

**GOVERNMENT OF INDIA
DEFENCE
LOK SABHA**

UNSTARRED QUESTION NO:3031
ANSWERED ON:07.08.2015
Inclusion of Yoga in Army Training Programme
Singh Shri Uday Pratap

Will the Minister of DEFENCE be pleased to state:

- (a) whether the Government proposes to include Yoga in army training programme;
- (b) if so, the details thereof; and
- (c) the time by which it is likely to be completed?

Answer

MINISTER OF DEFENCE (SHRI MANOHAR PARRIKAR)

(a) & (b): Training in Yoga is already being imparted in the Indian Army as a part of overall physical training. An eight weeks yoga course is conducted thrice a year at the Army Institute of Physical Training, Pune. The trained personnel are further utilized at places wherever posted to train the troops in Yoga.

(c) Does not arise in view of (a) & (b) above.
