

**GOVERNMENT OF INDIA  
MINISTRY OF AYUSH**

**LOK SABHA  
UNSTARRED QUESTION NO.1641  
TO BE ANSWERED ON 11.02.2022**

**YOGA EDUCATION IN GOVERNMENT INSTITUTIONS**

**1641. SHRI RAMCHARAN BOHRA:**

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

- (a) whether the Government proposes to introduce yoga education in schools/colleges/armed forces and other Government institutions;
- (b) if so, the details thereof;
- (c) whether the Government has any proposals for making yoga education compulsory in all such institutions and if so, the details thereof;
- (d) the present status with respect to compliance of instructions issued in this regard by these institutions;
- (e) the details of the competitions held at district/state level in the country for promoting yoga amongst the youths; and
- (f) whether the Government has made any assessment regarding the availability of yoga teachers and if so, the details and outcome thereof?

**ANSWER**

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

(a) to (d): Under the Centrally Sponsored scheme of SamagraShiksha, realizing the need for holistic development of children, Sports and Physical Education component has been introduced for encouragement of Sports, Physical activities, Yoga, Co-curricular activities etc. Further, Central Board of Secondary Education (CBSE) has made Health and Physical Education compulsory in all classes from I-XII. It has been advised to schools that Health and Physical Education includes three areas i.e. Health Education, Physical Education and Yoga and all three areas are essential to achieve holistic health (physical, mental, intellectual, emotional, social and spiritual).

National Education Policy (NEP), 2020 vide para 4.27 has mentioned that "knowledge from ancient India and its contributions to modern India and its successes

and challenges, and a clear sense of India's future aspirations with regard to education, health, environment, etc." shall be part of syllabus. A National Steering Committee has been formed for this purpose. One of the themes for the focus groups for giving inputs to this committee is - Health and Well-being, sports, Yoga and fitness. Further, as per recommendation of NEP, 2020, the Department of School Education & Literacy, Ministry of Education has constituted a Joint Task Force for early childhood care and education with various Department/Ministry to discuss about ensuring continuity of curriculum in various levels of education.

National Curriculum Framework (NCF) 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. The syllabus is available on NCERT website [www.ncert.nic.in](http://www.ncert.nic.in). Further, NCERT has brought up two modules and books for the introduction of Yoga in schools for the age group between 8-18 years.

Also, Morarji Desai National Institute of Yoga (MDNIY), New Delhi, an autonomous body under Ministry of Ayush conducts various Yoga education programmes regularly.

Furthermore, Ministry of Ayush has requested National Medical Commission (NMC), erstwhile Central Council of Homoeopathy (CCH) now National Commission for Homoeopathy (NCH) and erstwhile Central Council of Indian Medicine (CCIM) now National Commission for Indian System of Medicine (NCISM) to introduce Yoga in their curriculum.

(e): Ministry of Ayush does not maintain such data.

(f): Ministry of Ayush has not made any assessment regarding the availability of yoga teachers in the country.

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