A Comprehensive Research on the Role of the New Education Policy (NEP) 2020 in Solving the Current Education Crisis: Analysing through the Lenses of Yoga and Its Impact on the Development of a Student’s Holistic Personality

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Abstract

In the midst of all the negativity enveloping the world as a result of the challenges given by the COVID19 pandemic, the Government of India’s New Education Policy (NEP 2020) was a welcome shift and fresh news. Many people were taken aback by the announcement of NEP 2020. Many educators did not see the changes indicated by NEP 2020 coming. Despite the fact that the education policy has had an impact. Development of personality is an important issue, personality starts developing since birth, but it assumes great importance during adolescence, when reorganization of personality takes place. Yoga is an invaluable gift of India’s ancient tradition. Yoga is a group of physical, mental and spiritual practices or disciplines which originated in ancient India. Yoga is an important part of our life. Even the modern education system gives the utmost importance on Yoga education. Yoga education helps the individual in respect of both internal and external ways. Holistic development of personality refers to the all-round development of personality such as physical, social, mental, emotional and so on. In simple term Yoga is some kind of physical exercise, ‘Pranayama’ and ‘Asana’ which helps in the holistic development of human being.

Keywords: Asana; COVID-19 Pandemic; Education Crisis; Holistic Development of Student’s Personality; New Education Policy (NEP) 2020; Pranayama; Yoga.
1. Introduction

The National Policy on Education (NPE) is a policy formulated by the Government of India to promote education amongst India’s people. The policy covers elementary education to colleges in both rural and urban India. The first NPE was promulgated by the Government of India by Prime Minister Indira Gandhi in 1968, the second by Prime Minister Rajiv Gandhi in 1986, and the third by Prime Minister Narendra Modi in 2020. The Union Cabinet of India approved the National Education Policy 2020 (NEP 2020) on July 29, 2020, which defines the goal for India’s new education system. The 1986 National Policy on Education has been replaced with the new policy. In both rural and urban India, the programme provides a comprehensive framework for basic through higher education, as well as vocational training. By 2021, the strategy intends to completely alter India’s educational sector. The NEP’s language policy is intended to be a broad guideline and advisory in nature, with states, institutions, and schools deciding how to implement it. Numerous reforms to India’s education policy are enacted by the NEP 2020. It aspires to raise public education spending from roughly 4% to 6% of GDP as quickly as practicable.

Individuals that are exceptional, thoughtful, well-rounded, and creative must be developed through quality higher education. It must allow a person to study one or more specialised areas of interest in depth, as well as develop character, ethical and constitutional values, intellectual curiosity, scientific temper, creativity, service spirit, and the 21st century skills in variety of fields, including sciences, social sciences, the arts, humanities, languages, personal, technological, and vocational subjects.

The new education policy makes some significant changes to the current system, with multidisciplinary universities and colleges being established in or near every district, student curricula, pedagogy, evaluation, and support being revamped for improved student experience, and a National Research Foundation (NRF) being established to support excellent peer-reviewed work and effectively seed study at universities and colleges.

Personality is defined as the characteristics sets of behaviours, cognitions, and emotional patterns that evolve from biological and environmental factors. Holistic development of personality refers to the development of all round aspects of human life. Holistic development helps a person to become a well human being in society. Holistic development essentially means the development of intellectual, mental, physical, emotional and social abilities in a child so that he or she is capable of facing the demands and challenges of everyday life. These abilities are vitally important for success in professional fields of work. Holistic development is a comprehensive approach in learning which aims to develop multiple facts or abilities of a human brain. In simple term holistic development is the development of totality of a personality.

Yoga is a way of life; it is not removed from it. We do not need to feel disappointed or frustrated considering our limitations with regard to physical health, shape and size of body; lack of time; lack of space or unavailability of a teacher. Yoga, in fact, is the means to overcome all these problems. Yoga includes every aspect of life. Yoga touches everything in life. All healing methods and meditations are part and parcel of yoga. Yoga is like the sun itself, which brightens everything that comes into contact with it.

A great Indian sage and yoga master, Sri Aurobindo says yoga is a methodical effort towards self-perfection through developing your talent potential on the physical, vital, mental, intellectual and spiritual levels. And the most fundamental step you can take towards expanding the limits of your consciousness is to gain mastery over your mind.

Therefore, yoga is an extraordinary spiritual science of self-development and self-realization that shows us how to develop our full potential in our many-sided lives. It was first devised by the rishis and sages of ancient India and has been maintained by a stream of living teachers ever since. These teachers have continually helped every generation to spiritually adapt this science in their everyday lives.
The Bhagwad Gita is a very widely known classical text on Yoga. The Bhagwad Gita gives various definitions of Yoga.

i. Yoga is equanimity of mind in success and failure.
ii. Yoga is discretion in work.
iii. Yoga is the remover of misery and destroyer of pain. Yoga is the supreme secret of life.
iv. Yoga is serenity.
v. Yoga is the giver of infinite happiness.
vi. In modern education system the role of Yoga is an essential part, because Yoga helps a person for removing stress, maintaining physical fitness and so on.
vii. Hence, we can say that Yoga is an important strategy for achieving the holistic development of a student’s personality.

