

## **THEORETICAL FRAMEWORK FOR HOLISTIC DEVELOPMENT: NEP 2020**

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### **Abstract**

The National Education policy was formulated in the year 1968, and they have used the regional language for schools. Education is an important factor to developing skills, so that the Indian government has launched education policy system for the students to develop their knowledge. Before independence, India was ruled by the British people, during that time Indian people were illiteracy and even they didn't know about what is education and its system. Holistic development is the extensive approach in teach which objective rich the goal for developing multiple abilities in human mind. It is the development of physical, emotional, intellectual, social development of students and promotes the learning style with higher order skill improvement. Holistic development is the combination of enhancing education model of empowering students' performance and teacher strategies in different area. Its benefits helpful to increase the standard of education and these standards will strengthen the nation building process of achievement.

Keywords: NEP 2020, Holistic, Education policy system.

### **Introduction:**

The Indian government has formulated the National policy of education. In Indian government has announced that their aim is to bring several changes in our education system both in rural and urban area from the schooling level to college level. Need for Education and its utility in one's life are obvious. The government of India's flagship programme for achievement of universalisation of Elementary Education (UEE) this programmer's aim is to give free and compulsory education to the children between 6-14 years age group. Our Indian government has given an opportunity to all the students to get a free education. Education is the process where every individual learns the things according their ability and interest because every child has their own unique quality like strength, personality, inner talent and ability. For this unique quality we need to design the activity based curriculum for the students. Syllabus is the important part in the process of child development and teaching-learning process. Child development is the prime part of the education NEP 2020 will transform this model through a flexible curriculum that creatively combines various disciplines. Learner will be able to choose from language and also integrate Applied Science, Mathematics, and Busmen Studies with humanities and arts.

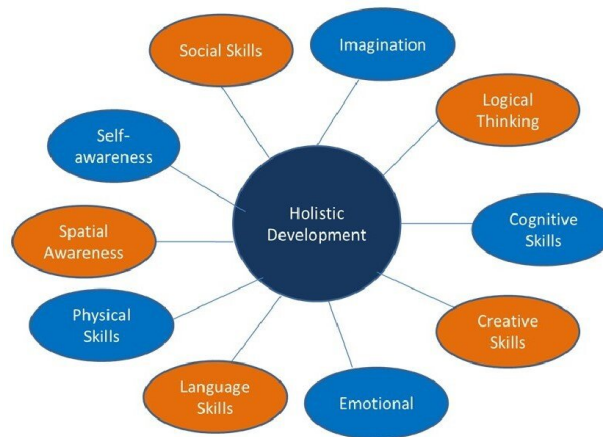
### **Why Holistic development Important**

In Teaching –learning process teacher can improve their audio-visual perception, language awareness and proficiency, fine motor skills, List sting and responding skills, focuses and attention towards work. Academic skill build only with the help of social physical mental and intellectual. Social emotional skills are very much important to learn to regulate owns emotion and secure it. Express their emotion in good, positive and healthy way in accurate place. It is imperative for exposing children to opportunities to find and develop their strengths to the best of their abilities, as well as strengthen their weaker skills.

In education purpose to actively participation of students in all perceptive of curriculum it means make sure to enhance the quality of physical and, mental ability. It is imperative for exposing children to opportunities to find and develop their strength to the best of their abilities as well as strengthen their weaker skills (Mcilroy, 2022) Learning is process of learn the things in simultaneously manner and it is interconnected to other part of learning like What they See, what they observe and what they hear.

### **A Holistic Development**

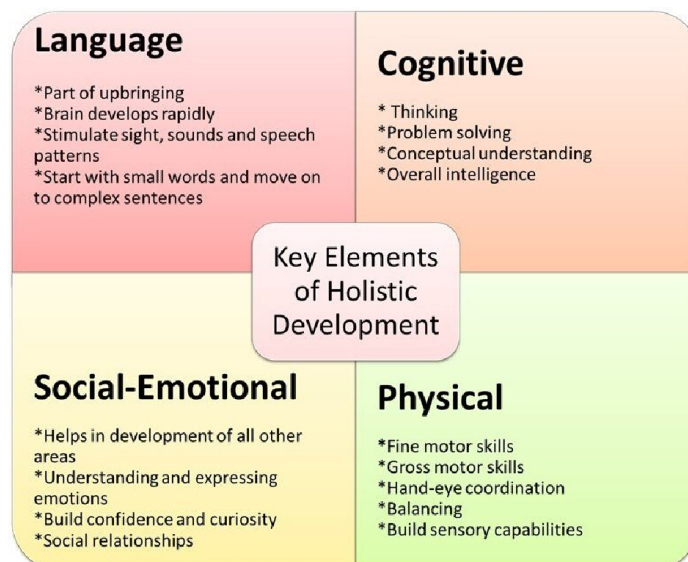
Holistic development helpful for developing curiosity and allow to learn and understand the concept to learn the subject in naturally, creatively and practically. It also developing their skills and build their confidence to actively participating in school activities. Enhancing the quality of students and they will find their way and connecting their bridge in between education in real world facts. Their creative skills raise to help in solving their problem in various direction.



