

# Study of the Impact of Integrated Personality Development Curriculum in the Context of National Education Policy

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**Abstract:** The Integrated Personality Development Course has been designed, by the National Education Policy NEP recently, to help prepare college students in their holistic development. This course supports the requirements of the New Education Policy (NEP), to “build character, enable learners to be ethical, rational, compassionate, and caring, while at the same time prepare them for gainful, fulfilling employment”. Easily integrated into students’ university syllabus, IPDC effectively teaches essential values, develops inner character, strengthens morality, and nourishes constructive and creative thinking. Through this course, students can enjoy, understand, and practice priceless lessons, giving them the tools to build a brighter future.

**KEYWORDS:** *integrated personality development, NEP, students, curriculum, lessons, future.*

## INTRODUCTION

The National Education Policy (NEP) highlights on overall personality development of individual by inculcating 21st Century education skills to learners. NEP mentions that “Education would be aimed at developing all capacities of human beings – intellectual, aesthetic, social, physical, emotional, and moral in an integrated manner” (NEP).

### It is very well said that:

“Breakthrough innovation occurs when we bring down boundaries and encourage disciplines to learn from each other” [1,2,3]

### Multidisciplinary and Holistic Learning

A multidisciplinary and holistic learning is an integral education model that will relax the discipline boundaries for learning and make the system flexible enough for students to learn sciences, mathematics with humanities, languages, social sciences, professional skills, soft skills, ethics, morality, human values etc. in combination according to their needs and interests with the aim towards integrated competencies development including intellectual, aesthetic, social, physical, emotional, and moral. With such approach a student is no longer required to be confused on: Whether he can learn Mathematics and Psychology together. Now the answer lies in his interest only. If he wants to learn, he can not only learn but can choose an appropriate career option for him as well.

### Gist of NEP, towards multidisciplinary and holistic education

- A multidisciplinary education will focus on the integrated development of individual including - social, psychocological, emotional, social and moral.
- All the disciplines including professional, vocational or technical of undergraduate programme will experience the methodical execution of such comprehensive learning.

- There will be no rigid boundaries between the learning of science, arts and humanities. All institutions will accommodate professional and soft-skills courses.
- The all-inclusive approach in curriculum will ensure the flexibility in courses and academic pathways thus would promote Multiple Entry Exit System.
- All Higher Education Institutes (HEIs) will encourage the foundation of all departments including Languages, Literature, Music, Philosophy, Indology, Art, Dance, Theatre, Education, Mathematics, Statistics, Pure and Applied Sciences, Sociology, Economics, Sports, Translation and Interpretation, etc.
- Students will be their own degree maker as NEP offers certificate after completing one year of professional or discipline course, diploma if one completes two years, a Bachelor’s degree after the completion of three years and the undergraduate degree with research if one completes the preferred duration of four years.
- Students will be their credits holder too with the initiative of Academic Bank of Credit (ABC) to create a digital account of their earned credit from various programs or institutes which can be considered to award the degree[4,5,6]
- Exclusive Multidisciplinary Education and Research Universities (MERU), aiming to the best quality education at par with global standards will be established for holistic and multidisciplinary education.
- More incubation centers will be set up in Higher Education Institutes to enhance the interdisciplinary research culture including humanities and social sciences research and more efforts will be put for bridging industry-academic gaps for innovation and technology advancements.

During a national webinar on multidisciplinary and holistic education organised by the University Grants Commission (UGC), Union Minister of State for Education Subhas Sarkar stated that: the concept of Multidisciplinary and Holistic Education is not new. He mentioned that “The tradition of holistic and multidisciplinary learning has been followed in India from the times of Taxila and Nalanda where attention was given to overall personality development.”

He also emphasized that it is imperative for Higher Education Institutes to inculcate 21st century skills in the learners that comprises active learning, out-of-box thinking, critical thinking, effective communication, collaboration, technological skills and life skills in various fields, and a comprehensive education system is the path of the skills development.

In Today's world of technology and globalization, skills play more important role in real-life than mere knowledge. Multidisciplinary and Holistic Approach in Higher Education aims to develop following skills and over-all personality building in the youth:

- Critical ability: With multiple discipline knowledge, a student will become able to think beyond the horizon of single discipline and can think about the logical connections between different ideas.[7,,8,9]
- Self-governance: With the choice of their own subjects, students will become able to set their priorities and knowledge landscape for a disciplined learning.
- Problem Solving: Quick and Effective solution to a problem, is the skill that the employers searching in the current time. The knowledge of different subjects in multidisciplinary approach will develop the logical and analysis skills in students to handle difficult situations.
- Communication: Knowledge is the confidence and an effective communication is the result of wide knowledge. With multidisciplinary and holistic learning students will be able to share ideas, express their feelings and contribute to national progress.

Recently, UGC has asked Higher Education Institutes to take appropriate action for implementation of Multidisciplinary and Holistic Education in their Institutes and share the initiatives taken in this regard on the University Activity Monitoring Portal (UAMP). So the methodical implementation of Multidisciplinary and Holistic Education has become the need of the hour. In this regard NEP has always proven itself a logistics and smooth technical support to scholars in taking the utmost care of all their requirements to simplify the realization of visionary guidelines.

