



PLACE OF YOGA IN 'NATIONAL EDUCATION POLICY 2020'

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ABSTRACT

29 July 2020 a new education policy was adopted in India. There is an ambiguity/ confusion about meticulous implementation though, on all levels from KG to PG, about the possible ways of implementation. Serious doubts still prevail about how the policy is going to be implemented. Only from this point of view in this context, from the perspective of in-depth study and better understanding and access, some committees, study groups were formed and their reports are surfaced. At some points in time since 1968, different Education Policies have been adopted and implemented but sadly an objective consideration for Indian Knowledge System has not been prominently seen in any of them. In the new education policy, the concept of "Students today, citizens tomorrow" has been primarily kept under consideration and a pondering in true sense has been done accordingly. An emphasis on Indian knowledge system has been given in this policy. There are multiple facets to the idea of knowledge in Indian context. Knowledge in India has been vivid and comprehensive. There has been a time-tested and proven meticulous implementation of that knowledge system sharing in the past which is attempted to be revived now. 'Yog' or 'Yoga' as it is popularly known these days is one of those facets. The knowledge aspect from the 'Yoga' is proving to be appropriate for all stages of life ranging from conception to fag end. As a matter of fact, even before conception. Therefore, 'Yoga' will play a very significant and important role in the holistic education system. In this research paper, a comparative study of previously implemented education policies and current one has been presented on the point of Indian Education System and importance of Yoga in the policy has been emphasised.

KEY WORDS: New Education Policy 2020, Indian Knowledge System, Yog,

INTRODUCTION

It has been 2 years now since the implementation of the new National Education Policy, but the implementation will be from the next academic year (2023-24). This will gradually reduce the current confusion, but some different problems will come to light. Gradually this situation will change and students will become students of knowledge rather than examinees. During the British rule, however, a bookish, ill-directed, and clerical education system was imposed that prevented the use of intellect. Staying in a gurukula and receiving knowledge from the guru, along with proper direction of conduct and thinking, students had respect for their parents, gurus and country. Conscious citizenship was being formed. However, since 1968, educational policies were formulated to bring about educational changes, and their implementation was also easy. Since it was basically a reformative change in the existing system, it was easily implemented. But in the new education system introduced in 2020, various skills are also included along with inclusion of various languages, philosophy, mathematical knowledge, science, commerce, management, medicine including other therapies, sports. Have come, which also includes Yoga Shastra. The subject of yoga is included in philosophy, treatment methods, and sports. That is why the importance of the subject of yoga in terms of overall education is automatically highlighted. A review of that related literature has been taken in this research paper.

RESEARCH TITLE

Place of Yoga in 'National Education Policy 2020'

OBJECTIVES OF THE STUDY

The purpose of this research paper is a comparative study by reviewing the previous educational policies and the new educational policy proposed in 2020. It is also to highlight the idea of 'Yoga' in the Indian Knowledge System proposed in the new educational policy.

Research Methodology- This research is a comparative and descriptive. Secondary data was collected from various websites, magazines, journals, other publications, etc.



VARIOUS EDUCATIONAL POLICIES AND THEIR HIGHLIGHTS

In the year 1935, Macaulay presented the educational proposal. The idea behind it was completely useful to the British Empire. This created an impression of the education system that produced clerks by creating apathy towards their own culture, traditional knowledge, Gurukul system that provides comprehensive education on the generation that is being educated.

1948 – In order to implement the educational policies, let us take a brief look at the various functional changes. After India got independence in 1947, the University Education Commission was established under the chairmanship of Dr. Radhakrishnan. After this, the Mudaliar Committee was established in 1952, and the Kothari Commission was established in 1964.

