



## **BUREAU OF INDIAN STANDARDS**

### **Agenda**

<b>Name of the Committee</b>	<b>Number of meeting</b>	<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Venue</b>
Health, Fitness and Sports Services Sectional Committee (SSD 05)	Seventh Meeting	24 March 2023	Friday	1100 hrs.	Hybrid Meeting at Blue Room, BIS Headquarters, New Delhi.

**Meeting Link:** <https://bisindia.webex.com/bisindiaj.php?MTID=m0ef556e5a376878921d3def7f84c5228>

**Meeting Password:** 2XUiipYYg27

**Chairperson:** Dr Harshad P Thakur, Professor, TISS.

**Member Secretary:** Shri Udham Singh, Scientist-B/Assistant Director, BIS.

#### **Item 0 WELCOME**

- 0.1** Welcome by Member Secretary
- 0.2** Opening Remarks by the Chairman.

#### **Item 1 CONFIRMATION OF THE MINUTES OF THE PREVIOUS MEETING.**

The minutes of sixth meeting of Health, Fitness and Sports Services Sectional committee which was held on 21 October 2022 were circulated to all the members through BIS Portal on 04 November 2022. No comments have been received on the minutes.

*The committee may formally **confirm** the minutes.*

#### **Item 2 REVIEW OF SCOPE AND COMPOSITION OF THE SSD 05.**

The present scope of and composition of Health, Fitness and Sports Services Sectional committee, SSD 05 is given in *Annex – A*.

*The committee may kindly **note**.*

### Item 3 ACTION POINTS ARISING OUT OF PREVIOUS MEETING.

The following actions have been taken on the decision taken in the last meeting of SSD 05;

Sl. No	Decision	Action Taken
1.	<p>In the last meeting, the committee reviewed its composition and found that the following organization have not attended the last three meeting of SSD 05 (3<sup>rd</sup>, 4<sup>th</sup> &amp; 5<sup>th</sup> meeting) and it was decided to request these organizations to attend the future meetings of SSD 05;</p> <ul style="list-style-type: none"><li>a) Athletics Federation of India, New Delhi</li><li>b) Healthcare Sector Skill Council, New Delhi</li><li>c) Lakshmibai National College of Physical Education, Thiruvanthapuram</li></ul>	<p>These organizations have been requested by BIS for attending the meetings of SSD 05 vide email dated <b>17 November 2022</b> and a reminder email on <b>17 March 2023</b>.</p> <p><i>The committee may decide.</i></p>
2.	<p>The committee decided to identify the member organizations whose participation will be 0/3 after considering the attendance of the last meeting (6<sup>th</sup> meeting). The committee also decided to request them for attending the future meetings of SSD 05.</p>	<p>The organizations whose participation is 0/3 after considering the attendance of the last meeting (6<sup>th</sup> meeting) have been identified and are given below:</p> <ul style="list-style-type: none"><li>a. Athletics Federation of India, New Delhi</li><li>b. Confederation of Indian Industry, New Delhi</li><li>c. Dr. Lal Path Labs, New Delhi</li><li>d. Healthcare Sector Skill Council, New Delhi</li><li>e. Lakshmibai National College of Physical Education, Thiruvanthapuram</li><li>f. National Accreditation Board for Hospitals and Healthcare Providers, New Delhi</li><li>g. Netaji Subhash National Institute of Sports, Patiala</li><li>h. Sports Authority of India, New Delhi</li></ul> <p>The request emails for attending the future meetings of SSD 05 have been sent by BIS vide</p>

