

# CERTIFICATE OF PUBLICATION

*This is to certify that the chapter entitled*  
**LIFE SKILLS AND NATIONAL EDUCATION POLICY**

*Authored by*

**PROF. PAWAR ANITA DATTATRAYA**

Asst. Professor,  
K.K. Wagh Arts, Commerce, Science and Computer Science College,  
Chandori, Tal-Niphad, Dist-Nashik

**Has been Published In ISBN - 978-93-5777-343-0 Edited Book Entitled**  
**“INTERDISCIPLINARY RESEARCH PATHWAY OF NATIONAL EDUCATION POLICY (NEP)-2020”**

**on 26/01/2023**



**Publisher:**  
**DR. EKNATH MUNDHE**

# INTERDISCIPLINARY RESEARCH PATHWAY OF NATIONAL EDUCATION POLICY (NEP)-2020

NEP



DR. EKNATH MUNDHE  
DR. PRABHAKAR CHAVAN

EDITOR

# INTERDISCIPLINARY RESEARCH PATHWAY OF NATIONAL EDUCATION POLICY (NEP)-2020

## EDITOR

***DR. EKNATH MUNDHE***  
Professor,  
Rayat Shikshan Sanstha's,  
S. M. Joshi College Hadapsar,  
Pune-411028

***DR. PRABHAKAR CHAVAN***  
Associate Professor,  
Dept. of Lifelong Learning &  
Extension,  
S. N. D. T. Women's University,  
Mumbai-400020

**INTERDISCIPLINARY RESEARCH PATHWAY OF NATIONAL EDUCATION  
POLICY (NEP)-2020**

ISBN: 978-93-5777-343-0



978-93-5777-343-0

**EDITOR©**

**DR. EKNATH MUNDHE**  
Professor,  
Rayat Shikshan Sanstha's,  
S. M. Joshi College Hadapsar,  
Pune-411028

**DR. PRABHAKAR CHAVAN**  
Associate Professor,  
Dept. of Lifelong Learning & Extension,  
S. N. D. T. Women's University,  
Mumbai-400020

**Publisher** : Dr. Eknath Mundhe  
S. M. Joshi College, Hadapsar, Pune-28  
Maharashtra, India

**Edition** : 1<sup>st</sup>

**Date** : 26<sup>th</sup> January, 2023

**Price** : Rs. 100

*All rights are reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the copyright holder.*

