

E-ISSN: 2582-2160 • Website: <u>www.ijfmr.com</u> •

• Email: editor@ijfmr.com

Bridging the Gaps: Enhancing Modern Education Through Holistic and Multidisciplinary Approaches

Dr. Reetu Tevatia¹, Dr. Megha Bhatt²

¹Associate Professor, Amrapali University, Haldwani, Uttarakhand ²Assistant Professor, Amrapali University, Haldwani, Uttarakhand

Abstract

The modern education system, characterized by its secular, formal, and reductionist approach, often fails to address the holistic development of individuals. By segregating subjects, prioritizing formal teaching, and emphasizing written-based learning, this system can result in a fragmented understanding of the world, where students excel academically but lack interdisciplinary thinking, ethical grounding, and practical skills. The focus on short-term prediction and rapid knowledge transfer further undermines the depth of understanding and critical thinking necessary for long-term success. This chapter explores the limitations of the modern education system and advocates for a more holistic and multidisciplinary approach that integrates emotional, physical, and ethical dimensions into learning. By examining the benefits of holistic education, such as emotional support, physical development, and the cultivation of social responsibility, this chapter highlights the need for a paradigm shift in education. It also discusses the importance of multidisciplinary education in fostering creativity, critical thinking, and adaptability, equipping students to navigate the complexities of the modern world.

Keywords: NEP 2020, Modern education system, Holistic and multidisciplinary Education, Characteristics of Holistic and multidisciplinary Education, issues and challenges for Holistic and multidisciplinary Education, strategies for implementing Holistic and multidisciplinary Education

Introduction

Holistic and multidisciplinary Education: A shift from What to think to How to think The concept of multidisciplinary and holistic learning is not new; it has deep roots in the ancient Indian education system and in other parts of the world. This approach to education was advocated by renowned scholars such as Kautilya, Banabhatta, Plato, and Aristotle, among others. Evidence of such an education system can be found in ancient Indian literature and practices, particularly in the Gurukul system, where students were taught a broad spectrum of subjects, including science, mathematics, geometry, vocational skills, professional skills, soft skills, ethics, morality, and human values.

Multidisciplinary education is a form of learning that integrates various subjects to provide a comprehensive educational experience. This approach to education is designed to promote an understanding of how different fields are interconnected and can be utilized together to solve complex issues efficiently. By utilizing multiple perspectives from different disciplines, students can deepen their understanding of the subject matter. Furthermore, multidisciplinary education fosters essential skills



E-ISSN: 2582-2160 • Website: <u>www.ijfmr.com</u> • Email: editor@ijfmr.com

such as collaboration, communication, critical thinking, and teamwork. Through exposure to various fields of study, students can develop not only a deep understanding of their chosen field but also an appreciation for other knowledge systems. This, in turn, enables them to become more well-rounded individuals and prepares them for the challenges of the contemporary world.

In today's post-modern society of the 21st century, multidisciplinary education is not just significant; it is essential for fostering well-rounded individuals capable of addressing complex global challenges. In the post-Independence era, India witnessed the introduction of two significant National Education Policies in 1968 and 1986. These policies took important steps towards holistic learning, such as identifying and nurturing talent in diverse fields, encouraging participation in meaningful community service and national reconstruction programs, prioritizing research, promoting vocational education, and enhancing computer literacy. However, despite these commendable efforts to strengthen the education system, these policies fell short of addressing the need for multidisciplinary education. Some of the major problems become the part of present education system theses are as follows

