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## NEP 2020 on Sports & Yoga

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### Abstract

In this contingency plan, education is essential and crucial. Thus, the National Education Policy 2020 has been repurposed as the foundation for this reform, which might aid in the development of a new educational system in the nation as well as the improvement of those economic and social indices. That still requires improvement. Through autonomous colleges and multidisciplinary universities, NEP 2020 offers top-notch higher education. In this study, we have critically analysed the policy and suggested modifications to ensure a smooth transition between it and its predecessor as well as to increase its significance. The examination of NEP 2020's sports and yoga provisions and management practises is covered in the current paper. The creation and implementation of NEPs at national and HEI levels are advised.

**Keywords:** Sports & yoga, national education policy 2020, development of a new educational system

### Introduction

Since ancient times, India has been associated with a renowned educational system. We are all extremely familiar with the Gurukul way of education delivery. After post-independence, some changes in the Indian educational system have been noticed as time progresses. The original education policy was created in 1968, followed by revisions in 1986 and 1992, and we have been using this model of education for the past 34 years.

In 2020, the Indian government has suggested a new education strategy after 34 years. The proposed system has the support of the cabinet, and it will shortly be approved by the two houses and the president in order to take the form of a law that would be applied to the entire Indian educational system. Although it will take some time for things to take their final form, the majority of what has been suggested will remain the same or may change depending on the situation. Students, parents, educationalists, and many other people who are directly or indirectly involved in the education sector presented recommendations for this policy, which was adopted. This is the first time in Indian history that any policy suggestions have been made, and such a wide-ranging approach to consultation was pursued. All of the information will be covered in detail in the following sections of this research paper. With the aid of a questionnaire, the comprehension and awareness of NEP 2020, potential outcomes of changes to the new education policy, and stakeholder opinions will be analysed.

The Indian government will propose NEP 2020, or the National Education Policy, in the year 2020. Due to COVID-19 and its repercussions on the economy, as well as the drastic reforms suggested in the Education Policy, the year 2020 will live on in the minds of the people. All of the stakeholders, including students, teachers, educational institutions, and parents, as well as the society and the country as a whole, will be impacted by the changes. Since the foundation of each nation's success is its educational system. The success of many western nations is a result of their robust educational systems and global brain drain. India is not immune to this culture; many of our smart people are employed by well-known international companies. India has one of the largest populations and the most diverse cultures in the world. One of the largest educational systems in the world, the Indian educational system will transform and influence the country's destiny.

By 2030, the educational system must be modified in accordance with the new education strategy of 2020. In place of the current 10 + 2 model, the curriculum will be divided according to the educational system of 5 + 3 + 3 + 4. In accordance with the new Education Policy 2020, Central and State Governments must spend in the education sector at a rate

equivalent to 6% of the nation's GDP in order to cooperate in the field of education. "In order to better prepare the youth for the difficulties of the present and the future, we have attempted to develop a policy that will alter the educational environment as we currently perceive it. Every participant in the voyage has adopted a personal approach, and collectively, we have tried to address many facets of the larger educational landscape of our nation. The fundamental principles of this strategy include accessibility, capability, quality, affordability, and accountability. We have taken this field from early childhood to higher education. Encompasses other regions connected to the larger landscape and is seen as a continuous continuum. (K. Kasturiranjana, chair of the committee) 2020 Phase of New Education Policy The new education policy is broken down into four phases. It has been fully eliminated under the new policy. The new education policy is based on the 5 + 3 + 3 + 4 formula rather than the previous 10 + 2 model. The new pattern calls for both three and twelve years of education. Both government and non-government institutions are required to abide with the new policy.

#### **Four steps of new education policy**

**Foundation Stage** - The New Education Policy's Foundation Stage covers students aged 3 to 8 years old. For five years, the Foundation Stage has been fixed. The linguistic abilities and ability levels of the pupils will be assessed and their development will be centred during the three years of pre-school instruction in Anganwadi and in classes 1, 2, and 3.

