

IN THE SUPREME COURT OF INDIA

CIVIL ORIGINAL JURISDICTION

WRIT PETITION (CIVIL) NO OF 2020

(PIL UNDER ARTICLE 32 OF THE CONSTITUTION OF INDIA)

IN THE MATTER OF:

ASHWINI KUMAR UPADHYAY

...PETITIONER

VERSES

UNION OF INDIA & OTHERS

...RESPONDENTS

PAPER BOOK

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(ADVOCATE FOR PETITIONER: ASHWANI KUMAR DUBEY)

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PERFORMA FOR FIRST LISTING

Section: PIL

The case pertains to (Please tick / check the correct box):

- Central Act: Constitution of India
- Section: Articles 21, 38, 39, 46, 47, 51A of the Constitution
- Central Rule: N/A
- Rule No: N/A
- State Act: N/A
- Section: N/A
- State Rule: N/A
- Rule No: N/A
- Impugned Interim Order: N/A
- Impugned Final Order / Decree: N/A
- High Court: N/A
- Name of Judges: N/A
- Tribunal / Authority Name : N/A

-
1. Nature of Matter: Civil
 2. (a) Petitioner / Appellant : Ashwini Kumar Upadhyay
(b) Email ID: aku.adv@gmail.com,
(c) Phone No: 08800278866,
 3. (a) Respondent: Union of India and others
(b) Email ID: N/A
(c) Phone No: N/A
 4. (a) Main Category: 08 PIL Matters
(b) Sub Category: 0812, Others
 5. Not to be listed before: N/A

- 6(a). Similar disposed of mater: No Similar Matter
- 6(b). Similar pending matter: No similar matter pending
7. Criminal Matters: N/A
- (a) Whether accused / convicted has surrendered: N/A
 - (b) FIR / Complaint No: N/A
 - (c) Police Station: N/A
 - (d) Sentence Awarded: N/A
 - (e) Period of Sentence Undergone including period of detention/custody under gone: N/A
8. Land Acquisition Matters:
- (a) Date of Section 4 Notification: N/A
 - (b) Date of Section 6 Notification: N/A
 - (c) Date of Section 17 Notification
9. Tax Matters: State the Tax Effect: N/A
10. Special Category: N/A
11. Vehicle No in case of motor accident claim matters): N/A
- Date: 06.07.2020

ADVOCATE FOR PETITIONER

(Ashwani Kumar Dubey)

Advocate-on-Record, Supreme Court of India

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SYNOPSIS

Yoga is a science that connects mind-body through body postures, controlled breathing & meditation. It develops scientific temper, humanism and spirit of inquiry & reform. Health benefits. **(a) Blood Pressure.** yoga decreases blood pressure through better circulation & oxygenation of body. **(b)Pulse Rate.** A slower pulse rate indicates that heart is strong enough to pump more blood with fewer beats and regularly practicing yoga provides lower pulse rate. **(c) Blood Circulation.** Yoga improves blood circulation. By transporting nutrients and oxygen throughout the body, yoga practice makes organs healthier. **(d) Respiratory.** Like the circulatory system, a lower respiratory rate indicates that the lungs are working efficiently. Yoga decreases respiratory rate through combination of controlled breathing exercises & better fitness.**(e) Cardiovascular endurance.** Lower heart rate and improved oxygenation to the body results in higher cardiovascular endurance.**(f)Organs.** Yoga practice massages internal organs thus improving the ability to prevent diseases. An experienced yoga practitioner becomes better attuned to her body to identify signs, if something isn't functioning properly, thereby allowing for quicker response to eliminate disease.

As per Dr. BKS Iyenger, regular yoga has many benefits.

(a) Gastrointestinal. Gastrointestinal functions have been shown to improve in both men and women who practice yoga. **(b) Immunity.**

Regular Yoga practice strengthens immune system. **(c) Pain.** Pain tolerance is much higher among those who practice yoga regularly.

Many instances of chronic pain such as back pain are lessened or eliminated through yoga **(d) Metabolism.** Balanced metabolism

results in maintaining a healthy weight and controlling hunger.

Consistent yoga practice helps find the balance and creates a more

efficient metabolism. **(e) Aging.** Yoga stimulates the detoxification process within body. Detoxification has been shown to delay aging

and has other health benefits. **(f) Posture.** Yoga teaches the practitioner how to hold and control one's body in a more healthy

state. Through consistent practice, body posture improves **(g)**

Strength. Regular practice of Yoga enhances overall strength. **(h)**

Energy. Regular yoga practice provides consistent energy. After doing yoga, a person feels more energized than tired **(i) Weight.**

Benefits of better metabolism along with the exercise of yoga works to keep the weight in check. The stretching of muscles longwise

helps to reduce amount of cellulite that can build around muscles.

Benefits of Yoga include **(a) Sound Sleep**. Because of many benefits to body and mind that yoga provide, many find that their sleep is much better. **(b) Balance**. An integral part of the yoga practice is balance and control over the body. With consistent practice, overall balance of the body improves. **(c) Integrated function of the body**. Yoga is derived from Sanskrit and means *"to join together and direct one's attention."* This is exactly what happens to the body after practicing yoga. Yogis find that the body works together much better, resulting in more graceful and efficient body movements. **(d) Body Awareness**: Doing yoga will give an increased awareness of one's body. Over time, this will increase level of comfort in one's body. This can lead to improved posture and greater self-confidence. **(e) Core strength**. A strong core helps heal and reduce injuries. This is why a lot of athletes do yoga as cross training. **(f) Mind Control**. Yoga can improve the mind control, more relaxation, and more self-confidence. **(g) Emotional Health Benefits**. Due to the strong mind-body connection, there are many emotional benefits from consistent yoga practice **(h)Mood** Overall well-being improves with yoga practice. The combination of creating a strong mind-body connection and focusing inward can lead to improvement in mood.

Benefit of Yoga includes:**(a) Stress Reduction.** Concentration required during yoga practice tends to focus attention on the matter at hand thereby reducing stress in life. **(b) Anxiety.** The benefit of controlled breathing reduces anxiety. **(c) Depression.** Negative feelings that may be repressing are brought to surface during yoga exercise. Thus, the negative energy is no longer trapped within body and released through exercise. Regularly releasing negativity leads to reduction of depression. **(d) Self-Acceptance.** Focusing inward and realizing through yoga practice that perfection is not the goal, self-acceptance begins to take over. **(e) Self-Control.** Controlled movements of yoga teach how to self-control in all aspects of life. **(f) Mind Body Connection.** Controlled breathing with movements of body retrain mind to find the place of calm & peace. **(g) Positive outlook on life.** Continued practice of yoga results in a balance of many hormones and nervous system, which brings more stable, positive approach to life. **(h) Hostility.** Most yogis report a huge reduction in the amount of hostility & sense of control when anger flares. This effect is from relaxation&meditation that is incorporated in yoga practice that leads to overall calming of nervous system. Less hostility lowers blood pressure and stress, make life healthier.

