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NEP-2020: ISSUES AND CHALLENGES SPECIAL REFERENCE TO YOGA, HEALTH AND PHYSICAL EDUCATION

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ABSTRACT:

India has an education system which is implemented since long period and lost its relevance. Schools, colleges and parents too think that sports and physical education is only for recreation and can't be taken as career. Physical Education, Sports and Yoga are the subjects with countless significance in today's world. The importance of sports and games that is in fact physical education in the education system has long been recognized and today's education is unthinkable without games and sports being a part and parcel of modern education. The Government has launched Fit India Movement, Khelo India and National Sports Day, International Day of Yoga etc. These initiatives have given motivation and consciousness among general public. Overall the changes in the Indian education system are much needed. The NEP strongly focuses on sports and physical education as a part of the curriculum. Now it's our time to adopt it and implement it successfully for the better India. The NEP strongly focuses on sports and physical education as a part of the curriculum. The holistic approach of NEP will definitely bring changes in education system of India.



KEYWORDS: National Education Policy, Fit India, Khelo India, holistic approach, curriculum etc.

INTRODUCTION

Our country is growing fast as a universal super-power. To face current challenges and maintaining health is a major goal. Giving push to healthy society, Physical Education, Sports and Yoga are the subjects with countless significance in today's world. The importance of sports and games that is in fact physical education in the education system has long been recognized and today's education is unthinkable without games and sports being a part and parcel of modern education. The Government of India insists on Physical Fitness, Mental Health and Overall Development of Personality for every citizen. The Government has launched Fit India Movement, Khelo India and National Sports Day, International Day of Yoga etc. These initiatives have given motivation and consciousness among general public. However, creating efficient and skilled human resource in the field of Physical Education, Sports and Yoga is identified as the need of an hour. Thus, the Governments of India and Government of Maharashtra have included Physical Education, Sports and Yoga as a key area under the NEP 2020.

The curriculum framework is drafted for improving the skill development, value addition, overall personality development, entrepreneurship and employability. The broad framework is to make physical education, sports and yoga accessible and available to masses by creation of professions in

physical education, sports and yoga through Higher Education Institutions. This will help every citizen of India to be healthy, fit and stay well. India is growing rapidly as a global super power.

Sports and games is the integral part of inclusive education and thus sports and games need to be given required priority and place in modern education so that it leads to the growth of healthy individual personalities which can fit in the democracy of the country and contribute to its development. All students, regardless of ability, should get the recommended 60 minutes or more of daily physical activity to grow into physically fit personalities. Physical education and physical activity helps every student learn to lead a healthy, active and purposeful life style.

. "Education is the manifestation of the perfection already existing in man." said Swami Vivekananda.

In brief it can be said that inclusive physical education and the due as well as needed emphasis is given by NEP 2020 in regard to physical education, sports and yoga in order to transform India into a healthy fit and mentally sound and capable personalities who can perform their roles so that the objective of developed India will become a reality but for this all of us and the educational institutions should work hard and with determination.

OBJECTIVE:

1. To understand NEP-20.
2. To understand issues of NEP-20.

METHOD:

Survey method is used for the study. Articles, Newspaper cuttings and discussions are the main sources of the study.

ISSUES AND CHALLENGES:

According to Dr. Vikram Singh, Assistant Director, PE, Jawaharlal Nehru University, New Delhi; there is a huge requirement for skilled staff, which is satisfactorily trained not only in basic mathematics, computer science, biomedical science and data science, but also the multidisciplinary abilities across the languages, social sciences, health sciences, sports sciences and mental health, will be increasingly in bigger demand. Being sensitive towards environment, entrepreneurship, saving and developing the natural resources, how to meet the world's energy, water, food, and sanitation needs, disaster management like handling the growing emergence of epidemics and pandemics will also call for collaborative interdisciplinary research in the field of medical science, Ayurveda, naturopathy, yogic sciences and exercise therapy and physical education.

