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**PARLIAMENT OF INDIA
LOK SABHA**

**COMMITTEE ON EMPOWERMENT OF WOMEN
(2018-2019)**

(SIXTEENTH LOK SABHA)

FOURTEENTH REPORT

‘YOGA AND SPORTS FACILITIES FOR WOMEN’



सत्यमेव जयते

**LOK SABHA SECRETARIAT
NEW DELHI**

February, 2019/Magha, 1940 (Saka)

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Presented to Lok Sabha on 13 February, 2019

Laid in Rajya Sabha on 13 February, 2019



**LOK SABHA SECRETARIAT
NEW DELHI**
February, 2019/Magha, 1940 (Saka)

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COMPOSITION OF THE COMMITTEE ON EMPOWERMENT OF WOMEN

(2017-2018)

Shrimati Bijoya Chakravarty - Chairperson

Members

Lok Sabha

2. Shrimati Anju Bala
3. Shrimati Renuka Butta
4. Km. Sushmita Dev
5. Shrimati Rama Devi
6. Shrimati Jyoti Dhurve
7. Ms. Bhavana Gawali (Patil)
8. Shrimati Darshanaben Jardosh
9. Shrimati Raksha Khadse
10. Shrimati Poonamben Hematbhai Maadam
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13. Sushree Sadhvi Savitri Bai Phoole
14. Shrimati Satabdi Roy (Banerjee)
15. Shrimati Mala Rajya Laxmi Shah
16. Shrimati Supriya Sule
17. Shrimati Rita Tarai
18. Shrimati P. K. Sreemathi Teacher
19. Shrimati Savitri Thakur
20. Shrimati R. Vanaroja

Rajya Sabha

21. Shrimati Jharna Das Baidya
22. *Smt. Vijila Sathyananth
23. Shri Prabhat Jha
24. Shrimati Kanimozhi
25. Shri Anubhav Mohanty
26. *Smt. Vandana Chavan
27. Shrimati Kahkashan Perween
28. Ms. Dola Sen
29. *Ms. Saroj Pandey
30. Shrimati Wansuk Syiem

*Nominated to the Committee *vide bulletin part II No. 6895 dated 07.06.2018.*

COMPOSITION OF THE COMMITTEE ON EMPOWERMENT OF WOMEN

(2018-2019)

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SECRETARIAT

- | | | | |
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| 1. | Shri N. C. Gupta | - | Joint Secretary |
| 2. | Shri. T. S. Rangarajan | - | Director |
| 3. | Shrimati Raji Manish | - | Sr.Committee Assistant |

INTRODUCTION

I, the Chairperson, Committee on Empowerment of Women, having been authorised by the Committee to submit the Report on their behalf present this Fourteenth Report on 'Yoga and Sports Facilities for Women'.

2. Understanding the importance of Yoga and sports in enhancing the physical and mental wellbeing of women and taking into account the fact that though women constitute about 48.5% of the country's total population, their involvement in yoga and sports is less, the Committee on Empowerment of Women (2017-18) had selected this subject for detailed examination and Report to Parliament. In view of the vastness of the subject and owing to paucity of time, the examination of the subject could not be completed during 2017-18 and the subject was reselected in 2018-19. In order to gain first-hand knowledge on the subject, the Committee undertook a local visit to Morarji Desai National Institute of Yoga, New Delhi on 23 April, 2018. On 08 May, 2018 the Committee held a sitting to have a briefing by the Ministry of Youth Affairs and Sports, Sports Authority of India (SAI) as well as the Ministry of Railways in connection with examination of the subject. The Committee also took oral evidence of the Ministry of AYUSH on 03 August, 2018.

3. The Committee wish to express their sincere thanks to the representatives of the Ministry of AYUSH, Ministry of Youth Affairs and Sports, SAI and Ministry of Railways for appearing before the Committee to tender evidence and furnishing the information desired by the Committee in connection with the issues relating to the subject.

4. The Report was considered and adopted by the Committee at their sitting held on 12 February, 2019.

5. For facility of reference and convenience, the observations and recommendations of the Committee have been printed in bold letters in Part II of the Report.

NEW DELHI

12 February, 2019
23 Magha, 1940 (Saka)

BIJOYA CHAKRAVARTY

Chairperson,
Committee on Empowerment of Women

REPORT

PART I

NARRATION ANALYSIS

I. INTRODUCTORY

Women are the backbone of the social structure who supports the society with their different aspects of existence and relation. They are considered as half part of the universal energy which sustains growth and development in life. When women are in healthy and sound physical and mental frame, larger and broader perspectives of health and happiness are achieved within the society. Therefore, the demand of today is not only about empowering women economically but also about giving them the right kind of education, equal opportunities and developing in them the right attitude towards life which will help them to use their potentials to the maximum. Yoga is a tool that can help them in this endeavour to transform their lives and achieve the much sought physical and mental wellbeing necessary for happy and meaningful existence .

1.2 As far as sports is concerned, it is one of the most important socio-cultural learning experiences for women which helps in boosting their confidence and self esteem. However, it is quite unfortunate that even in this generation of high end technology, the participation of women in sports is less compared to men. It is seen that the prevalence of many diseases in women is due to lack of physical activity. Further, there is an increase in the trend of psychological disturbances in women due to the way they are treated in the family and by the society at large. Yoga and sports activities can not only enhance the physical fitness of women but can have tremendous positive effect on the health of the mind too. Moreover, women can gain social recognition and socio-economic support by engaging themselves in yoga and sports activities. In the backdrop of these aspects, the Committee are examining the yoga and sports facilities that are available for women across the country .

YOGA FACILITIES FOR WOMEN

1.3 Yoga is said to be a profound science that originated in the Indian subcontinent. However, today, people are struggling to find out the true meaning of yoga and the authentic yoga practices and true practitioners. May be, the true meaning of Yoga can be found in the expression that ***"the science of Yoga is, quite simply, the science of being in perfect alignment, in absolute harmony, in complete sync with existence"***. Whether the world understands and perceives Yoga in its true sense or not, studies have shown that Yoga can contribute to the physical and mental wellbeing of human beings provided they indulge in Yoga with dedication.

1.4 As per allocation of Business Rules, 1961, the Ministry of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy (AYUSH) is responsible for policy formulation, development and implementation of programmes for the growth and development and propagation of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy systems of Health care. There are three autonomous bodies under the Ministry of AYUSH, which pursue Yoga related activities and they are:

- (i) Central Council for Research in Yoga & Naturopathy (CCRYN), New Delhi - The main mandate is scientific research in the field of Yoga and Naturopathy
- (ii) Morarji Desai National Institute of Yoga (MDNIY), New Delhi - The main mandate is providing educational, training and therapy courses in Yoga
- (iii) National Institute of Naturopathy (NIN), Pune - The main mandate is providing educational courses on Naturopathy along with close involvement in the promotion of Yoga as well.

1.5 In addition to the above mentioned three autonomous bodies, the organisational set up for Yoga in the Ministry of AYUSH comprises of a National Board for Promotion and Development of Yoga and Naturopathy. This Board has the mandate of putting forth recommendations to the Ministry of AYUSH on various promotional and developmental matters related to these systems.

II. Promotion of Yoga and infrastructural facilities

1.6 With regard to the facilities available across the country for women yoga aspirants to practice Yoga, the Ministry of AYUSH stated in their written replies as follows:

“Several Yoga Universities across the country are imparting Yoga education at Certificate, Diploma, Graduate, Post Graduate and PhD levels. More than 40 Yoga institutions across the country are imparting Yoga Education and Training, which in turn creates jobs in Hospitals, dispensaries, corporate sector and in many other areas. MDNIY is conducting Yoga OPD, wherein more than 10,000 people are registered on an average in a year. The Institute also conducts Health Promotion Programmes of one month duration where on an average 5000 sadhaks are given Yogic training & therapy in a year. Another facility of the Institute are the 4 Yoga Therapy & Research Centres established in Govt./Tertiary Hospitals where about 12500 patients per annum are provided Yoga therapy. MDNIY has also established 20 Preventive Healthcare Units in CGHS Wellness Centres in Delhi and NCR where about 1.00 lakh patients are getting benefits every year. A list of the Universities/colleges imparting Yoga education are given at **Annexure A**.

The CCRYN is presently running Yoga & Naturopathy OPDs and Wellness centers where Yoga facilities are available. Thirteen such centers are functional presently. CCRYN has also

sanctioned grants to establish Yoga parks at different places of country which enable the public to practice and seek yoga. So far it is sanctioned to establish 50 such Yoga parks. 150 are proposed to be set up during the year.

There are numerous facilities that exist under State Government, Municipal & Panchayat bodies, Universities, NGOs and Private Bodies and are available to Yoga aspirants. While all the above facilities are open to women and men both, many of them have special provisions for women. Further, the Ministry of AYUSH and its institutions offer special encouragement to women aspirants in such facilities through steps like deploying women trainers. "

1.7 On being asked about the efforts made by the Ministry of AYUSH to make Yoga reach every nook and corner of the country, the Ministry submitted the following reply:

" Ministry of AYUSH is supporting Yoga Seminars, Conferences, Workshops, CME programmes etc. through various schemes like the IEC scheme. Ministry is providing up to Rs. 70.00 lakhs per project under Extra Mural Research Scheme to conduct research and development activities to different organizations. Through its autonomous organization, various activities have been conducted to promote Yoga to reach every nook and corner of the country.

Over the last four years, the Ministry of AYUSH has succeeded in converting the observance of International Day of Yoga (IDY) into a mass movement, touching every part of the country, in which crores of people take part in mass yoga demonstrations. The drill relating to IDY has been designed in such a way that the participants are motivated to make Yoga a part of their daily life.

The Morarji Desai National Institute of Yoga (MDNIY), an autonomous body under the Ministry is one of the key vehicles through which the Ministry implements its activities to promote and develop Yoga. The following gives the highlights of such activities of MDNIY:

(a) Educational Courses

- MDNIY has organized 18 batches of Diploma in Yoga Science for Graduates (DYSc) of one year duration (Seats increased from 25 to 132), and total number of 935 students from different parts of the country have passed out the course till date.
- Diploma in Yoga Therapy for Medicos and Science Graduates of two years duration was started by MDNIY. Two batches have been conducted.

- The institute started B.Sc. (Yoga Science), affiliated to I.P. University in 2012-13. Four batches of three years each have come out. 5th, 6th and 7th batches of B.Sc. (Yoga Science) are continuing.
- MDNIY conducts Certificate Course in Yoga Sciences for Wellness (CAPF) of 3/4 months duration. Total 27 batches have been conducted and 1524 participants have passed out the course till date.

(b)Yoga Training Courses

- The institute conducted 172 batches of Foundation Course in Yoga Science for Wellness of one month duration participated by 9583 participants.
- 18 batches each of the Certificate Course in Yogasana and Certificate Course of Pranayama and Meditation of three months duration have been conducted by MDNIY and a total 2731 participants have been awarded certificates.
- MDNIY has started an Advanced Yoga Sadhana Course of three months duration and have conducted 04 batches and 150 persons have completed the course.
- MDNIY is conducting Certificate Course in Health Promotion through Ayurveda & Yoga at Indian Red Cross Society. So far 20 such Courses have been conducted with an average of 50 participants in each course.
- MDNIY has established 04 Yoga Centers at Sports Authority of India (SAI) Stadia in Delhi where an average of 3000 participants including sports persons are being provided Yoga training every year.

(c) Yoga Training Programmes

- The Institute is organizing Yoga Training Camps through the students of its Diploma Course in Yoga Science, every year in distinct parks in and around Delhi. On an average 3000 Yoga Sadhakas benefit annually.
- MDNIY is conducting Yoga Training programmes outside the institute on an average 30 programmes every year.
- The Institute has conducted 12 Re-orientation/Orientation/CME Training Programme for Ayush professionals and doctors.
- An average of 3-4 lakhs people are being benefitted every year through various programmes& activities of the Institute.

(d)Yoga Promotional Activities

- MDNIY plays a pivotal role in making International Day of Yoga a grand success. Common Yoga Protocol Booklets and DVDs were prepared and printed by the Institute in consultation with eminent Yoga Experts and the officials of various Ministries of Govt. of India. The Institute also provided Yoga Experts to different Ministries, departments & organizations, where 1, 23,616 people have been benefited.
- MDNIY promotes IDY massively through Social Media Platforms viz. Facebook, Youtube, Twitter, Whatsapp etc.
- MDNIY has been conducting International Yoga Fest (IYF) -A Curtain Raiser for International Day of Yoga every year for the last three years where more than 5800 delegates and experts of Yoga and Allied Sciences participate this year.
- The Institute has organized nine National Yoga Week- A Mass Awareness Programme for Health, Happiness and Harmony through Yoga every year from 2007 to 2015 where more than 800 delegates and experts of Yoga and Allied Sciences were participating every year.
- MDNIY is conducting Monthly/ Bi-monthly Expert Lectures/Orientation lectures by Eminent Yoga Scholars and Researchers for Institute's faculty and students. More than 50 such programmes have been conducted till date.

(e) Collaboration with Educational Bodies

- The institute has liaised with NCERT in publishing two Yoga booklets-(i) Yoga: A Healthy Way of Living" for Upper Primary Stage and (ii)Yoga: A Healthy Way of Living" for Secondary Stage.
- The institute liaised with NCTE's 13 Teacher Training Programme where Yoga has been introduced as an integral component.

(f) Outreach Activities

- Morarji Desai National Institute of Yoga (MDNIY) implemented "Yoga in School Health" through the leading Yoga Institutes of the country, on one district, one school and one teacher basis where total 438 teachers were trained. A book on Teacher Training Manual was also published.
- MDNIY established Swami Vivekananda District Yoga Wellness Centre (SVDYWC) under Public Private Partnership (PPP) mode in 2 phases and 159 SVDYWCs have been provided financial assistance where more than 8 lakh persons have taken benefits of the Yoga intervention.

(g) Publications

- Institute has been getting printed the booklet as also the DVDs of Common Yoga Protocol (Hindi and English) of IDY every year.
- MDNIY is preparing 4 modules on Yoga for Children, Yoga for Adolescents, Yoga for Pregnant Woman and Yoga for Lactating Mother.
- The Institute has published more than 40 Books and booklets. The Institute has also published more than 20 IEC publications (Hindi & English) and also got prepared DVDs of Yoga for general public.

Another autonomous body of the Ministry, the Central Council for Research in Yoga & Naturopathy (CCRYN) is engaged in systematic and scientific research into Yoga. The following is a summary of the efforts taken through CCRYN to promote Yoga in different parts of the country:

- Through CCRYN, one month free Yoga training has been organized in association with NGOs in all districts of India on account of International Day of Yoga
- CCRYN has established and is running Yoga / Yoga & Naturopathy centers in reputed Medical College Campus in Delhi NCR region and other places.
- Council is in the process of establishment of two Post Graduate Institute of Yoga & Naturopathy Education and Research with 200 bedded Hospital at Nagamangala, Karnataka and Jhajjar, Haryana.
- Council has established Central Research Institute of Yoga & Naturopathy and running 20 bedded Yoga & Naturopathy Hospital at Rohini, New Delhi
- Council is in the process of establishing nine more Central Research Institute of Yoga & Naturopathy with 100 bedded Hospital at different places of India.
- Through National AYUSH Mission (NAM) efforts are being made to integrate Yoga in the main stream medical care.
- Through IEC & IC schemes, the promotion & propagation of Yoga is being done.
- Around 200 Yoga parks are being set up for practice of Yoga by the general public.

III. Outreach of Yoga in the North-east region

1.8 When the Committee desired to know about the outreach of Yoga in the Northeast region, the Ministry submitted that they will furnish the details later.

IV. Quality of Yoga

1.9 The Committee, having observed that with the burgeoning of Yoga teaching centers across the country, the quality of Yoga is often compromised and the concept and meaning of Yoga is often relegated to mere postures and stretching exercises thus losing its real spirit and meaning, desired to know how far this issue is threatening the discipline of yoga in the country and what measures have been taken to address this issue. In response, the Ministry of AYUSH submitted in their written reply as follows:

" It is true that some dilution has happened in the authenticity and quality of Yoga teaching owing to burgeoning of Yoga teaching centres. The element of commercialization is slowly making an inroad in the field of Yoga as well. Due to this the original, traditional Yoga is being diluted and new commercial forms of Yoga are being seen. However, the period since June 2015 has also witnessed an unprecedented growth in public interest in Yoga thanks to the observation of International Day of Yoga on 21st June every year, and this has led to a significant increase in the number of people seeking Yoga from reputed and service oriented institutions. In other words, with the spurt in Yoga-awareness, the public have become more discerning in their choice of Yoga teaching centers. There are numerous Yoga institutions in the country which have gained a reputation through genuine work, and such institutions are seen to be acquiring followers in large numbers in the recent years. Thus, though the burgeoning of Yoga teaching centers may have led to some dilution in the authenticity and quality of Yoga teaching. However, this issue is in no way threatening the growth of discipline of Yoga in the country.

Further, the Ministry of AYUSH has recently constituted a Yoga Certification Board(**YCB**) to frame the guidelines for Accreditation of Yoga Institutes/ Yoga Centers as well as certification of Yoga professionals. Setting up of the YCB is an important step towards quality assurance in Yoga training / instruction in the country."

