

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

**LOK SABHA  
STARRED QUESTION NO. 84  
TO BE ANSWERED ON 22<sup>ND</sup> JULY, 2022**

**PROMOTION OF YOGA AMONG WOMEN**

**\*84. SHRI HEMANT TUKARAM GODSE:**

Will the Minister of AYUSH be pleased to state:

- (a) whether the Government has in place or proposes to formulate any policy/scheme(s) to promote yoga activity especially for women considering the fact that the yoga and yogic principles/practices help in improving overall health, boost confidence and inner strength for women, especially housewives and working women;
- (b) if so, the details of such policy/schemes framed/ being framed for the purpose; and
- (c) the steps taken/being taken by the Government to promote yoga and aspects of yogic practices, which are proved to be supportive/beneficial for women?

**ANSWER  
THE MINISTER OF AYURVEDA, YOGA & NATUROPATHY, UNANI,  
SIDDHA AND HOMOEOPATHY (AYUSH)**

**(SHRI SARBANANDA SONOWAL)**

(a) to (c) A Statement is laid on the Table of the House.

**STATEMENT REFERRED TO IN REPLY TO LOK SABHA  
STARRED QUESTION NO. 84\* FOR 22<sup>ND</sup> JULY, 2022**

(a) & (b) Ministry of Ayush, at present, does not have a policy/ scheme for promoting Yoga activities especially for women. Also, no proposal is there for such a policy/ scheme currently with Ministry of Ayush.

However, Ministry of Ayush promotes Yoga activities in the country through its two autonomous bodies namely Morarji Desai National Institute of Yoga (MDNIY), New Delhi and Central Council for Research in Yoga & Naturopathy (CCRYN), New Delhi. MDNIY provides various courses for Yoga education and imparts Yoga training through its centres. CCRYN is the apex body for research and development in the Yoga and Naturopathy systems. The details of activities and programs of MDNIY and CCRYN are available on the websites i.e. [yogamdniy.nic.in](http://yogamdniy.nic.in) and [www.ccryn.gov.in](http://www.ccryn.gov.in) respectively.

Various Schemes of Ministry of Ayush under which the promotion of Yoga is also included are given below:

- I. Information Education and Communication (IEC): An Information Education and Communication (IEC) Scheme, has also 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.
- II. AYURSWASTHYA Yojana: Ministry is implementing a Central Sector Scheme namely AYURSWASTHYA Yojana. Under the Centre of Excellence (CoE) component of AYURSWASTHYA Yojana, financial assistance is provided to individual Organizations/Institutes for establishing and upgrading their functions & facilities and/or for research & development activities in Ayush including Yoga based on the merit of the proposal received from them.
- III. AYURGYAN Yojana: There is a component of Research & Innovation in Ayush under Central Sector Scheme namely AYURGYAN Yojana. Under this component, funds are provided for Research activities in all streams of Ayush including Yoga.

IV. National Ayush Mission (NAM): The Ministry of Ayush is implementing the Centrally Sponsored Scheme of National Ayush Mission (NAM) in the country for promotion and development of the Ayush system including Yoga. Under NAM, financial assistance is being provided to the State/UT Governments for different activities as proposed by them in their State Annual Action Plans (SAAPs).

(c) Under National Nutrition Mission, MDNIY has prepared four Yoga booklets. These Yoga booklets are as under:

- i. Yoga for Children
- ii. Yoga for Adolescents
- iii. Yoga for Pregnant Woman
- iv. Yoga for Lactating Mother

In addition, MDNIY has also published a magazine in collaboration with Indian Menopause Society (IMS). The magazine in detail covers Yoga for 40+ aged women. The magazine is publically available at the website of MDNIY i.e. [yogamdniy.nic.in](http://yogamdniy.nic.in).

Further, Ministry of Ayush being the nodal Ministry for observation of International Day of Yoga (IDY), organizes various activities and programmes in collaboration with various stake-holders. Women yoga enthusiasts take active parts in all the programmes and activities of observation of IDY every year.

For promoting Yoga, National Institute of Naturopathy (NIN), Pune had undertaken training for ASHA workers in association with Pune Zilla Parishad during 7th IDY. ASHA workers were trained in Common Yoga Protocol (CYP) so that they could train other women in the rural areas. During the 8th IDY, NIN encouraged women groups working in industrial areas of Pimpri-Chinchwad Municipal Corporation, Pune to participate in Yoga programmes.

For promoting Yoga and Naturopathy, NIN is conducting a one year certificate course called “Treatment Assistant Training Course” (TATC) with an annual admission capacity of 80. The course carries components of Yoga in its theory and practical curriculum. Fifty percent of the admission is reserved for women. NIN has successfully completed 29 batches of TATC so far.

Under National Ayush Mission (NAM), Ministry of Ayush is implementing the operationalization of 12,500 Ayush Health and Wellness Centers (HWCs) through State/UT Governments. At these Ayush HWCs, Yoga will be taught to the public including women for general health promotion as community-based intervention by qualified Yoga Instructors.

Further, Y-break App consists of Asanas, Pranayam and Dhyana launched by the Ministry on 1<sup>st</sup> September, 2021, is a 5-minute Yoga protocol, especially designed for working professionals which include working women also to de-stress, refresh and re-focus at their workplace to increase their productivity. Similarly, other digital assets such as Namaste Yoga App, Yoga Portal having Yoga related information is available for all including women.

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