

Role of Physical Education in NEP

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Abstract: *Physical Education and sports have a very high role and status in the life of a student. Along with studies students who take sports in their daily routines or pursue sports as hobby or passion achieve high respect and perfection in life. As physical education and sports are necessary for students' health, and happiness, the New Education Policy (NEP) has given due importance to them. The NEP has accepted sports as vital as other subjects like English and Hindi. Sports has helped students in growing physically, mentally and socially. Sports groom the children in such a way that they can handle any awkward situation which comes in their path in their life. In order to ensure that all children experience the enchantment of play and sport, as well as to create a country of healthier and fitter children through the educational system, it is pretty sure that sports and physical education will be taught and evaluated with the same rigor and structure as key academic subjects. Student's holistic development is greatly aided by the focus on vocational education, and it is our desire that students will be able to select physical activity and sports as a vocational topic.*

Keywords: New Education Policy, Sports, Physical Education