		<p>email dated <b>17 March 2023</b>. In compliance to the above, LNCPE has sent its revised nomination.</p> <p><i>The committee may kindly <b>note and decide</b>.</i></p>
<p>3.</p>	<p>The committee reviewed the organizations who have not sent the nominations and the following decisions were taken by the committee:</p> <p>a. The committee recommended to withdraw the nomination offer of the following organizations:</p> <ul style="list-style-type: none"> <li>i. Academy of Hospital Administration;</li> <li>ii. Directorate General of Quality Assurance;</li> <li>iii. Directorate General of Armed Forces Medical Services;</li> <li>iv. Hospital Services Consultancy Corporation (India) Limited;</li> <li>v. Indian Institute of Health Management and Research;</li> <li>vi. Indian Olympic Association; and</li> <li>vii. Patanjali Yogpeeth.</li> </ul> <p>b. The committee decided to send the final reminder to the following organizations to provide nominations in the committee:</p> <ul style="list-style-type: none"> <li>i. Central Government Health Scheme</li> <li>ii. Department of Health and Family Welfare;</li> <li>iii. Indian Council of Medical Research;</li> <li>iv. Khelo India;</li> <li>v. National Skill Development Corporation (NSDC);and</li> <li>vi. Railway Board, Ministry of Railway</li> </ul>	<p>a. Recommendations regarding the withdrawal of these organization from the composition of SSD 05 have been accepted by SSDC in its last meeting held on <b>10 January 2023</b>.</p> <p><i>The committee may kindly <b>note</b>.</i></p> <p>b. The reminders regarding to obtain the nominations from these organization have been sent by BIS vide email dated <b>16 November 2022</b> and <b>17 March 2023</b>, however no response is received from these organizations till 20 March 2023.</p> <p><i>The committee may kindly <b>note and decide</b>.</i></p>

4.	<p>The committee decided to send reminders to the following organizations for obtaining the revised nominations as the existing members are no longer associated with the organization :</p> <p>i. Federation of Indian Chambers of Commerce and Industry, New Delhi. ii. Netaji Subhash National Institute of Sports, Patiala.</p>	<p>Reminders regarding to obtain the fresh nominations from these organization have been sent by BIS vide email dated <b>17 November 2022</b> and <b>22 February 2023</b>, however no response is received from these organizations till 20 March 2023.</p> <p><i>The committee may kindly <b>note and decide</b>.</i></p>
5.	<p>In the last meeting, it was decided that Dr. Narin Sehgal from Association of Healthcare Providers will provide the format of consent form for the yoga sadhak for the comments/inputs of committee members.</p> <p>.</p>	<p>The format of consent form for the yoga sadhak was provided by Dr. Narin sehgal and same was shared with committee members on 22 November 2022 for their comments/suggestions.</p> <p>In response, MDNIY has provided the updated consent form and NABH has provided the comments on Dr. Narin sehgal’s consent form for the yoga sadhak.</p> <p>The consent forms along with the comments are shared as <b>Annex – B</b> with the agenda.</p> <p><i>The committee may <b>deliberate and finalize</b> the format of consent form for the yoga sadhak.</i></p>

**Item 4 DRAFT STANDARDS FOR FINALIZATION.**

At present, no draft standards are due for finalization in Health, Fitness and Sports Services Sectional Committee, SSD 05.

*The committee may kindly **note**.*

**Item 5 DRAFT STANDARDS/AMENDMENTS FOR APPROVAL FOR WIDE CIRCULATION**

In the last meeting, it was decided that the panel on Gym – Service requirements, SSD 05/P-3 after the completion of working draft i.e. on ‘**Gym - Requirements for Gym**’ would recommend the draft for P-Draft Circulation among the committee members for a period of 30 days.

Subsequently, with the approval of Chairperson, the working draft was circulated among the Committee members for a period of 30 days for providing their comments. The last date for providing comments was 08 January 2023.

In absence of comments, during the P-draft stage, the committee may approve the P-draft document for Wide Circulation for a period of two months.

*The committee may kindly **approve** the document on ‘Gym - Requirements for Gym’ for circulating as **WC-draft** for a period of **two months** after the circulation of the minutes of the meeting.*

#### **Item 6 DRAFTS UNDER PREPARATION.**

6.1 The Working Draft on the subject ‘**Physical Activity, Sports and Injury Management — Safety Requirements in Professional Sports Academies**’ is under preparation by Working Group, SSD 05/WG- 01 which is convened by Shri Binu Ashokan:

*The committee may kindly **note**.*

6.2 The working group has conducted three meetings as of now. In the last meeting of SSD 20/WG 1, held on 7 December 2022, the working group reviewed the structure of draft document and subsequently changes were done. Further, the members of the working group suggested the member secretary to create a Google Doc of the structure and share with the working group members so that the inputs would be provided by the members.

