

Role of Physical Education in NEP

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Abstract: *Physical Education and sports have a very high role and status in the life of a student. Along with studies students who take sports in their daily routines or pursue sports as hobby or passion achieve high respect and perfection in life. As physical education and sports are necessary for students' health, and happiness, the New Education Policy (NEP) has given due importance to them. The NEP has accepted sports as vital as other subjects like English and Hindi. Sports has helped students in growing physically, mentally and socially. Sports groom the children in such a way that they can handle any awkward situation which comes in their path in their life. In order to ensure that all children experience the enchantment of play and sport, as well as to create a country of healthier and fitter children through the educational system, it is pretty sure that sports and physical education will be taught and evaluated with the same rigor and structure as key academic subjects. Student's holistic development is greatly aided by the focus on vocational education, and it is our desire that students will be able to select physical activity and sports as a vocational topic.*

Keywords: New Education Policy, Sports, Physical Education

I. INTRODUCTION

The Latin term "Educatum," which means to bring out, is the root of the English word "education." The purpose of education, in this view, is "to bring out the best attributes of the individual." The process of assisting learning the acquisition of information, abilities, beliefs, morals, practises, and habits is known as education. Education is the manifestation of the perfection already present in man, according to Swami Vivekananda.

Throughout the lifespan, physical inactivity is a significant health risk factor. The chance of developing heart disease, colon and breast cancer, diabetes, hypertension, osteoporosis, anxiety, and depression, among other disorders, rises when a person is inactive. Recent studies have revealed that the worldwide population health impact of physical inactivity is comparable to that of cigarette smoking in terms of death. Physical inactivity has been compared to a pandemic due to its ubiquity and high illness risk.

We have known since the dawn of civilisation that many organs and physical activity are connected. And in the past, man had to fight just to survive. Running, jumping, and throwing are required since they are the three basic motions. Darwin said the "struggle for existence" existed in all areas of life. But as science and technology have advanced tremendously and modernization has occurred, the range of physical activities has shrunk, making hypokinetic disorders more prevalent. We can see the value of physical exercise in the present pandemic situation, particularly for school-age children.

Physical activity is the foundation of physical education and is necessary for a child's immune system to grow. Therefore, a crucial component of the educational landscape in current times is the significance of physical education. The pupils engage in some type of physical exercise while in class so that they can build and maintain their immunity, fend off infectious illnesses, and live a life free of illness. Therefore, attention must be placed on the required physical education in schools in order to promote excellent health and maintain a child in shape.

The primary objective of education is overall personality development. Complimenting to this objective, the paradigms of Physical Education, sports and Yoga are integrated under the National Education Policy. Physical Education, Sports and Yoga professionals will contribute in bringing Health and wellness at every aspect of one's personality. Thus developing and proposing the syllabus framework for physical education, sports and yoga was an interesting assignment for the committee.

The broad framework is to make physical education, sports and yoga accessible and available to masses by creation of professions in physical education, sports and yoga through Higher Education Institutions. This will help every citizen of India to be healthy, fit and stay well. India is growing rapidly as a global super power. To face the challenges of the century and to keep up with the pace of the world, maintaining health is of paramount importance. Giving thrust to healthy society, physical education, sports and yoga are of great significance in today's world.

The GOI insists on physical fitness, mental health, and overall development of personality of for every citizen. Thus government has launched Fit India Movement, Khelo India, National Sports Day, International Day of Yoga etc. These initiatives have given impetus and awareness among public, professionals, and academicians. However, creating efficient and skilled human resource in the field of physical education, sports and yoga is identified as the need of hour.

A cross-curricular educational strategy known as art-integration uses diverse facets and expressions of art and culture as the foundation for the understanding of concepts in a variety of courses. Another crosscurricular educational strategy is sports integration, which uses physical activities, such as indigenous sports, in pedagogical practices to foster the growth of abilities like cooperation, self-initiative, selfdirection, self-discipline, teamwork, responsibility, citizenship, etc. In order to assist students develop fitness as a lifetime attitude and to reach the levels of fitness envisioned by the Fit India Movement, sportsintegrated learning will be used in classroom activities. Sports help to support holistic development by improving physical and psychological well-being while also enhancing cognitive capacities, therefore there is a clear necessity to incorporate them into schooling.

Updates to the National Educational Policy have been eagerly anticipated and are causing a stir throughout India's educational sector. a desire to know what is being added and what is being omitted. Every young academician and student in India may realize several of their ambitions thanks to this new alteration. This will shed light on the whole Indian educational system because it is a complete foundation for both basic and higher education. The primary area for youth development in India is vocational training. The most important area for improvement is Indian education, both in urban and rural regions.

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