

**GOVERNMENT OF INDIA
MINISTRY OF SCIENCE AND TECHNOLOGY
DEPARTMENT OF SCIENCE AND TECHNOLOGY
LOK SABHA
UNSTARRED QUESTION NO.1533
TO BE ANSWERED ON 19/12/2018**

YOGA RESEARCH PROJECTS

1533. SHRI PONGULETI SRINIVASA REDDY:

Will the Minister of SCIENCE AND TECHNOLOGY विज्ञान और प्रौद्योगिकी मंत्री be pleased to state:

- (a) whether the Government has funded a wide range of research institutions including 16 yoga research projects and support studies employing hi-tech tools on efficacy in treatment of illnesses, if so, the details thereof;
- (b) whether India needs to catch up with the West where several groups are studying various aspects of yoga and meditation and its relationship to the brain; and
- (c) if so, the details thereof and the steps taken/being taken in this regard?

ANSWER

**MINISTER OF SCIENCE AND TECHNOLOGY, MINISTER OF EARTH SCIENCES AND
MINISTER OF ENVIRONMENT, FOREST AND CLIMATE CHANGE
(DR. HARSH VARDHAN)**

विज्ञान और प्रौद्योगिकी मंत्री, पृथ्वी विज्ञान मंत्री और पर्यावरण, वन एवं जलवायु परिवर्तन मंत्री

(डा. हर्ष वर्धन)

(a) Yes, Madam. In the year 2017-18, Department of Sciences and Technology (DST) has supported 16 yoga research projects under “Science and Technology of Yoga and Meditation (SATYAM)” Programme to various institutions viz. National Chemical Laboratory, Pune; National Institute of Advanced Studies, Bangalore; Health Action by People, Trivandrum; Manipal University, Bangalore; Indian Institute of Technology, Delhi; National Institute of Mental Health and Neurosciences, Bangalore; All India Institute of Medical Sciences, New Delhi; MS Ramaiah Medical College, Bangalore; Bharati Vidhyapeeth University, Pune; Swami Vivekananda Yoga Anusandhana Samasthana, Bangalore; Kalasalingam Academy of Research and Education, Krishnankoil; Light on Yoga Research Trust, Mumbai and Apollo Gleneagles Hospital, Kolkata. Under these projects, research is being carried out to investigate physical and mental ailments like Mild Cognitive Impairment in older adults, management of diabetes, motor and non-motor manifestations in patients of Parkinson’s Disease, balance in elderly, schizophrenia, metabolic regulation, cardiovascular risk, intervention for opioid dependence, improvement in muscle function and gait characteristics in children with cerebral palsy, dementia, etc.

(b) & (c): Yoga and Meditation are traditional practices of India and their benefits are mentioned in ancient Indian Literature. The scientific research to understand the role of yoga and meditation in human well being is being conducted both-in India as well as in western countries. In 2015-16, to promote scientific research in yoga and meditation, the DST has started a new programme ‘Science and Technology of Yoga and Meditation (SATYAM)’ under its Cognitive Science Research Initiative (CSRI). The aim of SATYAM programme is to explore the effect of yoga and meditation on mental and physical health which also includes its relationship with brain. Since its inception, 61 research projects have been supported under SATYAM.