Subsequently, the Google doc was prepared by the member secretary and shared along with the minutes of meeting on 08 December 2022. As no inputs were provided by the members a reminder was sent on 04 January 2023 and 28 February 2023. However no inputs on the working draft are received from the working group members.

*The committee may **deliberate and decide**.*

#### **Item 6 COMMENTS ON PUBLISHED STANDARDS**

6.1 The list of published standards under SSD 05 are given below:

<b>Sl. No</b>	<b>IS No.</b>	<b>Title</b>	<b>Year of Publication</b>
1.	IS 17913 : 2022	Yoga Centre – Service Requirements	2022
2.	IS 17923 : 2022	Physical activity, sports and injury management - Guidelines for safety in educational institutions and community sports academies	2022
3.	IS/ISO 22956: 2021	Healthcare organization management — Requirements for patient - centred staffing	2022

*The committee may kindly note.*

6.2 BIS through its Branch Offices have organized Manak Manthan on IS 17913: 2022 - Yoga Centre – Service Requirements and IS 17923: 2022 Physical activity, sports and injury management - Guidelines for safety in educational institutions and community sports academies’.

6.3 The comments/suggestions received on ‘IS 17913 : 2022 - Yoga Centre – Service Requirements’ during the Manak Manthan programs were discussed in the working group SSD 05/WG-2 meeting held on 09 March 2023. The recommendations provided by the working group on the comments/suggestion are attached at **Annex - C**.

*The committee may deliberate and decide on the recommendations of the working group.*

6.3 The comments received on ‘IS 17923: 2022 Physical activity, sports and injury management - Guidelines for safety in educational institutions and community sports academies’ during the Manak Manthan program are attached at **Annex - D**.

*The committee may deliberate and decide on comments.*

#### **Item 7 NEW SUBJECTS FOR STANDARDIZATION**

7.1 In the last meeting of SSD 05, it was decided that the members of the committee would suggest some subject and experts for standardization in **Public Healthcare Services**, however no subject and subject area expert is suggested by the members of the committee.

*The committee may kindly note and suggest subjects for standardization under Public Healthcare Services.*

7.2 A proposal was received for **Service Delivery Standard for the healthcare services/professionals** from International Patients Union (IPU) vide email dated 27 February 2023. BIS has requested IPU regarding the expected scope of the proposed standard, available SOPs/Guidelines and domain area experts on the proposed subject.

*The committee may kindly note.*

#### **Item 8 R&D PROJECTS FOR ESTABLISHMENT AND REVISION OF INDIAN STANDARDS, SPECIAL PUBLICATIONS AND HANDBOOKS**

The guidelines for funding R&D projects undertaken for standardization activities have now been finalized. This shall be applicable for projects for formulation/revision/amendment of Indian standards/Special publications/ Handbooks and may include validation of test methods.

These R&D projects may be classified as ‘Small R&D Projects’ with approved expenditure not exceeding Rs 2 lakh per project and ‘Large R&D Projects’ exceeding Rs 2 lakh per project. The sectional committees may assign their work as per the guidelines shared as **Annex-E** with the agenda.

*The Committee may please note.*

**Item 9 DATE AND PLACE FOR NEXT MEETING**

**Item 10 ANY OTHER BUSINESS**

## Annex – A

**Scope:** ‘Standardization in the field of the Health, Fitness and Sports services including, but not limited to:

- a) Administration and management of Sports & Fitness Institutes, Recreational Facilities, Gymnasiums, Yoga Centers, Fitness club facilities, Sports bodies, and other related services.
- b) Services offered by practitioners such as Gym/Club instructors, Personal & Group Exercise Instructors, Sport Trainers, Pilates instructors, Yoga instructors etc.
- c) Nutrition.