## INDEX

Sr. No.	TITLE OF THE CHAPTER & NAME OF THE AUTHOR/S	Page No.
1.	<i>NATIONAL EDUCATION POLICY- 2020 AND DIGITAL EDUCATION</i> <i>Dr. Nandini Sengupta</i>	<b>01-05</b>
2.	<i>LIFE SKILLS EDUCATION</i> <i>Dinkar Manikrao Hajare</i>	<b>06-14</b>
3.	<i>NATIONAL EDUCATION POLICY (NEP)-2020 OF INDIA: A THEORETICAL ANALYSIS</i> <i>Dr. Satyawan Pundlik Bansode</i>	<b>15-21</b>
4.	<i>STRESS MANAGEMENT WITH YOGA KIYA AND ASANA.</i> <i>Dr. Sheetal Laxman Shendkar</i>	<b>22-25</b>
5.	<i>A ANALYTICAL STUDY OF EXISTING PATTERN OF FOOD, ENERGY CONSUMPTION IN MAHARASHTRA</i> <i>Dr. Parmeshwar Sambhaji Gadkar</i>	<b>26-31</b>
6.	<i>HERALDING NEP 20: EVOLUTION OF CURRICULAR ADAPTATION- FROM IEP TO TRANSDISCIPLINARY MODEL: SUNSHINE WORLDWIDE SCHOOL-A CASE STUDY</i> <i>Dr. Gargi.P. Sinha</i>	<b>32-45</b>
7.	<i>PROFESSIONAL DEVELOPMENT OF TEACHERS AND TEACHER EDUCATORS THROUGH ICT FOR ENHANCING THE QUALITY</i> <i>Dr. Kaluram Nathu Bhise</i>	<b>46-47</b>
8.	<i>ECONOMICS OF ONLINE LEARNING AND DISTANCE EDUCATION</i> <i>Dr. Geeta Nair</i>	<b>48-53</b>
9.	<i>PERSONALITY DEVELOPMENT AND SOFT SKILLS</i> <i>Dr. Meeta M. Meshram &amp; Prof. Dinkar Manikrao Hajare</i>	<b>54-57</b>
10.	<i>IMPORTANCE OF INDIAN CULTURAL HERITAGE IN NATIONAL EDUCATION POLICY-2020</i> <i>Prof. Vikas Vilas Barge</i>	<b>58-67</b>
11.	<i>OUTCOME BASED EDUCATION: CONCEPT AND PROCESS</i> <i>Dr. Pratibha S. Desai</i>	<b>68-71</b>
12.	<i>EARLY CHILDHOOD CARE AND EDUCATION UNDER SARVA SHIKSHA ABHIYAN IN MAHARASHTRA – AN ANALYSIS</i> <i>Dr. Vishal Bhaware</i>	<b>72-77</b>
13.	<i>REIMAGINING SKILL INDIA PERSPECTIVES AND WAY FORWARD</i> <i>Mr. Atul Krishna Ghadge</i>	<b>78-82</b>
14.	<i>E-LEARNING AND ITS USE IN TEACHING AND LEARNING- A NEW APPROACH OF NEP 2022</i> <i>Dr. Sudarshan D. Tapsale &amp; Dr. Kaluram Nathu Bhise</i>	<b>83-86</b>
15.	<i>A SCENARIO TEACHER EDUCATION</i> <i>Dr. Shobha Tukaram Rahane</i>	<b>87-93</b>

16.	<i>LIFE SKILLS EDUCATION FOR PERSONALITY DEVELOPMENT OF STUDENTS</i> <i>Dr. Seema Raghu Avachar</i>	<b>94-97</b>
17.	<i>TRANSFORMATION IN TEACHER EDUCATION BY THE MEANS OF ONLINE LEARNING &amp; BLENDED LEARNING</i> <i>Dr. Madhuri Isave</i>	<b>98-107</b>
18.	<i>CHALLENGES OF HIGHER EDUCATION</i> <i>Dr. Ganesh Rajendra Walunj</i>	<b>108-112</b>
19.	<i>ROLE OF EDUCATION IN DEVELOPMENT: ISSUES AND CHALLENGES</i> <i>Dr. Subhash Taerao Pandit</i>	<b>113-116</b>
20.	<i>A STUDY ON HIGHER EDUCATION IN INDIA: CHALLENGES AND OPPORTUNITIES</i> <i>Dr. Usha V Bhandare</i>	<b>117-122</b>
21.	<i>SPORTS AS AN EFFECTIVE MEDIUM TO COMMUNICATE LIFE SKILLS</i> <i>Dr. Suresh D Bhosale</i>	<b>123-126</b>
22.	<i>VISION OF QUALITY EDUCATION BY NEP-2020</i> <i>Dr. Nandini N</i>	<b>127-135</b>
23.	<i>UNDERSTANDING THE INFLUENCE OF NATIONAL EDUCATION POLICY ON PHOTOJOURNALISM</i> <i>Nithish P</i>	<b>136-142</b>
24.	<i>NATIONAL EDUCATION POLICY-2020: A BOOST OF EDUCATION SYSTEM OF INDIA.</i> <i>V. S. Chavan, H. F. Jadhav</i>	<b>143-146</b>
25.	<i>NATIONAL EDUCATION POLICY-2020 AND ROLE OF LIBRARIES.</i> <i>H. F. Jadhav, V. S. Chavan</i>	<b>147-150</b>
26.	<i>NEW EDUCATION POLICY AND CHALLENGES</i> <i>Shubham Satish Shende</i>	<b>151-153</b>
27.	<i>INCLUSIVE EDUCATION FOR SUSTAINABLE DEVELOPMENT</i> <i>Dr. Neera Kumar</i>	<b>154-157</b>
28.	<i>LIFE SKILLS AND NATIONAL EDUCATION POLICY</i> <i>Prof. Pawar Anita Dattatraya</i>	<b>158-162</b>
29.	<i>STUDY OF RESEARCH METHODOLOGIES AND ITS DIFFERENT SCALES WITH OVERVIEW ON ADVANCES IN TEACHING LEARNING</i> <i>Dr. Kanchan R. Tayade, Dr. Pravin T. Nitnaware</i>	<b>163-169</b>
30.	<i>LIFE SKILLS &amp; FINANCIAL LITERACY – ESSENTIAL COMPONENTS OF ADULT EDUCATION</i> <i>Dr. Prasad Joshi</i>	<b>170-175</b>
31.	<i>THE ROLE AND CHALLENGES OF TEACHERS IN REFERENCE TO NEP2020</i> <i>Dr. Manjusha Saijare</i>	<b>176-180</b>

