

**GOVERNMENT OF INDIA  
RAILWAYS  
LOK SABHA**

UNSTARRED QUESTION NO:7566  
ANSWERED ON:16.05.2002  
YOGA TRAINING TO RAILWAY STAFF  
CHANDRA NATH SINGH;SADASHIVRAO DADOBA MANDLIK;SUKDEO PASWAN

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

- (a) whether his Ministry is contemplating to provide training of yoga to its operational staff;
- (b) if so, the details thereof alongwith objective behind it; and
- (c) the time by which the said yoga training is likely to be launched?

**Answer**

MINISTER OF STATE IN THE MINISTRY OF PARLIAMENTARY AFFAIRS AND MINISTER OF STATE IN THE MINIST  
RAILWAYS (SHRI O. RAJAGOPAL)

(a) Yes, Sir.

(b) & (c) The Recommendation No.5.7 of the Railway Safety review Committee-98 (Part-I) wherein they have recommended that yoga and meditation lessons be imparted to trainees in Railway Training Centres has been accepted. As the job performed by the railwaymen is very strenuous, yoga and meditation is being introduced with an objective to help the railwaymen in coping with the stress and strain involved with the job. In this context a pilot project yoga training was imparted in 3 locations, namely Indian Railways Institute of Mechanical & Electrical Engineering, Jamalpur, Zonal Training Centre, Chandausi and Drivers' training Centre, Tughlakabad for six months.

Keeping in view the feed back received from the pilot project, it was decided that yoga and meditation lessons be imparted to trainees in Railway Training Centres on an experimental basis for one year. Instructions for the same have been issued to all the Railways in November 2001.