

Assessing the Effects of NEP 2020: Undergraduates in Betul District's Knowledge of Yoga and Physical Education

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Abstract

Every country must update its educational policies, and how these policies are implemented depends on the facilities and resources available for education. With the help of educators and other stakeholders, every aspect of the updated educational policy is successfully implemented at the grassroots level (Palanisamy & Meenatchi 2025). The study's objective was to educate Betul district undergraduate students about yoga and physical education (in the framework of National Education Policy 2020). Yoga is a scientific and spiritual practice that simultaneously tackles the psychology, philosophy, and practicalities of conscious evolution. It is an all-encompassing method that unites the body, mind, and spirit by emphasizing balance and attention. Since ancient times, India has had a renowned educational system. The Gurukul method of instruction is well known to all of us. Since independence, there have been some changes made to the Indian educational system. This study used a descriptive survey methodology. The combination of both research approaches is the most effective way in achieving the research objective due to their complementary strengths. Both quantitative and qualitative assessments are known to have certain particular drawbacks. College-bound students from Betul districts made up the study's populations. From the many colleges in the Betul district—Amla, Atner, Bhaidehi, Ghodadongri, Multai, Sarni, Sahpur, and Betul—a total of 800 students were chosen. The study's conclusions showed that student engagement and participation are poor. The main causes of students' low involvement include the teaching strategies used by instructors, which include lecturing instead of inviting students to participate, lack of confidence, a lack of educational resources, a negative attitude toward

the subject, etc. According to Clark (2007), if the teacher was verbally abusive, the majority of kids would engage and perform well in the physical education classroom. The students indicated that they did not learn the material, but would participate to avoid the repercussions of the teacher. According to Deci and Ryan (1985), intrinsically motivated behaviors are engaged in for their own sake, for the pleasure and satisfaction derived from the process of engaging in the activity.

Keywords: Policies, Yoga, Psychology, Philosophy, Behaviour

1. Introduction

Physical education is more than just a recreational activity that makes people happy and comfortable (Kamil 2022; Dudley et al., 2011)). A component of sports education, physical education (PE) emphasizes body movement as the primary learning principle with cognitive, motor, affective, and social goals (Gustian, & Saputra 2024). Every nation needs to update its educational policies, and the resources and facilities available for education determine how these policies are carried out. All features of the revised educational policy are successfully implemented at the gross root level with the assistance of educators and other stakeholders (Palanisamy & Meenatchi 2025; Fromel et al., 2016). It is said that physical education is a crucial subject that gives kids the abilities, information, and mind-set needed to be active throughout their lives (Gustian, & Saputra 2024). Yoga is a scientific and spiritual discipline that concurrently addresses all facets of conscious evolution's practicality, psychology, and philosophy. Cale, L. (2023) It is a comprehensive approach that focuses on balance and mindfulness to unite the body, mind, and spirit. India has had a

well-known educational system since antiquity. We are all well familiar with the Gurukul method of teaching. Trudeau, F., & Shephard, R. J. (2008) The Indian educational system has undergone some adjustments after independence, as time has gone on. We have been utilizing this educational approach for the past 34 years. The initial education policy was developed in 1968, and it was revised in 1986 and 1992 (Alam 2026). The inclusion of yoga in the curriculum is one of the NEP's most innovative and extensively debated elements (Ayere) This study examines the main NEP 2020 requirements pertaining to sports, yoga, and physical education, evaluates their intended advantages, and talks about the ongoing implementation issues throughout Madhyapradesh's varied educational ecosystem (Shrikant & Prakash, 2025; Carsiwan et al., 2025). The aim of the study was to aware undergraduate students of Betul district towards physical education and yoga (in the context of National Education Policy 2020).

