

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

UNSTARRED QUESTION NO:1614  
ANSWERED ON:03.12.2014  
HEALTH EDUCATION IN SCHOOLS  
Udhayakumar Shri M.

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

- (a) whether the Government has any proposal to introduce health education as a subject in school education throughout the country;
- (b) if so, the details thereof; and
- (c) the time by which the above proposal is likely to be implemented?

**Answer**

MINISTER OF HUMAN RESOURCE DEVELOPMENT (SHRIMATI SMRITI ZUBIN IRANI)

(a) to (c) As per National Curriculum Framework-2005, the Health & Physical Education has been made a compulsory subject up to Secondary stage (from Class I-X) of school education and an optional subject at the Senior Secondary stage (classes XI-XII). The contents like health issues of children have been included in the syllabus on Health & Physical Education. The Central Board of Secondary Education (CBSE) offers elective Physical & Health Education for classes XI-XII. The subject, inter-alia, includes Prevention and Management of Common life style Diseases, obesity, Diabetes, Hypertension and back pain. The Board has advised the affiliated schools that there should be at least 40-45 minutes of Physical Activities or Games period for Classes I-X every day and for Classes XI – XII schools should ensure that all the students participate in Physical Activity / Games / Mass P.T / Yoga with maximum health benefits for at least two periods per week (90-120 min/week).