- Secular/Segregated Education: The modern education system's secular and segregated nature often results in a disconnection from holistic worldviews. By focusing exclusively on material knowledge, education sometimes neglects the integration of moral, ethical, and spiritual dimensions, which are essential for the overall development of an individual. The segregation of subjects and disciplines limits the ability to see connections between different areas of knowledge, reducing the capacity for interdisciplinary thinking and problem-solving.
- Formal Teaching: In the modern education system, formal teaching methods dominate the classroom environment. These methods often rely on a top-down approach, where the teacher is the primary source of knowledge, and students are passive recipients. This can stifle creativity and critical thinking, as students are encouraged to conform to standardized teaching practices rather than explore topics independently. Additionally, formal teaching tends to emphasize rote learning and memorization, which may not adequately prepare students for real-world challenges that require adaptability, innovation, and critical analysis.
- Written-Based Learning: The heavy reliance on written materials in modern education can be limiting for students with diverse learning styles. While written texts are essential, the overemphasis on reading and writing can disadvantage those who learn better through visual, auditory, or kinesthetic means. This focus on the written word also prioritizes theoretical knowledge over practical skills, which can lead to a gap between what students learn in the classroom and what they need to know in the workplace or daily life. The reliance on written exams as the primary mode of assessment can create pressure to perform well on tests rather than truly understand and apply knowledge.
- Parts Make Up the Whole: The modern education system often breaks down knowledge into isolated subjects and topics, a method known as reductionism. While this approach makes complex information more manageable, it also leads to a fragmented understanding of the world. Students learns specific facts and skills without grasping how they fit into larger systems or broader contexts. This compartmentalized approach inhibits the development of holistic thinking, where the relationships between different areas of knowledge are understood and appreciated. It also discourages the synthesis of ideas across disciplines, which is increasingly important in addressing complex global challenges.



E-ISSN: 2582-2160 • Website: <u>www.ijfmr.com</u> • Email: editor@ijfmr.com

- Short-Term Prediction: The emphasis on short-term prediction in modern education, such as preparing students for specific tests or job markets, often overlooks the importance of long-term learning and development. This focus on immediate outcomes can lead to a narrow curriculum that prioritizes easily measurable skills and knowledge over broader educational goals, such as fostering curiosity, creativity, and lifelong learning. As a result, students may be well-prepared for their first job but lack the adaptability and critical thinking skills needed to navigate a rapidly changing world. Furthermore, the pressure to achieve short-term results can create a high-stress environment that undermines mental health and well-being.
- **Rapid Transfer of Knowledge:** The modern education system emphasizes the fast transfer of knowledge, often prioritizing speed over depth of understanding. This can lead to a superficial grasp of concepts, where students learn just enough to pass exams but do not retain or fully comprehend the material. The rapid pace of education also leaves little room for reflection, critical thinking, and the development of a deeper understanding of complex issues. In this context, education becomes a race to cover content, rather than an opportunity for meaningful exploration and intellectual growth. This approach can also lead to burnout, as students are constantly pushed to absorb large amounts of information in a short time.
- Explanations via Hypotheses, Theories, and Laws: While the scientific method, which relies on hypotheses, theories, and laws, is a cornerstone of modern education, its dominance can sometimes limit other forms of knowledge and understanding. This method is primarily analytical and reductionist, focusing on breaking down phenomena into their smallest components to explain them. However, this approach can neglect more holistic or qualitative aspects of knowledge, such as the emotional, spiritual, or cultural dimensions of human experience. Additionally, the emphasis on established theories and laws can discourage students from questioning or challenging existing knowledge, which is essential for innovation and progress. It can also create a rigid framework for understanding the world, where anything that cannot be explained within this system is undervalued or ignored.

Holistic Education

Holistic is an adjective that describes things related to the idea that the whole is more than the sum of its parts. In other words, that the entirety of something must be considered instead of just considering its parts. The core objective of holistic education is to cultivate well-rounded individuals, enriching every facet of a student's life without compromising academic rigor. Holistic education focuses on nurturing the complete growth of students, encompassing skills, behavioral guidance, physical fitness, and other essential areas needed for their comprehensive development as contributing members of society. It integrates all dimensions of human growth and includes skills, behavioral training, physical fitness, and other such particulars which are required for the overall development of the students as an integral member of society It develops all aspects of the student's life while at the same time not compromising on the quality of theoretical education. Through holistic education, students are able to develop talents and skills that are required in order to survive in society. Without these skills, students may find it difficult to fit into the already defined society.

