

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

UNSTARRED QUESTION NO:3395
ANSWERED ON:12.02.2014
YOGA EDUCATION
Chauhan Shri Sanjay Singh;Haque Shri Sk. Saidul

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

- (a) whether the Government proposes to make the physical and the yoga education compulsory in schools and colleges of the country;
- (b) if so, the details thereof; and
- (c) the time by which it is likely to be implemented ?

Answer

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

(a) to (c) 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 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 Central Board of Secondary Education (CBSE) has advised all the schools affiliated to it, to provide compulsory 40-45 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).

As regards colleges, all the universities, being completely autonomous in academic matters, design & develop syllabi and curricula themselves.