

HOLISTIC EDUCATION

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Abstract

India has a long and rich history of trans-disciplinary methods to learning and instruction. Even Rigveda acknowledges and exemplifies the potential for endless learning, focusing on many aspects of education. In recent years, there has been an increasing emphasis on specialization in particular subjects and disciplines, resulting in the expansion of single-tier institutions. The National Education Program focuses on advancing interdisciplinary education since it is recognized to foster thriving communities of scholars, thinkers, inventors, and scientists by enabling students to become well-rounded individuals who can think holistically about their lives and the world. In the classroom, it promotes collaboration over competition, and teachers assist students understand the world of interpersonal relationships.

Key words: Holistic Education, Teaching strategies, NEP 2020, Essentials, New aspects, Benefits.

Objectives of the Study

- To study the New UGC Guidelines for Holistic Education
- To know the teaching strategies of Holistic Education
- To know the teacher's role in developing Holistic Education

Methodology

The present study is based on secondary data. Data collected from Journals, newspapers, magazines and e-articles from the secondary source.

Introduction

Education is not limited to schooling alone. Learning is a lifelong process in which students encourage their own development. Similar to the learner, education must be holistic, dynamic, flexible, and receptive to new ideas and perspectives. Holistic education is an educational movement that aims to involve all components of the student, including the mind, body, and spirit. It is based on the notion that each individual discovers identity, meaning, and purpose via relationships with their local community and the natural environment. Most typically, the term "holistic education" refers to a more democratic and humane kind of alternative education. The old educational system was concerned with the inner and outer growth of the individual. With universities such as Nalanda and Takshashila, India has a history of holistic and multidisciplinary education. The holistic approach to education gives students the social and academic maturity they need to deal with the challenges of life, learn from their mistakes, and grow as people.

New UGC Guidelines for Holistic Education

A holistic and multidisciplinary education seeks to integrate the development of all human capacities: intellectual, aesthetic, social, physical, emotional, and moral. to cultivate highly educated persons with essential abilities for the 21st century in the arts, humanities, languages, sciences, social sciences, technical, and professional sectors. The goal of the National Education Policy 2020 is to provide students with a holistic and multidisciplinary education. NEP places a great deal of focus on the transformation of higher education institutions into huge multifunctional colleges, universities, and higher education institution (HEI) clusters, as India typically consists of domain-specific stand-alone colleges and universities. Under NEP 2020, the main goal of universities is to get rid of harmful disciplinary silos.

Holistic education prepares students for a lifetime of study. The educational emphasis shifts to the life skills, attitudes, and self-awareness that students will need in a world that is becoming increasingly complex. The holistic approach to education cultivates the social and academic maturity necessary for

learners to face life's difficulties, build their understanding, and learn from their mistakes. It promoted virtues such as modesty, honesty, discipline, independence, and reverence for all living things. Students were instructed to value the harmony between humans and nature. NEP 2020 also has a vision that will inspire students to go back to their hometowns and give back to society, their parents, the village, the district, the state, and the country.

Aspects of Holistic Development

There are five aspects of holistic education:

1. Physical development is all about growing and developing motor skills.
2. Social skills are how children interact with others and communicate in their world.
3. Emotional understanding: learning to express emotions in a healthy way.
4. Intellectual development - cognitive, creative, and acquiring skills for learning.
5. Spiritual development: building morals, values, and caring for the world.

Teaching strategies of Holistic Education

1. **Experiential Learning:**
Problem-solving exercises to address community problems or create innovative products.
2. **Self-Guided Learning:** In self-directed learning environments, instructors permit students to progress at their own pace and in the manner that best suits them.
3. **Community Schools:** Community schools are predicated on the premise that people discover significance via community relationships.
4. **Interdisciplinary Coursework:** A component of holistic education is the belief that the cognitive development of students is enhanced when multiple subjects are addressed simultaneously.

Teacher strategies:

1. **Strong Student-Teacher Relationships:** When teachers are able to develop strong relationships with their students, performance and engagement are enhanced.
2. **Encouraging Self-Confidence:**
3. **Students must have confidence in their ability to succeed and a sense of belonging at school.**
4. **Incorporating Emotional Reflection:** Beyond academic achievement, it may be difficult for a teacher to foster a student's mental and emotional health.

Holistic education offers a number of approaches to the problem of how to teach and how people learn in order to educate the whole kid.

1. **Transformative approach:**

This form of learning education process of transmission and transaction requires a shift in a person's frames of reference. This transformation may involve mental habits and worldviews. If we urge kids to acquire critical and reflective thinking abilities and encourage them to care about the world around them, they may conclude that personal or social change is necessary.

2. **The concept of Relationships:**

In contrast to the fragmentation observed in mainstream education, it is stressed. This fragmentation may involve the separation of individual disciplines, the classification of students into grades, etc. Holism views all parts of life and living as interconnected and interdependent; hence, education should not separate learning into distinct components. Flexible pacing is essential for allowing pupils to feel that they are neither pushed nor held back if they grasp the studied subject fast.