Yoga Benefits include: **(a) Concentration.** Research confirms that eight weeks of yoga practice, result in better concentration, more motivation. **(b) Memory.** Improved blood circulation to brain and reduction in stress improves focus and results in better memory. **(c) Attention.** The attention required in yoga to maintain structured breathing in conjunction with yoga poses sharpens the ability to keep a sharp focus on tasks. **(d) Social skills.** Yoga practice soon evolves from personal journey to one connecting to the community at large where social skills improve along with yoga practice. **(e) Calmness.** Concentrating so intently on what body is doing has the effect of bringing calmness. Meditation techniques, such as counting your breathe and disengagement from thoughts, help to calm the mind. **(f) Body Chemistry.** Glucose levels and red blood cells are affected by yoga. **(g) Cholesterol.** Yoga practice lowers cholesterol through increased blood circulation and fat burning. It is a great tool to fight against harmful cholesterol **(h) Lymphatic system** Lymphatic system boosts immunity, reduces toxins in body. The only way to get lymphatic system flowing well is by movement. Specific movements involved in yoga are particularly well-suited for promoting a strong lymphatic system.

Benefits of Yoga include: **(a) Glucose.** There is evidence to suggest that yoga lowers blood glucose levels **(b) Sodium** As does any good exercise program, yoga reduces the sodium levels in body. In today's world of processed and fast foods that are full of sodium, lessening sodium levels is essential **(c) Endocrine functions.** Practicing yoga helps to regulate/control hormone secretion. Improved endocrine system keeps hormones in balance and promotes better physical & emotional health. **(d) Triglycerides.** Triglycerides are chemical form of fat in the blood and elevated levels can indicate a risk of heart disease and high blood pressure. A recent study shows that yoga can lead to significantly lower levels of triglycerides. **(e) Red blood cells.** Yoga practice increases the level of red blood cells in the body. Red blood cells are responsible for carrying oxygen through the blood, and too few can result in anemia and low energy. **(f) Vitamin C.** Vitamin C helps boost immunity and helps to produce collagen and is a powerful antioxidant and a yoga regimen can increase the vitamin C in body. **(g) Low risk of injury.** Due to low impact of yoga practices on body and the controlled aspect of the motions, there is a very low risk of injury during yoga practice compared to other forms of exercise.

Yoga has many other benefits: **(a) Parasympathetic Nervous System.** In many forms of exercise, the sympathetic nervous system kicks in providing with fight-or-flight sensation. Yoga does the opposite and stimulates parasympathetic nervous system. Parasympathetic system lowers blood pressure and slows the pace of breathing which allows relaxation & healing. **(b) Muscle tone.** Consistently practicing yoga leads to better muscle tone. **(c) Subcortex.** Subcortical regions of brain are associated with well-being and yoga is thought to dominate the subcortex rather than the cortex. **(c) Reduced oxygen consumption.** Yoga consumes less oxygen than traditional exercise routines, thereby allowing the body to work more efficiently. **(d) Breathing.** With yoga, breathing is more natural and controlled during exercise. This type of breathing provides more oxygen-rich air for body and also provides more energy with less fatigue **(e) Balanced workout of opposing muscle groups.** As with all of yoga, balance is key. If a muscle group is worked in one direction, it will also be worked in the opposite direction to maintain balance. This balance results in a better overall workout for the body. **(g) Joint range of motion.** Joint range of motion is improved by participants who practiced yoga.

Benefits include: **(a) Non-competitive.** Introspective & self-building nature removes need of complication in exercise regimen. With lack of complication, a yogi is free to work slowly to avoid any undue injury and promote a more balanced and stress-free workout.

(b) Eye-hand coordination. Yoga maintains and improves eye-hand coordination

(c) Dexterity Strong mind-body connection & flexibility gained from yoga leads to grace & skill

(d) Reaction time. Reaction time can be improved with specific yoga breathing exercises in conjunction with already established yoga practices. Improvement is attributed to a faster rate of processing and improved concentration gained from yoga.

(e) Endurance. Yoga improves endurance and is frequently used by athletes as supplement to sport-specific training.

(f) Depth perception. Becoming aware of body and how it moves, as one does in yoga practice, leads to increased depth perception.

(g) Heart disease. Yoga reduces stress, lowers blood pressure, keeps off weight and improves cardiovascular health, all of which lead to reducing risk of heart disease.

(h) Osteoporosis. It is well documented that weight-bearing exercise strengthens bones and helps prevent osteoporosis. Additionally, yoga's ability to lower levels of cortisol may help keep calcium in the bones.

Yoga benefits include: **(a) Alzheimer's.** Yoga can help elevate brain gamma-aminobutyric (GABA) levels. Low GABA levels are associated with onset of Alzheimer's. Meditation like that practiced in yoga has also been shown to slow the progression of Alzheimer's.

(b) Type II diabetes. In addition to the glucose reducing capabilities of yoga, it is also an excellent source of physical exercise and stress reduction that, along with the potential for yoga to encourage insulin production in pancreas, can serve as excellent preventative for type II diabetes.

(c) Carpal tunnel syndrome. Individuals with carpal tunnel syndrome who practiced yoga, show improvement than those who wore splint or receive no treatment

(d) Asthma. There is evidence to show that reducing symptoms of asthma and even reduction in asthma medication are the result of regular yoga.

(e) Arthritis. The slow & deliberate movement coupled with gentle pressure exerted on joints provides an excellent exercise to relieve arthritis. Stress relief associated with yoga loosens muscles that tighten joints

(f) Multiple sclerosis. Yoga is an excellent means of MS management.

(g) Cancer. Cancer patients, who practice yoga, gain strength, raise red blood cells, experience less nausea during chemotherapy and have a better overall well-being.