32.	<i>UNDERSTANDING THE INFLUENCE OF NATIONAL EDUCATION POLICY 2020 ON THE FUTURE PROSPECTS OF INDIA</i> <i>Ms. Pradnya. P. Vibhandik</i>	<b>181-189</b>
33.	<i>THE SIGNIFICANCE OF SOFT SKILLS AND PERSONALITY DEVELOPMENT FOR CAREER OPPORTUNITIES</i> <i>Dr. Priya P. Singh</i>	<b>190-200</b>
34.	<i>INNOVATION IN TEACHING LEARNING-CLL, SW, SUGGESTOPEDIA, TOTAL PHYSICAL RESPONSE-THE HUMANISTIC METHODS TO TEACH ENGLISH LANGUAGE</i> <i>Dr. Suvarna G. Shikare</i>	<b>201-205</b>
35.	<i>A STUDY OF CURRENT SCENARIO OF NATIONAL EDUCATION POLICY IN INDIA</i> <i>Mr. Warghade Janardhan Bhau</i>	<b>206-208</b>
36.	<i>THOUGHTS OF DR AMBEDKAR ON WOMEN'S LIBERATION</i> <i>Sonavane Renuka Manik</i>	<b>209-214</b>
37.	<i>NEW NATIONAL EDUCATION POLICY – 2020</i> <i>Dr. Surajkumar Subhashchandra Prasad</i>	<b>215-218</b>
38.	<i>DIGITAL EDUCATION: THE NEW ERA OF ONLINE EDUCATION IN INDIA</i> <i>Pranay Sadawarti</i>	<b>219-221</b>
39.	<i>NEP 2020: CURRICULUM AND PEDAGOGY</i> <i>Dr. Karande Shahaji Rajaram</i>	<b>222-226</b>
40.	<i>OVERVIEW OF VIRTUAL CLOUD COMPUTING LABORATORY IN EDUCATION SECTOR</i> <i>Mrs. Prajakta Joshi</i>	<b>227-231</b>
41.	<i>THE ROLE OF DIGITAL INFRASTRUCTURE IN THE POST PANDEMIC WORLD</i> <i>Mr. Atul Krishna Ghadge</i>	<b>232-235</b>
42.	<i>PERSPECTIVES OF CLIMATE CHANGES IN NEP 2020</i> <i>CA(Dr). Leena Mahesh Gadkari</i>	<b>236-241</b>
43.	<i>OPEN SOURCE SOFTWARE - BIBLIOTEQ &amp; KOHA FOR DIGITAL LIBRARY: A REVIEW</i> <i>Teena Kapoor</i>	<b>242-245</b>
44.	<i>LIFELONG LEARNING</i> <i>Dr. Anita Balasaheb Khaire</i>	<b>246-251</b>
45.	<i>VALUE BASED EDUCATION: AN IMPORTANT PART OF NEW EDUCATION POLICY 2020- A CASE STUDY</i> <i>D.B. Bhure, S.S. Nanware, M.S. Kadam and N.R. Jaiswal</i>	<b>252-256</b>