V. Yoga Certification Board (YCB)

1.10 Expounding on YCB, the Ministry submitted the following during the oral evidence:

"I will begin with hon. Chairperson's question about the view of the Ministry about yoga certification, the mechanism of accreditation. As rightly pointed out by hon. Chairperson, we have the Yoga Certification Board. It is just come. Earlier, this course was being managed by QCI with the support of the Ministry of AYUSH. *We have made this Board because we have to scale it up and we have to incorporate not only the individual certification but also institutionalized certification like hon. Member rightly said. There are different types of yoga, which kind of yoga we should look at, so, with the help of all yoga institutions and yoga*

schools, we are coming up with standardized common yoga protocol for different aspects as a therapy and as a common practice."

1.11 Explaining further about the mandate of the YCB, the Ministry stated the following in their written replies:

- (i) "To develop models for assessment and certification for Yoga professionals and Yoga Schools/ Institutions/ Organisations
- (ii) To assess competencies of Yoga professionals and Yoga schools/ institutions/ organisations for different levels
- (iii) Certification of Yoga professionals
- (iv) Accreditation of Yoga schools/ institutions/ organisations
- (v) To bring uniformity in Yoga courses conducted across India and abroad.
- (vi) To promote Yoga as a career skill
- (vii) To collaborate with national and international organisations for promotion of Yoga"

1.12 When the Committee desired to know about the time frame under which Yoga Certification Board will frame its guidelines for accreditation of Yoga Institutes and certification of Yoga professionals as well as about recognising private courses in Yoga the Ministry submitted the following during the oral evidence:

"Regarding courses in private and Government sector, I have already mentioned that private courses are also being recognized. I would like to inform the Committee that in the Yoga Certification Board it is their mandate that we want to scale it up – there is not only the individual yoga certification – so that they produce a large number of teachers across the country and also there is accreditation of the schools. Different courses are being offered by the private institutions. So, we are coming up with accreditation of those institutions so that there is a standard teaching methodology coming up for the yoga. It is in the pipeline. We are scaling it up. We will submit the time frame also."

VI. Monitoring Mechanism for Yoga

1.13 When the Committee desired to know whether any monitoring mechanism is there to track the functioning of Yoga Institutes across the country, the Ministry submitted the following during the oral evidence:

*"I would like to inform the Committee that we are coming up with a regulatory mechanism for yoga and naturopathy. There is a National Commission for Yoga and Naturopathy. There are two Boards: Board for Yoga and Board for Naturopathy. This will bring in standard methods of teaching and standard practice of yoga and naturopathy in this area.....
A question was raised whether there is any monitoring mechanism. I humbly want to state that the Yoga Certification board is one of the accreditation bodies. This will come up in due course of time. The Committee will be happy to know that in the past four years, due to IDY, there is an unprecedented growth of yoga and there is too much demand. So, we are slowly and slowly making efforts of quality inputs and quality teaching into yoga"*

VII. Yoga for the health of women

1.14 With regard to how Yoga can help women in attaining inner strength, conquer stress and face anxiety, frustration and challenges in everyday life, the Ministry of AYUSH submitted the following written reply:

" Scientific studies have provided some concrete evidence that Yoga works to improve general health and to keep sickness at bay. The various components of Yoga such as Asanas (physical postures), Pranayama (breathing practices), Meditation, Relaxation techniques etc. are known to improve the strength of muscles, increase flexibility and improve the cardio-respiratory efficiency and immunity. Through these effects, Yoga reduces the psychological stress, calms down the mind, reduces the negative feelings and improves positive thoughts. Thus, Yoga is helpful to women who make it a part of their regular routine of life in attaining inner strength, conquering stress and facing the different challenges of everyday life.

The practice of Yoga aims to bring overall wellness among its practitioners, including women. Regular practice of Yoga has beneficial effect on physical, mental, emotional, intellectual and social levels. The role of Yoga in the prevention and management of non-communicable diseases and other lifestyle related disorders are beyond doubt now. The diseases like diabetes mellitus, cardio-vascular problems and the factors which cause these disorders are managed well by the practice of Yoga. The integrated practice of Yoga i.e. asanas, pranayama, meditation, bandhas & mudras, kriyas etc. will improve the overall well-being of an individual.

There are several Yoga practices which elevate inner confidence by imparting efficient functioning of Neuro-motor coordination. Asanas, capable of bringing about stability of

body and mind, involve adopting various psychophysical body patterns and giving one an ability to maintain a body position (a stable awareness of one's structural existence) for a considerable length of time. Asanas also play very important role in reducing the muscular tension and stress.

Pranayama consists of developing awareness of one's breathing followed by willful regulation of respiration as the functional or vital basis of one's existence. It help in developing awareness of one's mind and helps to establish control over the mind. Yogic relaxation techniques are prone to provide deeper level peace of mind which naturally increases the perception towards the internal and external aspects in every woman at all stages. Dhyan is focused attention inside the body and mind. It moves one towards self-realization and leads one to transcendence which is considered the essence of Yoga Sadhana. Dhyan reduces the human cortisol level and improve alpha, beta, theta waves of mind which brings the emotional stability.

Thus, practice of Yoga and Yogic principles help to improve health and to attain the confidence level and inner strength of women especially housewives and working women. These practices relax the mind, balance the autonomic nervous system, maintain the homeostasis, reduce the negative thoughts and help to overcome day to day stress responses. Regular practice of Yoga helps to increase flexibility, muscle tone, mental clarity, and enhanced circulation in both women and men. Further, some aspects of Yogic practices are more supportive for women."

1.15 When asked about how yoga can act as an effective tool for working women to achieve work-life balance in a well-designed manner and execute their responsibilities with excellence, the Ministry furnished the following reply:

"Yoga practices are known to be stress reducing practices. The philosophy of Yoga along with daily Yoga practices calms down the mind, reduces the stress hormones and known to improve concentration. This avoids diversion of mind, so that they can focus on the given task. This will help the women to adapt themselves to life situations and resolve work-life balance challenges more effectively.

The psycho-physical practices i.e. asanas helps to develop a more flexible body, joints and other parts of the body. It improves the blood circulation to various parts of the body. It makes the body resilient and thereby prevents the damage to the body. It also prepares the body for higher practices of Yoga like pranayama and meditation. The regular practice of pranayama lowers the breathing rate and thereby helps to reduce the mental conflicts. It also facilitates the mind to concentrate in a better and focused

manner. Ultimately, the practice of pranayama prepares the individual to practice meditation.

The practice of meditation provides both physical and mental benefits to the practitioner. Meditation helps the individual to balance the autonomous nervous system, thereby facilitating balanced and normal physiological functions of the body. Furthermore, the meditation practice helps to improve the para-sympathetic nervous system by making it to be a dominant factor. By the domination of the para-sympathetic nervous system, the hyperactivity of the various functions of the body reduces and thereby helps to provide large range of health benefits to the individual. Meditation helps the individual to face the stress situations in a better manner by reducing the stress reaction and also by tackling up the stressors in more positive manner. It also reduces the over-reaction to the stressors by acting on the psycho-neuro-endocrine axis. To substantiate all the above claims, there are good numbers of research works done in various Institutes in India and outside.

There is a notable body of published research that suggests that Yoga may be instrumental in improving core indices of the Insulin resistance syndrome (IRS), including glucose tolerance and insulin sensitivity, lipid profiles, anthropometric characteristics, and blood pressure in a both healthy populations and those with chronic IRS-related conditions. In addition, data indicate that Yoga may improve coagulation profiles, at least in healthy populations, and reduce oxidative stress in both healthy adults and populations with serious chronic disorders. There is also mounting evidence to suggest that Yoga may reduce sympathetic activation and enhance cardiovascular function, factors strongly associated with both IRS and CVD risk. In addition, findings from several studies indicate that Yoga may be useful in the management of CVD and related conditions, and in the prevention of CVD in those at risk.

It is widely known that working women often get stress accumulated due to the multiple tasks they handle at different levels of life. In this regard, Yogic practices are effective to defuse the accumulated tension and stress from the body as well as the mind. There are several researches carried out to find the mechanism to overcome stress by intervention of different drugless therapies including Yoga. Recent studies show that Yoga plays a pivotal role to balance the work and responsibilities in the life of working women effectively. By practice of Yoga regularly, women get the confidence and inner strength to discharge their duties both at home and workplace efficiently."

1.16 On being asked about the most important diseases affecting women which can be treated with the help of yoga, the Ministry furnished the following reply:

"Yoga is an integrated physical, mental, and spiritual practice that aims to bring balance between body and mind. Yoga is that link which creates a harmony by aligning all the three components (body, mind, and spirit) into one. Yoga is an integral part of our life style. It removes the impurities from the level of mind and unites everything with the spirit. One has a wider perception of one's own mind, body, thoughts and emotions. One should have a clarity to guide one's own prana in a positive way to progress in life. Yoga is also used as a complete exercise program and physical therapy for various health care programs. Yoga, therefore is immensely beneficial in the management/ treatment of many ailments confronting women. Some examples are given below:

Sl. No.	Type of Disease/ ailment	How it can be prevented/ tackled through Yoga
1	Menstrual Irregularities	Yoga practices help in regulating the Hypothalamo-Pituitary-Ovarian (HPO) Axis. Strengthen the Pelvic floor muscles, Easy labour, Balance the Sympathetic & Para Sympathetic Nervous System.
2	Pregnancy related problems	
3	Menopause	Yoga practices calms down the mind, reduces anxiety, depression and relaxes the muscles Increases blood circulation, helps to reduce the mood swings & reduce the Post-menopausal Syndrome complication.
4	Low Back Pain	Asanas like Tadasana, Urdwahastottanasana, Trikonasana, Dandasana, Vakrasana, ArdhaUstrasana, Bhujangasana, Sethubandasana help to strengthen the core muscles of spine and improve the spinal mobility.
5	Osteo arthritis of Knee joint	Asanas such as tadasana, trikonasana, ardhautkattanasana (with wall support) help to strengthen the Quadriceps and prevent the further degenerative process at knee joint.
6	Hypothyroidism	Asana such as ArdhaChakrasana, Sarvangasana, Matsyasana and some Pranayama like Bhramari, Ujjai help to stimulate thyroid glands for the secretion of the thyroids hormones (T3 and T4).
7	Obesity	Surya Namaskar, Shatkriya help to cleanse the gastrointestinal tract as well as excess deposition of fat. Moreover, practices like asana and Pranayama balances the musculoskeletal alignment for the proper functioning and flow of energy through proper channel. Proper functioning of energy alleviates the possibility of blockage at different level.
8	Depression	Yoga practices defuse the accumulated tension from the body as well as the mind thereby helpful in the management of depression and anxiety.

VIII. Yoga for women in Prisons and Vulnerable Conditions

1.17 On being asked about the efforts taken by the Ministry to extend the benefits of Yoga to women inmates in prisons/correctional homes, rape victims, destitute and other kinds of vulnerable women who have special psycho-social needs, the Ministry stated in their written replies as follows:

"The Ministry of AYUSH has not so far been called upon to take up activities in this area. All possible support will be extended if the concerned Ministry/Department earmarks a role for the AYUSH Ministry in this area."

1.18 With regard to the number of prisons in the country, including Juvenile Homes, that have incorporated Yoga as a compulsory practice in the daily routine of the prisoners/Juvenile delinquents, the Ministry furnished the following written reply:

" The Ministry of AYUSH has not been given a role so far in these decisions relating to prisons and Juvenile Homes. However, within the limited mandate of the Ministry in the matter, the following activities have been undertaken:

- Morarji Desai National Institute of Yoga conducted a free Yoga Training camp for the inmates of Tihar Jail. Around 1500 inmates from 10 different Jail Complexes were benefited from the Yoga camps
- Yoga for Prisoners: A Special Course is being developed by MDNIY."

1.19 The Ministry has further stated that all possible support will be extended if the concerned Ministry/ Department earmarks a role for the Ministry of AYUSH in the above matters relating to prisons and juvenile homes."

1.20 When the Committee desired to know about the number of government Shelter Homes for women that conduct regular Yoga classes for its women inhabitants, the Ministry replied that it does not have this information as the Ministry does not have jurisdiction over this matter.

1.21 When the Committee wished to know whether any special efforts have been taken by the Ministry to promote Yoga among the men and women in naxal/insurgency affected areas as well as among the tribal communities of the country, the Ministry of AYUSH stated in their written reply as follows:

" The Ministry has not so far been called upon to take up activities in this area. All possible support will be extended if the concerned Ministry/ Department earmarks a role for the AYUSH Ministry in this area."

IX. Yoga for Divyangjan (Physically Challenged)

1.22 When the Committee desired to know about the yoga facilities for women who are physically challenged , the Ministry stated as follows during the oral evidence:

"I am happy to inform that actually we are working with divyang schools. We came up with the protocol for divyang. This year's IDY, we have in Pune. We have a large showcase of divyang students and divyang people doing yoga. It is already there in our domain."

X. Need for integration of Yoga in schools

1.23 The Committee having been informed from various quarters that Yoga has the potential in developing the integrated personality of Children, desired to know from the Ministry how far Yoga is effective in the management of psychosomatic and lifestyle disorders found in children. In response, the Ministry furnished the following written reply:

" Yoga is a holistic practice. Different components of Yoga such as Asanas, Pranayama, Meditation, Yogic Kriyas, Karma Yoga, Bhakti Yoga, Jnana Yoga etc. help in overall development of personality at the physical, mental and social planes of existence. The Yogic practices are supposed to increase concentration and enhance memory among children. It also improves other cognitive functions. The regular practice of yoga can prevent and help to manage the psycho-somatic and lifestyle related disorders found in children. The problems like obesity, bronchial asthma, allergic conditions etc. in children can be well prevented and managed through Yoga. Yoga practices have shown beneficial effects in healthy development of child in respect to physical strength, endurance, memory, perception, concentration etc. On account of these benefits, Yoga is useful in the management of psychosomatic and lifestyle disorders found in children. Yoga has also been found helpful in reducing obesity in children, which is a risk factor for many psychosomatic and lifestyle disorders. Yoga has been found to improve cardio-respiratory efficiency, thereby helping in prevention and management of various cardiac and respiratory disorders such as hypertension, asthma etc. Thus, Yoga has the potential in developing the integrated personality of children by creating a positive impact on the physical, mental and social activities of the child."

1.24 On being asked about the possibility of introducing yoga as a compulsory part of curriculum and the steps need to be taken in this regard, the Ministry furnished the following written reply:

"The National Council for Educational Research and Training(NCERT) has already developed integrated syllabi on Health and Physical Education for Class I to Class X, in

which the content of Yoga has been included in the curriculum from Class VI onwards. A separate syllabus on Yoga from Upper Primary to Secondary Stage has been developed. On the eve of International Day of Yoga, NCERT brought out the following two textual materials for Upper Primary (VI to VIII) and Secondary Stages (IX & X):

- (i) Yoga: A Healthy Way of Living (Upper Primary stage) and
- (ii) Yoga: A Healthy Way of Living (Secondary Stage)

MDNIY has played an important role in publication of the above said two booklets.

Central Board of Secondary Education (CBSE) covers a subject area titled 'Health and Physical Education' in classes VI-XII which includes Yoga, indigenous sports, NCC etc. This is mandatory for all students. The Board has directed the Schools to allot a regular period for the same and the performance in this area is reflected in the final certificate issued by the Board at the end of classes X and XII.

If the Ministry of HRD, which in charge is in charge of school curriculum earmarks any role for the Ministry of AYUSH in this matter, all possible help will be extended. "

1.25 The Ministry further submitted on this aspect as follows during the oral evidence:

"As far as the yoga in schools is concerned, we will work with the Department of School Education and we will also work with the States. Actually, some States have introduced yoga as a compulsory subject at the primary education level – there are some models – but we will work with the States. Actually, as you know, education is a State Subject. We will work with them pro-actively so that yoga can become a part of school education. As of now, there is no such mechanism."

1.26 When the Committee wanted to know whether any deliberations are going on amongst educationists, Yoga experts working in the field of education and the policy makers about integrating Yoga in the school health programmes, the Ministry submitted the following written reply:

"The following are some of the activities that have taken place in the field of education, related to integrating Yoga in the school health programmes:

- (i) The National Curriculum Framework (NCF) has categorised Yoga as an integral component of health and physical education and shall be a mandatory subject till the secondary school.
- (ii) NCTE has introduced Yoga as a compulsory subject in 13 Teachers Educational Programmes and brought up with Teachers Training modules.

- (iii) UGC has established Yoga Departments in Six Central Universities and framed Standard Yoga Syllabi for various courses e.g. B.Sc., M.Sc. and Ph.D. programmes in Yoga by constituting an Expert Committee.
- (iv) National Eligibility Test (NET) in Yoga has been conducted for Lectureship and Research Fellowship for the first time."

XI. Role of Yoga in Sports

1.27 It is estimated that due to physiological differences, when a man is running at about half his capacity, a woman would need to run at over 70 per cent of her capacity just to equal his pace. How can yoga help women sportspersons to cross these barriers of limitations imposed by their body and improve their health and vitality, strengthen internal organs such as the heart, lungs and liver and help them to maintain fitness and agility so that they can enhance their performance?

"The various components of Yoga such as Asanas (Physical Postures), Pranayama (Breathing practices), Meditation, Relaxation techniques etc are known to improve the strength of muscles, increase the flexibility, improves the cardio respiratory efficiency, immunity etc reduces the psychological stress, calms down the mind, reduces the negative feelings and improves positive thoughts, helps in overcoming or adapting to day to day stress responses which together helps in improving vitality, strengthens and improves the functions of the internal organs such as the heart, lungs and liver and help them to maintain fitness and agility. Yoga helps in calming down the mind and reduces the attention diversion; mindful awareness and relaxation help to cope with day-to-day stressful experiences thereby enhancing their performance.