Benefits include: **(a) Muscular dystrophy.** Using yoga in the early stages of muscular dystrophy returns physical functions. Yoga helped teens regain many of abilities lost to muscular dystrophy. **(b) Migraines.** Yoga reduces number of migraines **(c) Scoliosis.** Yoga straightens the curvature of the spine associated with scoliosis. **(d) Chronic bronchitis.** Yoga increase oxygen levels in body and is ideal for treating chronic bronchitis. **(e)Epilepsy.** Focusing on breathing and restoring overall balance in body are the focus of how yoga help prevent epileptic seizures. **(f) Sciatica.** Intense pain associated with sciatica can be alleviated by Yoga. **(g) Obsessive Compulsive Disorder.** Regular yoga practice lead to reduction in symptoms. **(h) Constipation.** Due to the practice of yoga and overall better posture, digestive & elimination systems work more efficiently. If practitioner has a healthy diet, any constipation will be eliminated through yoga. **(i) Allergies.** Using a **neti pot** to clear the sinuses is an ancient form of yoga to help reduce or eliminate allergy symptoms. Certain types of breathing can also clear nasal passages. **(j) Menopause.** Yoga practice can help control some of the side effects of menopause. **(k) Back pain.** Yoga reduces spinal compression and helps overall body alignment to reduce back pain.

LIST OF DATES

06.07.2020: COVID pandemic is spreading rapidly and no vaccine or medicine has been discovered till date. Experts say that regular Yoga can protect people from COVID but AYUSH Ministry has failed to develop a standard Yoga protocol to resist COVID. It has also not developed customized Protocols to control common diseases viz. diabetes, cardiovascular diseases, respiratory diseases, tumors, digestive diseases, fever and infections and diarrheal diseases etc. It has also not framed a 'National Yoga Policy' to promote and propagate Yoga Science in order to make people fully aware about health-hazards, health-hygiene and health safety. Ministry of information and broadcasting has not taken steps to broadcast Yoga protocols for strengthening immune system and overall development of mind and body. Ministry of HRD has not developed a standard textbooks on 'Environment, Health and Yoga Science' for students of I-VIII standard and made its study compulsory throughout the Country. Hence, this PIL.

IN THE SUPREME COURT OF INDIA

CIVIL ORIGINAL JURISDICTION

WRIT PETITION (CIVIL) NO OF 2020

IN THE MATTER OF:

Ashwini Kumar Upadhyay

S/o Sh. Suresh Chandra Upadhyay

[Office: 15, M.C. Setalvad Chambers Block,

Supreme Court of India, New Delhi-110001]

Residence: G-284, Govindpuram, Ghaziabad-201013 ...Petitioner

Verses

1. Union of India
Through Secretary,
Ministry of AYUSH, GPO Complex, INA, New Delhi-110023
2. Union of India, Through Secretary,
Ministry of Information & Broadcasting,
Shashtri Bhawan, New Delhi-110001
3. Union of India
Through Secretary,
Ministry of HRD, Shashtri Bhawan, New Delhi-110001
4. Government of Andhra Pradesh
Through Chief Secretary
A.P Secretariat Office, Velagapudi – 522503
5. Government of Arunachal Pradesh
Through Chief Secretary
Civil Secretariat, Itanagar – 791111
6. Government of Assam
Through Chief Secretary
Assam Sachivalaya, Dispur- 781006,
7. Government of Bihar
Through Chief Secretary
Main Secretariat, Patna – 800015
8. Government of Chhattisgarh
Through Chief Secretary
Mahanadi Bhawan, MantralayaNaya Raipur – 492002

9. Government of Goa Secretariat
Through Chief Secretary
Porviroim, Bardez, Goa - 403521
10. Government of Gujarat
Through Chief Secretary
Sachivalaya, Gandhinagar - 382010
11. Government of Haryana
Through Chief Secretary
Haryana Civil Secretariat, Sector-1, Chandigarh- 160019
12. Government of Himachal Pradesh
Through Chief Secretary
H.P. Secretariat, Shimla - 171002
13. Government of Jammu & Kashmir
Through Chief Secretary
Civil Secretariat, Jammu - 180001
14. Government of Jharkhand
Through Chief Secretary
Project Building, Dhurwa, Ranchi- 834004
15. Government of Karnataka
Through Chief Secretary
VidhanaSoudha, Bengaluru - 560 001
16. Government of Kerala
Through Chief Secretary
Secretariat, Thiruvananthapuram - 695001
17. Government of Madhya Pradesh
Through Chief Secretary
Mantralaya, VallabhBhavan Bhopal - 462004
18. Government of Maharashtra
Through Chief Secretary
Main Building, Mantralaya, Mumbai - 400032
19. Government of Manipur
Through Chief Secretary
South Block, Old Secretariat, Imphal-795001

20. Government of Meghalaya
Through Chief Secretary
Rilang Building, Meghalaya Secretariat, Shillong – 793001
21. Government of Mizoram
Through Chief Secretary
New Secretariat Complex, Aizawl – 796001
22. Government of Nagaland
Through Chief Secretary
Civil Secretariat, Kohima- 797004
23. Government of Odisha
Through Chief Secretary
Odisha Secretariat, Bhubaneswar – 75100
24. Government of Punjab
Through Chief Secretary
Secretariat, Chandigarh – 160001
25. Government of Rajasthan
Through Chief Secretary
Secretariat, Jaipur – 302005
26. Government of Sikkim
Through Chief Secretary
New Secretariat, Gangtok – 737101
27. Government of Tamil Nadu
Through Chief Secretary
Secretariat, Chennai – 600009
28. Government of Telangana
Through Chief Secretary
Burgula Rama Krishna Rao Bhavan, Adarsh, Hyderabad-500063
29. Government of Tripura
Through Chief Secretary
New Secretariat Complex Secretariat, Agartala-799010
30. Government of Uttar Pradesh
Through Chief Secretary
LalbahadurSastriBhawan, Secretariat, Lucknow – 226001

31. Government of Uttarakhand
Through Chief Secretary
Subhash Road, Uttarakhand Secretariat, Dehradun – 248001
32. Government of West Bengal
Through Chief Secretary
Nabanna, Sarat Chatterjee Road, Howrah – 711102
33. Union Territory Andaman & Nicobar
Through Chief Secretary
Andaman & Nicobar Administration Secretariat, Port Blair – 744101
34. Union Territory of Delhi
Through Chief Secretary
Delhi Secretariat, IP Estate, New Delhi – 110002
35. Union Territory of Puducherry
Through Chief Secretary
Main Building, Chief Secretariat, Puducherry – 605001. Respondents

