



IMPACT OF NEW EDUCATION POLICY-2020 ON PHYSICAL EDUCATION & SPORTS ACTIVITIES ON GOVERNMENT SCHOOLS OF DISTRICT FARIDABAD, HARYANA

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Abstract

The purpose of the study was to find out the effect of New Education Policy - 2020 on the subject Physical Education & sports activities on Government Schools of district Faridabad, Haryana. As per chapter 7 & 22 of the policy: Playgrounds, Sports Equipments and Other Facilities are the challenges for N.E.P-2020. Sports, Yoga and Meditation are often simply not taught in the schools, practicing of Yoga & Meditation being inspired by Indian philosophy. The following are the main basics challenges related to Physical Education & Sports Activities for; Female Students, Depressed Class Students, Special Class Students and Disaster Affected Students of Government Schools of district Faridabad.

- **Equipments of Sports**
- **Playground**
- **Teachers & Supportive staff**
- **Budget**

Physical Education and Sports Activities are the Integral part of total educational process and has its' aim; the development of physically, mentally, emotionally and socially fit citizens through the medium of physical and sports activities. Mostly Government schools of Faridabad are lacking from the above said facilities and waiting for the proper implementation of the policy.

Key Words: New Education Policy-2020, Sports Activities, Budget, Infrastructure, Sports Federation, Playgrounds.

INTRODUCTION:

The purpose of the study was to find out the effect of New Education Policy - 2020 on the subject Physical Education and sports activities in government schools of the district Faridabad, Haryana. The NEP – 2020 offers to increase flexibility and choice of subjects, allowing students to choose Physical Education as part of the curriculum. The Policy also proposes ‘bag-less’ days to allow students to engage in local vocational and other activities, such as sports and gardening. As per chapter 7 & 22 of the policy: Playgrounds, Sports Equipments and Other Facilities are the challenges for N.E.P-2020. Sports, Yoga and Meditation are often simply not taught in the schools, practicing of Yoga & Meditation being inspired by Indian philosophy.

Physical Education is the integral part of total education process and cannot be ignored. Physical Education plays an important role for the all round development of a student. As we all know that it is first education of the child which is given by physical activities. The child learn physical activities like walk, run, throw and many more first then learn speak and write. The growth and development of the child depend on his physical activities and diet. Physical activity is important for both the physical and mental development of children, especially during the first five years of childhood of the life. It's during this time that parents and educators should begin to encourage child to engage in physical activities for proper growth and development that can last a lifetime. There are some following benefits of Physical Activities:

- *Physical and Mental Development*
- *Brain Development*
- *Increased Lung Capacity*
- *Heart Health*

Children who are going to Government schools of Faridabad should be provided opportunities to be active and to develop control, coordination, and movement of the body. Experts advise that school going children should take part in physical activities at least one hour each day to maintain their physical as well as mental health. It is

important to teach children at an early teenage to recognize the importance of physical activity for improved mental and physical development.

REVIEW OF LITERATURE:

The researcher gone through the related literature like **New Education Policy – 2020** as main motive of the research is to find out the role and impact of the policy on Government Schools of district Faridabad, Haryana. The Policy also proposes ‘bag-less’ days to allow students to engage in local vocational and other activities, such as sports and gardening. The researcher also read the **Haryana Sports and Physical Fitness Policy 2015** which emphasis on a “dynamic and innovative culture that promotes and celebrates participation and excellence in sports”. The policy also gives a lesson of “Sports for All”. Other related literature told very important quotes like; **As per Swami Vivekanad Ji “We Need Football Grounds in Place of Bhagwat-Geeta.” As per John F. Kennedy “Intelligence and Skills Can Only Function at the Peak of Their Capacity When the Body is Healthy and Strong.” As per Aristotle “Our Youth Should Also Be Educated In Music and Physical Education.” As per Baden Powell de Aquino “Scouting is a game for boys under the leadership of boys under the direction of a man.”**

“The aim of Government of Haryana is to increase awareness among Haryana residents regarding significant benefits of physical activity and the practice of sports. The Government of Haryana wishes to encourage and assist residents in increasing level of physical activity and their participation in sports as a fundamental premise of health and well-being by integrating physical activity and sports into their daily lives.” The all reviewed related literature from the topic of research is emphasizing on the importance of Physical Education and Sports activities for students and children. Physical Education, Games and Sports are just not for fun for the school going children, it builds team bonding makes students grow and become leaders.