2. Method

This study was a descriptive survey approaches. The combination of both research approaches is the most effective way in achieving the research objective due to their complementary strengths. It is acknowledged that both quantitative and qualitative analyses suffer from certain specific shortcomings. A survey methods design aims to combine the advantages of both methods in one single framework. It also tries to explore the current practical class teaching of Physical Education. To assess this, —to answer questions that have been raised, to solve problems that have been posed or observed, to assess needs and set goals, to determine whether or not specific

objectives had met, to establish baselines against which future comparisons can be made, to analyze trends across time, and generally, to describe what exists, in what amount, and in what context. (Isaac & Michael, 1997; Quitero, 2013). A descriptive survey describes and interprets what is their practice currently. Generally this method was selected because it helps the student researcher to get currently available and detailed information as possible on the issue under consideration (Camacho et al., 2013). It was also useful for describing the present situation of the role and practice of secondary school teachers and students and it helps to deal with relatively large number of respondents at a particular time.

Subject of the study

The populations of the study were College going students of Betul districts. Total 800 students were selected from different college of Betul district which are Amla, Atner, Bhaisdehi, Ghodadongri, Multai, Sarni, Sahpur and Betul.

Method of data collection

To collect all relevant information, in the initial stage the researcher took letter of permission from RNTU, Raisen, MP, and also took permission from Barkatullah University, MP. Next the researcher gives the letter to concerned body and got permission for data collection. Then the researcher collected all students together and introduces the objectives and aims of research in detail. Lastly, all the questionnaires were distributed to them and collected entirely. Finally, researcher collect, arrange and organize all the data in a clarified and sensible way.

3. Results and Discussion

Table 1 "I understand Physical Education and Yoga well enough to implement them successfully".

Gender	Highly satisfied	Satisfied	Partially satisfied	Dissatisfied	Highly Dissatisfied
Male	98	219	81	1	1
Female	86	167	79	62	6
Total	184	386	160	63	7

In question "Your College support or encourage Physical education, games, sports, and Yoga". Out of 800 respondents 184 persons were highly satisfied, 386 persons were satisfied, 160 persons were partially satisfied, 63 persons were dissatisfied and 7 persons were highly dissatisfied.

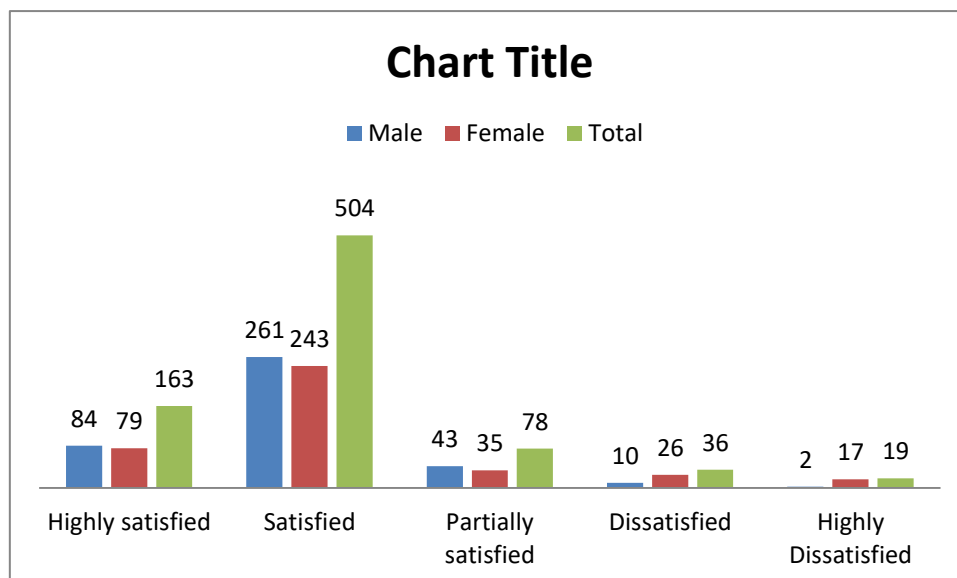


Fig.1”I understand Physical Education and Yoga well enough to implement them successfully”.

Table 2 According new education policy (NEP) there are too many demands for change in education today to implement physical education.

Gender	Highly satisfied	Satisfied	Partially satisfied	Dissatisfied	Highly Dissatisfied
Male	64	217	70	49	0
Female	64	215	61	50	10
Total	128	432	131	99	10

In question “According new education policy (NEP) there are too many demands for change in education today to implement physical education.” Out of 800 respondents 128 persons were highly satisfied, 432 persons were satisfied, 131 persons were partially satisfied, 99 persons were dissatisfied and 10 persons were highly dissatisfied.

