

# Critical Analysis of National Education Policy: Benefits and Disadvantages

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**Abstract:** *The National Education Policy, places a high priority on integrating physical education and sports into the curriculum. The physical components are restricted to in-person education sessions, and it is acknowledged as a subject that has to be taught. The concept is much the same as what is presently in place. All that the legislation does is force something that many schools had previously offered as an option. The new policy is based on the concept of comprehensive development. This means that once the policies are put into place, extracurricular activities are finally receiving the same priority as academics. What impact does it have on sports, though? Particularly for Indian parents, playing sports professionally is typically not the first choice and takes a backseat. As a result, a lot of promising talents are lost before they ever have the chance to blossom. Unfortunately, NEP at sports schools or any other institution does insufficient to change the perception of sports in general. The practice is required, but it's the only benefit. In the near future, potentially, it additionally opens the door to a deeper comprehension of sports in the classroom as well.*

*Most people, including parents and educators, consider sports as an activity that should only be engaged in or studied outside of the classroom. The concept completely ignores the practical aspects, as sports can function as an important tool towards shaping the minds and bodies of youths. Playing sports can help you learn many life skills that are not taught in the classroom, especially time management, teamwork, strategy, and the ability to develop intelligent choices.*

*Therefore, it is evident that while NEP is a comprehensive goal, there are still significant issues related to it especially when it involves mandating sports activities in schools.*

**Keywords:** Extracurricular Activities, New Education Policy, Co-Curricular, Physical Components, Comprehensive Development, Physical Education, NEP, Perception, Time Management, Teamwork, Strategy, Intelligent

## I. INTRODUCTION

There are a hundred definitions of Education but the one which comes closest to its core is that Education is what remains with you after you have forgotten all about you learnt at school, college or university. Education breaks all strengthens all bonds. **It is the training of mind, not the stuffing of brains. It is the assimilation of ideas, not the dissemination of data.** It has continued to evolve diversity and extend its reach since the dawn of human history.

**Education is a process of character building, strengthening mind and expansion of intellect.** According to an old Indian proverb, a man without Education is a beast without its horns or tail. He is a burden on earth and a parasite on society. The purpose of Education according to Mahatma Gandhi is to establish a Non-exploitative social and economic order. Education is a highway to the goal.

In the true Indian concept Education must free thought from all its fetters, social, economic, political, even religious and philosophical. It must remove darkness from mind replace it with light.

Dissent and verification of knowledge are the keynotes of ancient Indian education. The Guru had all the authority, yet the Shishya was given the free gift of dissent by the **Guru-shishyaParampara (Teacher-Disciple Tradition)**. The human material is largely conditioned by the training and Education which it receives. It seems to me that whatever we think of defense or of food or of industry and commerce, we must take every step to see that Education is given the first

priority among our national requirement.” Amartya Sen also emphasized that the solution of all problems, be they related to the economy, development or population, lies in Education.

Various educationists have given their views on education. Some important definitions are:

**Mahatma Gandhi:** “By Education I mean an all-round drawing out of the best in man – body, mind and spirit.”

**Rabindranath Tagore:** “Education enables the mind to find out the ultimate truth, which gives us the wealth of inner light and love and gives significance to life.”

**Dr. Zakir Husain:** “Education is the process of the individual mind, getting to its full possible development.”

**Swami Vivekananda:** “Education is the manifestation of divine perfection already existing in man.”

**Indira Gandhi :** “Education is a liberating force and in our age it is also a democratizing force, cutting across the barriers of caste and class, smoothing out inequalities imposed by birth and other circumstances.”

### **National Education Policy**

National Education Policy (NEP) envisions a massive transformation in education through– “an education system rooted in Indian ethos that contributes directly to transforming India, which is Bharat, sustainably into an equitable and vibrant knowledge society, by providing high quality education to all, thereby making India a global knowledge superpower.” The NEP is founded on the five guiding pillars of Access, Equity, Quality, Affordability and Accountability. It will prepare our youth to meet the diverse national and global challenges of the present and the future.

The NEP emphasizes the need to create an education system that would enable India to handle its major issues, especially its health, by taking a forward-looking stance. The health and education of the children in our nation may be greatly improved, although the execution can be difficult.

The NEP calls for a paradigm shift in Indian education. As a result, it acknowledges the necessity of nutrition and regular exercise for effective learning. On top of that, it suggests mandatory health check-ups and mental health evaluations in every school.

## **II. FRAME WORK**

According to the national education policy 2020, the 5+3+3+4 structure will replace the existing 10+2 structure. This structure is focused on student’s formative years of learning. This 5+3+3+4 structure corresponds to ages from 3 to 8, 8 to 11, 11 to 14 and 14 to 18. 12 years of schooling, 3 years if Anganwadi and pre-schooling are included in this structure.

## **III. BENEFITS OF NEP:-FOR STUDENTS**

**Holistic Development:-**NEP 2020 focuses on the holistic development of students, addressing their cognitive, social, emotional, and physical growth. It promotes critical thinking, creativity, and problem-solving skills, preparing students to thrive in the 21st century.

**Flexible Learning Pathways:-**The policy offers flexible learning pathways, allowing students to choose subjects based on their interests and career aspirations. This promotes personalized learning, enabling students to explore their passions and develop expertise in their chosen fields.

**Reduced Curriculum Burden:-**NEP aims to reduce the curriculum burden on students by emphasizing core concepts and essential learning outcomes. This allows for a deeper understanding of subjects and encourages a more comprehensive learning experience.

