

# The Role of Physical Education and Physical Education Teachers in the National Education Policy of India

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**Abstract:** *This research paper explores the role of physical education and teachers within the National Education Policy (NEP) in India, focusing on its holistic approach to education. The study provides an overview of the NEP's objectives, historical context, and literature review, incorporating theoretical perspectives on holistic development and international best practices. It examines the objectives of physical education, focusing on its role in comprehensive student development and promoting inclusivity. Challenges in implementing physical education, such as infrastructure, resources, and teacher training, are identified, and recommendations for improvement are presented. The paper also highlights the role of physical education teachers in curriculum design, implementation, and strategies for student engagement and motivation. The paper proposes future directions for refining physical education policies, including enhancing inclusivity, improving infrastructure, and prioritizing teacher training. It also advocates for continued research and evaluation to measure the impact of physical education on student outcomes, aligning these programs with the broader goals of the NEP. This research contributes to the ongoing discourse surrounding education reform in India, providing insights and recommendations for policymakers, educators, and stakeholders.*

**Keywords:** National Education Policy, Physical Education, Holistic Development, Teacher Training, Inclusivity, Curriculum Design, Student Engagement