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Curriculum of Physical Education: Nep 2020**Prof. Rushikesh Kumbhar**Waghire College of Arts, Commerce & Science, Saswad
Tal – Purandar Dist – Pune, Maharashtra, India**Dr. Santosh Wangujare**Adv. B.D. Humbarde Mahavidyalay, Ashti
Beed Dist – Beed, Maharashtra, India**Abstract:**

The National Education Policy (NEP) 2020, introduced by the Government of India, represents a transformative shift in the country's educational system. It has completely revamped the academic curriculum, integrating knowledge of professional practices within students' academic pursuits. Additionally, NEP 2020 places a strong emphasis on physical education across school and university levels. This policy aims to significantly improve the academic quality and physical fitness of students, thereby equipping India's younger generation with greater efficiency.

Keywords : Physical Education, Fitness, Physical ability, Mental health, Teamwork, Khelo India, Fit India, Yoga, Commonwealth Games, Syllabus

Introduction :

In Latin, the word 'education' means 'to bring out the qualities of a person academically.' The National Education Policy (NEP) 2020, with its revised system, aims to cultivate knowledge, skills, humility, physical ability, and mental development in individuals. This policy encompasses physical education and various sports to foster physical and mental development in students, integrating these aspects into the educational system's evaluation criteria. The primary goal of NEP 2020 is to enhance the physical and mental well-being of India's youth.

In today's modern world, parents, teachers, and coaching centers primarily focus on academic studies. However, schools and universities should offer a broad scope to meet academic qualifications and enhance mental abilities. To support this, the University Grants Commission (UGC) has received funding for the necessary sports equipment. Globally, the coronavirus pandemic has significantly impacted the health of students and working individuals by reducing their immunity and compromising their efficiency. Incorporating physical education in the National Education Policy (NEP) 2020 aims to improve students' physical capabilities, and enhance circulation, muscle strength, and immunity, thereby enabling them to lead fulfilling lives in society. Moreover, the inclusion of physical education in NEP 2020 is designed to foster personality development and encourage active participation in society.

The Institute of Medicine has established a committee to integrate physical exercise and education within schools, aiming to safeguard student health. This initiative examines its impact on the physical, mental, and psychosocial development of adolescents. The National Education Policy (NEP) 2020 specifically integrates yoga into physical education, emphasizing health, education, and nutrition for children, and promotes the inclusion of sports. At the university level, the government is implementing various sports competitions and initiatives, such as Khelo India and Fit India, to enhance efficiency. NEP 2020 offers a broader selection of subjects to