Yoga is both preventive and therapeutic and has shown to offer both physical and mental benefits to the body and mind. Yoga is distinctly different from other kinds of exercise as it generates motion without causing strain and imbalances in the body. Therefore the practice is an ideal complement to other forms of exercise and an extreme advantage to any sport. The "postures" are the physical positions that coordinate breath with movement and hold these positions to stretch and strengthen different parts of the body. They systematically work all the major muscle groups, including the back, neck, and shoulders, deep abdominals, hip and buttock muscles and even ankles, feet, wrists and hands. Although most poses are non aerobic in nature, they do in fact send oxygen to the cells in the body by way of conscious deep breathing and sustained stretching &

contraction of different muscle groups. Yoga can help to check any imbalance in muscular development and will enable the body to function more efficiently. If the body is flexible and supple, it will be less prone to sports injuries as the joints will be kept lubricated. When the mind is still one can control mental agitation by focusing on perfect concentration. When a player, in any sport, is trying to fulfill thousands, hundreds of thousands or if playing for their country, millions of people's expectations their minds are completely stressed and their natural efficiency diminishes. No amount of coaching or training can prepare for doubt or worry entering the mind of a player during a game. By holding steady postures and concentrating on deep abdominal breathing they can increase body awareness, relieve chronic stress patterns in the body, relax the mind, center ones attention and sharpen concentration. Many athletes are having more injuries that require surgery because of the increased focus on strength training with weight resistance.

Yoga Strengthens deep connective tissue preventing or minimizing injury, creates an overall body flexibility. Increases range of motion and mobility, enhances physical balance by developing the athlete's awareness of his body's center place, thus keeping their body balanced in action, giving the ability to recover from or prevent falls, while enhancing agility and maneuverability. Improves circulation, massages internal organs and glands for optimum health. The Yogic breathing circulates and detoxifies the Lymph fluid to speed up recovery time from training 15% faster, eliminating fatigue. It also builds up one's life force energy, enhances sensory acuity, mental focus, concentration, mental clarity, will power and determination. It helps to dissolve pre-competition anxiety and stress, balance and manage emotions that could cloud focus, concentration and judgment.

The holistic philosophy of Yoga practice provides a theoretical and experiential basis for injury prevention in sport. Specifically, Yoga poses can be used to augment athletes' core stability, flexibility and relaxation. It appears that Yoga's focus on corporeal awareness and living in the present moment offers a particularly conducive context for its inclusion in an injury-prevention program.

In a nutshell, Yoga is able to mobilize joints, stretch tissues and ligaments, tone muscles, bring flexibility to the spine and strengthen internal organs. Yoga exercises are based on the formula of stretching, relaxation, deep breathing, increasing circulation and concentration. As such, Yoga is beneficial to a professional athlete as it enables them to strengthen their concentration ability, foster a calm and relaxed mind, enhances the mind/ body connection allowing an athlete to have greater muscle coordination and fluidity of movement. Yoga is also

beneficial to a professional athlete as it positively contributes to the health and vitality of the body, strengthens internal organs such as the heart, lungs and liver and helps to maintain fitness and agility. Yoga also helps to reduce stress and anxiety, cultivate self confidence and self-belief. All of these elements are pivotal to sporting excellence and peak performance. As highlighted above, in order to perform a sporting action efficiently and effectively, a person needs to have a high degree of concentration and focus with a mind that is calm and controlled. Yoga can help a sportsperson to have evenness of mind and control of their thoughts even during stress and/or adversity. Yoga is able to help a person have control over their body through control of their mind. As such, Yoga can play a key role in cultivating mind control and concentration, which helps a sportsperson to perform at their peak level.

The above rewards of Yoga accrue to both women and men athletes/sports persons. However, in some aspects of women's physiological function in terms of hormonal balance and major milestones, Yoga is seen to particularly useful. All the well-established benefits of Yoga in improving health and vitality and in maintaining fitness and agility will accrue to women sports persons through regular practice."

XII. National Policy for Promotion of Yoga (NPFYPY)

1.28 When the Committee desired to know whether there is a National Policy for promotion of Yoga existing in the Country, the Ministry submitted in their written replies as follows:

"No separate National Policy has been framed for promotion of Yoga. However, National Health Policy 2017 provides room for application of Yoga in many areas of Public Health. Besides, the Ministry of AYUSH, other stake-holding Ministries like the Ministry of HRD and various state governments issue various guidelines from time to time. Hence a separate National-level Policy for Promotion of Yoga of is not found necessary at present."

1.29 The Ministry further submitted during the oral evidence as follows:

"I would humbly state that when the National Commission Bill comes, it also provides the regulatory framework about Yoga."

XIII. Research and Development in Yoga

1.30 With regard to the research and development activities that are going on in Yoga, the Ministry supplied the following written reply:

"The Ministry has set up the Central Council for Research in Yoga & Naturopathy (CCRYN) to lead and coordinate Research activities in Yoga & Naturopathy. The council has taken up scientific research into Yoga and its impact on practitioners at different levels. CCRYN in collaboration with reputed Medical Colleges/ Hospitals, Yoga and Naturopathy Institutes conducting Collaborative Research by establishing Collaborative Research Centres (CRC). Presently four such CRCs have been established by the CCRYN at NIMHANS Bengaluru, DIPAS Delhi, Samskriti Foundation Mysore and Kaivalyadhama Yoga Institute Lonavla, Pune. The Council has also conducted many research projects by providing grants-in-aid to various reputed Medical Colleges/ Hospitals, Yoga and Naturopathy Institutes. So far more than 50 research projects were completed and more than 50 research papers have been published in indexed journals.

CCRYN has completed a large scale multi-centric study on Yoga & Diabetes, wherein around 2,50,000 people have been screened. The outcomes are being analysed. The Council has registered a research journal namely the Indian Journal of Yoga & Naturopathy, which is emerging to be a vehicle for dissemination of highly significant research findings. CCRYN is in the process of establishing 02 Post-Graduate Institute of Yoga & Naturopathy Education & Research and 04 Central Research Institute of Yoga & Naturopathy.

The details of the research projects conducted by the CCRYN are enclosed at **Annexure-B**.

The MDNIY is also actively involved in research and development in Yoga and had established 5 Advanced Centres for Yoga Research in premier Medical Institutes. These advanced centres prepared 5 monographs, 23 Research papers, 9 abstracts, in addition to organizing 46 Seminars/Workshops. More than 50,000 patients have been provided Yoga therapy every year in these centres. MDNIY has also completed one Clinical Research Project on Techno-Stress and another one on Philosophico-Literary Research Project.

MDNIY has been designated as a **Collaborating Centre for Traditional Medicine (YOGA)** for 4 years. It has completed the 4 activities and now, it has been re-designated as a Collaborating Centre with the Terms of Reference (TOR) "to contribute to WHO's effort in promoting evidence based Yoga practice for managing Non-Communicable Diseases (NCDs)" for the next four years (2017-2021).

Ministry of AYUSH through Extra Mural Research scheme is funding organizations to conduct research and development activities."

1.31 When the Committee pointed out that most of the Yoga practitioners or coaches are men and desired to know the reasons behind the same, the Ministry submitted in its written reply as follows:

"As per available information both Male and Female candidates are taking up Yoga as a profession, and there is no pronounced male domination in this area. This is clear with the Yoga Facilities for Women at MDNIY given as per below:

Yoga Facilities for Women at MDNIY (2017-18)		
Courses	Intake	% of Girls admitted in course
B.Sc. (Yoga Science)	60	78%
D.Y.Sc. for graduate	132	55%
Certificate Course in Yogasana	100	57%
Certificate Course in Pranayama & Meditation	100	67%
Foundation Course for Wellness	100	68%
Advanced Yoga Sadhna	60	64%
Foundation Course for Wellness at SAI Stadia	200	60%

XIV. Budget allocation

1.32 When the Committee desired to know about the budgetary allocation given to the Ministry and whether the allocation is in tune with the financial needs of the Ministry to carry out various activities relating to Yoga, the Ministry submitted in their written replies that the allocation made to the organisations working for yoga activities under Ministry are comparatively less which needs to be strengthened. The details of the allocation for the last five years to the organisations under the Ministry and the expenditure is placed at **Annexure C**.

XV. Morarji Desai National Institute of Yoga

1.33 Morarji Desai National Institute of Yoga (MDNIY) is an autonomous organisation registered under the Societies Registration Act, 1860, functioning under the Ministry of AYUSH. MDNIY came into existence on 01.04.1998 by upgrading the erstwhile Central Research Institute for Yoga (CRIY) which was established in the year 1976. The Aim of the Institute is to promote deeper understanding of Yoga philosophy and practices based on ancient Yoga traditions for holistic health and well-being of all. The Objectives of the Institute

are (i) to act as a centre of excellence in Yoga, (ii) to develop, promote and propagate the philosophy, science and art of Yoga and to provide and promote facilities for Yoga education, training, therapy and research to fulfil the aforementioned two objectives. The Institute also conducts various Yoga Educational and Training Programmes in Yoga in which more than 50% of the students are girls. A list of the various courses and activities undertaken by MDNIY is given at **Annexure D**.

1.34 During the Committee's study visit to MDNIY the Committee observed the following difficulties faced by MDNIY in the teaching and promotion of Yoga:

(i) MDNIY is facing shortage of land and space. The Institute is spread only in 11508 square metre which hinders in promotion of educational, training, research, health care activities, etc. Due to lack of space, the Institute has limited intake capacity.

(ii) The budgetary allocation for the year 2018-2019 under general budget is approximately Rs. 6.82 crore and total budget is Rs. 15.82 crore which is insufficient for the promotion and propagation of Yoga in a premier National Institute like MDNIY.

(iii) The Institute is running so many courses like B.Sc., Diploma, Certificate Course etc. However, there is no hostel facility for the students.

(iv) MDNIY came into existence on 01.04.1998 by upgrading erstwhile Central Research Institute for Yoga (CRIY) which was established in the year 1976. In spite of passing about 42 years, there is no staff quarter facility for the employees of the Institute.

(vi) To address the various health and well being issues faced by women and to promote Yoga, MDNIY is contemplating to start specialised Yoga Education and Therapy Programmes for Special groups like pregnant ladies, adolescent Girls, lactating mothers, children (between the age group of 3-6 years), women prison inmates etc. For this, the Institute need to extend its networking and extension activities throughout the country and in order to facilitate the same, the Institute will require support in terms of finance and manpower.

XVI. National Institute of Naturopathy (NIN)

1.35 The main mandate of the National Institute of Naturopathy, Pune is to impart educational courses on Naturopathy. NIN is closely involved in the promotion of Yoga as well. It is in the process of establishing NISARGA GRAM - a model campus with 250 bedded indoor Hospital and a UG course. It is conducting one year regular TATC course, running a full fledged OPD, yoga classes in the Headquarters with a special class for ladies and is also doing outreach activities by

conducting camps, public lectures and a training programme for ASHA workers. The total staff strength of NIN is 22.

SPORTS FACILITIES FOR WOMEN

1.36 Sports and Games have always been seen as an integral component in the all round development of the human personality. However, it was generally believed that sports is a man's game and this belief was closely linked to the differences in the anatomy of the male and female bodies. The male body, generally speaking, is bigger built and weighs more than the average female body; it is endowed with a larger heart and lungs and is estimated to be about 30 per cent stronger. There are significant hormonal differences too. Men have a greater concentration of testosterone in their bodies that help create more red blood cells. These factors, in turn, have implications for the intake and delivery of oxygen, which are directly linked to sporting performance. It is estimated that when a man is running at about half his capacity, a woman would need to run at over 70 per cent of her capacity just to equal his pace. On the plus side, women tend to be more sensitive to sound and have better night vision. Further, there is the difference in their reproductive roles - women attain puberty at least two years earlier than men, have a greater body fat percentage and give birth to children - a function that does impact greatly on their ability to perform.

1.37 Nevertheless, despite the physical limitations and restraints imposed by the society, women have succeeded in carving their mark on the field of sports. Women are far more visible in sports today than at any previous point in the history. When the first Olympic games were held in ancient Greece in 776 B.C. women were excluded. In the ancient Olympic Games, women were not allowed even to watch the competitions, much less compete as athletes. During 1900-1920, Physical Education instructors strongly opposed competition among women, fearing it would make them less feminine. Women finally got their chance to compete in the Olympic games in the 1900 Paris games in lawn tennis and golf. For most sports and in many countries, women were able to wear only long skirts. As a result of this when women were finally able to participate in events such as track and field in 1928, there were so many collapsed athletes at the end of the 800-meter race that they banned the race until 1960. Softball was the first sport that was for only women in the Olympics but that didn't take place till 1996. Women were allowed to run the marathon in the Olympics in 1988. With the addition of women's boxing to the Olympic programme, the 2012 Games in London were the first in which women competed in all the sports featured.

1.38 We need to recognize that every woman who excels in sports has to work immeasurably harder than her male counterparts to reach where she is, more so in a country like India where gender discrimination is hardwired into social reality. In fact, when Independence dawned in 1947, leaders like Rajkumari Amrit Kaur realized the importance of women's participation in sports for nation building. In 1995, India committed itself to the Beijing Platform, which urges governments to enable girls to participate in sports and physical activity on the same basis as men and boys through

the creation of programs in schools, at the workplace and in the community.

1.39 As per allocation of Business Rules, 1961, the Ministry of Youth Affairs and Sports (Department of Sports) is responsible for broadbasing and achieving excellence in sports, to infuse sports culture and achieve sporting excellence in the country and to encourage sports for all thus allowing the population across gender and all age groups to harness the power of sports through its cross-cutting influence, namely, holistic development of children and youth, community development, social integration, gender equality, healthy lifestyle, national pride and economic opportunities related to sports development. The autonomous bodies functioning under the administrative control of Department of Sports are (i) Sports Authority of India (SAI), (ii) Lakshmibai National Institute of Physical Education (LNIPE), Gwalior, Madhya Pradesh, (iii) National Anti-Doping Agency (NADA), National Dope Testing Laboratory (NDTL).

XVII. Schemes of the Ministry

1.40 When the Committee desired to know about the various schemes of the Ministry to broadbase sports, enhance women participation in sports and promote excellence in sports for women sportspersons, the Ministry submitted in their written replies as follows:

" Under Prime Minister's Development Package (PMDP) for enhancement of sports facilities in J&K, projects with approved cost of Rs.200 crore is under progress. It is also decided to conduct a sports event in the Himalayan Region i.e., Himalayan Region Sports Festival, in which Nepal and Bhutan may be invited to participate along with India team comprising players selected from the States of Jammu & Kashmir, Himachal Pradesh, Uttarakhand, Arunachal Pradesh, Assam, Manipur, Meghalaya, Mizoram, Nagaland, Tripura, and Sikkim. Competitions/matches may be held between Nepal, Bhutan and Team India. During Nov-Jan, 2018 in Guwahati for duration approximately for one week. All the above schemes encourage sports for all thus allowing the population across gender. The Khelo India Scheme, inter-alia, includes a dedicated vertical of 'Sports for Women' to encourage female players in entire country. Sports Authority of India is implementing the following Sports Promotional Schemes to identify talented sportsperson in the age group of 8-25 years and train them to achieve excellence at National and International level competitions.

GRASSROOT LEVEL SCHEMES:

- (i) National Sports Talent Contest (NSTC)
- (ii) Regular Schools
- (iii) Indigenous Games & Martial Arts (IGMA)
- (iv) Akhara
- (v) Army Boys Sports Company (ABSC)
- (vi) SAI Training Center (STC)
- (vii) Special Area Games (SAG)

(viii) Extension Centres of STC/SAG

ELITE LEVEL SCHEMES:

(ix) Centre of Excellence (COE)

(x) SAI National Sports Academies

In order to implement the aforesaid Sports Promotional Schemes in the country Sports Authority of India has established 10 Regional Centres and 2 Educational Institutions across the country. Presently, there are 291 SAI Sports Centres operational throughout the country where 14394 (10059 Boys & 4335 Girls) are being trained under residential & Non-Residential basis. The selected trainees are provided with facilities in the form of playfields, Equipment, Boarding & Lodging, Sports Kit, Competition Exposure, Educational Expenses, Insurance/Medical Expenses and stipend as per the approved schemes norms. As far as the Sports Promotional Schemes implemented by SAI are concerned the following schemes are implemented with an objective to broad base sports at grass root level which invariably covers young sports persons in the Sub-Junior & Junior categories of age groups. Except the Army Boys Sports Company (ABSC) Scheme, all the above mentioned schemes have been created in order to broad-base sports.

As a matter of fact out of 14394 sportspersons presently being trained under SAI Schemes (10059 Boys & 4335 Girls) 30.11% are girls trainees. In order to special attention to women sportspersons SAI has also established the following three sports training centres exclusively for women sportspersons:-

1. STC Badal (Punjab)
2. STC Dharamshala (Himachal Pradesh)
3. STC Medikeri (Karnataka)

To promote sports at elite level and nurture sportspersons including women sportspersons to present the country at National & International Competition SAI is also implementing the following sports promotional schemes across the country.

(i) Centre of Excellence (COE)

(ii) SAI National Sports Academies

Presently, there are 15 Centres of Excellence (COE) & 15 National /Regional Sports Academies (N/RSA) are operational in the country."

1.41 The Ministry further submitted in this regard as follows in their written replies:

"The Ministry of Youth Affairs and Sports implements various schemes for giving incentives to sportspersons to take up sports. The Schemes of this Department are equally applicable to women sportspersons and encourage participation across all genders."

