

**GOVERNMENT OF INDIA
MINISTRY OF AYUSH**

**LOK SABHA
UNSTARRED QUESTION NO-4986
TO BE ANSWERED ON 31.03.2023**

YOGA TRAINING TO RURAL WOMEN

4986. SHRIMATI VANGA GEETHA VISWANATH:

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

- a) whether the Government proposes to provide yoga training to rural women in the country;
- b) if so, the details thereof;
- c) if not, the reasons therefor; and
- d) the measures taken/being taken by the Government along with the progress made in this regard?

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

(a) to (d): Ministry of Ayush, at present, does not have any specific proposal for providing exclusive Yoga training to rural women in the country. However, Ministry of Ayush through its Autonomous bodies impart training of Yoga to public including Rural Women.

Further, Ministry of Ayush promotes Yoga in the country through its three autonomous bodies namely Morarji Desai National Institute of Yoga (MDNIY), New Delhi, Central Council for Research in Yoga & Naturopathy (CCRYN), New Delhi and National Institute of Naturopathy (NIN), Pune. MDNIY provides various courses for Yoga Education. CCRYN is the apex body for research and development in the Yoga and Naturopathy systems. NIN, a premier institute for Naturopathy organizes various activities related to Naturopathy and Yoga. The activities and programs of MDNIY, CCRYN and NIN are available on the websites i.e. yogamdniy.nic.in, www.ccryn.gov.in and ninpune.ayush.gov.in respectively.

Also, the Ministry is implementing the Centrally Sponsored Scheme of National Ayush Mission (NAM) through State/UT Governments for development & promotion of different Ayush systems in the country including Yoga and providing financial assistance to them as per the proposals received in their State Annual Action Plans (SAAPs). State/UT Governments may avail financial assistance by submitting proposals through State Annual Action Plans (SAAPs) as per the NAM guidelines. 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 is being taught to the public including Rural Women for general health promotion as community-based intervention by qualified Yoga Instructors.