Aspects of Holistic Education

Holistic education plays a pivotal role in today's schools and colleges. A holistic approach brings balan-



ce to life, emphasizes positive societal relationships, and inspires successful careers. The educational methods a school adopts can significantly influence a student's future. Here are some key benefits of holistic education:

- **Emotional Support:** A key element of holistic education is the emphasis on emotional well-being. In a holistic learning environment, teachers strive to build trust with every student, encouraging them to express their emotions and share their feelings openly. This supportive atmosphere enables teachers to recognize and nurture each student's unique talents and abilities.
- **Physical Development:** Another crucial benefit of holistic education is the attention given to students' physical well-being. Unlike traditional education, which often confines learning within the classroom, holistic methods incorporate diverse teaching styles that promote physical fitness. Outdoor classes, sports, and regular exercise are integral components of the daily curriculum in schools that follow a holistic educational system.
- Health Care and Technology Integration: Holistic education also contributes to the improvement of national healthcare and technological advancements. As Bill Gates aptly stated, "Technology must be implemented as part of a thoughtful, holistic approach to education transformation that includes teacher training, relevant curriculum, parental involvement, and programs for children that address unmet needs like nutrition and healthcare."
- Enhanced Teacher-Student Relationships: Traditional teaching methods often foster formal and rigid interactions between teachers and students. In contrast, holistic education promotes a more open and interactive environment, allowing for stronger bonds and more meaningful connections. This friendlier atmosphere also encourages greater parental involvement in their child's overall development, including extracurricular activities.
- **Reduction of Academic Pressure:** The shift in perspective among teachers and parents within a holistic environment naturally reduces academic pressure on students. There is a growing recognition of the value of extracurricular activities alongside academic subjects, allowing students to excel in various areas, such as sports, without the sole focus on academic performance.
- **Cultivation of Social Responsibility:** A fundamental aim of holistic education is to nurture socially responsible individuals. While traditional education often prioritizes exam scores and theoretical knowledge, holistic education emphasizes the importance of shaping students into responsible members of society.
- **Integrated Approach to Learning:** The value of holistic education lies in its all-encompassing nature, integrating skill development with the physical, mental, and emotional well-being of students. This approach does not neglect the significance of academic learning, making it a truly inclusive and comprehensive educational system.
- Active Participation in Learning: Holistic education encourages active learning, where students engage directly in the teaching process through experiments, visual experiences, and projects. This method promotes greater student interaction and interest in the subject matter.
- **Freedom of Thought and Expression:** One of the most profound benefits of holistic education is the emphasis on freedom of thought and expression. Encouraging students to think independently and express themselves freely is essential for developing cognitive and critical thinking skills, which are vital for a successful career.
- **Comprehensive Development:** At its core, holistic education seeks to educate the whole being, fostering physical, cognitive, emotional, and social development. This approach ensures that students



E-ISSN: 2582-2160 • Website: <u>www.ijfmr.com</u> • Email: editor@ijfmr.com

experience growth in every aspect of their lives, preparing them to navigate the complexities of the world with confidence and competence.

Multidisciplinary Education

Multidisciplinary education is an approach to learning that integrates knowledge and methodologies from multiple academic disciplines. Instead of studying subjects in isolation, this educational model encourages students to explore and connect concepts across various fields, promoting a more comprehensive understanding of complex issues. The aim is to equip learners with a broad range of skills and perspectives, enabling them to address real-world problems in a more holistic and innovative manner.

Multidisciplinary education emphasizes the interconnectedness of different academic disciplines, recognizing that many of the challenges we face today cannot be solved by a single field of study alone. By drawing on insights from various domains, students develop a more nuanced and versatile intellectual toolkit. This approach fosters critical thinking, creativity, and the ability to synthesize diverse ideas, making students more adaptable and better prepared for the complexities of modern life and work.