**Preparatory Stage** - This stage lasts for three years. Children between the ages of 8 and 11 make up this period. Where he will have kids up to fifth grade. The students' numerical skills will be strengthened as part of the current phase of the new educational agenda. The local language will also be taught to all youngsters at the same time. Children will also be taught science, art, maths, and other subjects through experiments.

**Middle Stage** - This stage will last for a definite three years. Children in this stage, who will get subject-based instruction and begin learning to code in the sixth grade, range in age from 6 to 8 years old. All of the kids will have the chance to take part in vocational tests and internships at the same time, with the intention of limiting their eligibility for employment to the time they spend in school.

**Secondary Stage** - This stage lasts for 4 years. In this stage, ninth grade there are 12th-grade students present. In this, the themes will be studied in-depth. The alternate educational course has also begun during this stage, along with the educational curriculum for the eighth through twelfth grades. Instead than being limited to a certain stream, students can select their courses based on their preferences. Students are now able to select their own studies under the new educational strategy. The study of science, the arts, and kormas can all be pursued concurrently by students. The former 10 + 2 scheme prevented government schools from offering preschool. In general, classes 1 through 10 were for education, while classes 6 and 7 offered students the freedom to choose any subjects they wanted from those classes. Previously, education began in the first six years, but it will now begin in the first three.

Board exams for 10<sup>th</sup> and 12<sup>th</sup> grade students will be altered in format to lessen the workload while keeping in mind the students' overall growth. There will be enhancements, like a semester or multiple-choice questions. Two times a year will be designated for the examination. Once a year, there will be both objective and subjective tests. In order to combat

students' propensity for rote learning, the knowledge test will receive the majority of attention during the board exam. This government's current way of thinking is favourable in my opinion.

A new national assessment centre will be set up to serve as the standard-setting authority for evaluating students' progress.

Software based on "Artificial Intelligence" will be used to assess student achievement and assist pupils in making decisions that may affect their future.

#### **NEP 2020 on Sports**

Sports and physical education are strongly encouraged as part of the curriculum, according to the National Education Policy 2021.

It is acknowledged as a subject that should be taught, and physical components are only covered in physical education classes.

The concept is not drastically different from what is already in use. The proposal merely converts what was once an option in many schools into a requirement.

Unfortunately, NEP in sports schools or any other institution does little to alter the way that people think about sports in general.

The practise is mandated, and that is the only benefit. So hopefully it's also laying the way for a more thorough understanding of school athletics in the near future.

Parents and teachers alike tend to view sports as either something to be played or something that needs to be taught outside of the classroom.

This idea fundamentally ignores the sensory elements of athletics, which can serve as a fundamental instrument for forming young people's bodies and brains.

Many life values that cannot be learned in a classroom, such as teamwork, planning, making calculated decisions, overall discipline, and time management, can be learned through sports.

Therefore, even though NEP has a broad goal, it still has serious flaws when it comes to requiring athletics in schools.

#### **The Importance of Sports Education**

Almost all kids have a particular sport they like to play. They typically enjoy their hobbies more than academics, if not a sport. Children have been seen to perform better in the subjects or curriculum they enjoy.

Children that participate in sports learn a variety of life skills and develop their personalities.

Parents are becoming more and more enamoured with the thorough academics and athletic training provided at sports schools for aspiring athletes as they see the benefits. Therefore, even though the NEP lacks a clear conceptual understanding of sports, concerned parents can still find a solution when they search for a child's actual holistic development.

#### **Conclusion**

The National Education Policy (NEP) 2020 integrates the concepts of physical education, sports, and yoga in support of this goal.

Professionals in physical education, sports, and yoga will help promote health and wellness in all facets of an individual's personality.

#### **Recommendations**

The National Education Policy (NEP) 2020 envisions sports

as a component of the curriculum and places focus on sports-integrated learning as well as adopting fitness as a lifelong attitude, according to Union Minister of Education and Skill Development Dharmendra Pradhan.

According to Shri Nisith Pramanik, Minister of State for Youth Affairs, NEP 2020 emphasises sports in addition to education. It offers children the chance to keep physically healthy while also promoting their social, intellectual, and mental growth.

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