

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

UNSTARRED QUESTION NO:1724

ANSWERED ON:22.08.2012

HEALTH EDUCATION

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

- (a) whether the Government is aware that unhealthy food habits and lifestyle are the main causes for increase in diseases, obesity, overweight and prone to various problems among the people particularly the children in the country;
- (b) if so, the details thereof;
- (c) whether the Government has any proposal to introduce health education as a subject in school education throughout the country;
- (d) if so, the details thereof;
- (e) whether the NCERT along with the Health Ministry are working to develop the course structure;
- (f) if so, the details thereof; and
- (g) the time by which the above proposal is likely to be implemented?

**Answer**

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

(a) & (b) The Director General of Health Services (DGHS), Ministry of Health and Family Welfare has informed that the Government is aware of unhealthy food habits and lifestyle being the main causes of increase in diseases, obesity and overweight and that Ministry is implementing the National Programme for Prevention and Control of Diabetes, Cardiovascular Diseases and Stroke to tackle and prevent the risk factors like unhealthy Diet, Obesity, Alcohol, Tobacco and Stress.

(c) to (g) Health & Physical Education has already been a compulsory subject area since 1988. The National Curriculum Framework-2005 which is a policy document has already taken the entire group together as a comprehensive Health and Physical Education curriculum and the syllabi for class I-X focus on various dimensions of Health and Physical Education and Yoga. The National Council for Educational Research and Training (NCERT) is in the process of development of material of Health & Physical Education for different stages of school education and the Ministry of Health & Family Welfare is also consultant. The Central Board of Secondary Education (CBSE) offers Physical and Health Education as a compulsory component in its affiliated schools at secondary and senior secondary level.