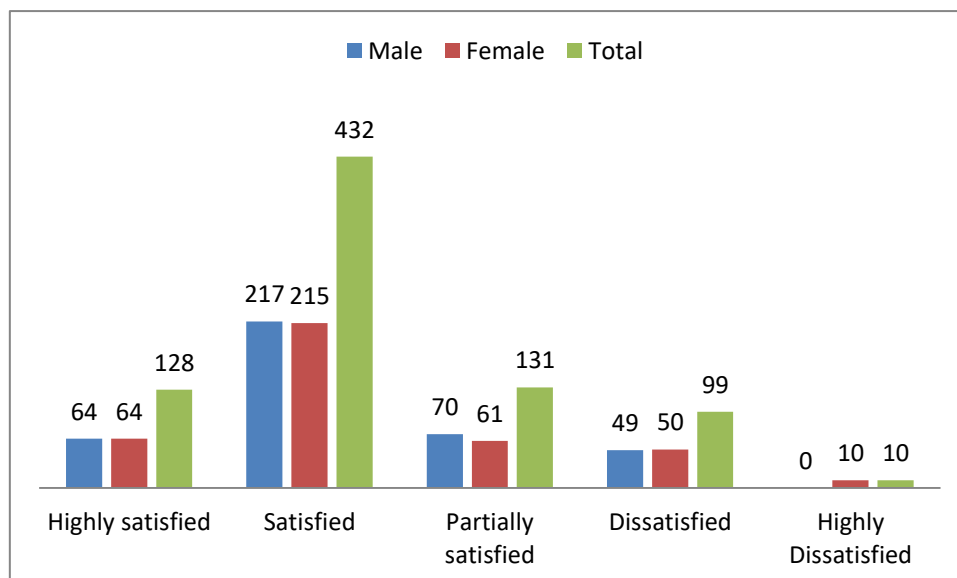


Figure 2 According new education policy (NEP) there are too many demands for change in education today to implement physical education.

Table 3 The college/Institute/University has a separate budget for the professional development of Students.

Gender	Highly satisfied	Satisfied	Partially satisfied	Dissatisfied	Highly Dissatisfied
Male	90	135	152	23	0
Female	82	139	145	18	16
Total	172	274	297	41	16

In question “The college/Institute/University has a separate budget for the professional development of Students.” Out of 800 respondents 172 persons

were highly satisfied, 274 persons were satisfied, 297 persons were partially satisfied, 41 persons were dissatisfied and 16 persons were highly dissatisfied.

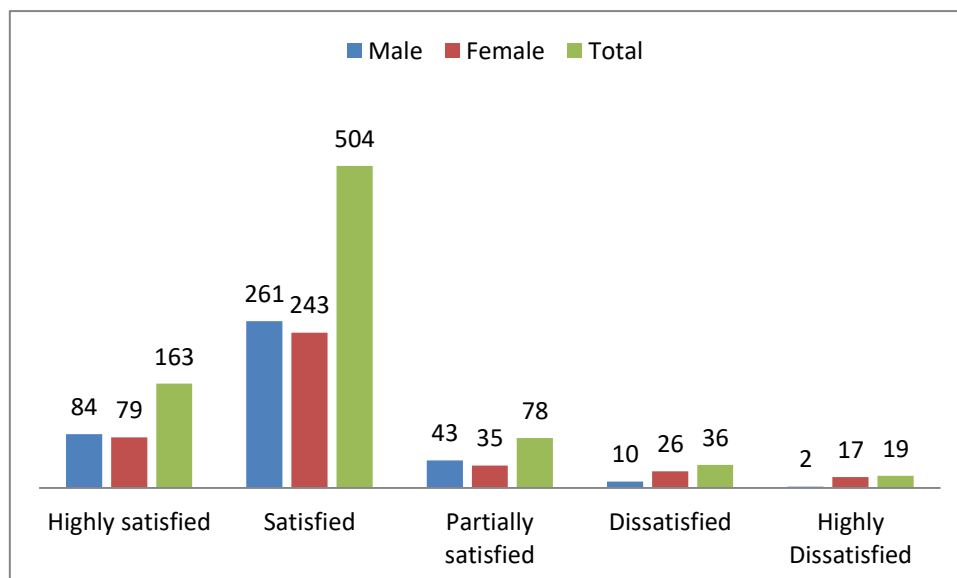


Figure 3 The college/Institute/University has a separate budget for the professional development of Students.

