

# Impact of New Education Policy 2020 on Sports

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**Abstract:** *It might be difficult for Students who play sports to balance their academic studies with their athletic endeavours. Recognizing the value of sports in students' entire development, the National Education Policy 2020 pushes educational institutions to set up suitable spaces for sports education. These students still struggle with time management and juggling demanding exercise regimens with academic obligations. This may result in higher levels of stress, unfinished homework, and trouble keeping up with schoolwork. Furthermore, long distance travel for contests and tournaments can worn athletes out physically and psychologically, which can damage their academic achievement. Schools should think about introducing flexible attendance policies, alternate teaching strategies, and specialized support systems catered to the needs of sports students in order to assist them. The national education policy can more effectively encourage learning by tackling these issues. Educational institutions should think about introducing flexible attendance regulations, alternate teaching strategies, and specialized support systems catered to the needs of sports students in order to assist them. The national education policy can more effectively support the all-around development of students.*

**Keywords:** National Education Policy, Sports