NEP is an innovator offering unified solutions to the complex workflow problems in scholars with its following unique features:

- A cloud-based platform to store huge database of the students and their associated attributes with quick information access services that will help the administration to get insights of any detail in no time.
- Smart solutions to course choice and allotment to encourage the much needed flexibility norms according to NEP guidelines and empower multidisciplinary education.
- Digital portal to count and track the earned credits from the courses of the students' choice works analogous to Academic Bank of Credit for a particular institute.
- Automating the important academic functions such as attendance record, timetable preparation, assignment uploading and many more with a couple of clicks only, saves the valuable time of instructors which can be utilized in their academic and research goals.
- Online Classes and Exam management system to beat the learning barriers and commit multidisciplinary and holistic education anywhere and anytime.[10,11,12]
- Student Lifecycle management system to present a dashboard view to the integrated academic journey of student including his academic performance and pathways promote seamless management of Multiple Entry and Exit System.

- Personalized Learning management system with prime content creation and delivery utilities paves the way for creative teaching-learning and empowers student-centered education.
- It can help the Educational Institute to go for accreditation of various national and international bodies benchmarking each parameters and pulling out the necessary documents in the required format for couple of years.

We have rich ancient multidisciplinary education culture like Gurukul system, 64 kalas etc. in our tradition which always worked toward the complete development of individual with vast knowledge of many domains. Again the time calls to learn from the past and move toward the bright future. We can realize the multidisciplinary power in the global pandemic situations that how all the horizons assimilated to find solutions of this world-wide crisis. NEP has always brought the digital revolution in scholars and ensured the accomplishment of better learning outcomes to develop responsible member of society with multiple skills.[13,14]

## DISCUSSION

According to NEP, Education plays a very important role in every aspect of our life. A person who understands the practical applicability of education is successful in his life. Being a student, merely rendering the textual things and scoring good marks is not important. What is important is to understand how it is going to make our life beautiful for us and everyone around us. That's why an educated mind and a good heart combine together to create revolutionary changes in the society.

Education is about learning skills and knowledge. It helps us to build opinions and have our own point of view on different things in life. The process by which an individual acquires new skills, behaviors or understanding, often in a formal or informal setting is called education. An individual's personality is the sum total of person's quality, characteristics, attitudes, quirks, psychological traits, beliefs and motives which make up his identity. Personality doesn't mean only your outlook. Personality development means improvement in all spheres of an individual's life.

NEP follows the phrase - "Personality is the sum and organization of those traits which determine the role of the individual in the group."

- By Robert Park and Earnest Bugess

The role that education plays in shaping our personality is matchless. Being educated means to elevate our personalities. One's personality development is as important as being educated. Elevated personality pushes us to move forward and outshine in the crowd. But for having a good personality education is very important. There are many such personalities who have set forth their lives as an example for the society like Bill Gates, Stephen Hawkins etc.

According to NEP, Through the education, an individual learns that how should we behave with others. People's behaviour get them respect in the society. A wrong behavior can spoil the personality of any individual. In educational system, people learn the code of conduct that how to behave with others. An educated person knows that how to act at different places. Education

teaches us that what kind of words we should use when we talk to others. An educated individual know that that we should never use any kind of abusive language with others. Education teaches us that how can we control our emotions. In our society, we have to communicate rightly and behave properly. The time when you are walking along with the society, is a real practical of your code of conduct.

NEP describes that, Positivity allows a person to deal with difficulties successfully. Education teaches us to be positive. Those people have positive attitude can easily remove hurdles of their ways. Through the education, an individual can develop a positive attitude towards things and people. Education teaches us that everything which exists in this world have some negative aspects as well as some positive aspects. So, we shouldn't ponder over only the negativity in someone, we should also watch and think upon the positive aspects of the things, people or situations. Then we could be able to understand things properly. The person who is able to correct other's mistakes as well is considered as a good personality. With the help of education an individual can be aware of his personal and political rights. It tells us how to get our rights and also how to respect other people's rights. Education teaches us that everyone is equal in our society. It tells us about our duties also. It teaches us to be a good citizen, treat the woman on equal level, give vote, and acquire the human rights [15,16,17]

Education enhances our knowledge by providing us useful information; "Old information" and "new information". It gives us general information in various subjects like History, Geography, Civics, Science etc and we come to know about the things clearly. It gets us updated about new information in various fields like technology and new inventions etc.

Education according to NEP, also helps us in increasing confidence in various ways like communication, decision making, meeting challenges, receiving feedback and improving self confidence.

- Decision Making- The best decisions are backed by knowledge and When we have deeper understanding of anything then we are in the position of making confident decisions.
- Meeting Challenges – Education teach us that how to manage activities and if any problem arises at the same time-how to solve it confidently.
- Receiving Feedback – Teachers feedback always boosts the confidence in the students. Negative feedback forces student to do better next time and by getting positive feedback students do something new in that area.

