

**GOVERNMENT OF INDIA
MINISTRY OF AYURVEDA, YOGA & NATUROPATHY,
UNANI, SIDDHA AND HOMOEOPATHY
(AYUSH)**

**LOK SABHA
UNSTARRED QUESTION NO. 113
TO BE ANSWERED ON 21ST JUNE, 2019**

YOGA FOR PROMOTION OF PHYSICAL AND MENTAL WELLBEING

113. SHRI H. VASANTHAKUMAR:

Will the Minister of **AYURVEDA, YOGA AND NATUROPATHY, UNANI, SIDDHA AND HOMOEOPATHY (AYUSH)** be pleased to state:

- (a) whether the Government is aware that the importance of yoga and sports in enhancing the physical and mental wellbeing of women;
- (b) if so, details thereof and steps being taken by the Government in this regard;
- (c) whether the Government has any plan to enhance the facilities available across the country for women yoga aspirants to practice yoga; and
- (d) if so, the details thereof and the funds allocated for the purpose?

**ANSWER
THE MINISTER OF STATE (IC) OF THE MINISTRY OF AYURVEDA,
YOGA & NATUROPATHY, UNANI, SIDDHA AND HOMOEOPATHY
(SHRI SHRIPAD YESSO NAIK)**

- (a): Yes.
- (b): Since Health is a State subject, the concerned State Governments are taking various steps for creating Yoga and sports facilities for physical and mental wellbeing of women in their respective domains. At the Central level, Ministry of AYUSH also takes steps to promote Yoga as follows: -
 1. Through Information Education & Communication (IEC) schemes, awareness is being created about advantages of Yoga in enhancing the physical and mental wellbeing of women.

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2. Morarji Desai National Institute of Yoga (MDNIY), New Delhi, an autonomous Institute under Ministry of AYUSH has come out with some protocols related to Yoga for women's health as follows.

- Yoga for Children of Age 3-6 years.
- Yoga for expecting mothers.
- Yoga for Adolescent girls.
- Yoga for Lactating mothers.
- Yoga for women of 40+ age group.

3. MDNIY also provides Yoga facilities to women at the following Centres: -

- i. Dr. Shyama Prasad Mukharjee Swimming Pool Complex, New Delhi
- ii. Major Dhyan Chand Nationa Stadium, India Gate, New Delhi
- iii. Indira Gandhi Stadium Complex, IP Estate, New Delhi
- iv. Jawahar Lal Nehru Stadium, Lodhi Road, Delhi

(c) & (d): At present, there is no such women specific plan with this Ministry for enhancing facilities across the country.

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