



राष्ट्रीय मुक्त विद्यालयी शिक्षा संस्थान
NATIONAL INSTITUTE OF OPEN SCHOOLING

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(स्कूल शिक्षा और साक्षरता विभाग, मा.सं.वि.मं., भारत सरकार के अंतर्गत एक स्वायत्त संस्था)

(An Autonomous Institution Under Deptt. of School Education and Literacy, M.H.R.D., Govt. of India)

F-41-13/676/2019/RSPQ-S458/NIOS/Pers/375
November, 2019

Subject: Rajya Sabha Unstarred/ Starred Question Diary No. S458 regarding “Yoga Education in School Curriculum” to be replied on 19.11.2019.

S. No.	Question	Answer
(a)	Whether Government has taken any steps to make yoga education and its practice mandatory in curriculum of children to curb the adverse effects on their health due to present imbalanced environment and irregular eating habits, if so, the number of states or educational institutes where yoga education and its practice, has been made compulsory; and	<p>As far as NIOS is concerned, NIOS offers about 100 vocational courses in various areas. One of the important area is Yoga. In this many Certificate and Diploma courses are being offered as follows.</p> <p>1) Yoga Teachers Training Programme: This is being offered as one year certificate programme with five modules. The entry level for this programme is 12th pass. The course was launched in the year 2018 and has 1322 learners registered for this programme.</p> <p>2) Yoga Assistant is a six month Certificate programme with 80 hours of Theory and 160 hours of Practical essential for a learner.</p> <p>3) Certificate in Yog is a six months Certificate programme with 50 hours of theory and 150 hours of practical essential for a learner.</p> <p>4) Diploma in Naturopathy and Yogic Science which is a two year Diploma programme. The entry qualification for this programme is 12th pass. This course has been launched in the year 2019 and admissions are going on.</p> <p>The Study Centers offering Yoga programmes are attached as Annexure at ‘A’.</p>
(B)	If not, whether Government proposes to do so as the health of the children has been continuously deteriorating?	Question does not arise