**LIFE SKILLS AND NATIONAL EDUCATION POLICY****Prof. Pawar Anita Dattatraya**

Asst. Professor,

K.K. Wagh Arts, Commerce, Science and Computer Science College,  
Chandori, Tal-Niphad, Dist-Nashik

**Abstract:** *In today's globalized constantly changing world and environment. Life skills play a significant and crucial role in being able to meet the various challenges of everyday life. In recent times, educationalists have life skills among the essential learning tools for quality life, survival and capacity development. Skills are part and parcel of our day to day life, which nurtures Life skills are essentially those abilities that help promote mental well-being and competence in young people as they face the realities of life. Most development professionals agree that life skills are generally applied in the context of health and social events. Life skills can include the ability to manage your emotions, your health, your finances, your relationships, your performance, as well as creativity, critical thinking, problem-solving, decision-making, the ability to collaborate, along with personal and social responsibilities that contribute versatile citizenship etc. and your ability to master these things has a direct impact on how you feel about yourself, your emotional balance, your physical health and your independence. So these Life skills will play an important role in the National Education Policy. Life skills have become a tool for making the learners innovative and also became a source for motivating the learners towards learning new educational policies.*

**Keywords:** Part and parcel, competence, versatile, innovative etc.

**Introduction:** 21st century, is the century of Information and Technology, as well as new learning. Life skills have become a tool for making the learners innovative and also became a source for motivating the learners towards learning.

“21st century is the century of ICT, Life Skills and NEP” As Walter McKenzie has defined ICT as “A new age demands a new paradigm” Further Craig R. Barrett has also described the effects of ICT as the technology and teachers will be the leaders in the transformation of education around the world.

**According to WHO,** life skills are “Abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life” (37).

**According to British Council:**” Life skills are used to describe a set of basic skills acquired through learning or direct life experience that enable individuals and groups to handle issues and problems effectively in daily life. They include creativity, critical- thinking, problem-solving, decision-making, the ability to communicate and collaborate, along with personal and social responsibility that contributes to become versatile citizenship- all essential skills for success in the 21<sup>st</sup> century, both for healthy societies and successful and employable individuals.”

Life skills are defined as “**a group of psychosocial competencies and interpersonal skills** that help people make informed decisions, solve problems, think critically and creatively, communicate effectively, build healthy relationships, empathize with others, and



cope with and manage their lives in a healthy and co-operatively. The goal of the life skills program is to help the students learn to be as independent as possible in hopes of them getting a job and living alone with minimal help after graduation from high school.”

**Objectives:**

- 1) To study the magnitude of Life skills and NEP
- 2) To improve student’s academic success.
- 3) To understand the meaning and scope of Life skills and NEP.
- 4) To explain the role of Life skills in the effectiveness of Implementation of NEP
- 5) To provide opportunity for realizing one’s potential through practical experience.
- 6) To suggest measures for effective use of Life Skills to set appropriate goals, Mange stress and time effectively.
- 7) To suggest the role of Life skills, which are vital for teachers and students.

**Purpose of the Research Paper:** -Readers will learn the elements of life skills and NEP.

-NEP and life skills have the potential to provide an insightful advice & encourage one, motivate all for Success and to build the versatile personalities.

-To suggest measures for effective use of life skills in implementation of NEP.

- The role and importance of Life Skills is vital for Teachers and students for NEP.