### Composition

**Chairperson-** Dr Harshad P Thakur, Professor, TISS.

Sl. No.	Name of the Organization	Representative	Attendance of the Meetings			Total
			4 <sup>th</sup> Meeting	5 <sup>th</sup> Meeting	6 <sup>th</sup> Meeting	
1.	Tata Institute of Social Sciences, Mumbai	Dr Harshad Thakur (Chairperson)	Y	Y	Y	3/3
2.	All India Institute of Medical Sciences, New Delhi	Dr. Puneet Misra	-	-	Y	1/1
		Dr. Partha Haldar				
3.	Association of Healthcare Providers, New Delhi	Dr. Sunil Khetarpal	-	-	Y	1/1
		Dr. Narin Sehgal				
4.	<b>Athletics Federation of India, New Delhi</b>	<b>Shri Sandeep Mehta</b>	N	N	N	<b>0/3</b>
		<b>Shri Gopala Krishnan</b>				
5.	CSIR- Human Resource Development Centre, Ghaziabad	Dr. Shobhna Choudhary	N	Y	N	1/3
6.	<b>Confederation of Indian Industry, New Delhi</b>	<b>Dr Shubnum Singh</b>	N	N	N	<b>0/3</b>
7.	Directorate General of Health Services, New Delhi	Dr Ajay Gupta	Y	N	Y	2/3
		Dr Shikha Bhatnagar Bhardwaj				
		Prof. Dr Vineet Jain				
8.	<b>Dr. Lal Path Labs, New Delhi</b>	<b>Dr. Seema Kochhar</b>	N	N	N	<b>0/3</b>
9.	Employees State Insurance Corporation (ESIC), New Delhi	Dr. Deepak Saxena	Y	N	N	1/3
10.	Federation of Indian Chambers of Commerce and Industry, New Delhi	Dr Amit Bhalla	Y	N	N	1/3
		Mr Rajneesh Pathak				
		Samikshan Majumdar				
11.	Fitness Fusion - The Pilates Studio, New Delhi	Namita Agarwal	-	-	N	0/1
		Alok Kumar Agarwal				
		Nandini Agarwal				
12.	Fitness and Sports Sciences Association, Gurugram	Shri Gurnit Singh Dua	Y	N	N	1/3
		Sathesh Kumar Sethuraman				
13.	<b>Healthcare Sector Skill Council, New Delhi</b>	<b>Mr. Ashish Jain</b>	N	N	N	<b>0/3</b>
		<b>Ms. Anshu Verma</b>				



14.	Heartfulness Institute, Gurugram	Anuj Setya	Y	Y	N	2/3
		Dr. Rahul Mehrotra				
15.	ICMR - National Institute of Nutrition, Hyderabad	Dr K Venkatesh	-	-	Y	1/3
		Dr Sapavat Shankar				
16.	Indian Medical Association, New Delhi	Dr. Jayesh M. Lele	Y	Y	N	2/3
		Dr Sahajanand Prasad Singh				
17.	Kalam Institute of Health Technology, Vishakhapatnam	Shri Dilip Kumar Chekuri	N	N	Y	1/3
		Manoj G				
		Amit Sharma				
18.	Kendriya Vidyalaya Sangathan, New Delhi	Binu Ashokan	Y	Y	N	2/3
19.	<b>Lakshmibai National College of Physical Education</b>	<b>Dr Usha S Nair</b>	N	N	N	<b>0/3</b>
		<b>Dr Pradip Dutta</b>				
		<b>Dr. S. Jayaraman</b>				
20.	Maulana Azad Medical College, New Delhi	Dr Dhananjaya Sabat	N	Y	N	1/3
		Dr Vedpal Yadav				
21.	Ministry of AYUSH, New Delhi	Dr. Pradeep Dua	N	Y	Y	2/3
22.	Ministry of AYUSH, Yoga Certification Board, New Delhi	Dr Ishwar V Basavaraddi	Y	Y	Y	3/3
		Ms Sobika Rao				
		Shri Tanuj Yadav				
23.	Morarji Desai National Institute of Yoga, New Delhi	Shri Ishwara N. Acharya	Y	Y	Y	3/3
		Dr Guru Deo				
		Ms Himani Shokhand				
24.	<b>National Accreditation Board for Hospitals and Healthcare Providers, New Delhi</b>	<b>Dr Atul Mohan Kochhar</b>	N	N	N	<b>0/3</b>
		<b>Dr Punam Bajaj</b>				
25.	<b>Netaji Subhash National Institute of Sports, Patiala</b>	<b>Dr. Anirban Mallick</b>	N	N	N	<b>0/3</b>
		<b>Dr. Jahnvi Dande</b>				
26.	Physical Education Foundation of India, New Delhi	Shri Tarun Kumar	Y	Y	Y	3/3
		Dr. Sharad Kumar				
		Shri Subrata Dey				
27.	Public Health Foundation of India, Gurugram	Mr Sandeep Bhalla	Y	N	Y	2/3
		Smt Shifalika Goenka				
28.	School of Planning and Architecture, New Delhi	Dr. Shuvojit Sarkar	-	-	N	0/1
29.	Sequoia Fitness and Sports Technology Private Limited, Gurugram	Shri Sujit Panigrahi	N	Y	N	1/3
30.	Services Export Promotion Council, New Delhi	Chandranshu Awasthi	Y	Y	Y	3/3
		Mayank Sharma				
		Rajesh Kumar				
31.	<b>Sports Authority of India, New Delhi</b>	<b>Col. Raj Singh Bishnoi</b>	N	N	N	<b>0/3</b>
		<b>Rachna Govil</b>				
		<b>Dr. G. Kishore</b>				
		Lalita Sharma				
32.	Sports, Physical Education Fitness and Leisure Council, New Delhi	Tahsin Zahid	-	-	Y	1/3
33.	The Yoga Institute, Mumbai	Padmini Rathore	-	-	N	1/3
		Shri Hrishi J Yogendra				
34.	UL India Private Limited, Bengaluru	Shri V. Manjunath	N	Y	Y	2/3