Aspects of Multidisciplinary Education

- **Integration of Multiple Disciplines:** Multidisciplinary education blends knowledge from different academic fields, such as science, humanities, social sciences, and arts. This integration allows students to approach problems from various angles and develop a more rounded understanding of the subject matter.
- **Collaborative Learning:** Students often work in teams, bringing together diverse expertise and perspectives. This collaborative environment mirrors the multidisciplinary nature of real-world projects, where professionals from different fields must work together to achieve common goals.
- Application of Knowledge to Real-World Problems: Multidisciplinary education emphasizes the practical application of knowledge. Students learn how to apply theories and concepts from various disciplines to address complex, real-world issues, enhancing their problem-solving skills and making their learning experience more relevant.
- **Development of Critical Thinking and Creativity:** By engaging with multiple disciplines, students are encouraged to think critically about how different fields intersect and influence each other. This approach nurtures creativity, as students learn to connect seemingly unrelated ideas and develop innovative solutions.
- **Flexibility in Curriculum:** A multidisciplinary education often features a flexible curriculum that allows students to choose courses from various disciplines based on their interests and career goals. This flexibility helps students tailor their education to their unique aspirations and strengths.
- Focus on Lifelong Learning: Multidisciplinary education promotes a mindset of continuous learning. Students are encouraged to keep exploring new fields and expanding their knowledge throughout their lives, making them more adaptable in an ever-changing world.
- Enhanced Communication Skills: As students learn to navigate and synthesize information from different disciplines, they also develop strong communication skills. They become adept at explaining complex ideas to diverse audiences, an essential skill in both professional and academic settings.



- **Interdisciplinary Connections:** While multidisciplinary education focuses on learning from multiple disciplines, it often leads to the creation of interdisciplinary connections, where insights from different fields are combined to create new areas of study or innovative solutions.
- **Preparation for Diverse Career Paths:** By exposing students to a broad range of disciplines, multidisciplinary education prepares them for careers that require versatility and the ability to adapt to different roles and industries. It equips them with the skills needed to thrive in various professional contexts.
- Encouragement of Ethical and Social Awareness: Multidisciplinary education often includes discussions on the ethical, social, and cultural implications of knowledge. This broad perspective helps students develop a deeper understanding of the impact of their work on society and the environment.

Integrative Approaches to Achieve Holistic and Multidisciplinary Education

Achieving holistic and multidisciplinary education requires thoughtful integration of various pedagogical strategies that address the diverse needs of students while fostering interconnected learning across disciplines. The following integrative approaches can serve as a guide for educators and institutions striving to implement this educational paradigm:

1. Interdisciplinary Curriculum Design

Developing curricula that transcend traditional subject boundaries by integrating content from multiple disciplines. This approach allows students to explore themes or problems through various academic prospective, fostering a more comprehensive understanding. For example, a course on sustainable development might combine elements of environmental science, economics, sociology, and ethics. Students would engage in projects that require them to apply knowledge from each of these areas to address real-world sustainability challenges. This integration encourages critical thinking and the ability to see connections between disciplines, promoting a well-rounded education.

2. Project-Based Learning (PBL)

Project-based learning involves students working on complex, real-world problems that require interdisciplinary solutions. PBL encourages students to take ownership of their learning by applying concepts from various subjects to complete a project. An example might be designing an eco-friendly building, where students need to apply principles from architecture, engineering, environmental science, and economics. It enhances problem-solving skills and helps students understand how different areas of knowledge can be synthesized to create innovative solutions, reflecting both holistic and multidisciplinary education.

3. Collaborative Teaching Models

Collaborative teaching involves educators from different disciplines working together to deliver a course or module. This approach provides students with multiple perspectives and demonstrates the interconnectedness of different fields. In a course on global health, for instance, a biology teacher and a social studies teacher might co-teach, integrating scientific knowledge with sociopolitical contexts. This method fosters a more dynamic learning environment and helps students appreciate the multifaceted nature of knowledge, essential for holistic education.

