

**GOVERNMENT OF INDIA  
MINISTRY OF AYUSH  
LOK SABHA**

**LOK SABHA  
UNSTARRED QUESTION NO. 1027  
TO BE ANSWERED FOR 03<sup>RD</sup> DECEMBER 2021**

**IMPACT OF YOGA ON HEALTH**

**1027. SHRI JANARDAN SINGH SIGRIWAL:**

Will the Minister of AYUSH be pleased to state:

- (a) whether the Government has assessed the impact of yoga on health and if so, the details and the findings thereof;
- (b) the existing schemes being implemented by the Government for promotion of yoga in the country indicating the budgetary allocation made for the purpose;
- (c) whether the Government has any proposal to set up regional centres on the lines of the Morarji Desai National Institute of Yoga in various States and if so, the details thereof and locations identified for the purpose;
- (d) whether the Government also proposes to introduce Yoga as a part of curriculum/training programme in schools; and
- (e) if so, the details thereof?

**ANSWER  
THE MINISTER OF AYUSH  
(SHRI SARBANANDA SONOWAL)**

- (a): Yes. The Central Council for Research in Yoga & Naturopathy (CCRYN), New Delhi an autonomous body under Ministry of Ayush is the apex body for research in the field of Yoga in the country. Research has shown that

Yoga helps in prevention of various life style diseases and improves mental health of a person.

- (b) Ministry of Ayush promotes Yoga activities in the country through its three autonomous bodies namely Morarji Desai National Institute of Yoga (MDNIY), New Delhi, National Institute of Naturopathy (NIN), Pune and Central Council for Research in Yoga & Naturopathy (CCRYN), New Delhi. The budgetary allocation for MDNIY and CCRYN for the last three years is given at annexure. For the year 2021-22 this Ministry has allocated a total of Rs. 18.7 Cr. for International Day of Yoga (IDY).

Under the aegis of United Nations, 21<sup>st</sup> 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. IDY 2021 was observed by the Ministry of Ayush by engaging virtual medium optimally, keeping in view the COVID related protocols.

During IDY 2016, Hon'ble Prime Minister announced the Prime Minister's Yoga Awards. The awards are being given away each year for exemplary contribution in the field of Yoga towards the development and promotion of Yoga. There are four awards falling under two categories i.e. at National Level (2 Nos) and at International Level (2 Nos).

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. IEC activities include public events, conferences, exhibitions, camps and programs on TV, Radio, Print-media etc.

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.

- (c) There is no such proposal presently with this Ministry to set up regional centres on the lines of the Morarji Desai National Institute of Yoga in various States.
- (d) & (e): National Curriculum Framework (NCF), 2005 recommended Yoga as an integral part of Health and Physical Education. Health and Physical Education is a compulsory subject from Class I to Class X and optional from Class XI to XII. The National Council of Educational Research and Training (NCERT) has already developed integrated syllabi on Health and Physical Education from Class I to Class X.

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## Annexure

### Budgetary Allocation of MDNIY & CCRYN for the year 2021-22

<b>Name</b>	<b>Year</b>	<b>Amount (Rs. in Cr.)</b>
MDNIY	2019-20	16.38
	2020-21	15.50
	2021-22	24.67
CCRYN	2019-20	63.27
	2020-21	49.15
	2021-22	59.70