2. Objectives of the Research
i. To improve the quality of a student’s life.
ii. To enhance the all-round development of a student’s personality.

3. Importance, Significance and Impact of the Research
A need is something that is necessary for an organization to live a healthy life. In other words, a need is something required for a safe, stable and healthy life. Yoga brings together mind and body and breathe to produce perfect balance within us and can be the perfect addition to the school curriculum. The study is very important, because Yoga is directly related to our physical health and fitness, memory power and focus, personality growth, alignment of mind, body and spirit, along with management of stress and depression and so on.

4. Research Methodology
Research methods are of the utmost importance in research work. They describe the various steps of the plan of research to be adopted in solving a research problem, such as the manner in which the problems are formulated, the definition of terms, the choice of subjects for investigation, the validation of data gathering tools, the collection, analysis and interpretation of data, and the processes of inference and generalization. The present research study is designed to obtain pertinent and precise information concerning the current status of phenomena and to draw general conclusions from the facts discovered. According to the nature of the study, the investigator has used the descriptive method. It is one of the most popular and the most widely used research method in education. In this study the investigator has collected data from secondary sources.

5. Findings of the Research

5.1. Discovery of the Salient Features of the NEP in Connection with Higher Education Scenario: Analysing the Role of NEP 2020 in Solving the Current Educational Crisis
The NEP 2020 was created with the goal of formalising systemic improvements from the school level to the college/university level. With the changing environment in mind, educational content will now focus on important concepts, ideas, applications, and problem-solving approaches.

The National Education Policy (NEP) 2020 is projected to have a good and long-term effect on the country’s higher education system. The government’s decision to enable international colleges to open campuses in India is a good initiative. This will allow students to experience global education quality in their own country. The policy of establishing multi-disciplinary institutes will result in a revitalised focus on all fields, including the arts and humanities, and this type of education will assist students in learning and growing holistically. As a result, pupils will have a more solid knowledge base.

Another encouraging step is the implementation of a single standard entrance exam, which will alleviate the stress of several competitive tests and the burden of studying for so many of them. It will also ensure that all student applicants have a level playing field in the future. Setting up an Academic Bank of Credit (ABC) is a great way to keep track of the academic credits that students acquire by completing courses at numerous colleges and universities. By finishing a course, a student can earn points, which will be applied to their ABC account.
If a student quits out for any reason, his or her credits will be preserved, allowing him or her to return years later and take up where they left off. Separate, autonomous, and empowered agencies will fulfill distinct administrative, accrediting, financial, and academic standard-setting tasks under the new higher education regulatory system. India’s Higher Education Commission plans to develop these four entities as four distinct verticals beneath a single umbrella organisation (HECI). NEP 2020 has implemented numerous changes and innovative advancements in the higher education sector.

The following are some of the most notable features:

i. Higher Education Commission of India (HECI): The NEP proposes to establish a single regulating agency for higher education, with the exception of legal and medical education.

ii. Several Entry and Departure Possibilities: Those who desire to leave the course in the middle will have multiple entry and exit. Their credits will be transferred through an “Academic Bank of Credits”.

iii. Apps and TV Channels provide a Tech-Based Option for Adult Learning: Apps, online courses/modules, satellite-based TV channels, online books, and ICT-equipped libraries and adult education centres, among other technology-based adult learning possibilities, will be developed.

5.2. Regional Languages will be Available for E-Courses

Education planning, teaching, learning, evaluation, teacher, school, and student training will all incorporate technology. The E-Content will be offered in regional languages, beginning with eight major languages — Kannada, Odia, Bengali, and others – to complement the Hindi and English E-Courses. International universities to open campuses in India. This is a new rule which will make it easier for the world’s top 100 foreign universities to operate in India. “Such (foreign) universities will be allowed special dispensation respecting regulatory, governance, and content criteria on par with other autonomous institutions of India”, according to the HRD Ministry document.

5.3. Common Entrance Exam for All Colleges

The National Testing Agency (NTA) will conduct a common entrance exam for all higher education institutions. The examination will be optional. Higher education will be regulated by the Higher Education Council of India (HECI). The purpose of the council will be to raise the gross enrolment ratio. The HECI will be divided into four verticals:

i. The National Higher Education Regulatory Council (NHERC), which is responsible for regulating higher education, including teacher education, but not medical or legal education.

ii. A “Meta-Accrediting Body” is the National Accreditation Council (NAC).

iii. Higher Education Grants Council (HEGC) for university and college funding and finance. This will take the place of the National Council for Teacher Education (NCTE), which is currently in place. The All-India Council for Technical Education (AICTE) and the University Grants Commission (UGC) are supposed to cooperate in these domains.

iv. The General Education Council (GEC) was formed to define “graduate qualities” or the intended learning results. It will also be in charge of developing a National Higher Education Qualification Framework (NHEQF). As a professional standard-setting body, the GEC will oversee the National Council for Teacher Education (PSSB).

