

Madhya Pradesh unveils yoga policy

As many as 300,000 students participated in the 'surya namaskar' (saluting the sun) programme held in government schools across Madhya Pradesh Thursday as Chief Minister Shivraj Singh Chouhan unveiled the state's yoga policy here, official sources said.

'The government was committed to creating awareness about yoga, which helps to keep the body and mind in good health,' Chouhan said, after performing surya namaskar in a programme held here.

The yoga policy envisages constitution of a council for practising yoga in the state, provision of facilities required for setting up yoga centres, selection and appointment of yoga teachers.

Chouhan announced that yoga had been included as physical education in the educational institutions across the state. Organisations committed to promote yoga and impart training would be awarded Rs.100,000 for outstanding work.

State ministers took part in the programme at all the district headquarters and private organisations and educational institutions were invited to attend.

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