It is a supportive and positive environment providing the education in how to learn and what to learn Encouraging the students to explore their knowledge and raisin the questions for self-direction. Also exploring the interest passion knowledge in their energy achievement in goal setting of currier. To change the paradigm shift in education from content based learning to experiential learning. Useful technique and strategies for healthy education environment and student engagement. Capabilities should be depends on teacher competencies, students pre-test, pedagogy experiential learning, flexible curriculum, Good and positive infrastructure of school

The Government has implemented to use their mother tongue as their first language and they use English as their second language. Most of the schools gave much important to their first language. In India they use the three language formula. The Education system was formulated all over India. Students have rights to choose their language; it may be local or a regional language. In India especially in Tamilnadu they were using the Tamil an English language as a medium of instruction. The Government has equipping the students by using various high quality technologies such as textbooks, Audio aids, charts, Audio visual aids, etc... Not only have that, but the student they need to known about the transformation of language from the teaching. As a teacher He/she need to use the bilingual method, which could be made the students be interactive and attentive in the classroom.

### Key Elements for Holistic Development



### Cognitive

Cognitive development relates to the brain and its development, i.e., the child's intelligence. An average brain develops up to 90% of its potential by the age of 5, so children entering preschool are already nearing full development in terms of cranial capacity. It is a well-known fact that young minds are quicker at absorbing information and noticing as well as adopting certain

activities and behaviors. With proper guidance, these fresh minds can master much more. **Cognitive development involves thinking, problem-solving, and understanding of concepts** and is one of the vital elements of holistic development. It is a very important factor in the holistic development of a child.

#### Language

Language and speech are integral parts of an upbringing process. Speaking well and articulating are necessary skills in today's world. Below the age of 5, children capture linguistic abilities fast and bloom well. Since the brain develops rapidly, it is necessary to stimulate sight, sounds, and speech patterns. Children start with small words in their mother tongue and slowly move on to complex sentences. Gradually, the shift is made towards other languages, commonly English or a third language, and is the second most crucial element in the holistic development of the child.

#### Social-Emotional

**Bringing up the social and emotional sides of the brain requires students to go through experiences that allow provisions for positive relationships while exercising control of emotions.** Trust and security are fundamental parts of this, without which a child may grow up to be unhinged. A child in his/her developmental years is most vulnerable and requires attention and affection. Security found with trusted adults leads to attachments and a strong foundation for future emotional links as they learn to be confident and secure in their abilities and sense of self. Therefore, as the third most important element of holistic development, it is necessary that teachers and parents maintain a secure and friendly environment for a child to ensure holistic growth.

#### Physical

It is common knowledge that children are little balls of unbridled energy. This energy is essential to make the necessary neural connections for overall holistic growth. Thus, exercise and movement of any form lead to increased blood flow in the body. With increasing blood flow to the brain, the child becomes capable of acquiring new information and concepts. It is the development of gross and fine motor skills that enables a child to be healthy and fit. Not only that, children learn to be more aware of their sensory understandings and recognize their implications to implement well in the future.

#### Conclusion

In all round development that means holistic development Education is the internal part for only education system can change the behaviours and help students and help students to understand his/her psychological pressure and teaching -learning process is only way to build up the healthy and powerful environment to understand the relationship between positive and negative environment. Also build up self-reliance and team spirit and true communication in education, educationist, policymaker and stakeholder ensure that to curriculum is not only integrated with theory based but also with large no. of activities (social and mental) and practice. Such a system boosts the morale of a student so that they can go on to achieve greater heights in their careers while becoming upstanding citizens of the society who contribute to the growth and development of the country. Hence, the holistic development of students is very important right from the beginning of school-going years.

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