**Inclusive Education:-**The policy prioritizes inclusive education, ensuring equal opportunities for students from diverse backgrounds, including those with disabilities and from marginalized communities. It promotes an inclusive and supportive learning environment, fostering empathy and understanding among students.

**Skill Development:-**NEP 2020 emphasizes skill development, equipping students with 21st-century skills such as critical thinking, communication, problem-solving, and digital literacy. This enhances their employability and prepares them for future challenges.

**BENEFITS OF NEP: FOR TEACHERS:**

**Professional Development Opportunities:-**The new education policy recognizes the importance of continuous professional development for teachers. It provides opportunities for training, workshops, and collaborations to enhance their teaching skills, update their knowledge, and stay abreast of evolving pedagogical practices.

**Enhanced Teaching Practices:-**The policy encourages a shift towards learner-centric teaching practices, promoting interactive and experiential learning methods. This allows teachers to engage students actively in the learning process, fostering deeper understanding and retention of concepts.

**Integration of Technology:-**NEP emphasizes the integration of technology in education. Teachers can leverage digital tools, online resources, and educational apps to enhance their teaching effectiveness, create interactive learning experiences, and cater to diverse learning styles.

**Recognition of Leadership and Mentorship:-**It also recognizes the importance of teacher leadership and mentorship. Teachers have the opportunity to take on mentoring roles, supporting their fellow educators, and contributing to policy implementation. This fosters professional growth and collaboration among teachers.

**Collaborative Learning Communities:-**NEP also promotes collaborative learning communities, encouraging teachers to engage in peer learning, share best practices, and collaborate with colleagues. This creates a supportive environment for professional growth and enhances teaching effectiveness.

**Empowerment as Facilitators:-**The policy empowers teachers to become facilitators of learning rather than just information providers. They can guide students through their learning journey, foster critical thinking, and nurture students' interests and talents.

**IV. FUTURE BENEFITS OF NEP FOR PHYSICAL EDUCATION STUDENTS**

1. The curriculum would enable the pass out students to be entrepreneur (to start their own fitness center, gym, etc) and device appropriate fitness program for different genders and age groups at all level.
2. The curriculum would enable to officiate, supervise various sports events and organize sports events.
3. Students acquire the knowledge of Physical Education, Sports and Yoga and understand the purpose and its development.
4. The student learns to plan, organize and execute sports events.
5. Student will learn theoretical and practical aspects of game of his choice to apply at various levels for teaching, learning and coaching purposes efficiently.
6. Student acquires the knowledge of opted games, sports and yoga and also learns the technical and tactical experience of it.
7. Student will learn to apply the knowledge of managing the fitness equipments.
8. Student will learn to apply knowledge of Physical fitness and exercise management to lead better quality life.
9. The student will learn and contribute on fitness management.
10. Students will understand and learn different dimension of active life style Model Curriculum NEP Curricular Framework for Physical Education, Sports & Yoga.
11. The student will gain knowledge of professional preparation in Physical Education, Sports and Yoga.
12. Student will learn the knowledge of fitness diet.
13. Students will be able to assess the Physical Fitness in Scientific way.
14. The students will be able to continue professional courses and research in Physical Education, sports and yoga.
15. The activities in the Curriculum shall be modified/redesigned at the Board of Study level of the concerned universities to benefit the physically/ visually Challenged students.

**V. DISADVANTAGES OF NEP**

**Increased Pressure and Competition for Students:-**One of the primary concerns with the policy is the potential increase in pressure and competition among students. NEP emphasizes the importance of standardized examinations and encourages board exams at multiple levels, starting from the early years. This approach may lead to an excessive focus on grades and performance, compromising the overall development and well-being of students.

**Narrowing of Subject Choices:** -The new education policy proposes a shift towards a multidisciplinary approach, which aims to provide students with a broad range of subjects. However, this might inadvertently limit their options. With an increased emphasis on vocational education and skill development, subjects like arts, humanities, and social sciences may receive less attention. This narrow focus could hinder the overall intellectual and creative growth of students.

**Insufficient Teacher Training and Support:**-The NEP 2020 falls short in adequately addressing the training and support needs of teachers. The lack of clear guidelines for continuous professional development and incentives may impact the quality of education imparted in classrooms.

**Imbalance in Digital Infrastructure:**-The new education policy places significant emphasis on digital education and e-learning platforms. While this can enhance access to education, it also exposes the digital divide prevalent in our society. Not all students have equal access to digital devices, internet connectivity, or resources required for online learning. This imbalance may further marginalize students from economically disadvantaged backgrounds, exacerbating educational inequalities.

**Standardization Challenges:**-The policy's aim to standardize education across the country may overlook regional and cultural diversities. The one-size-fits-all approach might not cater to the unique needs and aspirations of students from different states and regions.

**Insufficient Implementation Strategy:**-A major concern surrounding the policy is the lack of a robust implementation strategy. It proposes ambitious changes without providing a clear roadmap for execution. This ambiguity can lead to confusion among educational institutions, teachers, and students, resulting in uneven implementation across the country. Without a well-defined plan, the potential benefits of the policy may remain unrealized.

## **VI. CONCLUSION**

While the New Education Policy 2020 aims to bring about positive transformations in the Indian education system, it is essential to critically evaluate its pros and cons. By critically examining the advantages and disadvantages, stakeholders can work towards implementing the new education policy effectively, ensuring an education system that fosters holistic development, inclusivity, and equal opportunities for all.

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