government has proposed to develop an M-Yoga App in collaboration with WHO;
- (b) if so, the details thereof;
- (c) whether this is a part of the collaboration under the Be Healthy, Be Mobile (BHBM) initiative; and
- (d) if so, the details thereof and the steps taken by the Government thereon?

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

(a) & (b): Yes. Ministry of AYUSH and World Health Organization (WHO) had jointly undertaken a project, named, m-Yoga in the year 2019. This envisages the concept of the 'Be Healthy, Be Mobile' (BHBM) under the United Nations Sustainable Development Goals to achieve Universal Health Coverage by 2030.

The App was launched by Honorable Prime Minister of India on June 21, 2021 on the occasion of International Day of Yoga-2021.

(c) & (d): Yes. Be Healthy Be Mobile (BHBM) initiative is a global partnership led by WHO which supports the scale up of mobile health (m-Health) technology within the scope of national health system to combat non-communicable diseases (NCDs).

In order to achieve the above objectives, DONOR AGREEMENT was signed between WHO and Ministry of AYUSH in July, 2019. The m-Yoga project focused on four areas:

- i. Common Yoga Protocol for General Wellness;
- ii. Yoga for Mental Health and Resilience;
- iii. Yoga for Adolescents; and
- iv. Yoga for Pre-Diabetics.

Building upon this a requisite handbook and mobile application/s were to be developed by Morarji Desai National Institute of Yoga (MDNIY) in consultation with the WHO technology partners. In first instance, the work relating to Common Yoga Protocol for General Wellness was undertaken. In this work, MDNIY played pivotal role to facilitate preparation of CYP for General Wellness of various duration (45 minutes, 20 minutes, 10 minutes and 31 training modules), Common Yoga Protocol booklets, video shoots, design of the booklets under the directions of Ministry of AYUSH.