3. **Trans-disciplinary inquiry:**

This strategy is predicated on the elimination of division between disciplines. As much as feasible, the world must be understood as a whole rather than as a collection of fragments. It involves numerous disciplines and the space between them, with the potential for fresh ideas that transcend those fields. According to the theory of holistic education, significance is also an important aspect of the learning process. Meta-learning is an additional idea related to meaningfulness. Students are

expected to self-regulate their learning by discovering meaning in the process of learning and gaining an understanding of how they learn. Community is a crucial component of a complete education. Because relationships and learning about relationships are vital components of self-awareness, the community aspect of this learning process is crucial.

Holistic changes in the Indian education system:

The "National Education Policy 2020" is an education fundamentals-enhancing policy. By incorporating creativity, learning, experiments, visualization, and art into the education sector, it drastically alters the lives of a large number of high school and college students.

Benefits of Holistic Education:

1. Holistic education fosters students' social consciousness, sense of duty, and self-assurance. It aids in the development of strong critical thinking and problem-solving skills in the kids.
2. The students not only perform well academically, but also handle life's obstacles with courage. They learn the proper approach to overcoming problems.
3. Holistic education fosters societal consciousness, a sense of duty, and self-assurance in students.
4. It aids in the development of strong critical thinking and problem-solving skills in the kids.
5. Respect for individuality among students ultimately reduces instances of violence and abuse.
6. Enhanced Academic Success
7. Enhanced Mental and Emotional Well-Being
8. Enhanced Problem-Solving Capability
9. Reduced Influence of Inequities

Essentials of Holistic Education

Due to the ease with which students can obtain knowledge, holistic education is more important than ever. The quantity of information available online can be overwhelming, but students who have gained experience in accessing it can easily distinguish between relevant and irrelevant items. A holistic education focuses a heavy emphasis on assisting each student in discovering his or her own path. This form of training is sometimes referred to as education for the whole child. Holistic education focuses primarily on the emotional, intellectual, physical, spiritual, and social development of the student.

Holistic Education vs. Traditional Education:

Holistic Education

1. It emphasizes the physical, emotional, intellectual, and spiritual development of the learner.
2. To foster student development, the instructor acts as a facilitator.
3. It stimulates and develops students' cognitive and creative capacities and supports them in defining their identities and locating meaning in the world.
4. The system as a whole is skill- and knowledge-oriented, and it is an integrated, transformative education system. There is a strong bond of collaboration between students, parents, and teachers.
5. It endeavors to build a constructive approach, including Gandhi's Basic Education, Value Education, and Peace Education.
6. It is more relevant to the student's overall life and uses classrooms that promote active learning.
7. Provides a high degree of mental and emotional freedom while emphasizing the creative, academic, and practical parts of education.
8. Helps pupils develop their inspiration, imagination, and intuition while emphasizing a curriculum that highlights their interests, needs, and talents.

Traditional Education

1. Emphasizes intellectual growth and grants teachers authoritarian authority.
2. A dominant system that imposes several limits on students and only rewards those who adhere to the rules.
3. Emphasizes memorizing and is exam-focused.
4. Learning that is highly programmed and mechanized may not be applicable in the actual world.

5. A system without a curriculum tailored to children and with less classroom interaction than a comprehensive education system.
6. The system has been built to suit contemporary industrial specifications that promote passive learning.
7. Extremely teacher-centered and dependent on final evaluations.

Role of the teacher in holistic education

Teachers in holistic education are viewed as mentors, friends, moderators, or experienced peers. This reduces students' anxiety and fosters a great deal of confidence in their interactions with professors. Holistic education aims to promote open and honest communication between individuals and teaches appreciation for individual differences. Cooperation has supplanted competition. As a result, under this system, most schools do not award grades or rewards. Instead of leading the class, teachers promote the concept of reward by encouraging students to assist one another. This will result in a more positive school environment.

Teachers Role

In complete pedagogy, teachers are viewed as "friends, mentors, facilitators, or experienced journey companions" as opposed to instructional and administrative authority. Holistic education emphasizes the learning experience and integrates multiple courses into a unified whole. It promotes intellectual curiosity, value creation, and skill development, and contributes to the achievement of the future objective of transforming students into successful entrepreneurs in their chosen area through the development of a global perspective. After finishing a four-year degree programme, students may be eligible if they meet minimal academic requirements in terms of credit hours. Future curricula for life skills would integrate digital and ICT communication abilities, among others. The teacher should communicate his or her thoughts on the proposed rules directly with him, and where appropriate, they will be taken into account while completing the guidelines.

Conclusion

Holistic Education emphasizes the development of students' personalities and skills. In addition to providing holistic education to disadvantaged and marginalized children, they also work in the fields of health and environment.

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