

**GOVERNMENT OF INDIA
HUMAN RESOURCE DEVELOPMENT
LOK SABHA**

UNSTARRED QUESTION NO:3356
ANSWERED ON:14.12.2011
PROMOTION OF YOGA
Maharaj Shri Satpal

Will the Minister of HUMAN RESOURCE DEVELOPMENT be pleased to state:

- (a) the steps taken by the Government to promote Yoga in Central Educational Institutions and the number of people benefited therefrom along with the expenditure incurred by the Government in this regard during the last three years and the current year, State-wise ;
- (b) whether the Government proposes to make the Yoga education compulsory in Educational Institutions; and;
- (c) if so, the details thereof ?

Answer

MINISTER OF STATE IN THE MINISTRY OF HUMAN RESOURCE DEVELOPMENT (Dr. D. PURANDESWARI)

(a) to (c): As per National Curriculum Framework-2005, Yoga is an integral part of Health and Physical Education at all level of School Education which has been made compulsory from Class I to X and optional at XI & XII. Syllabi from Class I to XII have been developed by NCERT. Yoga is one of the core components of health and physical education. The National Council of Educational Research and Training (NCERT) have developed syllabi for health and physical education for all stages of school education, while giving adequate space to Yoga. Details of funds allocated by NCERT to various Institutes (State-wise) for Teachers Training Programme is as per Annexure-I.

Central Board of Secondary Education has advised the affiliated schools to provide compulsory 30 minutes of Physical Activities or games to the students of Class I-VIII everyday and the students of classes IX -XII should participate in Physical Activity/Games/Mass P.T./Yoga for at least 2 periods per week (90-120 min/Week).