1.42 On being enquired about the salient features of the National Sports Policy and the extent to which it promotes the participation of women in Sports, the Ministry submitted in their written replies as follows"

"The twin planks of the National Sports Policy 2001 are "Broad-basing of Sports" and "Achieving Excellence in Sports" at the national and international levels. The salient

features of the National Sports Policy 2001, are as under:

- (i) Broad basing of sports and achievement of excellence;
- (ii) Upgradation and development of infrastructure;
- (iii) Support to National Sports Federations and other sports bodies;
- (iv) Strengthening of scientific and coaching support to sports;
- (v) Special incentives to promote sports;
- (vi) Enhanced participation of women, scheduled tribes and rural youth;
- (vii) Involvement of corporate sector in sports promotion; and
- (viii) Promote sports mindedness among the public at large.

The various schemes of the Department are tailored for achieving of the aforesaid objectives. To promote sports in the country, Sports Authority of India (SAI) is implementing various sports promotional schemes across the country to identify talented sports persons in the age group of 8-25 years and nurture them to excel at national and international competitions. These schemes are gender neutral and are equally applicable to the sportspersons including sportswomen of various spheres of sports in the country.

The revamped Khelo India scheme will have twelve components and is being introduced to achieve the twin objectives of the National Sports Policy 2001- broad basing of sports and achieving excellence in sports, which in turn will infuse sports culture in the country and enable it to derive benefits that sports offers, namely, holistic development of children & youth, community development, gender equity, healthy nation, national pride and economic opportunities related to sport development. Sports for women is one of the vertical of scheme, under which, following activities have been proposed:

- (i) Promote Gender equity by providing exclusive avenues for women to participate in Sports through a National Level Competition for Women;
- (ii) Exclusive competitions for Women will encourage more and more women to participate without any fear or inhibition;
- (iii) Infuse a sporting culture among women and encourage them to adopt sports as a way of life; and
- (iv) Inclusive development of women through Sports"

1.43 The Committee, having observed that the biggest challenge the Indian women players face is the cultural baggage, wished to know how this issue can be addressed so that more and more women can be brought into Sports. In response, the Ministry submitted the following written reply:

"The Scheme of Department of Sports are gender neutral and afford opportunities to women too for participating in sporting activities and development of sports. The Scheme of Khelo India, inter-alia, includes a dedicated vertical of 'Sports for Women' to encourage female players in entire country. Under this vertical emphasis will be laid on such sports disciplines where there is less participation of women so that more number of women will participate in such sports disciplines."

1.44 When the Committee wished to know about the reasons for strong regional imbalance in terms of participation of women in Sports, the Ministry submitted in their written replies as follows:

"Ever since Indian women have started bringing laurel for the country in the major international competitions, this has resultantly given special impetus and encouraged the women to take up sports more seriously. In fact, parents have also realized that Indian women are not less than their counter parts to excel in sports. Therefore, under SAI Sports Promotional Schemes efforts are being made to identify more number of women sportspersons and nurture them through regular scientific training to excel at National & International Level Competitions."

XVIII. Transparency and Accountability in selection of coaches and sportspersons

1.45 When the Committee desired to know about how the Ministry is ensuring accountability and transparency in the recruitment and selection process of coaches and women sports persons so that more and more women are encouraged to join sports, the Ministry submitted the following written reply:

"To encourage more and more women to join sports, women candidates are exempted from the payment of fee for recruitment. In the recruitment for Assistant Coaches for SAT concluded in 2017, women candidates were exempted from application fee. Also in the new advertisement for the contract coaches in various disciplines, women candidates are exempted from payment of fee"

XIX. Facilities/Infrastructural amenities available for women sportspersons

1.46 With regard to the efforts taken by the Ministry, including the infrastructure amenities, training facilities and other kinds of support provided to women players in order to ensure participation of women in sports, the Ministry submitted in their written reply as follows:

"The women sportspersons admitted under SAI Sports Promotional Schemes in 27 sports disciplines are either admitted under Residential Scheme or Non-Residential /Day boarding Scheme. The women sportspersons are provided with sports facilities at par of male counter parts. They are entitle to sports facilities in the form of the services of expert coaches, playing facilities, boarding & lodging, sports kit, competition exposure, sports equipments, educational expenses & insurance/ medical expenses and stipend as per the approved scheme norms. Additionally, to ensure their well being, they are also provided regular yoga training including counseling from time to time. All the components of Khelo India Scheme are gender neutral which cater to the entire population of the country, both male and female."

XX. District Level Sports Centres

1.47 With regard to the availability of Sports Centres at District level across the country, the Ministry submitted the following written reply:

"Though, under SAI Sports Promotional Schemes there is no provision for establishment of district-wise sports centres across the country, however, given the provisions available under each of its schemes, the Sports Centres are established. Presently there are 291 Sports Centres operational in the country."

XXI. Support and Nurturing Facilities for Women Players

1.48 When the Committee desired to know about the grassroot level amenities/facilities available to women players, the Ministry submitted the following reply:

"Out of 9 Sports Promotional Schemes implemented by SAI, seven schemes deals with identification and nurturing of talent including women sportspersons at grassroot level i.e. in the age groups of 8-18 years. The talented women sportspersons identified and nurtured under SAI grassroot level schemes are provided with sports facilities in the form of expert discipline wise coaches, requisite playfields, Sports Equipment, Boarding & Lodging, Sports Kit, Competition Exposure, Educational Expenses, Insurance/ Medical Expenses and stipend as per the approved schemes norms."

XXII. Inclusion of Girls in Tribal/rural/backward areas in Sports Activities

1.49 With regard to the efforts taken by the Ministry to sensitise girl students in rural/tribal/backward areas towards their participation in sports activities, the Ministry submitted the following written reply:

"The sportspersons identified and nurtured under SAI Schemes (including women sportspersons) being trained across the country including the women sportspersons who belong to rural/ tribal/ backward area are sensitized on regular basis to make them aware about the process and procedures related to their participation in the sports activities. This also includes sensitization towards their physical, physiological and psychological needs. The first Khelo India School Games was held from 31st Jan to 8th Feb, 2018. Wide publicity was given for the Khelo India scheme during the organization of first Khelo India School Games through print, visual, social media etc. to attract students in the entire country including rural / tribal / backward areas towards their participation in sports activities. The participation of girl student in the games was promising."

XXIII. Sexual Harassment in Sports

1.50 On being enquired about the number of complaints of sexual harassment received in the last 5 years from women who are engaged in the field of Sports and the action taken thereon, the Ministry submitted the following written reply:

"There are 24 (twenty four) sexual harassment cases filed by the sportspersons against their coaches/SAI officials. The complaints are dealt with as per the Sexual Harassment of Women at workplace (Prevention, Prohibition and Redressal) Act 2013 and The Protection of Children from Sexual Offences Act (POCSO Act) 2012. SAI is implementing a zero tolerance policy on all such matters. However, to deal with cases related to sexual harassment of sportspersons an internal complaints committee at SAI Head Office and similar internal complaints committees in its Regional Centres have been established. Further, Sports Authority of India under the guidance of National Commission for Protection of Child Rights (NCPCR) has prepared guidelines for the Safety of Children (Young Sportspersons) and the same have been notified to all the SAI Academic/ Regional Centres to provide safe, secure and healthy environment to the boys and girls trainees being trained under its Sports Promotional Schemes." A list of Complaints of sexual harassment cases in SAI with action taken is placed at **Annexure-E**

1.51 With regard to guidelines in place for the protection and security of women sportspersons, women coaches as well as girls/women trainees, the Ministry submitted the following written reply:

"The complaints related to sexual harassment are dealt with as per the Sexual Harassment of Women at workplace (Prevention, Prohibition and Redressal) Act 2013 and The Protection of Children from Sexual Offences Act (POCSO Act) 2012. Further, Sports Authority of India under the guidance of National Commission for Protection of Child Rights (NCPCR) has prepared guidelines for the Safety of Children (Young Sportspersons) and the same have been notified to all the SAI Academic/ Regional Centres to provide safe, secure and healthy environment to the boys & girls trainees being trained under its Sports Promotional Schemes. SAI is implementing a zero tolerance policy on all such matters. However, to deal with cases related to sexual harassment of sportspersons an internal complaints committee at SAI Head Office and similar internal complaints committees in its Regional Centres have been established."

1.52 When the Committee desired to know whether the Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal Act), 2013 has been implemented in all the Institutes/autonomous organisations connected with the Ministry, the following written reply was given:

"Yes, there is a well established mechanism to redress the cases of sexual harassment of women sportspersons trained under SAI Schemes. To deal with

such cases related to sexual harassment of sportspersons in SAI Centres, an internal complaints committee at SAI Head Office and similar internal complaints committees in its Regional Centres have been established."

XXIV. Code of conduct for coaches and trainees

1.53 On being enquired about the existence of code of conduct for coaches , trainees/players and how does the Ministry ensure the adherence to the code of conduct by coaches and trainees, the Ministry stated in their written replies as follows:

"The sportspersons trained under SAI Schemes (Male & Female) are constantly sanitized and made aware of the do's and don'ts while staying in the hostel, in the dining hall as well as on the playing fields. There are regular wardens for men & women to keep addressing the problems being faced by the both genders. Efforts are always made to ensure that the trainees exhibit proper conduct on or off the field."

XXV. Sensitisation of Trainees/Players and Coaches

1.54 With regard to the sensitisation of male coaches, male players and other male officers/staff connected to sports about the dignity of women players and the code of conduct that is to be followed by male sportspersons/coaches, the Ministry submitted in their written replies as follows:

"Efforts are made on regular basis to sensitize the male coaches, male players and other male officers/ staff by way of lectures /workshops etc. To ensure dignity and the modesty of the women players on or off the field is maintained the in-charge of the training centre conducts regular meetings including surprise visits."

XXVI. Gender Discrimination in Sports

1.55 When the Committee desired to know whether women athletes are paid less and the reasons for the same, the Ministry submitted the following written reply:

"The financial norms applicable under SAI Schemes are implemented in letter & spirit for both the genders."

1.56 When the Committee probed on the issue of objectification of women athletes in the field and how this issue can be addressed, the Ministry submitted the following written reply:

"The SAI Coaches training sportspersons in various sports disciplines are aware of the fact and gender discrimination is not tolerated in any form."

XXVII. Portrayal of Women Players in the Media

1.57 With regard to the portrayal of women players by the media, the Ministry submitted the following reply:

"As a matter of fact that the sportspersons including women players are always applauded and given due importance whenever they bring laurels for the country. However, they are also criticized whenever they perform poorly. For such criticism there is need the media to change its mindset so that the women players are not demoralized."

1.58 With regard to the percentage of overall media coverage of women's sports, both in print and audio/visual media, the Ministry submitted the following written reply:

"So far as Department of Sports is concerned, overall media coverage is not done on the basis of gender in any of the print and audio visual media. Media coverage is given based on the performance of the athlete or an event which could comprise either or both the gender."

1.59 With regard to the level of commercial investment going into women's sports vis-a-vis men's sports, the Ministry submitted the following written reply:

"It is to mention that there are no recognised sports event especially meant as "Women Sports". However, SAI, Govt. of India is making dedicated efforts to promote female participation in all Sports. For this various competitions are being organised by Government like Khelo India at National level where the Female participants are being given equal status and medal counts in order to promote them. Besides, above, the NSFs are also being advised to increase the number of female participation in recognised events."

XXVIII. Financial security and Assured Career Progression for Women Players

1.60 The Committee having observed that all women players do not get the opportunity as the leading women champions or players to gain financial security through endorsements and various kinds of prize money , wished to know about the means of securing the future of the women players. In response, the Ministry submitted the following written reply:

"For providing financial security, the Ministry is implementing the scheme of Pension to Meritorious Sportspersons, which is equally applicable to women sportsperson, under which lifelong monthly pension is given after their retirement from active sports, to those sportspersons who have won medals in Olympic Games/Paralympic Games, Commonwealth Games and World Championships (in

the disciplines included in Olympic Games and Asian Games). Further, the Ministry is implementing the scheme of Pandit Deendayal Upadhyay National Welfare Fund for sportspersons, which is equally applicable to women sportspersons, for giving lump sum ex-gratia financial assistance to sportspersons and their families who are living in indigent circumstances."

1.61 Understanding the importance of having Assured Career Progression schemes in place in order to encourage more young people to take up sports as a career, the Committee wished to know about the programmes, job opportunities, schemes run by the Government in this regard. The Ministry, in response, submitted in their written replies as follows:

"Govt. of India is already supporting the drive for women empowerment. There are already equal opportunities available for Male and Female Athletes to join the Govt. department as a contracted or regular official. Even after their retirement, women are providing active participation and services to sports by training the players as coach or serving as physios, psychologists support staff etc. Government of India is also running health awareness educational programmes, Medical Checkups, seminars on women empowerment etc. in order to create awareness and support female participation in sports and creating more opportunities to them in Government."

XXIX. Role of Yoga in Sports

1.62 When the Committee desired to know how Yoga can help in Sports performance, the Ministry submitted the following written reply:

"Yoga has been found to be a holistic activity which helps the participants (male & female) to realize its benefits through regular participation, particularly improvement in physical fitness/mental well-being/ social / emotional balance including enhancement in their sports performance. The sportspersons being trained under SAI Schemes are provided with regular yoga classes in SAI Centres."

PART II

OBSERVATIONS/ RECOMMENDATIONS OF THE COMMITTEE

Promotion of Yoga and Infrastructural Facilities

2.1 The Committee note that various Universities across the country are imparting Yoga education at Certificate, Diploma, Graduate, Post Graduate and PHD levels. More than 40 Yoga Institutions are imparting yoga education and training, Ministry of AYUSH is supporting Yoga seminars, conferences, workshops etc. Morarji Desai National Institute of Yoga (MDNIY) is the key vehicle through which the Ministry implements its activities to promote and develop Yoga. Various Yoga training programmes, Yoga promotional activities and outreach activities for Yoga are organised by MDNIY to spread awareness about the goodness of Yoga. Publications relating to Yoga are there to disseminate information about the benefits of Yoga. Central Council for Research in Yoga and Naturopathy (CCRYN) is engaged in systematic and scientific research into Yoga. The Committee have been apprised that CCRYN had also organised one month free Yoga training in all the districts of India on account of International Day of Yoga. Around 200 Yoga parks are also being established for learning and practising Yoga by the general Public. The Committee observe that the interest in Yoga has seen a sudden spurt in the last four yearssubsequent to the observance of International Yoga Day . However, considering the population in the country and the circumstances in which they live in, the existing promotional activities and infrastructural facilities do not seem sufficient to cater to the yoga need of the masses. Further, a substantial majority of the beneficiaries who get trained in Yoga discontinue the practice after a few months. This does not augur well for the growth of Yoga in the country.

Considering the challenges of modern day life, strewn with stress and lack of ability to balance life, the Committee feel that it is highly necessary for the country to adopt this ancient science of physical and mental well being so that both men and women are equipped with the potential to lead their lives successfully. Hence, the Committee strongly recommend that the Ministry of AYUSH should devise a concrete action plan to take yoga to the people in every strata of the society in general and the women in particular by roping in qualified and committed Yoga teachers, increasing the existing infrastructure facilities after assessing the various requirements and motivate both men and women to join and continue Yoga practices. The Ministry need to take pro active measures in this matter and genuinely persuade all the stakeholders concerned to understand the importance of Yoga for the wellbeing of the country. In this regard, the Ministry may work in tandem with State Governments, wherever it finds it necessary.

Educational Courses in Yoga

2.2 The Committee find that 51 Yoga universities across 16 States and the Union Territory of Delhi are imparting Yoga education at Certificate, Diploma, Graduate, Post Graduate and PHD levels. The Committee also observe that more than 60 per cent girls are admitted in various courses conducted by Morarji Desai National Institute of Yoga. The Committee find this trend of girl students considering Yoga as a career and a subject worth studying a positive and progressive inclination. However, the Committee feel that this trend can sustain only if conducive environment for career progression is available in the field of Yoga. Further, yoga can be spread across the country only if the number of educational courses are increased in Yoga across the country. Hence, the Committee recommend that the Ministry of AYUSH should make concerted efforts

to introduce Yoga education at Certificate, Diploma, Graduate, Post Graduate and PHD levels in all the States so that students, both boys and girls can opt for these courses and make a career out of this stream besides keeping themselves physically and mentally fit.

Outreach of Yoga in the North-East Region

2.3 The Committee also note that the Ministry is taking various measures to spread Yoga to the nook and corner of the country with an aim to bring in holistic changes in the physical and mental well being of the masses, especially the women. However, the Committee are concerned to find that the outreach activities of the Ministry and the various organisations concerned are scanty as far as the North-East region is concerned. Further, the Committee also observe that no State University in the North-East is offering any course in Yoga whereas in States like Andhra Pradesh, Chattisgarh, Delhi, Gujarat, Haryana, Himachal Pradesh, Jammu and Kashmir, Karnataka, Madhya Pradesh, Maharashtra, Odisha, Rajasthan, Tamil Nadu, Uttar Pradesh, Uttarakhand and West Bengal, State Universities and Central Universities are offering various courses in Yoga. The Committee, therefore, recommend that the Union Government should chart out a definite roadmap, including various programmes designed to address the need for Yoga facilities and requisite infrastructure in the North-East region at the earliest.

