

# Critical Analysis of National Education Policy: Benefits and Disadvantages

**Dr. Sharda Naidu and Mr. Atul Wankhede**

Offg. Principal and Assistant Professor

Ishwar Deshmukh College of Physical Education, Nagpur, Maharashtra, India

atulwankhede2011@gmail.com

**Abstract:** *The National Education Policy, places a high priority on integrating physical education and sports into the curriculum. The physical components are restricted to in-person education sessions, and it is acknowledged as a subject that has to be taught. The concept is much the same as what is presently in place. All that the legislation does is force something that many schools had previously offered as an option. The new policy is based on the concept of comprehensive development. This means that once the policies are put into place, extracurricular activities are finally receiving the same priority as academics. What impact does it have on sports, though? Particularly for Indian parents, playing sports professionally is typically not the first choice and takes a backseat. As a result, a lot of promising talents are lost before they ever have the chance to blossom. Unfortunately, NEP at sports schools or any other institution does insufficient to change the perception of sports in general. The practice is required, but it's the only benefit. In the near future, potentially, it additionally opens the door to a deeper comprehension of sports in the classroom as well.*

*Most people, including parents and educators, consider sports as an activity that should only be engaged in or studied outside of the classroom. The concept completely ignores the practical aspects, as sports can function as an important tool towards shaping the minds and bodies of youths. Playing sports can help you learn many life skills that are not taught in the classroom, especially time management, teamwork, strategy, and the ability to develop intelligent choices.*

*Therefore, it is evident that while NEP is a comprehensive goal, there are still significant issues related to it especially when it involves mandating sports activities in schools.*

**Keywords:** Extracurricular Activities, New Education Policy, Co-Curricular, Physical Components, Comprehensive Development, Physical Education, NEP, Perception, Time Management, Teamwork, Strategy, Intelligent