Table 4 I understand Physical Education and Yoga well enough to implement them successfully.

Gender	Highly satisfied	Satisfied	Partially satisfied	Dissatisfied	Highly Dissatisfied
Male	84	261	43	10	2
Female	79	243	35	26	17
Total	163	504	78	36	19

In question “The college/Institute/University has a separate budget for the professional development of Students.” Out of 800 respondents 163 persons

were highly satisfied, 504 persons were satisfied, 78 persons were partially satisfied, 36 persons were dissatisfied and 19 persons were highly dissatisfied.

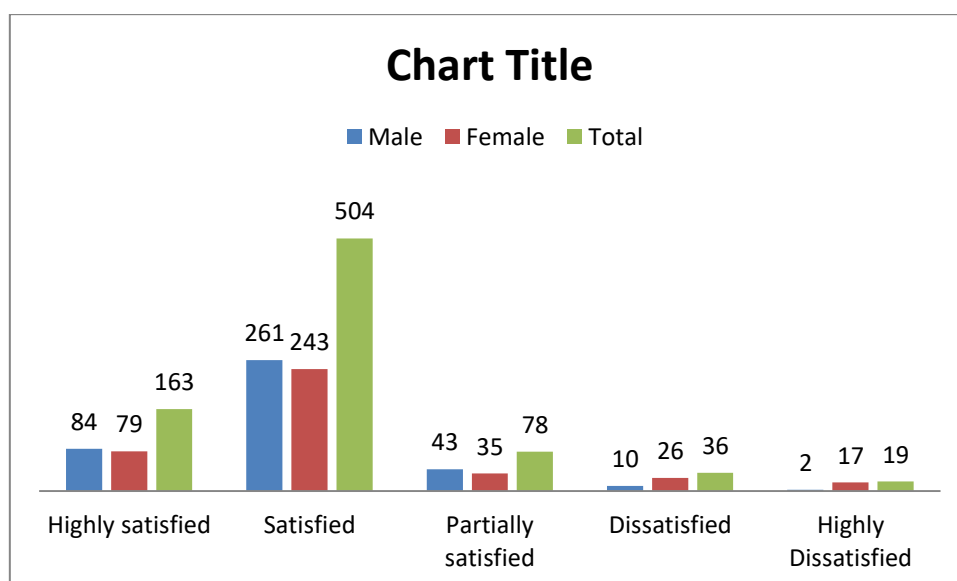


Fig 4 Table 4 I understand Physical Education and Yoga well enough to implement them successfully.**4. Discussion**

The findings of study revealed that, most of roles and activities related to awareness of physical education meditation yoga health are not taken seriously. Thus this may happen due to less orientation of the teachers on their roles and about application of active learning in practical class. The interaction and active participation of students is one of the most important aspects of educational process, it determines the effectiveness and develop the preferable method in change different methodology in different sessions. However, the findings of the study revealed that participation and interaction of students is low. The major reason accountable for the low participation of students are; methods of instructional teachers use, don't invite them to participation which is lecturing, lack of confidence, shortage of instructional materials, low attitude towards the subject etc. Clark (2007) clearly stated that most students would participate and did well within the physical education classroom if the teacher was verbally aggressive. The students indicated that they did not learn the material, but would participate to avoid the repercussions of the teacher. According to Deci and Ryan (1985), intrinsically motivated behaviors are engaged in for their own sake, for the pleasure and satisfaction derived from the process of engaging in the activity.

The finding stated stressed that the condition of the teacher's should be facilitated practical classroom as conducive as favours the real implementation of active learning in practical class. Regarding this, the findings of the study depicted the classroom condition is more or less conducive for the application of active learning in practical class.

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