Quality of Yoga & Yoga Certification Board

2.4 The Committee understand that as the element of commercialisation is slowly making inroads into the field of Yoga, some dilution is happening in the authenticity and quality of Yoga teaching. With the mushrooming of yoga Centres that solely intent to mint money, traditional Yoga which aims at the holistic

development of a human being is being diluted and new commercial forms of Yoga are being roped in. The Ministry of AYUSH has recently constituted a Yoga Certification Board (YCB) to set the benchmarks for certification of Yoga professionals, Yoga schools/Institutions and to bring uniformity in Yoga courses conducted across India and abroad. The mandate of YCB also includes the responsibility of promoting Yoga as a career skill, collaborating with national and international organisations for promotion of Yoga, developing models for assessment and certification for Yoga professionals and Yoga schools / Institutions / Organisations etc. Formulating guidelines pertaining to accreditation of Yoga centres , certification of Yoga professionals as well as recognising Yoga courses in the private sector are also in the action plan of the Ministry. The Committee are of the considered opinion that the quality of Yoga teaching professionals and Centres should be maintained diligently to keep up the authenticity of Yoga and get the desired benefits of wellbeing and hence the Committee exhort the Ministry to initiate urgent measures in this direction. The Committee also recommend that the Ministry may address the issue of rampant increase in untrained yoga teachers and fake Yoga centres with the appropriate authorities and such Yoga centres/teachers be brought to books with some stringent punishment.

Monitoring Mechanism for Yoga

2.5 The Committee observe that there is an unprecedented growth of Yoga in the past four years due to the observance of International Day of Yoga. With the interest of the people rising in practising Yoga, it is highly imperative that the quality of Yoga is not compromised so that people can benefit from this science of self-development through self-direction and self-discovery. In order to maintain the quality of Yoga teaching centres/yoga professionals, it is necessary to keep a

vigilant monitoring mechanism in place. The Committee are given to understand that Yoga Certification Board will regularly monitor the functioning of Yoga Institutes across the country. Hence, the Committee recommend that the guidelines/yardstick pertaining to the monitoring mechanism may be adhered to in letter and spirit and utmost care be taken in diligent monitoring of the functioning of Yoga teaching centres/yoga professionals across the country

Yoga for the health of Women

2.6 The Committee understand that in this technological era of fast pace life full of fierce competition, many people, especially women, are unable to cope with the present days demand and suffer from stress and various kind of diseases. Scientific studies have provided certain concrete evidence that Yoga works to improve general health and keeps various diseases at bay. The various Yogasanas and Pranayama involved in Yoga sadhana can help to manage stress, gain physical health and attain harmony between mind and body. Further, it is a significant medium to take care of women's health due to its adaptability and low cost. Hence, to manage the stress issues and to address the various health issues found in women as well as to increase the quality of life of women, the Committee recommend that the Ministry should expand its outreach activities and awareness campaigns may be conducted especially for women groups so that they get conversant with the benefits of Yoga and are encouraged to take up Yoga as a way of living.

Yoga for Women in Prisons/ in Shelter Homes/in Vulnerable Conditions

2.7 The Committee are aware that prisons/correctional homes or Juvenile Homes are highly volatile places requiring sensitive management and cautious handling. The women prisoners undergo emotional and psychological trauma which is more pronounced than encountered by their male counterparts. The Ministry of AYUSH has apprised the Committee that so far they have not taken up activities in this area and they are willing to extend all possible support if the Ministry/Department concerned earmarks a specific role for AYUSH Ministry in this area. The Committee have also been apprised that Morarji Desai National Institute for Yoga is developing a special course for the prisoners. The Committee find this a highly welcoming step and recommend that this special course may be developed and introduced in all the prisons/juvenile homes across the country without delay. The Committee also recommend that Ministry of AYUSH may take up the issue in right earnest with all the stake holders concerned and work in tandem with State Governments to take concrete steps to integrate Yoga into the lives of women prisoners, girls in juvenile homes, women/girls in shelter homes and in vulnerable conditions so that they succeed in addressing their special psycho-social needs and lead a life with quality.

Yoga for Divyangjan

2.8 The Committee observe that the Ministry of AYUSH is seized with the idea of working with divyang schools and that they have developed a protocol for divyangjan. The Committee also understand that concerted and integrated efforts of the Government, NGOs, corporates, educational institutions and many other stake holders concerned are needed to break the barriers built by disability and integrate the divyangjan into the main stream of society. Nevertheless, the Committee are of the considered opinion that along with providing financial, educational and skill

based support, the divyangjan should be imparted with the knowledge of Yoga in order to realise their full potential. It is evident from various studies that application of Yoga as a therapeutic intervention takes advantage of the various psycho-physiological benefits of the practice and helps to access an inner strength that allows one to face anxiety, frustration and challenges of everyday life. The Committee, therefore, recommend that the Ministry should take concerted efforts to spread Yoga into the lives of divyangjan, especially women, so that they are able to lead a life of dignity, independence and satisfaction and become an asset for the social and economic development of the country.

Need for Integration of Yoga in Schools

2.9 The Committee note that the different components of Yoga such as Asanas, Pranayama, Meditation, Yogic Kriyas etc. help in overall development of personality at the physical, mental and social planes of existence. The Yogic practices are known to increase concentration and enhance memory in children. It also improves other cognitive functions. The National Council for Educational Research and Training (NCERT) has developed integrated syllabi on health and Physical Education in which the content of yoga has been included for classes I to X. Central Board of Secondary Education (CBSE) also covers Yoga as a subject. The Ministry of AYUSH also has expressed their willingness to extend all possible help if the Ministry of HRD earmarks any role for them in integrating Yoga into school health programmes. The Committee wish to point out that the lives of children today are not stress free. They not only experience social, family ,study and peer pressures but also suffer from anxiety, abuse and bullying in school. Children require a safe, nurturing and supportive environment to develop their potentials and equip themselves to deal with the pressures in subsequent stages of life successfully. As there is no panacea for the problems that we face in the society or in the world as far as security, safety and nurturing is concerned, the Committee feel that conscious approach is necessary to find means to equip the children with physical and mental wellbeing and develop their full potential so that they grow into satisfied and successful human beings. Hence, the Committee recommend that the Ministry of AYUSH, instead of waiting for Ministry of HRD to earmark a role for them, should take up the matter with the Ministry of Human Resource Development and find means to include Yoga as a regular practice for all students from class I to XII.

National Policy for Promotion of Yoga (NPFYPY)

2.10 The Committee note that no separate National Policy has been framed for promotion of Yoga. The Ministry has apprised that National Health Policy, 2017 provides room for application of Yoga in many areas of Public Health. The Ministry of AYUSH has further informed that they along with the Ministry of HRD and various State Governments issue various guidelines from time to time and hence a separate National level Policy for Promotion of Yoga is not found necessary at present. The Ministry has also stated that the National Commission for Indian Systems of Medicine Bill provides for the regulatory framework about Yoga. While taking note of the above submissions, the Committee would, however, like the Ministry to ensure that the guidelines issued and the regulatory framework prescribed in this regard are strictly adhered to.

Research and Development in Yoga

2.11 The Committee note that the Central Council for Research in Yoga and Naturopathy (CCRYN) lead and coordinate research activities in Yoga and Naturopathy. So far, CCRYN and its four Collaborative Research Centres at Delhi, Bengaluru, Mysore and Pune have completed 51 research projects. CCRYN is also disseminating the highly significant research findings in the field of Yoga and Naturopathy through its research journal 'Indian Journal of Yoga and Naturopathy'. A look at the budget allocation of the Ministry also shows that a sizeable portion of the allocation is going to CCRYN for research activities. As research is a tool for building knowledge and for facilitating learning, the Committee hope that CCRYN

will ensure development of research projects that will have real impact in the field of Yoga and Naturopathy fostering new ideas and to help people in identifying and providing solutions to their problems.

Budget allocation to MDNIY

2.12 The Committee have been informed by the Ministry that budget allocation to the organisations working under the Ministry are comparatively less and needs to be strengthened. As per the details provided by the Ministry, the budget allocated to Morarji Desai National Institute of Yoga for the financial year 2017-18 was a mere Rs.12.02 crore. A study of the budget allocation to MDNIY since 2013-14 reveal that skewed funds have been earmarked to this important Institute mandated with the training and teaching of Yoga. The Committee understand that Morarji Desai National Institute of Yoga is besieged with various issues like shortage of land and space, hostel facility for the students, staff quarters etc. The institute is also contemplating to start specialised Yoga Education and Therapy programmes for special women groups and this require support in terms of finance and manpower. It is a matter of serious concern that an autonomous organisation created with the sole aim of promoting deeper understanding of Yoga philosophy and practices based on ancient yoga traditions for holistic health and well being is facing shortage of finance and various other constraints. The Committee, therefore, call upon the Ministry of AYUSH to take up the issue of requirement of necessary funds with the Ministry of Finance and also find appropriate solutions for the various other issues being faced by MDNIY at the earliest, especially the issue of hostel accommodation for students and residential accommodation for the staff .

Morarji Desai National Institute of Yoga(MDNIY) and National Institute of Naturopathy (NIN)

2.13 The Committee note that MDNIY and NIN , both are engaged in yoga activities. MDNIY is mandated with offering educational, training and therapy courses in Yoga. As naturopathy and Yoga go hand in hand, NIN is also offering yoga tools for physical and mental well being and they are also closely involved in the promotion of Yoga. However, the Committee feel that there are many areas where the mandate of MDNIY and NIN seem to collide or rather mingle into one. For instance, both MDNIY and NIN are doing outreach activities as well as training programmes. The Committee would like the Ministry to clearly demarcate the mandate of these two organisations so that there is no conflict in the areas of activities they undertake and both the Institutes are able to function optimally.

Schemes of the Ministry & Representation of Girls in Sports

2.14 The Committee are happy to note that the Ministry of Youth Affairs and Sports have various schemes in place to broadbase sports, enhance women participation in Sports and promote excellence in sports. The Khelo India Scheme includes a dedicated vertical of 'sports for women' to encourage female players in the entire country. Sports Authority of India (SAI) is implementing various grass root level schemes and elite schemes to identify talented sportspersons in the age group of 8-25 years and train them to achieve excellence at National and International level competitions. Nonetheless, these schemes have not been able to attract more girls/women into sports as is evident from the fact that presently only 4335 girls are being trained under residential and non-residential basis vis-a-vis 10059 boys in 291 SAI Sports Centres operational throughout the country. The

committee find this number of women trainees, which is a mere 30.11 per cent, quite disheartening. The Committee believe that this less number of female representation in Sports is not due to lack of talent in girls but due to lack of identification of talent at the right time as well as various socio-cultural-economic barriers coupled with lack of awareness among parents and girls as well as safety and security concerns relating to girls. The Committee understand that under the vertical of 'Sports for Women' in Khelo India Scheme, emphasis is being laid on such sports disciplines where there is less participation of women so that more and more women participate in such disciplines. The Committee find this very encouraging and believe that if this scheme is implemented in right spirit it can address the lack of representation of girls/women in sports to a great extent. Hence, the Committee urge the Ministry to implement this scheme in right earnest across the country so that more and more women are brought into sports. The Committee also urge the Ministry to give wide publicity to the schemes of the Ministry through print and electronic media, institute adequate incentives in the form of cash awards and medals, improve the stipend given to the students, develop infrastructure in both rural and urban areas including construction of sufficient number of girls sports hostels to address the safety and security concerns etc.

2.15 The Committee are of the considered opinion that there is no dearth of sports talent amongst girls in our country. However, it is necessary to identify the talent at the right time and nurture and support the talent with proper guidance and training. Many times, along with various other socio-cultural reasons, finance is a major impediment for parents to engage their girl children in sports. Lack of availability of good coaches and sporting equipment in schools or in the nearby areas force the parents to hire a private coach and buy equipment from outside

which eventually put a financial burden on them as a result of which not so well to do parents are often compelled to stop the sports activities of their children however talented they may be. The Committee find this situation pathetic and desire that the Ministry should look into this aspect and find means to address this issue.

2.16 The Committee also note that the schemes of Department of Sports are gender neutral and afford equal opportunities to women for participating in sporting activities. However, many times it is difficult for girls to cross the cultural barriers and get into Sports even though they have aptitude and talent. These cultural barriers is one of the reasons for strong regional imbalance in terms of participation of women in sports. Hence, the Committee feel that merely giving gender neutral and equal opportunity to women will not serve the purpose. The Committee, therefore, urge the Ministry to go extra miles to address this issue by making girls and their parents understand the importance of sports, provide adequate support wherever necessary and help them cross their limitations and develop their potential to the maximum.

Transparency and Accountability in Selection of Coaches and Sportspersons

2.17 When the Committee desired to know about how the Ministry is ensuring transparency and accountability in the recruitment process and selection of coaches and girls/women sports persons, the Ministry did not give a suitable reply. Instead of answering the question directly, the Ministry gave an indirect reply as to how the Ministry is encouraging women candidates by exempting them from payment of fee for recruitment etc. The Committee are surprised at the evasive reply of the Ministry to a very pertinent question. The Committee feel that

it is absolutely imperative that people who have talent, commitment and dedication should get into Sports as coaches or players. Even today, education tends to be the highest priority for the average Indian instead of extra curricular activities. Even though, there are scholarships and endowments that ensure a basic minimum standard of living, due to lack of transparency in the system, many times parents and players lose faith that talent will be acknowledged and valued. Hence, it is necessary to have a transparent system for selection of coaches and players to be in place for the advancement of sports in the country. The Committee, therefore, recommend that the Ministry should take stringent measures to ensure that transparency is maintained in the selection of coaches and players/trainees and excelling in sports becomes the only concern.

Facilities/Infrastructural Amenities Available for Women Sportspersons

2.18 The Committee have been apprised by the Ministry that women sportspersons are provided with sports facilities at par with their male counterparts. They are entitled to sports facilities in the form of services of expert coaches, playing facilities, boarding and lodging, sports kit, competition exposure, sports equipments, educational expenses and insurance/medical expenses and stipend as per the approved scheme norms. They are also provided with regular yoga training and counselling from time to time. However, despite these facilities being in place, we find that effective participation of women in sports is still very low. Hence, the Committee recommend that the Ministry as well as SAI should focus on identifying the problem areas where women players/girl trainees are facing maximum issues, be it in terms of lack of availability of good coaches or equipments or sports clubs or sports centres or safe transportation issues or safe and hygienic hostels to stay or stipend given to players and take a call accordingly to address the issue. The

Committee feel that in order to build a sporting nation, Government should focus on increasing the infrastructural facilities, especially in the rural areas and give wide publicity to the facilities available for girl/women players so that they are encouraged to participate in sports. The Committee also recommend that the Ministry should focus on bringing in as many talented and deserving women coaches as possible since the female players would feel more confident and comfortable with a female coach.

District Level Sports Centre

2.19 The Committee are given to understand that under SAI Sports Promotional Schemes, there is no provision for establishment of district-wise sports centres across the country. However, the Committee also understand that one of the major initiatives under Khelo India Programme is creation of sports infrastructure at Tehsil, District and State levels. The Committee feel that in order to identify the talent in the rural/urban/semi rural/tribal and backward areas of the country, it is necessary to create adequate district or Tehsil level sports centres so that the talent pooled in at the local community level or school level can be properly identified and nurtured. The Committee observe that the Ministry has not furnished any proper reply in this regard to the Committee. The Committee would like the Ministry to furnish further information about this in their action taken replies.

Support and Nurturing Facilities for Women Players and Inclusion of Girls in Tribal/Rural/Backward Areas in Sports Activities

2.20 The Committee note that the grass root level schemes of Sports Authority of India (SAI) are meant to nurture and support sports talent in the age

group of 8-18 years. The Committee further note that the talented women sportspersons, including women sportspersons from rural / tribal/ backwards areas, identified and nurtured under SAI schemes, are provided with various kinds of sports facilities including discipline wise coaches, infrastructure facilities, competition exposure, educational expenses and medical expenses. The Committee have also been informed that when the First Khelo India Games was held from 31 January to 08 February, 2018, wide publicity was given to the same through print, visual and social media to attract students in the entire country including rural/tribal/backward areas towards their participation. The Committee also observe that the second edition of Khelo India Youth Games, 2019 held at Pune witnessed an approximate participation of 10,000 persons which is almost double in comparison to the participants in Khelo India Games 2018. The Committee appreciate the efforts taken by SAI to make the Games popular and hope that SAI will continue to nurture and support the women/girl players/trainees without any laxity to develop their full potentials. The Committee would also like to urge the Ministry to give special attention to spreading awareness among the parents and girls in rural, tribal/backward areas about the facilities available for girls in the sports field, the importance of sports, the manner in which sports can bring in positive changes in the lives of the girls/women players etc. so that the parents and girls shed their inhibitions and come forward to participate in sports so that the dream of inclusion and empowerment of women in the field of sports come true.

Sexual Harassment in Sports

2.21 The Committee note that 24 sexual harassment cases have been filed by the sportspersons against their coaches/SAI officials during the last five years. The complaints are dealt with in SAI as per the Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013 and the Protection of

Children from Sexual Offences Act (POCSO Act), 2012. The Committee have been informed that SAI is following a zero tolerance policy on all matters related to sexual harassment. A look at the data provided by the Ministry conveys that coaches who are in power and authority appears to be the alleged perpetrators. In many cases, the charges against the coaches have been proved and action has been taken against them. Sexual harassment of women pervades all walks of life and Sports is not an exception. The Committee need not point out to the Ministry that sexual harassment in sports can negatively affect the physical and psychological health of the sportspersons, especially women. It can not only lead to deterioration in the performance of a sportsperson and eventually force her to drop out of sports but can even cause psychosomatic illness, anxiety, depression, substance abuse, self harm and even suicide of a female sportsperson. Hence, the committee strongly recommend the Ministry and SAI to ensure the following:

(a) First and foremost of all, the Committee urge that the Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013 and the Protection of Children from Sexual Offences Act (POCSO Act), 2012 should be followed in letter and spirit in SAI.