NOTICEABLE FEATURES:

- **All-inclusive approach-** This National Education Policy 2020 is a holistic effort to revise and renovation all the aspects of the education structure, including its regulation and governance, to create a new system that is united with the aspirational goals of 21st century education.
- **Creative potential-** It is notable that The National Education Policy 2020 aims to develop the creative potential of each individual, gradually developing the cognitive capacities besides social, ethical, and emotional capacities and dispositions in an integrative and holistic manner. It should bring some basic physical and mental health and hygiene practice into action. For an example we teach about food and nutrition but hand washing, food hygiene, label reading, nutritional aspects of home grown foods, natural farming need to be taught in practice.
- **Teacher oriented-** It is high time that the NEP must recognize that the teacher has to be at the centre of the fundamental reforms in the teacher education system. The new education policy must make teaching learning profession as one of the most required profession. Government and non-government teachers need to be competent and as capable. It is relevant to bring transparency and reforms in the salary structure, promotions and recruitment process of the teachers at all levels. Ethics, code of conduct and responsibility and accountability must be defined.

Equal opportunity to learn is very important for inclusivity and equity to turn into a ground reality. Indigenous sports and games must be emphasized as per varied social, cultural, and technological needs that inspire national pride, self-confidence, self-knowledge, cooperation, and integration.

Some of the important challenges and opportunities:

1. Yoga, health education, physical education must be integrated at up to primary level.
2. Middle level (classes 6 to 10), the subjects like natural farming and environment education, sports and national integration, nutrition and naturopathy must be included in the curriculum for inclusivity and integration
3. Classes 11 and 12, awareness about sports and entrepreneurship, sports and business, physical education and sports sciences must be introduced.
4. At undergraduate level, training of subjects which give job opportunities must be included in the total curriculum. It must be compulsory for a degree to be awarded.
5. Corporate sports houses like Fit India, Khelo India, IPL, Pro-Kaaddi League, famous gyms and sports clubs etc. must be ordered to give internships against some incentives to trained graduate students for at least one month per semester.
6. Refresher courses, orientation courses must be organised for referees, coaches and physical education teachers annually so that they get upgraded. Minimum payments as per the level of certification of referees, coaches and physical education teachers must be ensured.
7. Coaching, administration, sports sciences must be compulsory for all teachers in their service so that there is no disparity amongst teachers, coaches and directors of physical education.

Positive Effects of the New Education Policy on Sports:

The changes in the Indian education system were much needed. The idea of all-inclusive development forms the base of the new policy. Co-curricular is being given equal attention to as academics since the policies get implemented. But what are its effects on sports? Sports as a career is usually remain last priority and not the first, especially for Indian parents. Hence, many promising talents are vanished before they get the chance to flourish.

Power to bring changes of the new education policy:

The NEP strongly focuses on sports and physical education as a part of the curriculum. It is recognized as a subject to be taught and the physical aspects are limited to physical education sessions. The idea is not much different from what already exists. The policy simply makes it compulsory what was otherwise an option in many schools. But does this awareness do justice to promote young sports persons as a whole? NEP in sports schools or any other institution unfortunately does not do much to change the notion of sports as a whole. The only positive impact is it mandates the practice. Sports can become an essential tool to form young minds and bodies. Sports teaches many life lessons that are beyond the scope of classrooms like team spirit, fighting spirit, decision making, and discipline and time management.

An Importance of Sports Education:

Almost every child enjoys playing and their parents also wants to see them playing and enjoying. If not a sport, they usually have hobbies they love more than academics. It has been witnessed that children tend to perform better in subjects or curriculum they love to do. This is an essential concept that is neglected when we study the NEP. Sports education builds the personality and develops many life skills among children. Team sports or individual games, contribute mostly to this development. Best sports schools in West Bengal recognize this gap and hence have developed a sports-centric flexible curriculum. Here, academics and sports are equally prioritized and extraordinary talents are recognized and nurtured from an early stage.

Being a part of a sports school, children get the scope to find out their game for a career. At the same time, their academics do not get neglected. Thus the child has got an opportunity for overall physical and mental development that brings out the best in them as an adult later in life. The comprehensive academics and sports training for future athletes at sports schools are also gaining popularity with parents who are recognizing the advantages. So even with the conceptual gap in NEP regarding sports, concerned parents still can get a solution when they look for true holistic development of their child.

CONCLUSION:

The NEP is expected to bring drastic changes in our education system but has to implement properly. The holistic approach can give many opportunities to develop a child for his future but the parents have to change their mindset towards sports and physical education. Like West Bengal, all the other states can find out their own ways to develop sports. They can also start sports schools and colleges everywhere in their states. Overall the changes in the Indian education system are much needed. The NEP strongly focuses on sports and physical education as a part of the curriculum. Now it's our time to adopt it and implement it successfully for the better India.

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