PIL TO DEVELOP STANDARD YOGA PROTOCOL TO ENHANCE COVID RESISTANCE, IN ADDITION TO CUSTOMIZED YOGA PROTOCOLS TO CONTROL DIABETES, CARDIOVASCULAR DISEASES, RESPIRATORY DISEASES, TUMORS, DIGESTIVE DISEASES, FEVER AND INFECTIONS AND DIARRHEAL DISEASES

To,

THE HON'BLE CHIEF JUSTICE OF INDIA
AND LORDSHIP'S COMPANION JUSTICES
OF THE HON'BLE SUPREME COURT OF INDIA
HUMBLE PETITION OF ABOVE-NAMED PETITIONER
THE MOST RESPECTFULLY SHOWETH AS THE UNDER:

1. Petitioner is filing this PIL under Article 32 seeking a writ, order or direction or a writ in the nature of mandamus to Ministry of AYUSH to develop standard Yoga protocol to enhance COVID resistance, in addition to customized Yoga Protocols to control common diseases viz. Diabetes Cardiovascular diseases Respiratory diseases Tumors, Digestive diseases, Fever and infections and Diarrheal diseases etc.

2. Petitioner has not filed any other petition either in this Court or in any other Court, seeking same and/or similar directions, as prayed.
3. Petitioner name: Ashwini Kumar Upadhyay. Residence: G-284, Govindpuram, Ghaziabad-201013, 8800278866, aku.adv@gmail.com
PAN: AAVPU7330G, AADHAAR: 659982174779. Annual Income: Rs 6 Lakhs. Petitioner is Advocate, practices in this Hon'ble Court and a social-political activist, contributing his best to the development of socially-economically downtrodden people. This Hon'ble Court has issued notice on petitioner PILs relating to election reform, police reform, judicial reform, gender justice and gender equality.
4. The cause of action accrued on 04.03.2020 and subsequent dates, when despite a nationwide lockdown, the Ministry of AYUSH has not develop standard Yoga protocol to enhance COVID resistance, in addition to customized Yoga Protocols to control common diseases - diabetes, cardiovascular diseases, respiratory diseases, tumors, digestive diseases, fever and infections and diarrheal diseases etc.
5. The injury caused to the public is very large because COVID pandemic is spreading rapidly and no vaccine or medicine has been discovered till date. Experts say that regular Yoga can protect people from COVID but AYUSH Ministry has failed to develop a standard

Yoga protocol to resist COVID. It has also not developed customized Protocols to control common diseases viz. diabetes, cardiovascular diseases, respiratory diseases, tumors, digestive diseases, fever and infections and diarrheal diseases etc. It has also not framed a 'National Yoga Policy' to promote and propagate Yoga Science in order to make people fully aware about health-hazards, health-hygiene and health safety. Ministry of information and broadcasting has not taken steps to broadcast Yoga protocols for strengthening immune system and overall development of mind and body. Ministry of HRD has not developed a standard textbooks on 'Environment, Health & Yoga Science' for students of I-VIII standard and made its study compulsory throughout the Country. Thus, devastating effects on right to health guaranteed under Article 21.

6. Petitioner has no personal interest, individual gain, private motive or oblique reasons in filing it. It is not guided for gain of individual, institution or body. There is no motive other than public interest.
7. There is no civil, criminal or revenue litigation, involving petitioner, which has or could have legal nexus, with the issue involved in PIL.
8. There is no requirement to move concerned authority for the relief sought in this PIL. There is no other remedy except filing this PIL.

9. Yoga is a science that connects mind, body through body postures, controlled breathing & meditation. It develops scientific temper, humanism and spirit of inquiry & reform. Regular practice of yoga has many health benefits. **(a) Blood Pressure.** A consistent yoga practice decreases blood pressure through better circulation & oxygenation of body. **(b) Pulse Rate.** A slower pulse rate indicates that heart is strong enough to pump more blood with fewer beats and regularly practicing yoga provides lower pulse rate. **(c) Blood Circulation.** Yoga improves blood circulation. By transporting nutrients and oxygen throughout the body, yoga practice makes organs healthier. **(d) Respiratory.** Like the circulatory system, a lower respiratory rate indicates that the lungs are working efficiently. Yoga decreases respiratory rate through combination of controlled breathing exercises & better fitness. **(e) Cardiovascular endurance.** Lower heart rate and improved oxygenation to the body results in higher cardiovascular endurance. **(f) Organs.** Yoga practice massages internal organs thus improving the ability to prevent diseases. An experienced yoga practitioner becomes better attuned to her body to identify signs, if something isn't functioning properly, thereby allowing for quicker response to eliminate disease.

10. As per Dr. BKS Iyenger, regular yoga has many benefits.

(a) Gastrointestinal. Gastrointestinal functions have been shown to improve in both men and women who practice yoga. **(b) Immunity.**

Regular Yoga practice strengthens immune system. **(c) Pain.** Pain tolerance is much higher among those who practice yoga regularly.

Many instances of chronic pain such as back pain are lessened or eliminated through yoga **(d) Metabolism.** Balanced metabolism

results in maintaining a healthy weight and controlling hunger.

Consistent yoga practice helps find the balance and creates a more efficient metabolism. **(e) Aging.** Yoga stimulates the detoxification

process within body. Detoxification has been shown to delay aging and has other health benefits. **(f) Posture.** Yoga teaches the

practitioner how to hold and control one's body in a more healthy state. Through consistent practice, body posture improves **(g)**

Strength. Regular practice of Yoga enhances overall strength. **(h)**

Energy. Regular yoga practice provides consistent energy. After doing yoga, a person feels more energized than tired **(i) Weight.**

Benefits of better metabolism along with the exercise of yoga works to keep the weight in check. The stretching of muscles longwise

helps to reduce amount of cellulite that can build around muscles.

11. Benefits of Yoga include **(a) Sound Sleep**. Because of many benefits to body and mind that yoga provide, many find that their sleep is much better. **(b) Balance**. An integral part of the yoga practice is balance and control over the body. With consistent practice, overall balance of the body improves. **(c) Integrated function of the body**. Yoga is derived from Sanskrit and means *"to join together and direct one's attention."* This is exactly what happens to the body after practicing yoga. Yogis find that the body works together much better, resulting in more graceful and efficient body movements. **(d) Body Awareness**: Doing yoga will give an increased awareness of one's body. Over time, this will increase level of comfort in one's body. This can lead to improved posture and greater self-confidence. **(e) Core strength**. A strong core helps heal and reduce injuries. This is why a lot of athletes do yoga as cross training. **(f) Mind Control**. Yoga can improve the mind control, more relaxation, and more self-confidence. **(g) Emotional Health Benefits**. Due to the strong mind-body connection, there are many emotional benefits from consistent yoga practice **(h)Mood** Overall well-being improves with yoga practice. The combination of creating a strong mind-body connection and focusing inward can lead to improvement in mood.