(b) While selecting a player or a trainee under SAI promotional schemes or sports schemes, along with the selection letter, they should be given a standard letter of information containing the details about the Internal Complaints Committee (ICC) in place, the names of the Members/contact numbers, the name of the website where the players can register their complaints, the rights of the players/trainees etc. The letter of information should also explain in detail how a woman player/trainee can register a sexual harassment complaint under the Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013 and the Protection of Children from Sexual Offences Act (POCSO Act), 2012.

(c) Awareness classes may be conducted for all the female trainees/coaches about sexual harassment at workplace.

(d) Male sportspersons and coaches may be sensitised about gender sensitive behaviour on and off the field.

(e) Details of the Internal Complaints Committee (ICC), including phone numbers of those to be contacted in case of sexual abuse should be displayed on a board in all training centres, women/girl's accommodation centres under SAI.

(f) create appropriate forums for women sportspersons / coaches to raise issues relating to sexual harassment SAI.

(g) All the National Sport Federations (NSF) should also ensure that a properly defined and publicised sexual harassment committee is in place.

Code of Conduct for Coaches and Trainees

2.22 The Committee have been apprised by the Ministry that the sportspersons trained under SAI schemes are constantly sensitized and made aware of the do's and don'ts while staying in the hostel, in the dining hall as well as on the playing fields. However, the Committee feel from the replies of the Ministry that no proper Code of Conduct for Coaches is not in place in SAI . An examination of the sexual harassment complaints received during the last five years in SAI reveal that out of 24 complaints, 20 complaints have been against coaches. The Committee believe that the number could be higher as many times cases against coaches also might have gone unreported/ not complained against. The Committee find it quite unfortunate that the mentor and guide himself turning the predator. Hence, the Committee feel that it is necessary to have a Code of Conduct for Coaches to be in place which will provide guidelines for the professional behaviour of a coach. The Code of Conduct will promote fair and responsible

behaviour by the Coach towards the sportspersons he is in charge of. The Committee fail to understand why the Ministry/SAI has so far never enforced a proper Code of Conduct for the Coaches despite so many instances of sexual harassment cases against coaches cropping up. The Committee, therefore, strongly recommend that the Ministry/SAI should put a Code of Conduct for Coaches in place at the earliest. The Committee would like to be apprised of the progress made in this regard.

Gender Discrimination in Sports

2.23 The Committee have been apprised by the Ministry that gender discrimination in any form is not tolerated in SAI. The Ministry has also informed that the financial norms applicable under SAI are implemented in letter and spirit for both the genders and women players are getting equal salary similar to their male counterparts. The Committee highly appreciate this. However, the Committee are a little perturbed about the NSFs which do not come under the purview of the Ministry and which apparently follow a policy of unequal wages for men and women players. A few months back the media had been abuzz with the news of unequal pay between the male and female cricket players. The Committee feel that the root cause of this gender discrimination in sports lies in inadequate participation of women in sports. If the number of talented women sportspersons increase, audience will come to watch their games which in turn will attract more sponsors and will fetch more money for the women sportspersons. Hence, the Committee urge the Ministry that while ensuring zero gender discrimination in sports against women players, the Ministry should take concerted efforts to increase the participation of women in sports as a one step solution for the issues faced by women sports persons.

Portrayal of Women Players in the Media

2.24 With regard to the portrayal of women players in the media, the Ministry has apprised the Committee that women players are always given due importance whenever they bring laurels for the country but they are also criticised whenever they perform poorly. However, the Committee feel that the ground reality is that women sportspersons receive less media coverage than their male counterparts and it is quite detrimental to the growth of female sportspersons. The Committee feel that instead of doing sweet and nice stories about women sportspersons, the media should do positive criticism of their performances and adequate coverage should be given to their performances. This will not only boost the morale of female players but will also make women sportspersons more visible in the sports world which had been a male bastion for so long. If a female sportspersons is not given sufficient media publicity, the audience also will not be inspired or interested in watching their games. The Committee, therefore, urge the Ministry to take steps in this direction and apprise the Committee.

Financial Security and Assured Career Progression for Women Players

2.25 The Committee observe that along with various reasons that contribute to the lack of female participation in sports, lack of financial security after their retirement and assured career progression for women players play a significant role in hindering women from opting for sports as a career.. The Committee have been apprised that Government is implementing the Scheme of Pension to Meritorious Sportspersons under which lifelong monthly pension is given after their retirement from active sports to those sportspersons who have won medals in Olympic Games/ Paralympic Games and World Championships (in the disciplines included in Olympic Games and Asian Games). Further, the Ministry is implementing the Scheme of Pandit Deendayal Upadhyay National Welfare Fund for

Sportspersons for giving lump sum ex-gratia financial assistance to sportspersons and their families who are living in indigent circumstances. The Committee find these steps taken by the Ministry highly laudable and hope that this will address the financial concerns of female sportspersons to a greater extent. However, the Committee would like to urge the Ministry to ensure that the female sportspersons should not have to run from pillar to post to get the benefits under these schemes once they retire. The Ministry may ensure that a smooth and hassle free procedure may be put in place for the female sportspersons to avail these benefits. The Committee would also like to recommend that the Ministry should think of means to provide medical coverage to female sportspersons once they are retired. The Committee would like to be apprised of the steps taken by the Ministry in this regard.

With regard assured career progression for female sportspersons, the Committee have been informed that the Government is already supporting the drive for women empowerment by providing equal job opportunities for women sportspersons. Even after their retirement, women are providing active participation and services to sports by training the players as coach or serving as physios, psychologists, support staff etc. However, the Committee would like to point out here that all women players do not get a job or do not get an opportunity to take up any job relating to sports after their retirement. Many of them face severe financial crisis and find it difficult to make both ends meet many times. Hence, the Committee feel that the Ministry should have a more comprehensive and holistic scheme in place to cover the financial needs and the career progression needs of women sportspersons so that their future is secured and girls are encouraged to take up sports as a career.

Role of Yoga in Sports

2.26 The Committee note that the well established benefits of Yoga in improving health and vitality and in maintaining fitness and agility can be gained by sportspersons through regular practice. The Committee further note that Yoga is specially beneficial for women sportspersons in some aspects of their physiological function in terms of hormonal balance and major milestones. The Committee have been informed that the sportspersons being trained under SAI schemes are provided with regular yoga classes in SAI centres. The Committee highly appreciate this initiative taken by SAI and hope that the women sportspersons will be able to overcome the limitations through the practice of Yoga and take their sporting abilities to new heights. The Committee would like to urge the Ministry to spread awareness about the importance of Yoga in sports with assiduity so that the sportspersons give due diligence to practising yoga to enhance their abilities.

NEW DELHI

February, 2019

Magha, 1940 (Saka)

BIJOYA CHAKRAVARTY

Chairperson,

Committee on Empowerment of Women

Annexure ‘A’

List of Universities / Institutions Conducting Yoga Courses (as per the details available on University / Institutional websites)

S. No.	State	University/ Institution	Type of University	Courses Offered	Mode of Course
1	Andhra Pradesh	Andhra University Visakhapatnam – 530003	State University	1. PG Diploma in Yoga 2. M.A. in Yoga & Consciousness	
2	Andhra Pradesh	Rashtriya Sanskrit Vidyapeeth Tirupati-517 507 A.P.	Deemed University	1. Acharya (M.A.) in Sankhya Yoga 2. PGD in Yoga Therapy and Stress management 3. PGD in Yoga Vijnana (Distance Mode)	
3	Bihar	Bihar School of Yoga		1.Course in Yoga Studies – 4 months 2. Certificate in Yoga Sci. & Life Style - 3 months.	Regular
4	Chattisgarh	Gurukul University H-14, b/h. T.V. Tower, Anupam Nagar, Raipur-01, Chattisgarh		1. Diploma in Yoga & Naturopathy	Regular
5	Chhatisgarh	Pt. Ravishankar Shukla University, Amanaka G.E. Road, Raipur– 492010	State University	1. M.A. Applied Philosophy & Yoga 2.P.G.D. in Yoga 3.Certificate Course in Yoga	Regular

6	Delhi	Morarji Desai National Institute of Yoga, New Delhi		1. B.Sc. (Yoga Science) – 3 yrs. 2. Diploma in Yoga Science – one year 3. Certificate Course in Yoga Science for Wellness (CAPF) -3½ Mths 4. Certificate Course in Yogasana- 3½ months 5. Certificate Course in Pranayama and Meditation - 3½ months 6. Foundation Course in Yoga Science – 1 Mth.	Regular
7	Gujarat	Bhavnagar University, Gaurishanker Lake Road, Bhavnagar - 364 022. Gujarat	State University	1. Diploma in Naturopathy & Yogic Science – 2 years 2. Diploma in Yoga – 1 year	Regular
8	Gujarat	Gujarat Ayurveda University, Jamnagar	State University	1. P.G.D. in Yoga & Naturopathy – one year 2. B.Sc. Yoga - three years 3. Certificate in Yoga and Naturopathy Therapies – 4 months (Full time) / 8 months (part time)	Regular
9	Gujarat	Gujarat University, Post Box No. 4010, Navrangpura, Ahmedabad – 380 009, Gujarat.	State University	1. Diploma in Yoga Education (SAP) – 1 year	Regular
10	Gujarat	Hemchandracharya North Gujarat University, P.B. No. 21, University Road, Patan- 384265	State University	1. Diploma in Yoga Education – 1 year	Regular
11	Haryana	Kurukshetra University, Kurukshetra Haryana, India Pin – 136119	State University	1. M.A. Music, Yoga & Health	Regular
12	Himachal Pradesh	Himachal Pradesh University, Shimla– 171005	State University	1. M. A. Diploma in Yoga Studies – two years 2. Diploma in Yoga Studies – one year	Regular

13	Jammu & Kashmir	University of Jammu BabasahebAmbedkar Road New Campus, Jammu (Tawi)	State University	<ol style="list-style-type: none"> 1. Diploma Course in Yoga – one year 2. Diploma Course in Yoga – six months 3. Advance Certificate Course in Yoga- three months 4. Certificate Course in Yoga – three months 	Regular
14	Karnataka	Karnatakuniv., Pavate Nagar, Dharwad-580 003, Karnataka State,	State University	<ol style="list-style-type: none"> 1. P.G.D. in Yoga Studies – one year 2. Certificate Course in Yoga Studies – two years 	Regular
15	Karnataka	Mangalore Univ., Mangalagangotri, Konaje - 574 199	State University	<ol style="list-style-type: none"> 1. M.Sc. Yogic Science – two years 2. P.G.D. in Yogic Sciences – one year 3. Certificate Course in Yogic Science – three months 	Regular

16	Karnataka	Swami Vivekananda Yoga Anusandhana Samsthana No. 9, Appajappa Agrahara, Chamarajpet, Bangalore-560 018	Deemed University	1. PhD Yoga – three years 2. M.D. Yoga & Rehabilitation – three years 3. M. Phil Counselling & Yoga Therapy – three years 4. M.A. Yoga, Journalism & Mass Communication – two years 5. M.Sc. Yoga Management – two years 6. M.Sc. Yoga & Consciousness – two years 7. M.Sc. Yoga Education – two years 8. M.Sc. Yoga – two years 9. PGD in Yoga Therapy for Doctors – one year 10. PGD in Yoga Therapy – one year 11. BNYS – 4 ½ years + 1 yr internship 12. B.A. Yoga & Journalism – 3 years 13. B.Sc. Yoga & Management - 3 years 14. B.Sc. Yoga & Consciousness – 3 years 15. B. Sc. Yoga Education – 3 years 16. B.Sc. Yoga – 3 years 17. Yoga Therapy Orientation Training for Doctors – 3 months 18. Yoga Teachers Training Course 1 month 19. Yoga Instructor Course – 1 month residential / 3 months non-	Regular
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17	Madhya Pradesh	Barkatullah Vishwavidyalaya, Bhopal Hoshangabad Road, BHOPAL- Madhya Pradesh	State University	<ol style="list-style-type: none"> 1. M.Phil. in Yogic Science – 1 year 2. M.A/ M.Sc. in Human Consciousness & Yoga Science – 2 yrs. 3. P.G.D. in Stress Management (Yoga) – 1 years 4. P.G.D. in Yoga Therapy – 1 year 5. P.G.D. in Yogic Science – 1 year 6. Certificate in Yogic Science – 3 months 	Regular
18	Madhya Pradesh	Dr. Harisingh Gour Vishwavidyalaya, Sagar, Madhya Pradesh-470 003	Central University	<ol style="list-style-type: none"> 1. M.Sc. / M.A. Yoga- 2 years 2. B.A. Yoga- 3 years 	Regular
19	Madhya Pradesh	Jiwaji University, Gwalior- 474011 (M.P.)	State University	<ol style="list-style-type: none"> 1. P.G.D. in Yoga Therapy – 1 ½ years 2. Diploma in Yoga – 1 year 3. Certificate in Yoga – 6 weeks 	Regular
20	Madhya Pradesh	Lakshmibai National Institute of Physical Education Mela Road, Shakti Nagar, Gwalior-474 002, M.P.	Deemed University	<ol style="list-style-type: none"> 1. M.A. Yoga – two years 2. P.G.D. in Yoga & Alternative Therapy – 1 year 	Regular
21	Madhya Pradesh	M.G. Gramodaya Vishwavidyalaya, Chitrakoot- 485331, Dist. Satna	State University	<ol style="list-style-type: none"> 1. P.G.D. in Naturality & Yogic Science – 1 year 2. B.A. Human Consciousness & Yogic Sciences – 3 years 	Regular
22	Madhya Pradesh	Rani Durgavati Vishwavidyalaya, Saraswati Vihar, Pachpedi, Jabalpur (M.P.) PIN 482 001	State University	<ol style="list-style-type: none"> 1. M.A. Human Consciousness & Yogic Sciences 2. P.G.D. in Yoga 3. Certificate Course in Yoga 	Regular

23	Maharashtra	Kaivalyadhama, Lonavla, Pune		<ol style="list-style-type: none"> 1. P.G.D. Yoga Therapy – 1 ½ years 2. P.G.D. in Yoga Education – 1 year 3. Advanced Teacher Training Course – 1 month 4. Certificate Course in Yoga – 6 weeks 5. Certificate Course in Traditional Texts in Yoga- 21 days 6. Certificate Course for Yoga Teachers SPA Therapies – 21 days 7. Basic Course in Yoga and Ayurveda – 21 days 	Regular
24	Maharashtra	North Maharashtra University, Jalgaon-425 001.	State University	<ol style="list-style-type: none"> 1. Vocational Yogic Foundation Course 	
25	Maharashtra	RamamaniIyengar Memorial Yoga Institute, Pune		Various training programmes based on Yoga	
26	Maharashtra	SantGadge Baba Amravati University, Amravati-444602	State University	<ol style="list-style-type: none"> 1. P.G.D. in Yoga Therapy – 1 year 2. Diploma in Yoga Education 	Regular
27	Maharashtra	The Yoga Institute, Santacruz, Mumbai		<ol style="list-style-type: none"> 1. Teachers Training Course – 1year 2. Teachers Training Course – 7 months 3. Comprehensive Teachers Training Course – 3 months 4. Teachers Training Course (TTC) – 1 month 	Regular
28	Maharashtra	University of Mumbai, Mumbai-400032	State University	<ol style="list-style-type: none"> 1. Advance Diploma in Yoga 2. Diploma in Yogic Education 3. Certificate in Yoga 	
29	Maharashtra	Yashwant Rao Chavan Maharashtra Open University, Nashik-422 222, M.S.	State University	<ol style="list-style-type: none"> 1. Diploma in Yoga Sikshak (Distance Mode) – one year 	

30	Odisha	Indian Institute of Yogic Science & Research, Bhuvneshwar, Odisha		1. Master Degree in Yoga – 2 years 2. Yoga Teachers Training Course – 1 month	Regular
31	Odisha	Utkal University, Bhubaneswar-751 004.	State University	1. P.G.D. in Yoga Education – 1 year	Regular
32	Rajasthan	Jai Narain Vyas University, BhagatkiKothi, Pali Road, Jodhpur	State University	1. Diploma in Yoga Education – 1 year	
33	Rajasthan	Maharishi DayanandSaraswati University, Ajmer-305009, Rajasthan	State University	1. Diploma in Yoga Science –2 years 2. Certificate Course in Yogic Science – 1 year 3. Yoga Instructor Certificate Course – 6 months 4. Yoga Therapy for Ailments – 2 months	
34	Tamilnadu	Alagappa University, Alagappa Nagar, Karaikudi-630003, T.N.	State University	1. P.G.D in Yoga – 1 year	Regular
35	Tamilnadu	Annamalai University, Annamalaiagar-608 002	State University	1. M.Sc. Yoga – 1 year (part time) 2. P.G.D. in Yoga – 1 year (Part time) 3. Diploma in Yoga - 1 year (part time)	
36	Tamilnadu	Krishnamacharya Yoga Mandiram, Chennai		1. International Yoga Teachers Training Programme – 2 years	
37	Tamilnadu	Tamilnadu Physical Education & Sports University, Chennai	State University	1. M.Sc. Yoga Therapy – 2 years 2. B.Sc. Yoga – 3 years	Distance Distance
38	Tamilnadu	M.S. University, Thirunelveli	State University	1. M.Sc. Yoga – 2 years 2. PG Diploma in Yoga – 1 year 2. B.Sc. Yoga – 3 years	Distance Distance Distance
39	Tamilnadu	Bharathidasan University, Trichy	State University	1. M.Sc. Yoga – 2 years 2. PG Diploma – 1 year	Regular Regular

