

# 'Yoga'kshemam

Corona, India is galloping. Yet to slow down. We are still figuring out coping with it. Our mantra remains - Distance, Mask, Wash, Immunity Nutrition, WFA.

We are getting ready for the first Steering Committee meeting of the National Coalition for Natural Farming on 30 July. Steps forward.

Union Cabinet approves the New Education Policy 2020. NEP\_final for circulation is available. A landmark step ahead, after 35 years, towards 6% GDP for Education. Kasturi Rangan's Committee prevailed. HRD Ministry becomes Education Ministry. Key highlights from LPRDPVM's perspective include:

- Universal access to schooling at all levels. 3+12 year schooling.
- Key Principles – Respect for Diversity and Local Context; Equity and Inclusion; Community Participation; Tech-use; Core Essentials, Conceptual Clarity, Critical Thinking and Creativity; Holistic, Interactive and Experiential Learning; Continuous Assessment and Review
- 5+3+3+4 structure, starting at age 3. Intermediate becomes part of the schooling. Schooling starts with nursery and kindergarten. Anganwadis become part of schooling. Schooling is for 3-18 years – Foundation, Preparation, Middle, Secondary. ECCE to become part of school; School complexes; School Education Zones
- No subject optional groups in secondary level. Flexibility and choice including arts, crafts, 'extra-curricular', sports, coding and vocational skills.
- National Mission on Foundational Literacy and Numeracy.
- Digital content, as much as possible; and in multiple languages. DIKSHA, SWAYAM et al Platforms.
- Focus on non-academic skills, language diversity and course fluidity, beyond the language and STEM core.
- Mandatory Health and Nutrition, Physical Education, Fitness, Wellness and Sports
- Reduced weight of school bags, Bagless days
- Integrated Pedagogy, Experiential Learning, Practice-

based Learning, and Peer Tutoring

- Knowledge of India, Lok Vidya
- Open Schools to offer equated alternative school curriculum, and literacy and life-enrichment programs
- Small internships at school level
- Three languages, with at least two Indian. Mother tongue at least till Preparation Stage (Class 5)
- Sanskrit to be available as an option throughout. Other classical languages too.
- Two level offerings in subjects
- Testing of competency-based learning around analysis, critical thinking and conceptual clarity; and twice a year.
- National Assessment Centre, PARAKH (Performance Assessment, Review, and Analysis of Knowledge for Holistic Development)
- Holistic Progress Cards
- Bringing back out of school children
- Libraries, National Book Promotion Policy
- Higher Education Commission of India in lieu of UGC, AICTE et al to manage National Higher Education Qualification Framework.
- Professional Councils as Professional Standard Setting Bodies
- Multi-disciplinary education across. Multidisciplinary Education and Research Universities (MERUs); Stand-alone technical universities, health science universities, legal and agricultural universities etc., including IITs to have holistic curriculum.
- 3-4 year UG with multiple exit, entry options – certificate (1), diploma (2), degree (3), degree with research (4); 1-2 year PG; No M Phil.
- Academic Bank of Credits (Digital) – for credit transfer
- National Research Foundation
- Open and Distance Learning including credit-based MOOCs, e-education, National Educational Technology Forum

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- 3.5 Crore more Higher Education Seats
- Research-intensive, teaching-intensive universities and autonomous degree-granting colleges
- National Scholarship Portal
- School Standards Authorities, School Quality Assessment and Accreditation Framework, National Achievement Survey
- 4-year Integrated BEd, 2-year BEd, 1-year BEd, gradually only graduates as Teachers; local teacher education programmes for eminent local persons as teachers on special courses/subjects
- National Professional Standards for Teachers
- Academic Leadership Positions
- Gender Sensitivity
- Special Support to Gifted, Talented Students
- Lifelong Learning
- Adult Education: Foundational Literacy and Numeracy, Critical Life Skills, Vocational Skills, Basic Education and Continuing Education
- NEP Timelines for unveiling

There is no mention of Residential Schools. I guess these are embedded within.

### **Friends make all the difference**

Friends, Friendships. They made all the difference in our lives. Let us be friends with Life, Nature, Universe. Let us invest in nature and people, peers and children. Let us take all our relations to transcend to friendships. Our parents. Siblings. Children. Teachers. Students. Colleagues. People I am with. So on.

Let us be in N's Gurukulam. Let us learn. Let us learn all day, all night. Let us learn when the trigger comes. Let us be ready for learning anytime. All through the day and all through the night. 0200 is a good time. 0430 is also a good time. 1400 hrs is a fine time. Let us exercise. Soul, Mind, Indriya, Body. Let us be fit. Let us have stamina for learning. Let us practice. 10000 hours. Giving, Helping. Loving. Caring. Being useful. Mentoring.

Let us listen to our Friends. They let us back to 'be'. They let

us not go out of 'be'. They let us become better in being in 'be'. They let our eyes do not over the head. They bring the eyes back. They resist the eyes going up.

Let us be in N's Gurukulam. The day starts early. 0400/0500 hrs. Exercise, yoga, meditation, dhyana, prayer and silence. Pre-breakfast. Self-service. Rotation of various duties and responsibilities. N's teachers' are with us 24x7.

Every day, except Sunday. After a brief get-together, we are with the friends: teachers and peers. Several Classes with breaks for breakfast, water/tea/coffee, lunch. We study, friends available to help. Library works, Group works, explorations, conversations with friends go on. Some tutorial, mandatory tasks, optional practices are sprinkled in. Some play, some prayer, and dinner followed by self-study. Catching-up conversations and learning from peers. The sleep or the wakefulness with closed eyes. The wake-up call for the next day.

Sunday is a maintenance day. Seeing the world outside. Some adventure.

Friends are making us better as human beings, day-by-day.

## **G Muralidhar**

Showing us to show compassion, kindness, generosity. Giving us, by just being with them, intense experience. Making us more sensitive and responsible. Helping us to balance loving support now and ensuring future discipline and self-reliance. Making us conscious of immense source of power within us and outside, and coping and dealing with it. We can be their limbs, not ourselves, several days and vice-versa.

Friends and Friendships make all the difference in our lives. Let us be friends. Friends with Life. Universe.

The way ahead is being friends with Life, Nature and Universe. And Living. 7L. Living happy. Living simple. Being together. Living together. Flowing together. Touching lives take us there. Being friends take us there. People take us there. N takes us there. U takes us there. Breath takes us there. Water takes us there. Generous kind loving generalist servant integrator friendship takes us there.

Let us be N-friends with N-portfolio. Let us invest in People, Life, and N. Let us give and be friends to N and N gives friends to care us.

Join us in the world of yoga – now - snehayoga for 7L.7R, Krsna confirms he is friends with all N's friends.