

# Shaping Holistic Learners: The Crucial Role of Physical Education in the Framework of Educational Policies, with a Spotlight on the NEP 2020

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**Abstract:** *This article explores the transformative vision of the National Education Policy (NEP) 2020 in shaping Higher Education Institutions (HEIs) in India as centers of multidisciplinary learning. The NEP aims to provide students with a holistic education that addresses 21st-century challenges while fostering a deep connection to Indian culture. The focus on Level 4.5-8 multidisciplinary programs forms a foundation for integrating diverse fields of study, empowering students to explore a broad spectrum of subjects. By embracing multidisciplinary education, HEIs can cultivate environments promoting critical thinking, creativity, and effective problem-solving skills. The roadmap presented in this article serves as a guide for the effective implementation of NEP-2020, envisioning a future where Indian universities play a central role in shaping well-rounded leaders and thinkers. The anticipated outcomes extend beyond academic excellence to include societal impacts, with individuals equipped with a multidimensional and culturally rooted education. In tandem with the NEP-2020, the introduction of a groundbreaking Multidisciplinary Degree Program with Multiple Entry and Exit Options heralds a new era for the Indian education system. The framework, designed for flexibility and progression, allows students to chart their educational journey based on interests and aspirations. Levels 4.5-8 offer a structured approach with foundational certificates, diplomas, advanced diplomas, bachelor's degrees, honors, postgraduate certificates, master's degrees, and research-based master's programs. Despite the promising opportunities, challenges such as inadequate infrastructure, resistance to change, and ensuring inclusivity remain. The integration of technology, professional development for educators, and collaboration for sports infrastructure development present additional opportunities to enhance the physical education landscape. In conclusion, the article highlights the integral role of physical education in shaping holistic learners within the NEP 2020 framework. By recognizing the significance of physical well-being and providing a flexible, multidisciplinary education, India is poised to nurture individuals capable of making meaningful contributions to society and excelling in a dynamic, globally connected world.*

**Keywords:** NEP, Sports, children, development