40	Tamilnadu	Bharathiyar University, Coimbatore	State University	1. M.A. Yoga – 2 years 2. B.A. Yoga – 3 years	Distance Distance
41	Tamilnadu	Tamil University, Tanjore	State University	1. M.A. Yoga – 2 years 2. B.A. Yoga – 3 years	Distance Distance
42	Tamilnadu	University of Madras		1. M.A. Yoga – 2 years 2. B.A. Yoga – 3 years	Distance Distance
43	Uttar Pradesh	Banaras Hindu University, Varanasi, 221 005, U.P.	Central University	1. Diploma in Naturopathy & Yoga Therapy – 2 ½ years	Regular
44	Uttar Pradesh	Dr. B.R. Ambedkar University, Agra-282 004	State University	1. Diploma in Yoga Education – 1 year	Regular
45	Uttar Pradesh	University of Lucknow, Lucknow-226 007	State University	1. M.A. Yoga – 2 years 2. P.G.D. Naturopathic Science & Yoga- 1 year	Regular
46	Uttar Pradesh	M.J.P.Rohilkhand University, Bareilly-243 006	State University	1. P.G.D. in Yoga – 1 year	
47	Uttar Pradesh	Dr Ram Manohar LohiaAwadh University, Faizabad- 224 001	State University	1. P.G.D. in Yoga Therapy – 1 year	Regular

48	Uttarakhand	Dev Sanskrit Vishwavidyalaya Gayatrikunj, Shantikunj Haridwar-249 411 (U.K.)	Private University	<ol style="list-style-type: none"> 1. M.A. Applied Yoga & Human Excellence – 2 years 2. M.Sc. Yogic Sciences & Holistic Health – 2 years 3. P.G.D. in Yoga Vijnana -1 year 4. P.G.D. in Human Consciousness & Yoga Therapy – 1 year 5. Foundation Course in Yogic Science (Distance Mode) – six months 6. Certificate Course in Yoga & Alternative Therapy – six months 7. B.Sc. Yoga – 3 years 8. B.A. Yoga – 3 years 	Regular
49	Uttarakhand	GurukulKangriVishwavidyalaya Haridwar-249 404 Uttarakhand.	Deemed University	<ol style="list-style-type: none"> 1. M.A./M.Sc. in Human Consciousness & Yogic Sci. -2 years 2. P.G.D. in Human Consciousness & Yogic Sciences – 1 year 3. B.A./B.Sc. Yoga – 3 years 4. Diploma in Yoga Sciences (Distance Mode) 5. Certificate Course in Yoga – 6 months 	Regular
50	Uttarakhand	HemwatiNandanBahugunaGarhwal University, Srinagar, Garhwal- 246174	Central University	<ol style="list-style-type: none"> 1. M.A. Yoga & Alternative Therapies – 2 years 2. P.G.D. in Yogic Science – 1 year 3. Certificate Course in Yoga – 1 month 	Regular

51	West Bengal	Jadavpur University, Calcutta-700 032, W.B.	State University	1. P.G.D. in Yoga Therapy – 2 years	Regular
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RESEARCH OUTCOME OF COMPLETED RESEARCH PROJECTS

S. No.	Title of the project	In whose name has the project been sanctioned
1.	Evaluation of effect of some Hatha Yogic exercises on primary and secondary hypertension with special references to Body Immunity	Dr. Usha, Reader in immunopathology, Dr. R.G. Singh, Prof. & Head, Deptt. of Nephrology, Institute of Medical Sciences, Banaras Hindu University, Varanasi
2.	To evaluate the efficacy of Dhouti Kriya (Gastro-intestinal Dialysis) in comparison to other yogic/traditional methods of dialysis/ purification with special reference to cellular and humoral immunity	Dr. Usha, Reader in immune-pathology, Dr. R.G. Singh, Prof. & Head, Deptt. of Nephrology, Institute of Medical Sciences, Banaras Hindu University, Varanasi
3.	Role of Vipassana Meditation on attention, memory span and learning abilities among the student population	Dr. G.P. Dubey, Head, Centre of Psychosomatic and Biofeed - back Medicine, Faculty of Ayurveda, Instt. of Medical Sciences, Banaras Hindu University, Varanasi
4.	Coronary Atherosclerosis reversal potential of Yoga Life Style Intervention	Dr. S.C. Manchanda, Ex. Head, Deptt. of Cardiology, All India Institute of Medical Sciences, New Delhi
5.	An integrated approach of Yoga therapy for stress related ailments	Dr. H.R. Nagendra, Vivekananda Kendra Yoga Research Foundation, Bangalore
6.	Understanding of Neurodynamical complexities of meditative process from the EEG signals	Dr. N. Pradhan, Deptt. of Psychopharmacology, National Institute of Mental Health & Neuro Sciences, Bangalore
7.	A comparative study on Yoga, Perfect Health and Fertility behaviour among Yogic & Non-Yogic couples	Jeevan Rekha Parishad, Bhubaneshwar, Orissa
8.	Yoga for memory development among school children	Dr. Y.P. Kaushik, Project Head, Atma Darshan Sadhna Kendra, New Delhi
9.	Coronary artery disease regression through life style changes – vegetarianism, moderate exercise, stress management through Rajyoga meditation	Dr. R.C. Sawhney, DIPAS, Delhi, Dr. Satish Kumar Gupta, Global Hospital and Research Centre, Mount Abu, Dr. Lajpat Rai, MDNIY, New Delhi, Defence Institute of Physiology & Allied Sciences (DIPAS), Delhi

10.	Effect of Yogic practices on the physiological & anti-oxidant systems in man	Dr. U.S. Ray, Defence Institute of Physiology & Allied Sciences (DIPAS), Delhi
11.	To evaluate the efficacy of Yoga treatment with or without Biofeed back procedures in the management of three disorders	Dr. Ranjana Y. Abhang, Kaivalya Dhama, Lonavla, Pune
12.	Randomized Comparative trial to determine the efficacy of the Yoga therapy on the patients of obesity as compared to the conventional treatment	Dr. T.K. Bera, Kaivalya Dhama, Lonavla, Pune
13.	Yoga & Biofeed back for the treatment of Irritable Bowel Syndrome	Dr. K.K. Deepak, Department of Physiology, All India Institute of Medical Sciences, New Delhi
14.	To study the effect of Yogic practices on symptomatology and Physiological Parameters in Bronchial Asthma	Dr. J.C. Suri, Department of Respiratory Critical Care and Sleep Medicine, Safdarjung Hospital, New Delhi
15.	Integrated Approach of Yoga Therapy in the Management of Cancer	Dr. H.R. Nagendra, Swami Vivekananda Yoga Research Foundation, Bangalore
16.	Uni-nostril Yoga breathing & Obesity : A study of efficacy and mechanisms	Ms. Shirley Telles, Swami Vivekananda Yoga Research Foundation, Bangalore
17.	To Study the efficacy of Yoga & Naturopathy in the management of withdrawal of drug dependence	Dr. Kiran Bedi, Project Director, Navjyoti- Delhi Police Foundation, Sarai Rohilla, Delhi
18.	Influence of Yoga in immune modulation & outcome of Rheumatoid Arthritis	Dr. Chandrashekara S., Deptt. of Clinical Immunology, M.S. Ramaiah Medical Teaching Hospital, Bangalore
19.	The effect of Asanas and Pranayamas on Neurological, Neuromuscular & Cardio-respiratory functions in Healthy Human Volunteers	Dr. Madan Mohan, Head, Deptt. of Physiology, Jawaharlal Institute of Post Graduate Medical Education & Research, Pondicherry
20.	Yoga for computer related health problems	Ms. Shirley Telles, Swami Vivekananda Yoga Research Foundation, Bangalore
21.	Effect of breathing techniques & meditation on normal individuals & those with cancer in remission	Dr. Vindoda Kochupillai, Instt. Rotary Cancer Hospital, AIIMS, New Delhi
22.	Effect of Yoga based therapy in insomnia	Dr. Geetanjali, Deptt. of Pharmacology, Jawaharlal Institute of Post Graduate Medical Education &

		Research, Pondicherry
23.	A randomized controlled trial on the efficacy of Yoga in the Management of Bronchial Asthma	Dr. K.K. Deepak, Department of Physiology, All India Institute of Medical Sciences, New Delhi
24.	Autonomic function tests in epilepsy – Effect of Hatha Yoga	Dr. T.N. Sathyaprabha, Deptt. of Neurophysiology, NIMHANS, Bangalore
25.	A study of efficacy of Yogic & Naturopathic measures in Psoriasis and Eczema	Dr. D.S. Lucas, ALN Rao Memorial Ayurvedic Medical College, KOPPA, Karnataka
26.	The therapeutic effect of Yoga on patients with generalised epileptic seizures	Dr. Chandrashekharan, Krishnamacharya Yoga Mandiram, No. 16, Fourth Cross Street, Ramakrishna Nagar, Chennai
27.	Yogic relaxation in the management of ulcerative colitis	Dr. K.K. Deepak, Department of Physiology, AIIMS, New Delhi
28.	Efficacy of Naturopathy and Yoga modalities in the management of Rh. Arthritis, Osteo-arthritis and Gout	Dr. Ravinder Porwal, Shri Nath Naturopathy & Yoga Centre, Kanpur, U.P.
29.	Effect of integrated approach of Yoga therapy for metastatic breast cancer patients and study of DNA repair mechanisms relevant to cancer	Dr. H.R. Nagendra, Vivekananda Yoga Anusandhan Sansthan, Gavipuram Circle, KG Nagar, Bangalore
30.	Development of Traditional Tongue Diagnosis aided by Information Technology for Standardization of Nature Cure Diagnostic Methods	Dr. Debasis Bakshi, Indian Research Institute for Integrated Medicine, IRIIM Bhavan, Mourigram, Station Para, Post Office Unsani, Distt. Howrah – 711302 West Bengal
31.	Randomized Control trail (RCT) of reflexology therapy and usual drug treatment in the management of intractable epilepsy	Dr. (Mrs.) Krishna Dalal, Principal Investigator, Deptt. of Biophysics, All India Institute of Medical Sciences, New Delhi - 110029
32.	Assessment of the efficacy of Vipassana Meditation on different age groups: A polysomnographic and endocrine function evaluation	Dr. Bindu M. Kutty, Principal Investigator, Deptt. of Neurophysiology, National Institute of Mental Health and Neurosciences, Bangalore – 560029
33.	Efficacy of Yogic intervention for the management of migraine – a randomized controlled trial	Dr. B.T. Chidananda Murthy,
34.	An exploratory analysis of genetic correlates and effects of Yoga on circadian rhythms, cognitive functions and social burden in major mental disorders: schizophrenia, bipolar disorder and depression and their comparison with a cardiac group	Dr. Smita N. Deshpande, Deptt. of Psychiatry, Dr. R.M.L. Hospital, New Delhi

35.	A Study to assess acute mental stress induced changes in EEG, Cognitive behavior and Neurosteroids across the menstrual cycle and effect of meditation on stress induced changes	Dr. Ratna Sharma, Department of Physiology, AIIMS, New Delhi.
36.	A Randomized Controlled Trail of Yoga to manage the adverse stress reactions at work in health professionals	Dr. Manvir Bhatia, Department of Neurology, Sir Ganga Ram Hospital, New Delhi
37.	Randomized Control Trial to evaluate the effectiveness of cold and hot immersion baths on impaired glucose tolerance in pre-diabetes"	Dr. Raghavendra Rao M., Nature Cure, Yoga, Acupuncture & Physiotherapy Hospital, Nisarga Trust (R), Nadig Galli, Sirsi – 581 401 (N.K.),Karnataka
38.	A study of efficacy of Yogic and Naturopathy measures in Varicose Veins"	Dr. Sanjaya K.S., ALN Rao Memorial Ayurvedic Medical College, Koppa – 577 126, Chikmagalur Dist.,Karnataka
39.	Effect of Yogic Practices on Serum Lipid Profile & Insulin Resistance in Healthy Obese subjects	Dr. Sunita Tiwar, Deptt. of Physiology, King George Medical University, Lucknow (U.P.)
40.	Effect of Yoga on Serum Interleukin levels in Adolescents with Depression	Dr. A.K. Mukhopadhyay, Department of Laboratory Medicine, All India Institute of Medical Sciences, New Delhi
41.	Naturopathy and Yoga Intervention for post-stroke Rehabilitation & Quality of Life Improvement-a controlled study	Dr. Agni Singh, Yoga and Nature Cure Home, Khundrakpam Awang Leikai, Imphal East, Imphal Saikul Road, P.O. Pangei-795114, Manipur
42.	Comparison of effects of yoga vs. relaxation on CINV outcomes following adjuvant chemotherapy	Dr. Raghavendra Rao M, Principal Investigator, Bangalore Institute of Oncology, No.8, P. Kalinga Rao Road, Sampangiramnagar, Bangalore-560 027
43.	Effect of Yoga & Hydriatic application on migraine–A Clinical, Electrophysiological and Immunological study	Dr. T.N. Sathyaprabha, Principal Investigator, Department of Neurophysiology, National Institute of Mental Health & Neurosciences (NIMHANS), Hosur Road, Bangalore-560 029
44.	Comparison of cardiovascular autonomic functions in two groups of myocardial infarction patients (age 30-55 years): A randomized trial involving 2 groups of patients (1) on pharmacotherapy alone (2) on Yoga & life style intervention therapy & pharmacotherapy	Dr. Jagdish Prasad, Vardhman Mahavir Medical College and Safdarjung Hospital, New Delhi

45.	Efficacy of Naturopathy & Yoga therapy as an adjuvant in the management of Non-Hodgkin's Lymphoma [NHL]	Dr. Kalpana R., Add Life-PRAKRUTI, Indo American Cancer Institute & Research Centre, Hyderabad
46.	Efficacy of Mustard pack on knees in Osteo-arthritis	Dr. M.N. Babina, INYS Medical Research Society, Jindal Nagar, Tumkur Road, Bangalore – 560 073
47.	The effect of Yoga Therapy on Coagulation Profile, Lipid profiles, Lung Diffusion capacity and Quality of Life in Patient s with Coronary Artery Disease	Dr. Savita Singh, Prof. & Head, Deptt. of Physiology, U.C.M.S., G.T.B. Hospital, Dilshad Garden, Delhi
48.	The effect of Yoga in prevention of pregnancy Complications in High Risk Pregnancies	Dr. R. Nagarathna, Dean, Division of Yoga & Life Sciences, Swami Vivekananda Yoga Anusandhana Samsthan, 19, Eknath Bhavan, Gavipuram Circle, Kempegowda Nagar, Bengaluru.
49.	Effect of Yoga on Physical, Cognitive and Emotional Development in Children	Dr. Shirley Telles, Yog Research Department, Patanjali Yogpeeth, Haridwar- 249 402
50.	Effect of a Yoga Program on Anthropometric and Biochemical Measures in Obese Persons	Dr. Shirley Telles, Yog Research Department, Patanjali Yogpeeth, Haridwar- 249 402
51.	Comparison of effects of two Yoga interventions versus Exercise therapy in the management of mechanical Low Back Pain	Dr. Venketaramana Hegde, Sneha kunja Trust, Vivekananda Arogyadhama, Kasarkod, Honnavar, North Kanara, Karnataka

Annexure C

CCRYN

Financial year	Funds allocated/ Earmarked (Rs. In crores)	Expenditure (Rs. In crores)
2013-14	4.50	4.50
2014-15	3.83	3.83
2015-16	17.05	17.05
2016-17	24.00	24.00
2017-18	32.00	32.00

NIN:

Financial year	Funds allocated/ Earmarked (Rs. In crores)	Expenditure (Rs. In crores)
2013-14	5.55	5.55
2014-15	2.80	2.80
2015-16	12.66	12.66
2016-17	25.90	25.90
2017-18	5.50	5.50

MDNIY:

Financial year	Funds allocated/ Earmarked (Rs. In crores)	Expenditure (Rs. In crores)
2013-14	10.42	10.42
2014-15	0.35	0.35
2015-16	3.50	3.50
2016-17	4.00	4.00
2017-18	12.02	12.02

NAM:

Financial year	Funds allocated/ Earmarked (Rs. In crores)	Expenditure (Rs. In crores)
2013-14	NA	NA
2014-15	2.57	2.57
2015-16	10.04	10.04
2016-17	14.58	14.58
2017-18	14.60	14.60

EMR :

Financial year	Funds released to Yoga & Naturopathy projects (Rs. in crores)	Expenditure (Rs. In crores)

2013-14	0.35	0.35
2014-15	0.29	0.29
2015-16	1.45	1.45
2016-17	0.29	0.29
2017-18	2.66	2.66

Annexure D.