12. Benefit of Yoga includes:

- (a) Stress Reduction.** Concentration required during yoga practice tends to focus attention on the matter at hand thereby reducing stress in life.
- (b) Anxiety.** The benefit of controlled breathing reduces anxiety.
- (c) Depression.** Negative feelings that may be repressing are brought to surface during yoga exercise. Thus, the negative energy is no longer trapped within body and released through exercise. Regularly releasing negativity leads to reduction of depression.
- (d) Self-Acceptance.** Focusing inward and realizing through yoga practice that perfection is not the goal, self-acceptance begins to take over.
- (e) Self-Control.** Controlled movements of yoga teach how to self-control in all aspects of life.
- (f) Mind Body Connection.** Controlled breathing with movements of body retrain mind to find the place of calm & peace.
- (g) Positive outlook on life.** Continued practice of yoga results in a balance of many hormones and nervous system, which brings more stable, positive approach to life.
- (h) Hostility.** Most yogis report a huge reduction in the amount of hostility & sense of control when anger flares. This effect is from relaxation & meditation that is incorporated in yoga practice that leads to overall calming of nervous system. Less hostility lowers blood pressure and stress, make life healthier.

13. Yoga Benefits include: **(a) Concentration.** Research confirms that eight weeks of yoga practice, result in better concentration, more motivation. **(b) Memory.** Improved blood circulation to brain and reduction in stress improves focus and results in better memory. **(c) Attention.** The attention required in yoga to maintain structured breathing in conjunction with yoga poses sharpens the ability to keep a sharp focus on tasks. **(d) Social skills.** Yoga practice soon evolves from personal journey to one connecting to the community at large where social skills improve along with yoga practice. **(e) Calmness.** Concentrating so intently on what body is doing has the effect of bringing calmness. Meditation techniques, such as counting your breathe and disengagement from thoughts, help to calm the mind. **(f) Body Chemistry.** Glucose levels and red blood cells are affected by yoga. **(g) Cholesterol.** Yoga practice lowers cholesterol through increased blood circulation and fat burning. It is a great tool to fight against harmful cholesterol **(h) Lymphatic system** Lymphatic system boosts immunity, reduces toxins in body. The only way to get lymphatic system flowing well is by movement. Specific movements involved in yoga are particularly well-suited for promoting a strong lymphatic system.

14. Benefits of Yoga include: **(a) Glucose.** There is evidence to suggest that yoga lowers blood glucose levels **(b) Sodium** As does any good exercise program, yoga reduces the sodium levels in body. In today's world of processed and fast foods that are full of sodium, lessening sodium levels is essential **(c) Endocrine functions.** Practicing yoga helps to regulate/control hormone secretion. Improved endocrine system keeps hormones in balance and promotes better physical & emotional health. **(d) Triglycerides.** Triglycerides are chemical form of fat in the blood and elevated levels can indicate a risk of heart disease and high blood pressure. A recent study shows that yoga can lead to significantly lower levels of triglycerides. **(e) Red blood cells.** Yoga practice increases the level of red blood cells in the body. Red blood cells are responsible for carrying oxygen through the blood, and too few can result in anemia and low energy. **(f) Vitamin C.** Vitamin C helps boost immunity and helps to produce collagen and is a powerful antioxidant and a yoga regimen can increase the vitamin C in body. **(g) Low risk of injury.** Due to low impact of yoga practices on body and the controlled aspect of the motions, there is a very low risk of injury during yoga practice compared to other forms of exercise.

15. Yoga has many other benefits: **(a) Parasympathetic Nervous**

System. In many forms of exercise, the sympathetic nervous system kicks in providing with fight-or-flight sensation. Yoga does the opposite and stimulates parasympathetic nervous system. Parasympathetic system lowers blood pressure and slows the pace of breathing which allows relaxation & healing. **(b) Muscle tone.**

Consistently practicing yoga leads to better muscle tone. **(c)**

Subcortex. Subcortical regions of brain are associated with well-being and yoga is thought to dominate the subcortex rather than the

cortex. **(c) Reduced oxygen consumption.** Yoga consumes less oxygen than traditional exercise routines, thereby allowing the body

to work more efficiently. **(d) Breathing.** With yoga, breathing is more natural and controlled during exercise. This type of breathing

provides more oxygen-rich air for body and also provides more energy with less fatigue **(e) Balanced workout of opposing muscle**

groups. As with all of yoga, balance is key. If a muscle group is

worked in one direction, it will also be worked in the opposite direction to maintain balance. This balance results in a better overall

workout for the body. **(g) Joint range of motion.** Joint range of motion is improved by participants who practiced yoga.

16. Benefits include: **(a) Non-competitive.** Introspective & self-building nature removes need of complication in exercise regimen. With lack of complication, a yogi is free to work slowly to avoid any undue injury and promote a more balanced and stress-free workout.

(b) Eye-hand coordination. Yoga maintains and improves eye-hand coordination **(c) Dexterity** Strong mind-body connection & flexibility gained from yoga leads to grace & skill **(d) Reaction time.** Reaction time can be improved with specific yoga breathing exercises in conjunction with already established yoga practices. Improvement is attributed to a faster rate of processing and improved concentration gained from yoga. **(e) Endurance.** Yoga improves endurance and is frequently used by athletes as supplement to sport-specific training.

(f) Depth perception. Becoming aware of body and how it moves, as one does in yoga practice, leads to increased depth perception.

(g) Heart disease. Yoga reduces stress, lowers blood pressure, keeps off weight and improves cardiovascular health, all of which lead to reducing risk of heart disease. **(h) Osteoporosis.** It is well documented that weight-bearing exercise strengthens bones and helps prevent osteoporosis. Additionally, yoga's ability to lower levels of cortisol may help keep calcium in the bones.

17. Yoga benefits include: **(a) Alzheimer's.** Yoga can help elevate brain gamma-aminobutyric (GABA) levels. Low GABA levels are associated with onset of Alzheimer's. Meditation like that practiced in yoga has also been shown to slow the progression of Alzheimer's.