Education provide us many opportunities and many experiences. When we get different opportunities, we show off our personality and make it even better. Opportunities and experiences both words are interrelated. Opportunity brings to us many new things with new experiences. We take those experiences only when we take up the opportunities rightly as provided by education.[18,19,20]

Along with all kind of real knowledge and bookish knowledge, teachers also impart moral values in students and from these moral values they learn the

healthy habits and try to inculcate to them. Healthy habits like how timely we can done our work, keep the surroundings neat and clean and to do a work in disciplined manner, etc. So, through these healthy habits education helps us in development of personality.

Education teach us ethics which helps us to go to a right path and adopt the right things. Then we do all the things in a fair manner only to become successful. So, Ethics always improves our personality in a positive way.

We see many great personalities around us whom we can follow and admire. When we see them, we think to be like them. But it needs hard work and patience. For changing personality, Education is a weapon which can be used by us. To bring about a great change in personality, you need to get the education first. Education can give almost everything and good personality is one of them.

It's nevertheless to say that education is foundation stone of a great personality.[21,22,23]

NEP follows the phrase ----"Education is the great engine of personal development. It is through education that the daughter of a peasant can become a doctor, that the son of a mine worker can become the head of the mine, that a child of farm workers can become the president of a great nation. It is what we make out of what we have, not what we are given, that separates one person from another".

-Nelson mandela

## RESULTS

### NEP and importance of Yoga:

Yogic practices are found effective for development of all aspect of personality. Those aspects are- •Yoga and Physical Aspect of Personality:-Yogic practices such as asana, pranayam and bandha play a beneficial role in our physical development. There is a series of asanas and pranayamas in yoga education that help to improve the integrated functioning of the body. • Yoga and Intellectual Aspect of Personality:-Intellectual development means development of critical thinking, imagination, decision making, problem solving ability etc. Yogic practices like asana, pranayama, dharana, dhyana (meditation) help us to develop our mental abilities that help us to learn new things and adjust to our day- to - day life. • Yoga and Emotional Aspect of Personality: Human beings have two types of emotion: Positive (love, kindness) and negative (Anger, fear). Positive emotions are good for health but negative emotions work as a mental block for the development of personalty. Yoga education plays a great role to the improvement of our personality. Yogic practices like meditation, asana, pranayam, pratyahar help in emotional management.

• Yoga and Social Aspect of Personality: Socialisation is the most important aspect of personality development. Principles of yama teach us to be a sociable person in our society and also help us in the betterment of our relationships with our friends, parents, teachers and others.

• Yoga and Spiritual Aspect of Personality: For proper spiritual development, yama, niyama, pratyahara, and dhyana (meditation) are really helpful. Yama and niyama help us to improve our moral values, self-actualisation ability and also pranayama, meditation help us to realise our true self.[24,25,26]

1. Yoga Education helps the student teachers in dealing with various difficulties, conflicts distractions, problems faced by the child.
2. Yoga Education also helps the trainee teachers in reducing the stress disorder within the children during the education.
3. It helps the teachers in enhancing selfrealization and self-awareness with the children.
4. Yoga Education develops the power of self-control.
5. Yoga Education helps in reducing or destroying the cause of diseases and protects them.
6. Yoga Education preserves and promotes the will power among the students.
7. It helps in developing the concentration power in the students.
8. Yoga Education helps the student teachers in physical and mental development.
9. It helps in treating the physical difficulties by making the body active.
10. It helps the teachers in unfolding the creative consciousness among the students.[27,28,29]

#### CONCLUSION

The longer people had been practising meditation, the more their personalities had changed. → Meditation is linked to higher levels of extraversion and openness to experience and lower levels of neuroticism, research finds. → Yoga helps to develop the traits of the human beings such as confidence, optimism, compassion, equanimity, making sound decisions etc which is essential for the development of personality. → Integration of Spirituality and Personality are possible through the consistent practice of Yogasanas and breathing techniques. → The real personality can be developed at physical, emotional, social level for sound mind, pure intellect, strong health which is possible only through the practice of yoga. → There have been various benefits of adding the Yoga Education in schools because yoga helps to improve physical health and fitness, memory power and focus, personality growth, alignment of mind, body and spirit, managing stress and depression. XII. Conclusion: Based on the study, it can be concluded that Yoga Education and regular practice of the different yoga techniques had a beneficial effect on the personality development of students at the physical, mental, emotional and intellectual levels.[30,31,32] It also helps us to improve the various personality traits like loyalty, sincerity, kindness, conscientious, confident, self identity, decision making ability, communicate effectively with clarity of thought and hope to lead a positive happy life. The process of education for the improvement of personality is a continuous function. Therefore it is necessary to introduce this subject will attached from primary to university higher education; this will bring healthy, wealthy, happy and prosperous life to all of us. Though Indian government takes some initiatives for the implementing of yoga education in different educational levels but some special and strong infrastructure are needed to be taken to fulfil these initiatives.[33,34,35]

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