YOGA FACILITIES FOR WOMEN at MDNIY (2017-18)

	Intake	% of Girls admitted in course
B.Sc. (Yoga Science)	60	78%
D.Y.Sc. for graduates	132	55%
Certificate Course in Yogasana	100	57%
Certificate Course in Pranayama & Meditation	100	67%
Foundation Course for Wellness	100	68%
Advanced Yoga Sadhna	60	64%
Foundation Course for Wellness at SAI Stadia	200	60%

Health Care Programmes at MDNIY (2017-18)

PROGRAMME	Total	% of Women Patient
OPD	696	62%
HPP	413	49%
Yoga for Diabetes	450	45%
CGHS	1594	58%
Therapy Centers	1085	61%

Annexure – E

COMPLAINTS OF SEXUAL HARASSMENT CASES IN SAI WITH ACTION TAKEN

SN	Complainant(s)	Complaint Dated/State	Case Against	Action Taken
1.	Ms. Sangeeta, Athletics & Deepika Tiwari, Boxing of STC Hissar.	28.01.2014 Haryana	Sh. B.S. Sinhal, Deputy Director	The officer was Transferred immediately to RC Bhopal. The case has been again referred to the Chairperson, SHC, HO vide letter dated 16.10.2017 to reinquire the matter. Shri Satish K. Sarhadi has been appointed as PO in the case vide order No. 256/2017 dated 16.10.2017 and necessary document has been sent to him vide letter dated 26.04.2018.
2.	Sh. Rajan A F/O of Ms. Sinsha R. K. Boxing Trainee of STC, Trivandrum	18.11.2017 Kerala	Shri Chandralal D., Boxing Coach	Coach transferred. Matter is being investigated.
3.	Girls trainees of Athletics of STC Aurangabad	03-02-2017 Maharashtra	Shri G.V. Subbarao, Athletic Coach	Case is under investigation
4.	Sh. Sanjay Singh F/o Ms. Alice & Sh. Bharat Kumar F/o Ms. Pragati, Gymnastic Trainees of STC Gandhinagar	16.03.2017 Gujarat	Sh. U. S. Chauhan, Gymnastic Coach	Report of ICC is received and file is under submission.
5.	Ms. Anu Tomar -Sexual Harassment of Shooting Girl Trainee, Dr. KSSR, New Delhi	07.12.2016 Delhi	Shri Sanjeev Rajput, Asstt. Coach (Shooting)	Since his conduct during the period of probation has not been found satisfactory. Therefore, the services of the coach has since been terminated w.e.f as per provision contained under clause 2.5 of his appointment letter vide order no. 461/2017 dt. 27.06.2017.
6.	Master Debang Sharma of Taekwondo Trainee of STC Kashipur	16.02.2018 Uttarakhand	Mr. Mohit Kundu camper of Shastra Seema Bal (SSB) Kashipur	Matter is being investigated.
7.	Sh. Rajan A Father of Ms. Ananya S Das R. K. Boxing Trainee - Sexual Harassment of Female Trainee	29.11.2017 Kerala	D Chandralal SAI Boxing Coach posted at STC Kariyauattom, LNCPE Trivandrum	Sh. Chandralal, Boxing Coach was transferred to STC Aurangabad vide office order No. 94/2018 dt. 13.03.2018. Inquiry report of ICC received and under submission.
8.	Ms. Anupama Biju and Ms. Siya Davis and their parents - Sexual Harassment of Female Trainee	19.12.2016 Kerala	Shri M.B. Sathyanandan, Athletics Coach, STC Calicut	Sh. M. B. Sathyanandan, Athletic Coach was transferred to STC Calicut in Feb, 2018. Inquiry report of ICC received and under submission.
9.	Girls students regarding the misbehavior	29.10.2015 Kerala	Shri. Sawant. M.N., Associate Professor, LNCPE	DG, SAI has issued the Memorandum dated 19.12.2017 to Shri Sawant Mahendra Narendra, Associate Professor under Rule 14 of the CCS (CCA) Rule 1965.
10.	Ms. P. Yamuna, Ms. Santhanamarry & Ms. Catherine Bousiya, Hockey	Sept.'2017 Tamil Nadu	Dr. M. Bose, Hockey Coach, SAG Mayiladuthurai	Dr. M. Bose dismissed from service on 24.05.2018 by Competent Authority.

SN	Complainant(s)	Complaint Dated/State	Case Against	Action Taken
	trainees. - Sexual Harassment of Female Trainee			
11.	Th. Ojibala Devi, H. Ashalata Channu, & Others Boxing trainees of Extension Centre, Daman - Sexual Harassment of Female Trainee	26.04.2017 Daman & Diu	Jaswant Singh Boxing Coach	Memorandum issued 24.10.2017. Rule 14 inquiry ordered and PO appointed. Report awaited. Letter dt. 11.06.2018 send to Director (I/c) Imphal for current status report.
12.	Weightlifting trainees of SAI Imphal	05.09.2017 Manipur	Golden Thanga W/L Coach	His service has been discontinued since end of 21 st Sept.' 2017.
13.	Ms. Samsad Ara Begum (trainee of STC Cuttack) - Sexual Harassment complaint by Female athletes	07.10.2015 Odisha	Susanta Ray, Athletic Coach STC Cuttack	The order dt. 10.03.2017 of the 3 rd Additional Judge, Special Court under P.O.C.S.O Act, Cuttack has been considered by the Disciplinary Authority. Since the accused, Sh. Susanta Ray Athletic Coach has not been found guilty on the charge of sexual harassment levelled by Ms. Samsad Ara Begum (trainee of STC Cuttack) and has been acquitted by the Hon'ble Court therefore the Disciplinary Authority agreed to drop the said charge of sexual harassment against Sh. Susanta Ray and to close the departmental proceedings against him w.r.t. Memorandum of charge dt. 27.01.2016. Letter dt. 01.05.2017.
14.	Ms. Payal Sharma - Harassment by Secretary, Uttarakhand	12.07.2017 Uttarakhand	Sh. Bhaskar C Bhatt, posted at Ext. Centre, Pithoragarh.	Reply of Sexual Harassment Committee received. File is under submission.
15.	Aparajita Malik, Anchal Singh & Others. - sexual harassment	24.07.2017 Uttar Pradesh	Narendra Singh Bisht, SAI, Boxing Coach	Complaint was found to be false. Complaint was made by Ms.Neha Kashyap Boxing Coach. Accordingly warning letter was issued on 12.09.2017.
16.	Master Debang Sharma, TKD Residential Trainee	16.2.2018 Uttar Pradesh	Master Mohit Ex, Wrestling Trainee, Lucknow	Mohit is arrested under POSCO Act. & under police custody, charge sheet submitted
17.	Ms. Monica, Reenu, Pooja, Nisha & Preti. Sexual Harassment of female Wrestling trainees of STC, Hissar	30.01.2014 Haryana	Sh. Satvir Singh, Wrestling Coach, STC Hissar	Since the charge of sexual harassment against the coach has been held as proved by SHC after retirement of the coach therefore a penalty of 10% cut in pension for a period of one year has been imposed vide order dated 13.03.17 & period of suspension 06.03.14 to 10.06.14 treated as Dies-Non.
18.	Ms. Anagha Sunil Dhavle Sexual Harassment of female athletes of the centre	16.2.2014 Gujarat	Sh. K. B. Singh Athletic Coach, Kandivali under NSWC Gandhinagar	Imposed a major penalty of reduction by two stages for a period of one year with further direction that he will not earned increment of pay during the such reduction order dt. 16.03.2017. He has appealed.
19.	Kumari S. Aranbala Sexual Harassment of weightlifting trainees (Kumari S. Aranbala) (F.I.R case no.	16.01.2014 Manipur	Sh. Dingko Singh, Boxing Coach.	As per judgment dt. 30.11.2017 of Hon'ble the Court of CJM Imphal East "Since there is no positive evidence i.e. none have given evidence before the court that they saw the accused assaulting the victims although many persons are stated to be present at the time of incident, I find that the prosecution has not

SN	Complainant(s)	Complaint Dated/State	Case Against	Action Taken
	20(01)/2014 Imphal P.S.U/S 324/354/IPC & 23JJ Act (State of Manipur V/S Sh. Ng. Dingko Singh)			been able to establish the charge against the accused for commission of offence u/s 354/323 IPC. For the above mentioned reasons, the accused is acquitted of the charge u/s 323/354 IPC. All the bonds furnished by the accused in connection with the case sands discharged. Cril (P) case is disposed of. Announced in Open Court”.
20.	Ms. M. Milanpu Devi, Ms. K Bandana Devi, Ms. L . Chaoba Devi, Ms M. Priya Devi & T Malemnganbi. Sexual Harassment of female athletes of the centre.	24.07.2014 Manipur	Sh. O Chobha Singh, Athletic Coach, Imphal	On the basis of inquiry report, Disciplinary Authority has passed the order of compulsory retirement dated 12.10.2015 vide order No. 1422/CD/SAI/2014/2898. Accordingly, Sh. Singh was relieved from SAI w.e.f 12.10.2015 vide office order dated 26.10.2015 of Director (I/c) NERC Guwahati. However, he has appealed against penalty of compulsory retirement Appellate Authority upholds it and does not find any ground to interfere in the Major Penalty of Compulsory Retirement from service imposed by the Disciplinary Authority. The appeal of Sh. O. Choabha Singh Ex-Athletic coach is disposed off accordingly vide order dt. 22.08.2017
21.	Kumari Shashi Kushwah Sexual Harassment complaint by Female Weightlifting trainees.	09.08.2012 Uttarakhand	Sh. Y. K. Singh Weightlifting Coach STC Kashipur	Imposed a major penalty of reduction to a lower stage in the time scale of pay for a period of 03 years without earning any increment during the said period with cumulative effect on Sh. Y. K. Singh w.e.f the first of the next month. Accordingly, it is order that the pay of Sh. Y. K. Singh, Weightlifting Coach be reduced to lower stage from Rs. 24510-23600/- in the time scale of Pay of Rs. 15600-39100/- + GP Rs. 6600/- for a period of 03 years w.e.f first of next month of the issue of this order Sh. Y. K. Singh will not earned increment of pay during the period of reduction and on the expiry of the said period, the reduction period will have the effect postponing his further increment of pay vide order dt. 30 th October 2013. Appellate Board hereby enhances the penalty and orders that pay of Sh. Y. K. Singh is reduced from 24510 to Rs. 23600/- in the scale of pay, (PB) of Rs. 15600-39100 + GP 6600 for a period of 05 years w.e.f 01.11.2013 with cumulative effect. During the period of penalty, he will not earn increments and will have effect on the postponing future increment. The appeal of Sh. Y. K. Singh, weightlifting coach is disposed off accordingly, vide order dt. 22.08.2017.
22.	Female football trainees Sexual harassment complaint	04-09-2012 Haryana	Sh. Bajrang Lal, Football coach,	Penalty of reduction of one stage of increment for a period of one year imposed vide order no. 1227/CD/SAI/86/1142 dt. 11-03-2014
23.	Trainees at IGS Sexual harassment complaint	15-07-2011 New Delhi	Sh. Ramesh Prashar, Wrestling coach	The inquiry report of the complaint committee for sexual harassment of Northern Regional Centre of Sonapat received on 29-01-2015. As the report did not accompany relevant documents, hence the then director incharge RC Sonapat was requested to forward the same. A reminder to RD concerned has

SN	Complainant(s)	Complaint Dated/State	Case Against	Action Taken
				been sent to expedite the same.
24.		Karnataka	Sh. Shankar B Tolamatti, Hockey	Based on the complain, SHC conducted the inquiry and submitted the report on 04.02.2013 and after receiving this submission of the Charged Officer, disciplinary authority imposed a minor penalty of Censure on the charged officer.

COMMITTEE ON EMPOWERMENT OF WOMEN (2018-2019)

**MINUTES OF THE NINTH SITTING OF THE COMMITTEE HELD ON TUESDAY, THE 08th
MAY, 2018**

The Committee sat from 1100 hrs. to 1215 hrs. in Committee Room 'B', Ground Floor, Parliament House Annexe, New Delhi.

PRESENT

Smt. Bijoya Chakravarty - Chairperson

MEMBERS

LOK SABHA

2. Smt. Anju Bala
3. Smt. Renuka Butta
4. Smt. Rama devi
5. Smt. Jyoti Dhurve
6. Smt. Bhavana Gawali Patil
7. Smt. Satabdi Roy (Banerjee)
8. Smt. Rita Tarai

RAJYA SABHA

Nil

LIST OF WITNESSES

**REPRESENTATIVES OF THE MINISTRY OF
RAILWAYS**

- | | | |
|----|------------------|-----------------------------------|
| 1 | Shri D.K. Gayen | Member Staff, Railway Board |
| 2. | Shri Manoj Pande | Addl. Member Staff, Railway Board |
| 3. | Mrs. Rekha Yadav | Executive Director, Estt (Sports) |

REPRESENTATIVES OF THE MINISTRY OF YOUTH AFFAIRS AND SPORTS

- | | | |
|----|-----------------------|--|
| 1 | Smt. Kiran Soni Gupta | Additional Secretary & Financial Adviser |
| 2. | Shri Pankaj Rag | Joint Secretary (Development) |

3. Shri Inder Dhamija Joint Secretary (Sports)
4. Shri Rohit Bhardwaj Director

SPORTS AUTHORITY OF INDIA (SAI)

1. Ms. Neelam Kapur Director General
2. Shri Sandip Pradhan Deputy Director General
3. Ms. Radhica Sreeman Regional Director
4. Shri Sanjay Saraswat Regional Director
5. Ms. Meena Bora Regional Director
6. Dr. V.K Sharma Assistant Director

SECRETARIAT

1. Shri N. C. Gupta - Joint Secretary
2. Shri T. S. Rangarajan - Director

2. At the outset, the Chairperson welcomed the Members to the sitting convened to have a briefing and presentation by the representatives of the Ministry of Youth Affairs and Sports, Sports Authority of India and Ministry of Railways in connection with examination of the subject 'Yoga and Sports Facilities for Women'.

[Witnesses were then called in]

3. After welcoming the witnesses, the Chairperson read out Direction 55 regarding confidentiality of the proceedings. The Chairperson, in her initial remarks congratulated the Ministry of Youth Affairs and Sports for securing third position in the Commonwealth Games held in Gold Coast in Australia. She further expressed her desire to know more about the facilities existing for women sports persons in Ministry of Youth Affairs and Sports, Sports Authority of India and Ministry of Railways

4. Thereafter, Sports Authority of India gave a presentation on the subject. Subsequent to the presentation Members raised various queries relating to the facilities and amenities given to women sports persons, financial assistance given to players, district level sports centres, Khelo India Scheme, Regional Centres for Sports, incentives to players etc. However, the deliberations did not continue as quorum was not there and the Chairperson decided to adjourn the sitting to a future date. The sitting was then adjourned due to lack of quorum.

(The witnesses then withdrew]

5. A verbatim record of the proceedings has been kept.

The Committee then adjourned.

COMMITTEE ON EMPOWERMENT OF WOMEN (2017-2018)

MINUTES OF THE ELEVENTH SITTING OF THE COMMITTEE HELD ON FRIDAY, 3 August, 2018

The Committee sat from 1000 hrs. to 1115 hrs. in Committee Room "C", Ground Floor, Parliament House Annexe, New Delhi.

PRESENT

Smt. Bijoya Chakravarty - **Chairperson**

MEMBERS

LOK SABHA

2. Smt. Anju Bala
3. Smt. Renuka Butta
4. Smt. Jyoti Dhurve
5. Smt. Darshanaben Jardosh
6. Smt. Raksha Khadse
7. Smt. Jayshreeben Patel
8. Smt. Riti Pathak
9. Smt. Satabdi Roy (Banerjee)
10. Smt. Mala Rajya Laxmi Shah
11. Smt. Supriya Sule
12. Smt. Rita Tarai
13. Smt. Savitri Thakur

RAJYA SABHA

14. Smt. Jharna Das Baidya
15. Smt. Vijila Sathyananth
16. Smt. Vandana Chavan
17. Smt. Kahkashan Perween
18. Smt. Wansuk Syiem

SECRETARIAT

1. Shri N.C. Gupta. - Joint Secretary
2. Shri Khakhai Zou - Additional Director

2. At the outset, the Chairperson welcomed the Members of the Committee to the sitting of the Committee:

3. The Committee then took up the following draft Reports for consideration

(i) Draft Action Taken Report of the Committee on the action taken by the Government on the recommendations contained in their 8th Report (Sixteenth Lok Sabha) on the subject 'Empowering Women through Self Help Groups',

(ii)*****

4. After some deliberations, the Committee adopted the Draft Reports without any modification and authorized the Chairperson to finalise the Draft Reports and present the same to both the Houses of Parliament.

5. *****

6. *****

7. *****

The Committee then adjourned.

_____ ***** Matters not related to this Report

COMMITTEE ON EMPOWERMENT OF WOMEN (2017-2018)

MINUTES OF THE FOURTH SITTING OF THE COMMITTEE HELD ON TUESDAY, 12 FEBRUARY, 2019

The Committee sat from 1500 hrs. to 1600 hrs. in Committee Room “B”, Ground Floor, Parliament House Annexe, New Delhi.

PRESENT

Smt. Bijoya Chakravarty - **Chairperson**

MEMBERS

LOK SABHA

2. Smt. Anju Bala
3. Smt. Renuka Butta
4. Smt. Darshanaben Jardosh
5. Smt. Raksha Khadse
6. Smt. Jayshreeben Patel
7. Smt. Riti Pathak
8. Smt. Mala Rajya Laxmi Shah
9. Smt. Supriya Sule
10. Smt. Rita Tarai
11. Smt. P.K. Sreemathi Teacher
12. Smt. Savitri Thakur
13. Smt. R. Vanaroja

RAJYA SABHA

14. Smt. Jharna Das Baidya
15. Smt. Vijila Sathyananth
16. Smt. Vandana Chavan
17. Smt. Kahkashan Perween
18. Ms. Dola Sen

SECRETARIAT

1. Shri T.S. Rangarajan - Director

2. At the outset, the Chairperson welcomed the Members of the Committee to the sitting of the Committee:

3. The Committee then took up the following draft Reports for consideration

(i) Draft Report of the Committee on the subject 'Yoga and Sports Facilities for Women'.

(ii)*****

(iii)*****

4. After some deliberations, the Committee adopted the Draft Report without any modification and authorized the Chairperson to finalise the Draft Report and present the same to both the Houses of Parliament.

5. *****

6.*****

The Committee then adjourned.

***** Matters not related to this Report