(b) Type II diabetes. In addition to the glucose reducing capabilities of yoga, it is also an excellent source of physical exercise and stress reduction that, along with the potential for yoga to encourage insulin production in pancreas, can serve as excellent preventative for type II diabetes.

(c) Carpal tunnel syndrome. Individuals with carpal tunnel syndrome who practiced yoga, show improvement than those who wore splint or receive no treatment

(d) Asthma. There is evidence to show that reducing symptoms of asthma and even reduction in asthma medication are the result of regular yoga.

(e) Arthritis. The slow & deliberate movement coupled with gentle pressure exerted on joints provides an excellent exercise to relieve arthritis. Stress relief associated with yoga loosens muscles that tighten joints

(f) Multiple sclerosis. Yoga is an excellent means of MS management.

(g) Cancer. Cancer patients, who practice yoga, gain strength, raise red blood cells, experience less nausea during chemotherapy and have a better overall well-being.

18. Benefits include: **(a) Muscular dystrophy.** Using yoga in the early stages of muscular dystrophy returns physical functions. Yoga helped teens regain many of abilities lost to muscular dystrophy. **(b) Migraines.** Yoga reduces number of migraines **(c) Scoliosis.** Yoga straightens the curvature of the spine associated with scoliosis. **(d) Chronic bronchitis.** Yoga increase oxygen levels in body and is ideal for treating chronic bronchitis. **(e) Epilepsy.** Focusing on breathing and restoring overall balance in body are the focus of how yoga help prevent epileptic seizures. **(f) Sciatica.** Intense pain associated with sciatica can be alleviated by Yoga. **(g) Obsessive Compulsive Disorder.** Regular yoga practice lead to reduction in symptoms. **(h) Constipation.** Due to the practice of yoga and overall better posture, digestive & elimination systems work more efficiently. If practitioner has a healthy diet, any constipation will be eliminated through yoga. **(i) Allergies.** Using a **neti pot** to clear the sinuses is an ancient form of yoga to help reduce or eliminate allergy symptoms. Certain types of breathing can also clear nasal passages. **(j) Menopause.** Yoga practice can help control some of the side effects of menopause. **(k) Back pain.** Yoga reduces spinal compression and helps overall body alignment to reduce back pain.

19. Right to health is an integral part of right to life guaranteed under Article 21. It includes protection, prevention, cure and improvement of health and is a minimum requirement to enable a person to live with human dignity. Article 39(e) directs the States to take apposite steps to secure the health and strength of workers and Article 39(f) directs to ensure that children are given opportunities and facilities to develop in a healthy manner. Article 41 directs the States to make effective provision for securing right to work & right to education. Article 46 directs the States to promote educational and economic interest of weaker section, particularly schedule caste and schedule tribes and Article 47 directs to improve public health.

20. Article 51A casts duty on the citizens & State to take steps to:

- (i) promote harmony and spirit of brotherhood amongst all citizens transcending religious, linguistic, regional and sectional diversities,
- (ii) value and preserve the rich heritage of our composite culture,
- (iii) protect and improve natural environment including forests, lakes, rivers and wildlife (iv) develop scientific temper, humanism and spirit of inquiry and reform, and (v) strive towards excellence in all spheres of individual and collective activity so that the nation constantly rises to higher levels of endeavour and achievement.

21. In an organized society, right to live as a human being is not insured by meeting only the animal needs of man but is secured only when he is provided with all facilities to develop himself, free from restrictions, which inhibit his growth. Article 21 read with Articles 39, 41, 46, 47 and 51A casts duty on the State to improve health of citizens and provide information instruction training supervision in this regard. State must provide health facilities to all citizens, especially children and ensure creation and sustaining of conditions congenial to good health. Executive has constitutional obligation to extend its services with due expertise for protecting the health.

22. In order to value-preserve the rich heritage of our composite culture and promote harmony and spirit of brotherhood amongst all citizens transcending religious linguistic regional and sectional diversities, State must frame a 'National Yoga Policy'. State should also introduce a textbook having chapters on 'Environment, Health and Yoga Science' to protect & improve natural environment including forests lakes rivers and wildlife, develop scientific temper humanism and spirit of inquiry and reform and strive towards excellence in all spheres of individual and collective activity so that nation constantly rises to higher levels of endeavour & achievement.

23. To strengthen social fabric of democracy through provisions of equal opportunity to all, has been accepted since inception of our republic. Article 21A, was inserted to provide free and compulsory education to children aged 6-14 years as a fundamental right and the Right to Free and Compulsory Education Act 2009 was enacted. Statement of objects of the Act says that every child has to be provided fulltime elementary education of satisfactory and equitable quality in a formal school that satisfies certain norms and standard. The legislation is anchored in the belief that the values of equality and justice and creation of just and humane society can be achieved only through the provision of inclusive elementary education to all.

24. Provision of compulsory education of satisfactory quality to disadvantaged and weaker section children is, therefore, not merely the responsibility of schools run or supported by the State, but also which are not dependent on public funds. Article 21A has to be read with Articles 21, 39, 41, 46,47, 51A, there must be no discrimination in quality of education. Right of a child should not be restricted only to free and compulsory education, but must be extended to have equal quality education without any discrimination on the ground of a child's social economic and cultural background.

25. Section 7(6) of the RTE Act 2009 says that Central government shall:

(a) develop framework of national curriculum with help of academic authority specified under Section 29 (b) develop and enforce standards for training of teachers (c) provide technical support and resources to State governments for promoting innovations, researches, planning and capacity building. MHRD vide notification dated 31.05.2010 had notified that National Curriculum Framework 2005 shall be the national curriculum under Section 7(6) of the RTE 2009. NCF 2005 specifically says that Yoga is a core and compulsory subject of the elementary education thus it needs to be given equal status with other subjects and must be taught as a compulsory subject. It is necessary to state that NCERT develops syllabi of all the subjects for primary and junior classes so it should develop standard textbooks on 'Environment, Health and Yoga Science' for students of Class I-VIII. It is not out of context to state that three Judges Bench of Appellate Court of California has held that Yoga is secular. Many academicians and educationists have also expressed similar views hence it is duty of the State to provide standard textbooks of 'Environment, Health and Yoga Science' to students aged 6-14 years and frame a 'National Yoga Policy' to promote & propagate Yoga.