5.4. Yoga and Physical Dimension of Personality

Physical dimension is related to our body. It means that all organs and systems of our body should be properly developed to function. It implies a healthy body without any disease. Yogic practices like Asana, Pranayama, and Bandha play a beneficial role in physical development of children. There are a series of Asanas and Pranayamas which help to improve the functioning of the body.

5.5. Yoga and Emotional Dimension of Personality

Yogic practices are effective for development of emotional dimension related to our feelings, attitudes and emotions. There are two kinds of emotions: positive and negative. For example, love, kindness are positive emotions, while anger and fear (exam phobia) are negative emotions. Similarly, our feelings and attitudes may be positive and negative. For emotional development, positive feelings, attitudes and emotions should be developed and negative ones should be controlled, as the negative attitudes and emotions work as a mental block for the development of personality. Yoga plays a critical role in development of positive emotions. It
brings emotional stability. It helps to control negative emotions. Yogic practices such as Yama, Niyama, Asana, Pranayama, Pratyahara and meditation help in emotional management. For example, the principle of non-violence will protect us from negative emotions and develop positive feelings of love and kindness. Similarly, other principles of Yama and Niyama will help to develop positive emotions and attitudes in our personal and social life and therefore help in the management of emotions.

5.6. Yoga and Intellectual Dimension of Personality

Intellectual development is related to the development of our mental abilities and processes such as critical thinking, memory, perception, decision making, imagination, creativity, etc. Development of this dimension is very important as it enables us to learn new things and acquire knowledge and skills. Yogic practices such as Asana, Pranayama, Dharana, Dhyana (meditation) help to develop concentration, memory and thereby help in intellectual development.

5.7. Yoga and Social Dimension of Personality

Primary socialisation, probably the most important aspect of the personality development takes place during infancy, usually within the family. By responding to the approval and disapproval of parents and grandparents and imitating their examples, the child learns the language and many of the basic behaviour patterns of her/his society. The process of socialisation is not limited to childhood, but continues throughout life and teach the growing child and adolescent about the norms and rules of the society in which she/he lives. Some key elements of this process include respect for others, listening carefully to other persons, being interested in them, and voicing your thoughts and feelings politely, honestly and clearly so that you can be easily heard and understood. Principles of Yama include these key elements and are very important as these help us in the betterment of our relationships with our friends, parents, teachers and others.

5.8. Yoga and Spiritual Dimension of Personality

This dimension is related to the development of values. It is also concerned with self-actualization which is related to recognising one’s potential and developing them to the maximum. Proper development of this dimension helps the person to realise one’s true identity. For spiritual development, Yama, Niyama, Pratyahara and Dhyana (meditation) are helpful. Yama and Niyama help to develop our moral values while Pranayama, and meditation help us to realize our true self. Introspection is very effective for the development of the 'Self'.

6. Implications and Role of the Research in Solving the Current Educational Crisis

The chief implications of this research in real life are:

i. Yoga education helps the individual for removing stress and mental disturbance.
ii. Yoga and holistic development of a student’s personality are both interrelated and interdependent.
iii. Yoga and Pranayama contribute in the physical health and fitness of the human body.
iv. It helps in improving the memory power and focus of students.
v. It also helps in improving the life style and thinking capacity of our young learners.
vi. Yoga education is directly interlinked with the development of all aspects of a student’s personality.

7. Suggestions for Further Research

The following suggestions were put forward for improvement of yoga education for successfully enabling the holistic development of a learner’s personality:

i. The school authority should organize some programs for the better improvements of Yoga education.
ii. The teachers should develop the concepts of Yoga education among the students with which they can be benefited in their lives.
iii. The government or the Ministry of Education must launch Yoga as a subject of school curriculum.

8. Conclusion

The NEP 2020 policy introduces a wide range of reforms and reads mostly as a forward-thinking text, with a firm grip on the existing socioeconomic landscape and the prospect of future unpredictability. Education for a new generation of students must essentially connect with the increasing dematerialisation and digitization of
economies, which necessitates the development of a completely new set of competences. With the pandemic hastening the trend towards digitalization and disruptive automation, this appears to be an even more critical prerequisite. Overall, the NEP 2020 addresses the need for professionals to be trained in a wide range of disciplines, from agriculture to artificial intelligence. India must prepare for the future. And the NEP 2020 paves the way ahead for many young aspiring students to be equipped with the right skillset.

The New Education Policy (NEP) 2020 has a noble goal, but its success will hinge on its ability to properly integrate with the government’s other policy objectives, such as Digital India, Skill India, and the New Industrial Policy, to mention a few.

NEP 2020 has made provision for real-time assessment methods as well as a consultative monitoring and review framework, which is reassuring students. Instead of anticipating a new education policy every decade for a curriculum shift, this will allow the school system to constantly improve itself. The NEP 2020 represents a watershed point in higher education. It will only be genuinely ground-breaking if it is implemented well and on schedule.

From the above discussion we can also easily say that Yoga is an important part of our life. Yoga and different types of Asanas help the individual in different dimensions such as social, mental, physical, emotional and so on. Lastly, we can say that Yoga education develops the holistic approach of a student’s personality.

9. References