35.	IN Personal Capacity	Mr Siddhartha Sankar Banerjee	Y	Y	N	2/3
36.	Central Government Health Scheme	<b>Nomination Awaited</b>				
37.	Indian Council of Medical Research, New Delhi	<b>Nomination Awaited</b>	-	-	-	-
38.	Khelo India	<b>Nomination Awaited</b>				
39.	National Institute of Health and Family Welfare, New Delhi	<b>Nomination Awaited</b>	-	-	-	-
40.	National Skill Development Corporation (NSDC), New Delhi	<b>Nomination Awaited</b>	-	-	-	-
41.	Railway Board, Ministry of Railways	<b>Nomination Awaited</b>	-	-	-	-

## ANNEX-C

### Comments received on 'IS 17913: 2022 - Yoga Centre – Service Requirements

SI. No.	Clause no.	Comments Received	Commenter Name	WG Recommendation
1.	5.1.3.1 table 1 (i) (b)	Ministry of Ayush accredited may be added.	BNBO	WG recommended to reject the comment.
2.	5.1.3.1 table 1 (d)	may be added mentioning " Or Yoga Certification Board certified Yoga Wellness Instructor.	BNBO	WG recommended to reject the comment.
3.	5.1.3.1	Requirement of Yoga wellness instructor: Instructor with only certificate course may not have knowledge of body science. So minimum educational qualification of the wellness instructor may be modified as Bachelors in the field of yoga which should include subjects related to biomechanics.	AHBO	WG recommended to reject the comment.
4.	5.1.3.2	Requirement of infrastructure, facilities and equipment may also include optional requirement of library, audio visual aids for music therapy.	AHBO	WG recommended that the optional requirements of library may be added and other requirements may be rejected.
5.	6.2.1	To perform yoga, fitness of aspirants is necessary otherwise it may cause harm to body of aspirant performing yoga. So instead of self-declaraion of current health status of the yoga aspirant/yoga sadhak, medical fitness certificate should be obtained at the time of admission.	AHBO	WG recommended to add the format of self declaration form in the standards and rejected the comment.
6.	5.1.3.1 (Table 1)	A clause may be added to check knowledge of the Yoga wellness instructor at the time of audit. Basic information which should be known to the instructor should be added in the standard.	AHBO	WG recommended to reject the comment.
7.	6.2.1	Exclusion criteria for Yoga Prashikshu (Aspirant) at the time of admission like pregnant women, aspirant gone recently under operation, aspirant suffering from heart diseases etc. should be specified in	DLBO-I	WG recommended to add the format of self declaration form in the standards and rejected the comment.

