

GOVERNMENT OF INDIA
MINISTRY OF EDUCATION
DEPARTMENT OF SCHOOL EDUCATION & LITERACY

LOK SABHA
UNSTARRED QUESTION NO. 4970
ANSWERED ON 23.03.2026

Integration of Preventive Health and Lifestyle Education in Curriculum

4970. Shri Ve Vaithilingam:

Will the Minister of EDUCATION be pleased to state:

- (a) whether the Government has taken any steps to integrate preventive health awareness and lifestyle education into school and university curricula in view of the rising incidence of cardiovascular diseases among young Indians aged 20-40 years;
- (b) if so, the details of the initiatives supported for introducing fitness modules, structured wellness programmes, awareness campaigns on smoking, drinking and sedentary lifestyle/routines and measures to promote early recognition of warning signs of heart disease among students; and
- (c) whether the Government proposes to expand coordination with the Ministry of Health and Family Welfare, Ministry of Youth Affairs and Sports, State Governments/UTs, including Puducherry and educational institutions to strengthen preventive health education, promote active lifestyles and to ensure measurable outcomes in terms of reducing early onset of cardiovascular diseases and improving the well-being of youth across the country and if so, the details thereof?

ANSWER

MINISTER OF STATE IN THE MINISTRY OF EDUCATION
(SHRI JAYANT CHAUDHARY)

(a) to (c): The National Education Policy (NEP) 2020 at para 4.24 provides that “*Concerted curricular and pedagogical initiatives, including the introduction of contemporary subjects such as Artificial Intelligence, Design Thinking, Holistic Health, Organic Living, Environmental Education, Global Citizenship Education (GCED), etc. at relevant stages will be undertaken to develop these various important skills in students at all levels.*”

In line with the NEP, 2020, the Ministry of Education (MoE) accords high priority towards promoting health education, hygiene practices and environmental consciousness among school children through various schemes and initiatives such as Samagra Shiksha, Pradhan Mantri Poshan Shakti Nirman (PM

POSHAN), School Health and Wellness Programme (SHWP), Rashtriya Bal Swasthya Karyakram (RBSK) and Eco Clubs for Mission LiFE.

The MoE in convergence with Ministry of Health and Family Welfare (MoH&FW) implements the SHWP to promote preventive health awareness, healthy lifestyles and well-being among students through trained teachers and structured classroom sessions. As of Feb 2026, more than 14.82 lakh teachers have been trained as “Health and Wellness Ambassadors” under the SHWP. The training of teachers is carried out on 11 themes which includes modules on Emotional Well-being and Mental Health and Reproductive health and HIV prevention. Concurrently, health check-up of students for 30 identified diseases are conducted in convergence with the MoH&FW under the RBSK with Health cards being maintained for all the students screened.

In accordance with the NEP, 2020 & National Curriculum Framework for School Education (NCF-SE) 2023, the National Council of Educational Research & Training (NCERT) has developed Science textbooks of middle stage (grades 6 to 8). Both the documents promote and recommend mental health and physical health as necessary elements of meaningful education and better human development. The textbooks on Physical Education and Well Being have integrated components of preventive health awareness and lifestyle education in the preparatory, middle, and secondary stages. These textbooks advocate concepts of holistic health through gross motor movements, indigenous sports, Yoga for holistic health and Yoga for *Sadhana*. Also, the science textbooks of NCERT for the grades of 6 to 8 have included basic information about health awareness and ill effects of smoking, drinking and sedentary routines.

Further, NCERT has developed special modules taking into account overall fitness and well-being, on various themes such as Asian Games Sporting Success, COVID 19 and Swachhata that attempt to address health and well-being. Moreover, the Training and Resource Material on Health and Wellness of School-going Children, developed in collaboration with the MoHFW under the aegis of SHWP of Ayushman Bharat takes into account preventive measures for well-being of children in the age group of 10 to 19 years. Additionally, the NCERT has recently conducted a programme on Tobacco Free Educational Institution (ToFEI) across the country to increase awareness on tobacco and smoking and its harmful impact on the health of students.

The Central Board of Secondary Education (CBSE) promotes a preventive approach to student well-being by integrating health, fitness and awareness initiatives within co-curricular and school-based practices. Health and Physical Education (HPE) has been made compulsory with one period daily, supported by an HPE Manual on health, fitness and lifestyle practices. The SHWP under Ayushman Bharat is implemented through Health and Wellness Ambassadors conducting sessions for students of Classes VI to XI on nutrition, sanitation and prevention-oriented health behaviors. Schools are encouraged to participate in the Fit India Movement and undertake activities such as yoga, sports and physical exercise. Further measures include installation of “Sugar Boards” and regulation of High Fat Sugar Salt (HFSS) food in canteens, enforcement of tobacco-free school environments in line with

Cigarettes and Other Tobacco Products (Prohibition of Advertisement and Regulation of Trade and Commerce, Production, Supply and Distribution) Act (COTPA), 2003, establishment of Health and Wellness Clubs, and inclusion of First Aid and Cardio-Pulmonary resuscitation (CPR) awareness for students and training for teachers.

