

Impact of New Education Policy 2020 on Sports

Dr. Sanjay J. Murkute¹ and Dr. Bharti S. Kale²

Director Physical Education, Shri J. S. P. M. Arts, Comm. & Science College, Dhanora, Gadchiroli, Maharashtra¹

Assistant Professor, Sharirik Shikshan Mahavidyalaya, Nagpur, Maharashtra²

Abstract: *It might be difficult for Students who play sports to balance their academic studies with their athletic endeavours. Recognizing the value of sports in students' entire development, the National Education Policy 2020 pushes educational institutions to set up suitable spaces for sports education. These students still struggle with time management and juggling demanding exercise regimens with academic obligations. This may result in higher levels of stress, unfinished homework, and trouble keeping up with schoolwork. Furthermore, long distance travel for contests and tournaments can worn athletes out physically and psychologically, which can damage their academic achievement. Schools should think about introducing flexible attendance policies, alternate teaching strategies, and specialized support systems catered to the needs of sports students in order to assist them. The national education policy can more effectively encourage learning by tackling these issues. Educational institutions should think about introducing flexible attendance regulations, alternate teaching strategies, and specialized support systems catered to the needs of sports students in order to assist them. The national education policy can more effectively support the all-around development of students.*

Keywords: National Education Policy, Sports

I. INTRODUCTION

The student's health, physical fitness and immunity are more important due to the pandemic, the New Education Policy 2020 is good change. It includes many key points that are instrumental for student's holistic development. Physical Education and sport have an important role in the mental and physical development of student. It must be taught in various environment around the nation. The implementation of the New National Education Policy 2020 (NEP) has resulted in a notable alteration to an educational system. In the process it has also prioritized the nutrition and health of Students. Physical health and Education are closely related to each other. even while healthy individuals are more likely to have higher educational attainment, a family's health can be enhanced by receiving a proper education. The recently released NEP 2020 advocates for a paradigm change in Indian education. As a result, it proposes certain health related actions and recognizes the importance of balance diet and frequent exercise for successful learning.

Integration of sports in holistic education

One of the guiding principles of the NEP is multidisciplinary and comprehensive education. In order to make education all rounded, useful and fulfilling, the curriculum must include sports, games and fitness in science and social science.

Introducing physical activities into teaching strategies is recommended by the NEP as a way to improve to students cognitive abilities and promote their physical and mental well-bring. Students are engaged in sports integrated learning will attain the fit India program's target level of fitness and cultivate a lifelong attitude towards fitness.

The New Education Policy recommends developing a curriculum framework for adult education. In addition to basic literacy, numerary and education, the framework will include vital life skill and ongoing education.

Health Education

The importance of health education in school, the NEP mentions health and nutrition, Physical education, fitness, wellness, sports sanitation, and cleanliness as some of the essential subjects, skill, and abilities that everyone must study. Therefore, the NEP recommend that health education which covers subjects like mental health; balance diet, personal hygiene, first aid etc. and harmful effects of alcohol, cigarettes and other substances be made a part of the curricula.

Scope of Physical Education

Experiential learning will be implemented at all levels, encompassing explorations of the relationships between many disciplines as well as conventional pedagogy within each subject, such as hands-on learning, education that integrates the arts and sports, and story-telling pedagogy. Transactions in the classroom will change to competency-based learning and education in order to bridge the achievement gap in learning outcomes.

A cross-curricular teaching approach called art-integration builds students' conceptual comprehension across a range of courses by utilizing the many dimensions and manifestations of art and culture. Sports integration is another cross-curricular teaching approach that incorporates physical activities, such as native sports, into instructional strategies to support the development of skills like cooperation, self-initiative, self-direction, self-discipline, teamwork, responsibility, citizenship, etc. Sports integrated learning will be introduced into classroom activities to help students reach the levels of fitness envisioned by the Fit India Movement and to help them cultivate fitness as a lifetime attitude. It is obvious that sports should be included in education since, they promote holistic development by strengthening mental and physical health as well as cognitive abilities.

The Fit India Movement aims to put the country on a healthy and fitter path. It offers a special and thrilling chance to contribute to the creation of a healthy India. Individuals and groups can participate in the movement by making a variety of efforts for the health and well-being of other Indians as well as for their own. In order to enable students to embrace fitness as a lifelong attitude and to attain the relevant life skills in addition to the fitness levels as envisioned in the Fit India Movement, sports-integrated learning will be included in classroom interactions.

The Khelo India Programme is a national initiative aimed at fostering the growth of sports in India. Col. Rajyavardhan Singh Rathore, who was the Sports Minister at the time, introduced it in Delhi in 2018. The initiative aims to further both "Sports for All" and "Sports for Excellence."

II. CONCLUSION

The social and gender gaps in the educational system have been addressed by NEP. According to the policy, there is a glaring disparity between how well-represented each social group is in the educational system. It has underlined the necessity of using controlled interventions to address the same. NEP also noted the gender disparity in the educational system and offered a solution. One of the main goals of the policy is also to improve teaching quality. Since teachers are essential to the educational system, raising educational standards won't be easy without enhancing teacher preparation.

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