

**GOVERNMENT OF INDIA  
MINISTRY OF AYUSH**

**LOK SABHA  
UNSTARRED QUESTION NO-2053  
FOR 02.08.2024**

**INTEGRATING YOGA WITH MEDICAL SCIENCE**

**2053. SHRI RAJU BISTA:**

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

- (a) the details of the healthcare institutions and medical colleges that have incorporated yoga into their curriculum and patient care protocols;
- (b) the total budget that has been allocated and utilized for research and development in integrating yoga with medical science during the last three years;
- (c) the steps taken by the Government to integrate yoga with medical science and healthcare practices in the country; and
- (d) the details of specific programs and initiatives that are currently in place to promote the integration of yoga with conventional medical treatments in the country, State/UT-wise particularly in West Bengal?

**ANSWER**

THE MINISTER OF STATE (IC) OF THE MINISTRY OF AYUSH

(SHRI PRATAPRAO JADHAV)

**(a) to (d):** The Government of India is making efforts to establish a Yoga Department/ appoint yoga trainers in every medical college belonging to different systems of medicine across the country.

In the Graduate Medical Education Regulations, 2023, Yoga has been incorporated to encourage students towards self-directed learning, which will impart an adequate basic knowledge of human health, including the knowledge from indigenous system of healthcare in India. Yoga and healthy living aspects are introduced during their training to develop harmony and peace, relieve stress and alleviate depression amongst students.

Yoga module of 10 days has been made mandatory for all students wherein faculty are also requested to join. Yoga has also been introduced in the induction course at the beginning of 1<sup>st</sup> MBBS course.

Provisions for appointment of Yoga Instructors for teaching and training are mentioned under the minimum standards set for undergraduate courses by the National Commission for Indian System of Medicine (NCISM). The National Commission for Homoeopathy (NCH) has added Yoga for health promotion in the first, second, third and final Bachelor of Homoeopathic Medicine and Surgery (BHMS) curriculum.

Further, Central Council for Research in Yoga & Naturopathy (CCRYN), an autonomous body under the Ministry of Ayush, has established Centres for Mind Body Intervention through Yoga in AIIMS Rishikesh, AIIMS Raipur and PGI Chandigarh. Furthermore, Yoga OPDs and integrative medicine centres have been set up in major healthcare institutes across the country.

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