In 1968, the National Education Policy came out. Salient features of this- After independence order to achieve harmony in the society, Gandhi presented the urgency of education which is intellectual and human work and directly related to everyone's life. While rebuilding education, he included the consideration of factors such as economic level, culture, science and technology, moral and social values, and youth in the society. This pattern was 10+2+3. Compulsory but free education, education in agriculture and industry, teacher training, grassroots education, examination requirement, book production, etc. were considered for language development. Indian knowledge can be studied.

In 1986, the National Education Policy came again. In this policy, the pattern of 10+2+3 was kept as before. In this policy, teacher training, women education, education for Scheduled Castes and Scheduled Tribes, Mid-day meal, healthy awareness, these all areas are focusing. The policy should also have a cultural perspective and inclusion of three languages was considered. It gives instructions for reorganizing previous topics by including topics. The idea of making education more effective with minimum resources was highlighted by planning Chalk-Board Plan.

In 1986, a plan to formulate a National Education Policy came forward. After its report was submitted in 1990, a committee of N. Janardan Reddy was formed for implementation. The report of that committee was submitted in 1992.

In 1990 - External Quality Assessment cell, 1994 - National Assessment and Accreditation Council, National Board of Accreditation, Internal Quality Assurance Cell (IQAC), 2005- National Knowledge Commission, regarding these objectives were Expansion, Inclusion and Excellence. etc.

But in this creation of 50 National Universities, and Inclusion has been considered and there are suggestions for the same. 2008- Dr. Yashpal Committee, emphasized on research and highlighted its imperative.

2013-RUSA Rashtriya Uchchatar Shiksha Abhiyan focuses on expansion of education and quality improvement.

2011- In Maharashtra- Dr. Kakodkar/Dr Nigvekar/Dr Takawale committee, was established. In this, A3 i.e. Anyone, Anytime, Anywhere is the overall idea of education. Also, adding to this, Dr Narendra Jadhav Committee has suggested to improve the quality of education by setting different criteria for research, skill development, and people of each level.

2015 – It was during this period that the idea of 'New Education Policy' was started. A committee headed by TSR Subramanyam submitted a report in 2016, but the policy was not approved.

2020 – After 2016, the committee formed by K. Kasthurirangan, after considering many nuances, prepared a new education policy which was presented for implementation on 29th July 2020 and the new education policy was presented. It has drastically changed the education system. Education will be completed in 5+3+3+4 phases. Also, in this policy, education through mother tongue, interdisciplinary education, technical education, professional and skilled education, activities to promote Indian language, art and culture under the Indian Knowledge system, Indian healing methods, various traditional Indian sports, all these have been included. As one of these subjects is compulsory, the aspects of Indian knowledge will be revealed and research and development opportunities will be available on it. The importance of traditional and complementary treatment methods will be highlighted and the level of health will be raised.

INDIAN KNOWLEDGE SYSTEM

In the Education Policy of 1986, culture and languages were considered in education. But it was not emphasized. Therefore, it was not even researched. As the use of foreign languages and the attraction of overseas employment opportunities increased, the acquisition and research of Indian knowledge was neglected. The location of various Indian languages and cultures remained limited to that region. For this knowledge can be useful for the whole world, if these branches of knowledge are included in the education sector, today's students can get opportunities for research and employment. Due to the attraction, the flow of going abroad will decrease and the artistic qualities and skills of the students will be given scope and it will increase the importance of Indian knowledge in front of the world.

OPPORTUNITIES IMPORTANCE AND NECESSITY OF YOGA

Point No. 1 According to National Education Policy principles to find out the unique abilities of every student and try to develop them.

Point No. 7 - creativity and logical thinking.

Point No. 8 - Moral, Human, and Constitutional Values –

Point No. 10 - Life values like communication, cooperation, teamwork and flexibility-



Point No. 20 - To be proud of our Indian roots, of India, and of India's rich and diverse ancient and modern culture, knowledge systems and traditions.

Educational Strategy Part 1.1- Early Childhood Care and Education – In this phase, children in the infant group can be taught the movements of fingers, arms and legs, movements of the waist in yoga practice for motor skill dev. This will positively expend the enormous energy at this age and have stimulating effects on the brain.

