

**GOVERNMENT OF INDIA
MINISTRY OF AYUSH**

**LOK SABHA
UNSTARRED QUESTION NO-2092
TO BE ANSWERED ON 10TH DECEMBER, 2021**

AWARENES OF YOGA AND EXERCISE

**2092. SHRI SUMEDHANAND SARASWATI:
SHRIMATI RANJEETA KOLI:**

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

- (a) whether the Government is considering to create awareness about yoga and exercise among the common people at the village level across the country along with provision of training and necessary infrastructure facilities for the same;
- (b) if so, the details thereof;
- (c) if not, the reasons therefor;
- (d) whether the Government is contemplating to set up open Gyms equipped with necessary facilities in every village of the country and post permanent yoga and exercise instructor to impart regular exercise and yoga training to the general public; and
- (e) if so, the details thereof;

ANSWER

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

(a) to (c): Ministry of Ayush spreads awareness about Yoga through its multiple interventions mainly 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.

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. IDY 2021 was observed by the Ministry of Ayush by engaging virtual medium optimally, keeping in view the COVID related protocols.

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.

The Ministry of AYUSH and Ministry of Youth Affairs and Sports jointly announced the formal recognition of Yogasana as a competitive sport on 17.12.2020. Yogasana is an integral and important component of Yoga, which is psycho-physical in nature and popular across the globe for its efficacy in fitness and general wellness.

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.

(d) to (e): At present, there is no such proposal with Ministry of Ayush to set up open Gyms equipped with necessary facilities in every village of the country.
