

**GOVERNMENT OF INDIA
MINISTRY OF HUMAN RESOURCE DEVELOPMENT
DEPARTMENT OF SCHOOL EDUCATION AND LITERACY**

**LOK SABHA
UNSTARRED QUESTION NO. 1404
TO BE ANSWERED ON 01st July, 2019**

Yoga Education

**1404. SHRI MANOJ TIWARI:
SHRI KRUPAL BALAJI
TUMANE:
SHRI BENNY BEHANAN:**

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

- (a) whether the Government is considering to make medical science as a part of Yoga and to include Yoga in the curriculum as a compulsory subject in all the schools and universities including CBSE schools in near future and if so, the details thereof;
- (b) if not, the reasons therefor;
- (c) the details of professional Yoga courses approved by the Government so far; and
- (d) the steps taken/being taken by the Government to promote Yoga in the country?

ANSWER

**MINISTER OF HUMAN RESOURCE DEVELOPMENT
(SHRI RAMESH POKHRIYAL 'NISHANK')**

(a) & (b): The Ministry of Human Resource Development had appointed a committee, under the chairpersonship of Prof. H.R. Nagendra, Chancellor, Swami Vivekananda Yoga Anusandhana Samsthana, Bengaluru (S-VYASA) for making recommendations on Yoga Education in Universities. The Committee prescribed curriculum for Yoga courses in its recommendations. As a follow up, the Ministry asked the University Grants Commission (UGC) to promote following five Yoga courses in Universities and Colleges.

Sl.No.	Course	Course Code	Duration
1	Bachelors of Science (Yoga)	B.Sc (Yoga)	3 year to 6 year
2	Masters of Science (Yoga)	M.Sc (Yoga)	2 year to 4 year
3	Doctor of Philosophy	PhD (Yoga)	As per the PhD duration specified by UGC
4	Post Graduate Diploma in Yoga	PGDY	1 year to 2 year
5	Post Graduate Diploma in Yoga Therapy	PGDYT	1 year to 2 year

Central Board of Secondary Education (CBSE) has made Health and Physical Education compulsory in all classes from I-XII. It has been advised to schools that Health and Physical Education includes three areas i.e. Health Education, Physical Education and Yoga and all three areas are essential to achieve holistic health (physical, mental, intellectual, emotional, social and spiritual).

National Curriculum Framework (NCF), 2005 recommended Yoga as an integral part of Health and Physical Education. Health and Physical Education is a compulsory subject from Class I to Class X and optional from Class XI to XII. The National Council of Educational Research And Training (NCERT) has already developed integrated syllabi on Health and Physical Education from Class I to Class X. The syllabus is available on NCERT website www.ncert.nic.in.

(c) : The Government has set up a Yoga Certification Board (YCB) to standardize and strengthen Yoga training by providing certification to individuals and accreditation to Institutions. The YCB has approved three levels of certification for Yoga, namely, Level-1 (Yoga Protocol Instructor), Level-2 (Yoga Wellness Instructor) and Level-3 (Yoga Teacher & Evaluator). In addition, The Yoga Professional Courses conducted at Morarji Desai National Institute of Yoga is enclosed as Annexure.

(d) : The Government has also included Yoga training in the “Study in India” programme to encourage Yoga seekers from abroad to obtain authentic Yoga training in India. UGC has approved the establishment of an Inter University Centre-Yogic Science at Bengaluru and introduced Yoga as a new National Eligibility Test (NET) subject from January 2017 UGC-NET onwards. Further, in order to promote Yoga in the country, Yoga Departments have been established in nine Central Universities.

The Government has set up a Yoga Certification Board (YCB) to standardize and strengthen Yoga training by providing certification to individuals and accreditation to Institutions. This is a significant step in spreading Yoga in India and other countries. Under the Information Education and Communication (IEC) Scheme of the AYUSH Ministry, many activities are taken up to reach

out to people and to create awareness about Yoga. IEC activities include programs on TV, Radio, Print-media, seminar, Arogya Fairs, Seminars/ Conference/ Workshops to create awareness about Yoga among the people.

Indian Missions in foreign countries, the Indian Council for Cultural Relations (ICCR) and the Ministry of Tourism take up a series of activities every year to promote Yoga world-wide, the highlights of which are the Mass Yoga Demonstrations organized at on the International Day of Yoga in different cities across the world including iconic locations Eiffel Tower, Times Square etc.

NCERT organized Yoga Olympiad across the country at various levels, schools from states and UTs, Kendriya Vidyalaya Sangathan (KVS), Navodaya Vidyalaya Samiti (NVS) and Central Board of Secondary Education (CBSE) schools participated in the Yoga Olympiad, culminating in the National Yoga Olympiad on 18th to 20th June, 2019 at NCERT, New Delhi. The valedictory function was held at New Delhi, wherein Prizes were awarded to the winning teams.

National Institute of Naturopathy (NIN), an Institute under Ministry of AYUSH, conducts on an average 16 outreach activities every month to popularize Yoga and Naturopathy, some of which are held in villages near Pune. Under National AYUSH Mission (NAM), financial assistance is provided to States and Union Territories for setting up AYUSH wellness Centres, in which Yoga is an important component.

In addition, Morarji Desai National Institute of Yoga (MDNIY) is an autonomous organisation under Ministry of AYUSH, Government of India. MDNIY is a focal Institute for Planning, Training, Promotion and Coordination of Yoga Education, Training, Therapy and Research in all its aspects. MDNIY aims to promote deeper understanding of Yoga philosophy and practices based on classical Yoga amongst people.

ANNEXURE

ANNEXURE REFERRED TO IN REPLY TO PART (C) OF LOK SABHA UNSTARRED QUESTION NO. 1404 FOR ANSWER ON 01.07.2019 ASKED BY SHRI MANOJ TIWARI, SHRI KRUPAL BALAJI TUMANE & SHRI BENNY BEHANAN REGARDING YOGA EDUCATION.

Programmes of Morarji Desai National Institute of Yoga (MDNIY)
Education Programme
B.Sc (Yoga Science) affiliated to Guru Gobind Singh Indraprastha University, Sector-16, Dwarka, New Delhi
Diploma in Yoga Science (DYSc.) for graduates
Certificate Course in Yoga Science for Special Interest Groups
Yoga Training Courses
Foundation Course in Yoga Science for Wellness (FCYScW)
Certificate in Yogasana for Health Promotion
Certificate in Pranayama and Meditation for Health Promotion
Advance Yoga Sadhana
Health Promotion & Yoga Therapy Programmes
Health Promotion Programme (HPP)
Yoga Therapy Programmes
Individual Special Yoga Therapy Sessions
Saturday Yoga Training Programme
Yoga Workshop for Children (YWC)
Yoga workshop for Stress Management
Stress Management Workshop