Education Policy Part 1.4 - Curriculum and Pedagogy in Schools: Learning should be holistic, integrated and enjoyable and interesting.

Education Policy Part 4.17 - Importance of Indian Languages – Sanskrit Pronunciation will develop the taste of the language and lay the foundation for understanding various knowledge.

Education Policy Section 11.8, Value Based Education will include truth, religion, peace, love, non-violence. These things are mentioned as Yama Niyama in Ashtanga Yoga.

Foreign students eager to acquire Indian knowledge will be attracted as mentioned in Education Policy Part 12.7. Such branches of Indian knowledge include Indian lore, yoga, culture, Ayush system, etc., which can generate revenue opportunities for creating related curricula, teaching systems, student accommodation, and complementary structures.

According to the Education Policy Part 20.5, by restructuring the education of healthcare, it is expected to include yoga, naturopathy, Ayush system in this curriculum. This will help to avoid costly and risky drug treatment. Diseases can be prevented.

Education Policy Part 22.15 Indian Language, Art and Culture,- Knowledge and use of Sanskrit language will facilitate the acquisition of vast Indian knowledge in various fields like philosophy, science, yoga, Ayurveda, technology.

As per Salient features document, point no 2: Vision of policy: Making India knowledge superpower Indian ethos contributes directly to transforming India through Indian Knowledge which is at the root of it.

Point No. 5: Towards holistic and multidisciplinary education: It aims to emphasize on various languages, arts, sciences, philosophy, sports. Yoga subject can be included under this.

Point No. 7: Internationalization: Ever since the International Day of Yoga has started, the promotion and spread of Yoga has started in India and all over the world. International interest in yoga is growing, so students from outside India can be easily absorbed into the Indian education system.

Point No 8. Student Activity and Participation: Yoga practice increases social commitment. Also, for social development along with personal development, it will be necessary and beneficial to include the entire training of yoga in the main education.

Point No. 17. Professional Education: Yoga is a skill and self-employment opportunities can be obtained through it. Therefore, it can be included in the skill curriculum. Yoga comes under AYUSH Ministry as it is a branch of complementary therapies as well as immunity boosting.

Point No. 18. Promotion of Indian Languages, Arts and Culture: Yoga branch has been considered important in Indian knowledge culture. Yoga training can be included at every level from primary education to higher education.

Prof. R. D. Kulkarni report: This committee was constituted for Higher education. This committee submitted an actionable report considering the original education policy. Some of these issues are considered here.

Chapter 2.6 – Consideration of Professional, Ethical and Life Values –

2.7 : Implementation of curriculum based on Indian knowledge-

2.8 – Supplementary Curriculum – Sports, for preservation and enhancement of culture

CONCLUSION

Before independence, the British rulers imposed an educational system that did not promote such ideas. Even after independence, there was not much change in such system. The education system was considered according to the economic condition of the country, the policy of the rulers. This is evident from various educational policies. Various changes were also made in this. Various efforts were also made to reach education to all levels of the society. However, no emphasis was placed on Indian knowledge system. By reviewing the consideration of these policies, the committees for the same, and their implementation, the inclusion of various branches of knowledge based on Indian knowledge in the 'New Education Policy 2020' is highlighted here. Yoga is a universal subject. Yoga and Sanskrit can be research topics related to language. Yoga is a healing method, so it can be included in health disciplines. If we consider Yoga, it will be incorporated into sports. Meditation method in Yoga is not only a stage in spiritual progress but also useful in mental disorders, yoga topic is related in Psychology. That is why Yoga is also called Indian psychology. *Yama-Niyama* in Yoga Shastra is useful for people and society. As this sector has an international scope, Yoga is also useful in the field of employment opportunities and markets. This is why it is possible and necessary to include the subject of yoga from primary education to Ph D as mentioned in the new education policy.



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