

**GOVERNMENT OF INDIA
MINISTRY OF AYURVEDA, YOGA & NATUROPATHY,
UNANI, SIDDHA AND HOMOEOPATHY
(AYUSH)**

**RAJYA SABHA
UNSTARRED QUESTION NO.162
TO BE ANSWERED ON 20th July, 2021**

CELEBRATION OF INTERNATIONAL DAY OF YOGA

**162 SHRI K.C. VENUGOPAL:
SHRI SANJAY SETH:**

Will the Minister of AYUSH be pleased to state:

- (a) whether the seventh International Day of Yoga was celebrated in the country recently and, if so, the details of the programmes conducted along with the details of Namaste Yoga app launched;
- (b) whether Government has taken steps to propagate among masses the use of yoga in post covid recovery and also boosting immunity to fight against COVID-19 virus; and
- (c) whether Government proposes to promote Yoga in rural and backward areas across the country and, if so, the details thereof and, if not, the reasons therefor?

**ANSWER
THE MINISTER OF STATE OF THE MINISTRY OF AYURVEDA,
YOGA & NATUROPATHY, UNANI, SIDDHA AND HOMOEOPATHY
(SHRI MAHENDRABHAI MUNJAPARA)**

(a): Yes. The International Day of Yoga (IDY) 2021 was observed by the Ministry of AYUSH by engaging virtual medium optimally, keeping in view the COVID related protocols. The activities undertaken by the Ministry for IDY 2021 are given at **Annexure-I**.

On 21st June, 2021 a National lead programme was inaugurated by the Hon'ble Prime Minister and the Hon'ble Minister of State for Ayush. This was followed by a 45-minute CYP session which was broadcast across the Doordarshan network.

Further, Namaste Yoga Mobile Application was launched on 11.06.2021 by the Ministry. Namaste Yoga App is one stop health solution that enables people to access Yoga related information, Yoga events and Yoga centres at their fingertips. The app also provides information on one's physical activity in terms of step count and calories burnt accordingly. The App is beneficial for Yoga Trainers and Centres as it provides a platform for them to register themselves and get noticed through their geographical locations.

(b): The ministry of Ayush has taken various steps to propagate the use of Yoga in post covid recovery and boosting immunity through its three autonomous bodies namely Morarji Desai National Institute of Yoga (MDNIY), New Delhi, Central Council for Research in Yoga and Naturopathy (CCRYN), New Delhi and National Institute of Naturopathy (NIN), Pune. The steps taken by them are given at **Annexure-II**. Further, the Ministry has issued guidelines for Yoga Practitioners with reference to COVID-19.

(c): As public health is a State subject, promoting Yoga in rural and backward areas across the country comes under the purview of respective State/UT Governments.

However, the Ministry of AYUSH takes up various activities for promotion of Yoga and Naturopathy treatment through its three autonomous bodies namely Morarji Desai National Institute of YOGA (MDNIY), New Delhi, Central Council for Research in Yoga and Naturopathy (CCRYN), New Delhi and National Institute of Naturopathy (NIN), Pune.

In addition to the above, under National AYUSH Mission (NAM) Scheme, financial assistance is provided to States and Union Territories for setting up AYUSH Wellness Centres. Yoga form important element of such Wellness Centres, subject to the choice of the concerned State/UT governments.

Annexure-I

- i. Digital first approach by utilising the existing social media platforms and digital assets including Ministry of Ayush website, the Yoga Portal.
- ii. Joined various new platforms such as Koo, Josh, and Bolo Indya to reach wider audiences.
- iii. Partnered with Nickelodeon to release short videos and promotional content of popular Toons doing Yoga.
- iv. Released the mYoga application in coordination with the World Health Organisation (WHO).
- v. Engagement through MyGov platform in organisation of various online activities.
- vi. Creation of IDY Handbook which contained consolidated repository of promotional materials and information which could be used by all. The Department of Posts undertook commemorative special cancellations across over 811 post offices in India.
- vii. Engagement of 30,000 Common Service Centres (CSCs) to deepen the reach of Yoga within rural areas.
- viii. Started a shortened 15-hour CYP appreciation programme which provides basic introduction to Yoga, and a CYP volunteer course through Morarji Desai National Institute of Yoga (MDNIY).
- ix. Engaged 125 Community Radio Stations for propagating IDY related activities in semi urban and rural areas. The programme saw a reach of an estimated 1.20 crores.

MDNIY:

- The MDNIY deputed 32 yoga instructors to COVID/quarantine centres in Delhi to conduct yoga sessions to COVID patients and health care workers during the COVID first wave.
- During COVID 2nd wave, MDNIY deputed 11 yoga internees in Delhi to conduct online/offline Yoga sessions to COVID Patients/Health Workers.
- Also, the Institute had conducted online Yoga Therapy classes during COVID Pandemic from May, 2020, wherein around 126 online classes have been conducted.

CCRYN:

- Yoga for home isolated patients.
- Online Yoga classes for OPD patients.
- Post Covid clinic started for mild to moderate Covid patients in AIIMS, Jhajjar, Lady Hardinge Medical College (LHMC), Delhi.

NIN:

NIN collaborated with Naidu Hospital, Pune and started a Post Covid OPD where Yoga was used as a therapeutic tool and the public were taught various yogic practices to boost their immunity post infection. NIN has also established a post covid rehabilitation center at two places to help people recover from the post infection side effects.