**Rational of the study:** - As said by Dr. A.P.J. Abdul Kalam, “Youths are the pillars of the Nation”

-Implementation of NEP and Life Skills are like a part and parcel of 21<sup>st</sup> century and globalization and Encouragement towards success and humanity

-Cognitive understanding of NEP and its implementation by various institutes. To study Life Skills like optimism, goal-setting, patience, critical-thinking, patience, team-work, Problem-solving, critical thinking, effective communication skills, decision-making, creative thinking, interpersonal relationship skills, self- awareness building skills, empathy, and coping with stress and emotions.

**Research Methodology:**

-To read the various articles on NEP and Life Skills.

- To study Life Skills and NEP

- Close reading of the selected Life Skills

**Discussion:** To provide opportunity for realising one’s potential through practical experience and to develop interpersonal skills and adopt good leadership behaviour for empowerment of self and others.

According to the JEREMY Harmer, “a word innovation means something new, which means new ideas to change things for better.” He claims that “if we look at all the language teaching methods which are used all over the world by different teachers at, different levels, we cannot say that all of them are 100% successful. Therefore, it is very important to keep looking and searching to find ways to make teaching and learning better with life skills.”

Life skills are capabilities that empower and enable an individual to take positive action and positive social relationships, thereby promoting both mental well-being and personal development. Life Skills enable an individual to deal with everyday situations to lead a happy life. Further, these are thev abilities, strategies, expertise or competences that enable a person to develop positive attitude and responsible behaviours, leading towards a healthy lifestyle.

The **National Education Policy of India 2020 (NEP 2020)**, which was started by the Union Cabinet of India on 29 July 2020, outlines the vision of new education system of India.<sup>[1]</sup> The new policy replaces the previous National Policy on Education, 1986.<sup>[a]</sup> The policy is a comprehensive framework for elementary education to higher education as well as vocational training in both rural and urban India. The policy aims to transform India's education system by 2030.<sup>[2]</sup>

Shortly after the release of the policy, the government clarified that no one will be forced to study any particular language and that the medium of instruction will not be shifted from English to any regional language.<sup>[3]</sup> The language policy in NEP is a broad *guideline* and *advisory* in nature; and it is up to the states, institutions, and schools to decide on the implementation.<sup>[4]</sup>

Krishnaswamy Kasturirangan, chairperson of the National Education Policy (NEP) drafting panel, commented "No language is being imposed. Multi-lingual flexibility is still the basis for the new NEP 2020".<sup>[46]</sup> The UGC has asked that awareness about the policy should be spread among students and teachers.<sup>[47]</sup> Prime Minister Narendra Modi stated that the policy focuses on 'how to think' rather than 'what to think'.<sup>[48]</sup>

#### **Scope and Limitations:**

- To study the life skills like patriotism, spirituality, creativity and critical thinking etc.
- Name topic if this study can be taken up for the other languages too.
- An opportunity to focus on less studied research topics related to NEP and Life Skills.
- To acquaint the role of Life Skills such as communication, cooperation, teamwork and resilience, creativity and critical thinking to encourage logical decision-making in the implementation of National Education Policy. Because the aim of education will not only be cognitive development but also building character and creating holistic and well-rounded individuals equipped with the 21<sup>st</sup> century skill. All aspects of curriculum and pedagogy will be reoriented and revamped to attain these critical goals. Education must build character, enable learners to be ethical, rational, Life skills can include the ability to manage your emotions, your health, your finances, your relationships, your school performance, etc. – and your ability to master these things has a direct impact on how you feel about yourself, your emotional balance, your physical health and your independence.

**Findings:** NEP is a form of advanced Education System, especially in the implementation of NEP in the teaching and learning. It will give teachers more time to work with students on critical thinking skills.

Life skills education enhances personal growth which is helpful for the betterment of the society. Life skills nurtures the mindset in the early childhood, the mind develops and it becomes a crucial time for a child to discover endless opportunities and nurture the mind. Pedagogy must evolve to make education more experiential, holistic, integrated, inquiry-driven, discovery-oriented, learner-centred, discussion-based, flexible, and of course, enjoyable.

