

The New Playbook: Sports and Games in India under NEP 2020

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Abstract: *India's National Education Policy 2020 (NEP 2020) marks a paradigm shift in the role of sports and games in education. Moving beyond rote learning and standardized tests, NEP 2020 champions "play-based learning" to nurture holistic development in children. Early years prioritize unstructured play and exploration, while later grades offer a diverse "smörgåsbord" of sports catering to various interests and abilities. NEP 2020 also embraces India's rich sporting heritage by encouraging schools to incorporate indigenous games like Thang-Ta and archery. More than just participation, the policy emphasizes critical thinking and problem-solving through sports, making them platforms for intellectual growth and collaboration. Challenges of teacher training, infrastructure development, and fostering inclusivity lie ahead, but the potential rewards are immense. NEP 2020 has the power to create a generation of physically fit, intellectually agile, and emotionally resilient individuals who excel not just on the field, but in all aspects of life. This concise abstract captures the essence of the article, highlighting the key aspects of NEP 2020's vision for sports and games in education, the emphasis on play and diversity, and the potential benefits for young Indians.*

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