The Directorate of School Education, Puducherry has adopted the CBSE curriculum for all Government schools. A significant number of private schools are also affiliated to CBSE, while the remaining private schools follow the curricula of neighboring State Boards, namely Tamil Nadu, Kerala and Andhra Pradesh. Accordingly, the integration of preventive health awareness and lifestyle education in schools is guided by the respective Boards whose curricula are followed by these institutions.

The Kendriya Vidyalaya Sangathan (KVS) has taken several measures to integrate preventive health awareness and lifestyle education into Kendriya Vidyalayas (KVs) including promotion of sports and physical activities among students to develop healthy habits; integration of yoga into the morning assembly; organization of debates, quizzes and awareness programmes on healthy lifestyle, fitness and prevention of lifestyle diseases; participation in national awareness campaigns such as Nasha Mukta Bharat Abhiyaan to create awareness about the harmful effects of tobacco, alcohol and substance abuse; and maintenance of a healthy school environment through no-smoking zones and sensitization of students about lifestyle diseases and preventive health practices.

The Navodaya Vidyalaya Samiti (NVS) promotes regular physical education classes, yoga sessions, and morning physical activities in Jawahar Navodaya Vidyalayas (JNVs) to encourage healthy lifestyle habits among students. JNVs also organize regular sports & physical fitness activities, awareness programmes on the ill effects of smoking and drinking, as well as on healthy diets and stress management. In addition, periodic health check-ups are also arranged in schools. Further, JNVs participate in national initiatives promoting health and fitness, such as the observance of the International Day of Yoga and Fit India activities.

Under the centrally sponsored scheme of PM POSHAN Scheme, one of the foremost rights based Centrally Sponsored Schemes under the National Food Security Act (NFSA), 2013, about 11 crore students studying in Bal Vatika and classes I to VIII in 10.35 lakh Govt. and Govt. aided schools are served healthy hot cooked nutritious meals on all school days. Importance of eating healthy and balanced diet, knowledge of junk foods, nutritional fortification, sanitation and hygiene practices such as handwash and importance of School Nutrition Gardens (SNGs), are also promoted under the scheme.

The University Grants Commission (UGC) has notified the Curriculum and Credit Framework for Undergraduate Programmes (CCFUGP) in alignment with the NEP, 2020. The framework promotes holistic and multidisciplinary education, wherein health, fitness, sports, yoga, value education, and lifestyle awareness can be incorporated through multiple courses & holistic and multidisciplinary curriculum design, enabling Higher Educational Institutions (HEIs) to introduce modules on

preventive health, nutrition, physical activity, and stress management. The UGC has issued several advisories to all HEIs in this regard. These include advisories on the observance of CPR Awareness Week; installation of Oil & Sugar Boards; administering an e-pledge and undertaking activities under the 'Nasha Mukht' initiative; and organizing cycling events to mark World Bicycle Day.

Furthermore, UGC has issued comprehensive guidelines for the promotion of physical fitness, sports, students' health, welfare, and psychological and emotional well-being in HEIs. In addition, several courses on preventive health and lifestyle education are offered through the Study Webs of Active-Learning for Young Aspiring Minds (SWAYAM) portal.

To address the rising incidence of cardiovascular diseases (CVDs) among students, the All-India Council for Technical Education (AICTE) promotes a multi-faceted approach to integrate preventive health awareness in technical institutions. These steps focus on lifestyle modifications, regular screening, and education. Key measures to integrate preventive health awareness in AICTE-affiliated colleges include mandatory health education covering cardiovascular health education, nutrition, dangers of tobacco, excessive alcohol and stress management; "Heartful Campus" initiatives promote meditation; establishment of student-led health clubs; promotion of daily physical activity through sports, fitness challenges and yoga; implementation of 'Heart-Healthy' cafeteria policies; enforcement of tobacco-free and smoke-free campus policies; routine annual health check-ups including blood pressure, blood sugar (HbA1c) and Body Mass Index (BMI) and awareness and engagement through workshops and seminars by cardiologists, World Heart Day campaigns such as "Use Heart, Know Heart", and counselling support to manage stress.

Further, AICTE has implemented initiatives and guidelines aligned with the 'Fit India Movement', including the AICTE FIT India Challenge & Movement to promote daily fitness habits; Goals for Active Life Style (G.O.A.L.S) protocols for structured physical activities; mandatory student participation in Yoga, Sports, National Service Scheme (NSS) or National Cadet Corps (NCC); training for physical education personnel; Tobacco-Free Youth Campaigns aligned with Tobacco-Free Youth Campaign 3.0; promotion of cardiovascular health awareness through healthy lifestyle guidelines; and mental well-being support through initiatives like 'Manodarpan', to address lifestyle-related risks and promote early recognition of warning signs of cardiovascular diseases among students.

Further, since education is a subject in the concurrent list of the Constitution of India and the majority of schools are under the administrative control of the respective State Government/Union Territory (UT) administration, it is for the respective State Governments/UT administrations to take appropriate steps to integrate preventive health awareness and lifestyle education in schools under their jurisdiction.