		the standard.		
8.	5.1.3.2	Basic Instruction, Rules and ‘Do and Don’ts to be displayed in Yoga Centre should be prescribed in the standard like Practice yoga with empty stomach etc.	DLBO-I	WG recommended to reject the comment and suggested to display the scope of yoga services centre.
9	5.1.3.1	Yoga Instructor to Yoga Aspirant ratio to be included in standard. Suggestion: Minimum 1 Yoga Instructor per 20 Yoga Prashikshu (Aspirant).	DLBO-I	WG recommended to add Yoga Instructor to Yoga Aspirant ratio to be 1:30 in the standard.
10	5.1.3.2	Minimum Space required for Yoga Centre operation. (Suggestion: should 8ft*8ft i.e. 5.94m <sup>2</sup> )	DLBO-I	WG recommended to reject the comment as the Minimum Space required for Yoga Centre operation is already mentioned in the standard.
11	5.3.1 (Table 1)	The nomenclature for Yoga Wellness Instructor should be replaced in standard with the term wide ranging. Some suggested terminologies are Yoga Trainer, Yoga Teacher or simply ‘Yoga Instructor’.	DLBO-I	WG recommended to reject the comment.
12	2.20	The participants observed that some terminologies in the IS are in Hindi language while most are in English language and suggested that a uniform approach should be followed. The participants particularly suggested that the term ‘Yoga Aspirant’ should be replaced with the term ‘Yoga Prashikshu’.	DLBO-I	<b>Comments were received after working group meeting held on 9 March 2023, therefore they couldn’t be discussed.</b>  <i>The committee may kindly discuss and decide on the comment.</i>
13.		Display of BIS certificate (after implementation of standard in certification) and Yoga Instructor degree certificate to be displayed at the office of Yoga Centre should be made mandatory.	DLBO-I	
14.		Separate Indian Standard may be formulated for ‘Yoga Wellness Centre’.	DLBO-I	

15.	Annex 'A' Cl. 2.1	(Informative) which enlists 'Basic Yoga Practices', the term 'Breathing Practices' Should be reviewed as this is not a part of traditional nomenclature. The 'Pranayama' practices enlisted should be sufficient.	DLBO-I	
16.	5.1.3.1 (Table 1)	Many govt. recognized/ accredited institution offer certified courses of less than 400 learning hours. The requirement of 400 learning hours excludes such trained Yoga Instructors from job opportunities. The terminologies such as Yoga Trainer/Yoga Teacher/Yoga Instructor and their experiences should be harmonized with the certificate courses offered by govt. institution like YCB.	DLBO-I	

## ANNEX-D

### **Comments received on ‘IS 17923: 2022 Physical activity, sports and injury management - Guidelines for safety in educational institutions and community sports academies’**

<b>Sl. No</b>	<b>Clause No.</b>	<b>Comments Received</b>
1.	12.1	The sign boards/equipment's for carrying the injured people should be placed in all places.
2.	12.1	The provision for wheelchair ramp and platform ramp for immediate transport of injured members to safety room/ hospital.
3.	4.1	The play grounds may be categorized into International/national/Club/community.
4.	5.1	Every sports reception area should have facilities for disabled people and provision for treating disabled people.
5.	8	Safety / Health guidelines for pre-school participants/ school participants/ Toddlers posters shall be pasted using display boards in all possible locations.
6.	5.1	Provisions should be made at indoor stadiums for the sports/ games that can be utilized by disabled people.
7.	7.1	In each field of play, do and don'ts to be pasted for each equipment.
8.	7.1	The lights in the ground or indoor structure must be preferably solar panelled to ensure sustainability.
9.	11.3	Supervisor shall ensure that sufficient warm up is being done prior to the involvement in physical activity.
10.	4.1	In the playground water supply for drinking & wash rooms or changing rooms shall be provided.  This provision (Cl 4.1) may be included in the Standard.
11.	11.8	Participants must be provided with minimum rest time 30 minutes rest before another game.
12.	12.1	Provision for checking BP, hydration level, saturation oxygen percentage of the participants before commencement of any activity may be included.
13.	7.3 Table A-1	Provision for safe electrical connections (wiring) system shall be provided.