26. Now study of 'Environment, Health & Yoga' has become the fundamental right of 6-14 years children after enactment of the Act. But, it has remained named-sake on papers and is neglected subject. Marks are not awarded in annual exam and even the teachers of Kendriya Vidyalaya/Navoday Schools say that it is not a compulsory subject. NCERT has not yet published standard textbooks of 'Environment, Health &Yoga Science' for students of I-VIII standard. It is necessary to state that without syllabus, standard textbooks, trained teachers and evaluation of marks, there has been total failure in imparting the 'Environment, Health and Yoga Science' in spirit of NCF 2005. There is total dichotomy between actual practice of yoga and the ideal of yoga as propounded by Hon'ble PM in his speech in United Nation General Assembly on 27.09.2014 as thus:

“Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise, but, to discover the sense of oneness with self, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being. Let us work towards adopting an International Yoga Day.”

27. The National Curriculum Framework 2005, which is in effect states:

“In the context of all-round development, along with the Yoga integrated into health education, this subject should be introduced as a basis of health and physical education and as a compulsory subject at the primary and secondary levels, and as an optional subject at the senior secondary level.” It further states: *“Whatever duration of time has been allocated for sports and Yoga as the main component of the curriculum should neither be reduced nor be terminated in any circumstance whatsoever.”* The National Education Policy 1986 recommended introduction of Yoga education in school. It states: *“As a system, which promotes an integrated development of body and mind; Yoga will receive special attention. Efforts will be made to introduce Yoga in all the schools. To this end, it will be introduced in teacher training courses.”* NEP-1986 assumes special significance in view of the fact that the Parliament has approved it and several outlines (1988, 2000 and 2005) of the national curriculum endorsed it. With a view to benefit the student of I-VIII standard, NCERT should provide standard textbooks of ‘Environment, Health & Yoga Science’ and MHRD should take apt steps to make it compulsory for all the students aged 6-14 years throughout the country.

28. Yoga is a scientific, universal method, a tradition, culture of self-discipline self-realization & self-revelation. It is not a ritualistic procedure or a sectarian bunch of knowledge; rather a medical and life science. Besides being an excellent medical system, Yoga is a life style for an integrated development of life. It is an excellent and powerful means of self-control. Yoga is an emotional and practical process for diverting the flow of our thought, arising in our mind in any state towards a positive direction, and an excellent method of developing life skills. In every person, there are, on one hand limitless divine qualities & potential of becoming a superman, a great scientist, a philosopher, a thinker, a manager or an efficient administrator; while on other hand, there are impure and cruel thoughts, which can make him an extremely ruthless beast, a devil, a criminal or a terrorist. We can realize a fully developed personality, by developing our own creativity, emotions, thoughts and capabilities. Yoga is a well-tried and tested method of centuries to transform feelings of indolence, despondency lack of confidence, insensitivity and self-deprecation, which are deeply rooted in the mind, into self-control, self-consciousness, self-confidence self-discipline self-esteem self-respect self-restraint and selflessness.

29. Great Yogi Maharshi Patanjali in his book 'Yoga Sutra' has written that practice of Yoga prevents diseases and is done from childhood, many psychological disorders can be prevented. Yoga Guru Dr. BKS Iyengar says: *"As there are curriculums in educational institutes, there is also curriculum in Yoga which has to be gradually introduced and taught as the children grow. The best period for a child is to start it from the age of 6 years. We take the students from the age of 6. We are doing this since 30 years & there is no complaint from anyone or anybody that our teaching has injured them."*

30. Yoga is not only a secular activity but also a science like anatomy physiology and psychology. Therefore it is duty of the Union to implement NCF 2005 uniformly throughout the country in letter and spirit and if necessary, States may be directed under Section 35 of the Act. Dedicated Yoga teachers are not necessarily required to teach Yoga in primary classes. It can be done through 'Projectors or Smart Boards' and even by existing teachers by imparting them Yoga training at Vivekananda Yoga University, Patanjali Yogapeeth, Iyengar Yoga Institute, Aurobindo Ashram, Yoga Institute Mumbai etc. Now days, Yoga teachers are available in large numbers and States may impanel in primary schools.

31. On International Yoga Day 2015, UNSG Mr. Ban Ki-Moon says:

“Yoga is an ancient physical, mental and spiritual practice that originated in India and is now practiced in various forms around the world. The word ‘Yoga’ derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. Yoga balances body and soul, physical health and mental well-being. It promotes harmony among people, between natural world and ourselves. Recognizing its universal appeal, United Nations General Assembly proclaimed 21st June as the International Day of Yoga. This year’s observance of the International Day of Yoga highlights the important role of healthy living, plays in the realization of the Sustainable Development Goals, adopted last year by all the 193 UN Member States. Yoga has multiple benefits. Physical inactivity is linked with a number of non-communicable diseases, such as cancer, diabetes and cardiovascular diseases, which are among the leading causes of illness and death. By improving fitness, teaching us how to breathe correctly, and working to diminish stress, Yoga can help to cultivate healthier lifestyles. It can also help raise awareness of our role as consumers of the planet’s resources and as individuals with a duty to respect and live in peace with our neighbors”.

32. On IYD 2016, Mr. Moon says: *“Regular practice of Yoga is essential for building a sustainable future of dignity and opportunity for all. On this Yoga day, I urge everyone to embrace healthier choices and lifestyles and to commit to unity with our fellow human beings, regardless of ethnicity, faith, age, gender identity or sexual orientation. Let us celebrate this day and everyday as members of one human family sharing one common precious home. During a visit to India, I had the opportunity to practice yoga with one of my senior advisors. Although he happened to be a son of the country, I might equally have done the same with many other colleagues from different parts of world. Yoga is an ancient discipline from a traditional setting that has grown in popularity to be enjoyed by practitioners in every region. By proclaiming 21 June as International Yoga Day, General Assembly has recognized holistic benefits of this timeless practice and its inherent compatibility with principles and values of the United Nations. Yoga offers a simple, accessible and inclusive means to promote physical and spiritual health and well-being. It promotes respect for one’s fellow human beings and for the planet we share. It does not discriminate; to varying degrees, all people can practice regardless of their relative strength, age, ability”.*

PRAYER

Keeping in view the alarming cases of COVID pandemic, it is the most respectfully prayed that this Hon'ble Court may be pleased to issue a writ/order/direction or writ in the nature of mandamus to:

- a)** direct the Ministry of AYUSH to develop standard Yoga protocol to enhance COVID resistance, in addition to customized Yoga Protocols to control most common diseases like diabetes, fever, infections and cardiovascular, respiratory and digestive diseases;
- b)** direct the ministry of information and broadcasting to take steps to broadcast COVID Yoga protocols as well as other customized Yoga Protocols in order to strengthen body immune system and overall development of mind and body, morning and evening everyday;
- c)** direct the ministry of HRD to develop a standard textbooks on 'Environment, Health and Yoga Science' for students of I-VIII standard and make its study compulsory throughout the Country;
- d)** direct the ministry of AYUSH to frame a 'National Yoga Policy' to promote and propagate Yoga Science in order to make people fully aware about health-hazards, health-hygiene and health safety;
- e)** pass such other order as this Hon'ble Court may deem fit to secure right to health of citizens and allow the cost to petitioner.

