

**GOVERNMENT OF INDIA
AYURVEDA, YOGA & NATUROPATHY, UNANI, SIDDHA AND HOMEOPATHY (AYUSH)
LOK SABHA**

UNSTARRED QUESTION NO:3001

ANSWERED ON:07.08.2015

Yoga History and Efficacy

Hari Shri G.

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

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

(a) whether the Government has commissioned/proposes to commission extensive research by various institutions to create documentation detailing Yoga"s history and efficacy;

(b) if so, the details thereof; and

(c) the steps taken by the Government to spread awareness about benefits of yoga in the country?

Answer

(a) & (b): The details of the research projects with particulars on Yoga"s history and efficacy, as undertaken by two autonomous organizations under Ministry of AYUSH, namely, Central Council for Research in Yoga and Naturopathy (CCRYN) and Morarji Desai National Institute of Yoga (MDNIY) are placed at Annexure-I and II respectively.

(c): The Ministry of AYUSH promotes Yoga by carrying out campaigns through print and electronic media. AROGYA fairs at National and State level are organized to make public aware of the benefits of AYUSH systems of medicine including Yoga. The Ministry under its Central Sector Schemes of Information Education and Communication (IEC) and International Co-operation extends financial assistance to State Governments and other reputed Government/ Non-Governmental Organizations/ Universities for conducting National/ International seminars/ workshops/ symposiums to promote AYUSH systems including Yoga.

The Ministry of AYUSH has recently initiated a Scheme for Voluntary Certification of Yoga Professionals. First phase of the Scheme to certify Yoga teachers was launched on June 22, 2015. The Scheme is being operated by the Quality Council of India (QCI), an apex quality facilitation and accreditation body, under the Ministry of Commerce and Industry.

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The Government of India has approved the National AYUSH Mission (NAM) which, inter-alia, envisages better access to AYUSH services including Yoga and strengthening of AYUSH educational institutions. The Mission provides for:

- i. co-location of AYUSH facilities at Health Centers/Hospitals including Yoga facilities;
- ii. upgradation of exclusive State AYUSH Hospitals & dispensaries including hospitals with Yoga centers;
- iii. upgradation of State Government teaching institutions including those of Yoga and
- iv. Yoga and Naturopathy Wellness Centres as per guidelines as deemed appropriate by the States under the flexible component. The proposals are sanctioned under the NAM on receipt of the same from the State/ UT Governments.