

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

UNSTARRED QUESTION NO:3909

ANSWERED ON:20.03.2013

YOGA IN SCHOOLS

Mohan Shri P. C.;Muttamwar Shri Vilas Baburao;Patil Shri A.T. Nana;Sharma Shri Jagdish

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

- (a) whether the National Council of Educational Research and Training (NCERT) has prepared any course for yoga education in schools;
- (b) if so, the details thereof;
- (c) whether the Government is taking any steps to introduce the yoga course in schools prepared by the NCERT; and
- (d) if so, the details thereof?

Answer

MINISTER OF STATE IN THE MINISTRY OF HUMAN RESOURCE DEVELOPMENT (DR. SHASHI THAROOR)

(a) to (d) As per the National Curriculum Framework (NCF)-2005, Yoga is an integral part of Health and Physical Education at all levels of School Education which has been made compulsory from Class I to X and optional at XI & XII. The Yoga syllabi from Class I to XII have been developed by the National Council of Educational Research and Training (NCERT). Yoga is one of the core components of health and physical education. The NCERT has developed syllabi for health and physical education for all stages of school education, while giving adequate space to Yoga. The NCERT is implementing a scheme titled "Quality Improvement in Schools", which inter-alia, includes the Introduction of Yoga in Schools. Under this component of the scheme, proposals are invited for providing assistance to the State Governments, UT Administrations and Yoga Institutions for training teachers in yoga as an integral part of Health & Physical Education.

The Central Board of Secondary Education (CBSE) has advised the affiliated schools to provide compulsory 30 minutes of Physical Activities or games to the students of Class I-VIII every day 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). Yoga has also been included as one of the disciplines under the CBSE's Inter School Sports & Games Competitions.