New Delhi
06.07.2020

Advocate for petitioner
(Ashwani Kumar Dubey)

IN THE SUPREME COURT OF INDIA
CIVIL ORIGINAL JURISDICTION
WRIT PETITION (CIVIL) NO OF 2020

IN THE MATTER OF:

Ashwini Kumar Upadhyay

...Petitioner

Verses

Union of India & others

...Respondents

AFFIDAVIT

I, Ashwini Kumar Upadhyay aged 45 years, son of Sh. Suresh Upadhyay, Office at: 15, New Lawyers Chambers, Supreme Court, New Delhi-110001, Residence at: G-284, Govindpuram, Ghaziabad-201013, at present at New Delhi, do hereby solemnly affirm and declare as under:

1. I am the sole petitioner above named and well acquainted with facts and circumstances of the case and as such competent to swear this affidavit.
2. I have read and understood contents of accompanying synopsis and list of dates pages (B - L) writ petition paras (1 - 32) pages (1 - 27) and total pages (1 - 33) which are true and correct to my knowledge and belief.
3. Annexure has not been filed with the petition.
4. I have not filed any other petition either in this Hon'ble Court or in any other Court seeking same or similar directions as prayed.
5. I have no personal interests, individual gain, private motive or oblique reasons in filing this petition. It is not guided for gain of any other individual person, institution or body. The only motive is public interest.
6. There is no civil, criminal or revenue litigation, involving petitioner, which has or could have legal nexus, with issue involved in this petition.
7. There is no requirement to move concerned government authority for relief sought in this petition. There is no other remedy except filing this PIL.
8. I have gone through the Article 32 and the Supreme Court Rules and do hereby affirm that the present petition is in conformity thereof.
9. I have done whatsoever enquiry/investigation, which was in my power to do, to collect the data or material, which was available; and which was relevant for this Hon'ble Court to entertain the present petition.
10. I've not concealed any data/material/information in this petition; which may have enabled this Hon'ble Court to form an opinion, whether to entertain this petition or not and/or whether to grant any relief or not.
11. The averments made in this affidavit are true and correct to my personal knowledge and belief. No part of this Affidavit is false or fabricated, nor has anything material been concealed there from.

(Ashwini Kumar Upadhyay)

DEPONENT

VERIFICATION: I, Deponent do hereby verify that contents of above affidavit are true and correct to my personal knowledge and belief. No part of this affidavit is false nor has anything material been concealed there from. I hereby solemnly affirm and declare it today i.e. 6st day of July 2020 at New Delhi.

(Ashwini Kumar Upadhyay)

DEPONENT

APPENDIX

ARTICLE 21 OF THE CONSTITUTION OF INDIA

21. Protection of life and personal liberty No person shall be deprived of his life or personal liberty except according to procedure established by law

ARTICLE 38 OF THE CONSTITUTION OF INDIA

38. State to secure a social order for the promotion of welfare of the people

(1) The State shall strive to promote the welfare of the people by securing and protecting as effectively as it may a social order in which justice, social, economic and political, shall inform all the institutions of the national life

(2) The State shall, in particular, strive to minimize the inequalities in income, and endeavor to eliminate inequalities in status, facilities and opportunities, not only amongst individuals but also amongst groups of people residing in different areas or engaged in different vocations

ARTICLE 39 OF THE CONSTITUTION OF INDIA

39. Certain principles of policy to be followed by the State: The State shall, in particular, direct its policy towards securing

(a) that the citizens, men and women equally, have the right to an adequate means to livelihood;

(b) that the ownership and control of the material resources of the community are so distributed as best to subserve the common good;

(c) that the operation of the economic system does not result in the concentration of wealth and means of production to the common detriment;

(d) that there is equal pay for equal work for both men and women;

(e) that the health and strength of workers, men and women, and the tender age of children are not abused and that citizens are not forced by economic necessity to enter avocations unsuited to their age or strength;

(f) that children are given opportunities and facilities to develop in a healthy manner and in conditions of freedom and dignity and that childhood and youth are protected against exploitation and against moral and material abandonment

ARTICLE 46 OF THE CONSTITUTION OF INDIA

46. Promotion of educational and economic interests of Scheduled Castes, Scheduled Tribes and other weaker sections The State shall promote with special care the educational and economic interests of the weaker sections of the people, and, in particular, of the Scheduled Castes and the Scheduled Tribes, and shall protect them from social injustice and all forms of exploitation

ARTICLE 47 OF THE CONSTITUTION OF INDIA

47. Duty of the State to raise the level of nutrition and the standard of living and to improve public health The State shall regard the raising of the level of nutrition and the standard of living of its people and the improvement of public health as among its primary duties and, in particular, the State shall endeavour to bring about prohibition of the consumption except for medicinal purposes of intoxicating drinks and of drugs which are injurious to health

ARTICLE 51A OF THE CONSTITUTION OF INDIA

51A. Fundamental duties It shall be the duty of every citizen of India (a) to abide by the Constitution and respect its ideals and institutions, the national Flag and the National Anthem;

(b) to cherish and follow the noble ideals which inspired our national struggle for freedom;

(c) to uphold and protect the sovereignty, unity and integrity of India;

(d) to defend country and render national service when called upon to do so;

(e) to promote harmony and the spirit of common brotherhood amongst all the people of India transcending religious, linguistic and regional or sectional diversities; to renounce practices derogatory to the dignity of women;

(f) to value and preserve the rich heritage of our composite culture;

(g) to protect and improve the natural environment including forests, lakes, rivers and wild life, and to have compassion for living creatures;

(h) to develop scientific temper, humanism and spirit of inquiry and reform;

(i) to safeguard public property and to abjure violence;

(j) to strive towards excellence in all spheres of individual and collective activity so that nation constantly rises to higher levels of endeavour and achievement