

Significant Process in National Education Policy: Upliftment in Physical Education and Sports

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Abstract: *The curriculum must consist of guides in games, sports activities and health, in addition to guides in technology and social studies, which make training versatile, sensible and rewarding. NEP proposes the mixing of sports activities or the inclusion of bodily pastime within the getting to know techniques of college students and bodily and intellectual fitness whilst enhancing their cognitive abilities. The National Education Policy is one of the framework which has been eagerly awaited and is developing pleasure throughout India and the training sector. The purpose of this article is to outline today's trends and demanding situations in exercise and sports activities, and especially based entirely on these modern demanding situations, destiny trends and demanding situations can be called. That is why it is important to ensure that every child interacts with regular physical activity, and colleges are the easiest place to reach all children. Current curricula want to change to produce students with interests in physical education and sports. Situations that require destiny above all else are the right curriculum to do and observe and vomit. Modern practices and current curricula want to change to produce students with interests in physical education and sports. Situations that require destiny above all else are the right curriculum to do and observe and vomit. The era can even play an important role in the growth and development of the sport. The importance of physical training and athletic performance in sport is recognized in today's world, and efforts are being made to improve conditions so that competence can be recognized more and more.*

Keywords: NEP, Sports, exercise, development, efforts