#### **Significance of the Study:**

According to Abraham Maslow's theory of hierarchy of needs and its Importance make the readers to familiarize Life Skills and National Education Policy and to achieve goals of NEP. Motivational elements like life skills and life values are the pillars of the humanities.

-Life Skills and 'Geeta', 'Panchtantra''Hitopadesh', 'and other fun fables and inspiring tales from the Indian tradition and learn about their influences on globalization.

-Life Skills will help us to achieve our goals

- Life Skills helps for self-development

**Justification for the selection and need of the study:**

According to Abraham Maslow's theory of hierarchy of needs and its Importance make the readers to familiarize Life Skills and National Education Policy and to achieve goals of NEP. Motivational elements like life skills and life values are the pillars of the humanities.

**Suggestions:** As a teacher would like to connect with NEP and see if you as a learner/ as a reader be a part of globalization and you should like to associate with NEP. By adding Life Skills Education to the school curriculum, better results can be achieved.

**Conclusion:** Life skills play a significant and crucial role in being able to meet the various challenges of everyday life. Life. In recent times, educationalists have life skills among the essential learning tools for quality life, survival and capacity development. The National Education Policy 2020 also recognizes the importance of life skills such as communication, team work, problem solving, decision making, analytical thinking, resiliency, etc. as imperative life skills. The initiative works with an approach where academic knowledge is imparted. Life skills education is aimed at encouraging learners to explore and develop the skills necessary for successful living and learning. The more coping skills that learners have an opportunity to enhance an improved quality of life and better social functioning and to maintain the relationship between the man and the World of humanity and its utilization for the present and future generations.

**References:**

1. Mastering Life Skills and Alife Values Dr. Anil Patil – Academic Book Publications, January 2022 978-93-92425-85-1
2. *"Kasturirangan-led panel to develop new curriculum for schools". indianexpress.com. 22 September 2021. Retrieved 16 October 2021.*
3. *^ "State education boards to be regulated by national body: Draft NEP". The Times of India. Retrieved 21 November 2019.*
4. *^ "Here's Why You Can Rejoice Over the New NEP. And Why You Cannot". The Wire. 31 July 2020. Retrieved 2 August 2020.*
5. *^ Rohatgi, Anubha, ed. (7 August 2020). "Highlights | NEP will play role in reducing gap between research and education in India: PM Modi". Hindustan Times. Retrieved 8 August 2020.*
6. *^ "Govt approves plan to boost state spending on education to 6% of GDP". Livemint. 29 July 2020. Retrieved 30 July 2020.*
7. *^ "National Education Policy 2020: Cabinet approves new national education policy: Key points". The Times of India. 29 July 2020. Retrieved 29 July 2020.*
8. *^ "Teaching In Mother Tongue Till Class 5: 10 Points On New National Education Policy". NDTV.com. Retrieved 30 July 2021.*
9. *^ "Cabinet Approves National Education Policy 2020, paving way for transformational reforms in school and higher education systems in the country". pib.gov.in. Retrieved 8 August 2021.*

10. ^ "Education Ministry launches NIPUN Bharat Mission". @businessline. Retrieved 8 August 2021.
11. ^ Jump up to:<sup>a b c d e</sup> Srinivasan, Chandrashekar, ed. (29 July 2020). "National Education Policy, NEP 2020: Teaching in Mother Tongue Till Class 5: 10 Points On New Education Policy". NDTV. Retrieved 29 July 2020.
12. ^ Kulkarni, Sagar (29 July 2020). "New policy offers 5-3-3-4 model of school education". Deccan Herald. Retrieved 9 August 2020.
13. ^ Kumar, Shuchita (31 July 2020). "New education policy: The shift from 10+2 to 5+3+3+4 system". Times Now. Retrieved 9 August 2020.
14. www.wikipedia