RESEARCH METHODOLOGY:

As the purpose of this study is to find out the effect of New Education Policy - 2020 on the subject Physical Education and sports activities in government schools of the district Faridabad, Haryana the researcher collected the data from 50 different government schools of the Faridabad district of Haryana. These 50 schools are situated

between Badarpur border (Delhi) to Gadpuri border (Palwal). Researcher visited the said all schools personally to find and collect actual data. The collection of the data is mainly based on the challenges related to Physical Education & Sports Activities in different government schools of the district Faridabad, Haryana. The main challenges are **Sports Equipments, Sports Playground, Physical Education Teachers & Budget Related to Sports Activities**. Data is collected honestly and analysis for this study purpose only.

The data is collected to receive general information about the sports equipments and infrastructure;

- 1). Related to major outdoor sports activities like; Athletics, Football, Hockey, Volley-Ball, Kho-Kho & Kabbadi.
- 2). Related to major indoor sports activities like; Badminton, Table-Tennis, Carom, Yoga, Wrestling & Judo.

The data is also collected to receive general information about the number of Physical Education Teachers working and Budget for sports equipments and infrastructure;

- 1). Number of working teachers of physical education (PGT, TGT, PRT)
- 2). Amount of budget received during last 03 years for purchasing of sports equipment and to development the infrastructure of sports.

ANNYLISIS OF DATA:

The whole data is systematically arranged and analysis to find the result of the study and research. As per data collected from the 50 government schools of Faridabad district, the following table is framed to analysis the data:

Table: 01

Sr. No.	Equipments of Sports	Playgrounds	Teachers & Supportive Staff	Sports Budget Received (Yearly)		
				2020	2021	2022
1	Not available in more than 80% schools. Only few types of equipment are available.	Available in more than 70% schools but not in proper condition.	Only one male teacher is available in more than 60% schools. No supportive staff like ground man is recruited.	Not received. Only sports fund is collected from the students as per norms.	Not received. Only sports fund is collected from the students as per norms.	Not received. Only sports fund is collected from the students as per norms.

CONCLUSSION & RECOMMENDATIONS:

As per data analysis there is poor condition of sports infrastructure in government schools of the Faridabad district. Mostly sports activities are organizing at district level at sports stadiums of the district. Number of Physical Education teacher is also not in proper ratio and gender wise. Teacher who are working in the schools are also engaged in other government activities. Schools are waiting for special financial aid / grants from the government to develop the sports infrastructure and playground as we need strong budget. Collection of sports fund from the students is not sufficient to organize the sports activities and for developing the infrastructure. To enhance the quality and intensity of teachers' training programmes should be organized time to time. Proper utilization of sports funds and grants we should work and plan seriously on it for Improve the quality of teachers of physical education and focus to open the Institutes like LNIPE in Faridabad, Haryana. For the importance of subject Physical Education we as teacher of physical education should work hard among the society to remove its misconceptions for the betterment of Physical Education as subject. Common minimum physical education and fitness programme should be started at district level for the betterment of the society. An observation team should be constituted to observe and evaluate all related activities and infrastructure. Physical Education should be included as a subject in state administrative and other exams. In the view of performances of our sportsmen at different level of sports, the allocation for the Union Sports Budget should be increased but proper utilization of said budget by different schools and sports federation is also a big question. If allotted budget will be used with positive integrity then result will be fruitful and objectives of the New Education Policy–2020 can be achieved which are as;

- Physical Education & Sports Activities for Females.
- Physical Education & Sports Activities People.
- Physical Education & Sports Activities for Special Category (Divyang).
- Physical Education & Sports Activities for Disaster Affected People.
- Physical Education & Sports Activities for Old Age People.

REFERENCES:

Draft of New Education Policy – 2020

Different daily Newspapers

Haryana Sports and Physical Fitness Policy 2015

Different Internet websites.

