



## Implication of Yoga Education in Special Reference to NEP 2020

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### **Abstract:**

*The National Education Policy (NEP) 2020 of India reflects a holistic educational vision, integrating physical, mental, emotional, and ethical development. This research paper examines the implications of incorporating yoga education into the formal curriculum, analyzing its alignment with NEP 2020 objectives, potential benefits for student well-being, and challenges in implementation. It draws upon recent academic studies and policy analyses to articulate how yoga can support holistic learning, its impact on physical and mental health, and recommendations for educators and policymakers.*

**Keywords: NEP 2020, Yoga Education, Holistic Development**

### **Introduction:**

The National Education Policy (NEP) 2020 marks a paradigm shift in India's education system, emphasizing holistic development beyond academic proficiency. At its core, NEP promotes activities that foster *mental wellness, physical fitness, life skills*, and multicultural awareness. The National Education Policy (NEP) 2020 in India emphasizes the importance of integrating traditional knowledge systems, including yoga, into modern education (Government of India, 2020). Rooted in India's ancient tradition, yoga integrates *asanas, pranayamas*, and mindfulness, and has emerged as a significant pedagogical approach for fostering physical, mental, and emotional well-being. By embedding yoga into school and higher education curricula, NEP envisages a generation of learners who are not only academically competent but also physically and mentally resilient and socially responsible (Aneraye and Priya, 2025).

### **Literature Review:**

#### **1. Yoga in NEP 2020 Framework:**

NEP 2020 promotes a Health and Well-Being curriculum in which yoga is integrated as a core element of the educational process rather than being treated as a co-curricular activity. Along with physical education and sports, yoga is recognized as a key contributor to student fitness and overall well-being across all stages of education (Maharaja Ganga Sing University, 2025). Contemporary multidisciplinary analyses indicate that embedding yoga within the NEP framework significantly contributes to students' physical, psychological, and ethical growth, supporting the policy's commitment to holistic learning. (Aneraye and Priya, 2025).

#### **2. Educational and Health Benefits of Yoga:**

Multiple empirical studies have documented the benefits of yoga for students:

- **Physical and Psychological Benefits:** Yoga practices have been associated with reduced stress, improved flexibility, better posture, and relief from anxiety among school-aged learners (Kadyan, and Manik, 2025).

- **Mental Health Outcomes:** Research indicates that yoga interventions can enhance emotional regulation, lower perceived stress, and contribute to better mental health in university students (Singini and Mahapatra, 2025).
- **Holistic Impact:** Yoga fosters cognitive focus, self-discipline, and a balanced lifestyle—attributes conducive to learning and personal growth (Upadhyaya, 2025).

### Methodology:

This study is based on secondary research using peer-reviewed articles, policy documents, and scholarly reports. The data sources include academic journals, educational policy analyses, and empirical research papers published between 2024–2025. The literature was examined to synthesize findings on yoga's implications for education and its alignment with NEP 2020.

### Findings:

#### 1. Alignment with NEP's Holistic Learning

##### Goals:

Yoga aligns with NEP's vision of *holistic education* by contributing to:

- **Physical Wellness:** Through structured physical postures and breathing practices that improve fitness.
- **Emotional and Cognitive Development:** Through mindfulness and stress reduction techniques that support attention and emotional balance.

Yoga's integration into the education system reflects NEP's transformative approach to student development beyond rote learning (Maharaja Ganga Sing University, 2025)

#### 2. Benefits for Students:

##### 2.1 Physical Health:

Yoga programs in educational settings have shown improvements in physiological markers and general fitness levels, making them a

valuable complement to conventional physical education (Kadyan and Manik, 2025).

##### 2.2 Mental and Emotional Well-Being:

Regular yoga practice reduces stress and anxiety among learners, providing them with self-regulation tools beneficial for academic and personal life (Singini and Mahapatra, 2025).

#### 3. Challenges and Implementation Issue:

Despite its benefits, several practical challenges exist, that are:

- **Teacher Training:** Effective yoga education requires certified instructors and ongoing professional development.
- **Curriculum Design:** Yoga must be age-appropriate and tailored to students' diverse needs.
- **Infrastructure and Resources:** Adequate space and scheduling within the academic timetable are needed.

Studies on NEP's yoga integration highlight that without comprehensive teacher training and resource planning, the envisioned benefits may not be fully realized (Solanki, Chaurasiya, and Dubey, 2023).

#### Discussion:

Yoga's incorporation into the education system under NEP 2020 presents a progressive shift toward nurturing *well-rounded learners*. Its potential benefits extend across physical fitness, mental health, and life skills that are essential in the 21st century. However, achieving these outcomes requires systematic planning, curriculum integration, and focus on teacher capacity building. While yoga complements NEP's holistic approach, further empirical studies are required to evaluate long-term impacts on student outcomes across diverse educational settings.

#### Conclusion:

The integration of yoga into education, as envisioned in NEP 2020, underscores a

commitment to holistic, learner-centered development. Yoga offers significant implications for improving both physical and mental health and aligns with the policy's broader aim of fostering well-being alongside academic learning. To fully realize these benefits, policymakers, educators, and institutions must collaborate to ensure effective implementation, adequate training, and evaluation mechanisms.

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