4. Thematic Learning Units

Thematic learning units are structured around broad themes that are explored through multiple disciplines. This approach allows students to engage deeply with a topic and understand its various



dimensions. A theme like "Innovation and Society" could be examined through history, technology, literature, and economics, with students exploring how innovation impacts and is influenced by different societal factors. It will promote a deeper understanding of complex issues and encourages students to make connections between seemingly disparate subjects.

5. Experiential and Service Learning

Experiential and service learning involve students in activities that require the application of interdisciplinary knowledge in real-world contexts. These approaches not only enhance academic learning but also contribute to personal growth and social responsibility. Students might participate in a community health initiative that requires knowledge of biology, public health, social science, and ethics. These experiences foster a sense of civic duty and empathy while reinforcing the practical application of interdisciplinary knowledge, key components of holistic education.

6. Technology-Enhanced Learning

Leveraging technology to create integrative learning experiences that bridge multiple disciplines. Digital tools can facilitate simulations, virtual collaborations, and access to diverse resources, enhancing multidisciplinary education. For example, a virtual reality (VR) project might allow students to explore historical events from multiple perspectives, combining history, geography, and literature in an immersive experience. Technology supports personalized and interactive learning, helping students explore complex concepts across disciplines in engaging and innovative ways.

7. Capstone and Culminating Projects

Capstone projects require students to synthesize and apply their learning from multiple disciplines in a comprehensive final project. This approach challenges students to demonstrate their ability to integrate and apply their knowledge in a meaningful way. A capstone project might involve researching a global issue, such as climate change, and presenting solutions that incorporate insights from science, policy, economics, and ethics. Capstone projects encourage deep learning and reflection, providing students with the opportunity to showcase their understanding of holistic and multidisciplinary education.

8. Reflective and Mindful Practices

Incorporating reflective and mindful practices into the educational experience encourages students to connect their learning across disciplines with their personal values and life experiences. Activities like journaling, group discussions, and mindfulness exercises can be integrated into the curriculum to help students reflect on how their interdisciplinary learning applies to their lives and future careers. These practices promote self-awareness, emotional intelligence, and a deeper understanding of the holistic nature of education, preparing students for balanced and thoughtful engagement in the world.

9. Community and Global Engagement

Encouraging students to engage with their communities and the broader global context through interdisciplinary projects and exchanges. This approach emphasizes the importance of understanding different cultural perspectives and global issues. Students might participate in international exchange programs or virtual collaborations with peers from different countries, exploring global challenges like poverty or environmental degradation from multiple disciplinary angles. Such experiences broaden students' horizons and foster a sense of global citizenship, crucial for holistic and multidisciplinary education.

By adopting these integrative approaches, educational institutions can create environments that support both the holistic development of students and the multidisciplinary exploration of knowledge. These strategies not only prepare students for academic success but also equip them with the skills and perspe-



ctives needed to thrive in an increasingly complex and interconnected world.

NEP and Holistic and Multidisciplinary Education

As the world grapples with unprecedented challenges, it is increasingly vital for graduates to cultivate a broad spectrum of skills to thrive in their future careers. This is where a liberal education becomes indispensable, equipping students with both transferable skills and distinctly human abilities. In an era marked by pandemics, climate change, and the rapid advancement of technologies like artificial intelligence, the capacity to adapt and excel in constantly evolving work environments has become crucial. Without this adaptability, individuals risk becoming obsolete in the workforce.

A liberal education not only provides students with practical competencies but also nurtures critical thinking, creativity, and resilience—all essential for navigating the complexities of the modern world. By integrating the humanities, social sciences, and natural sciences, a liberal education shapes well-rounded individuals who can think critically, communicate effectively, and innovate in response to new challenges. It cultivates both creative and analytical faculties, leading to a more fulfilling and enriching learning experience.

Historically, however, this type of education has been largely inaccessible to the majority of students due to its high cost. The Kothari Commission's report in 1964 highlighted this inequity and recommended that "some level of study in the field of science should be incorporated into all courses within the humanities and social sciences at the university level, while simultaneously enriching the teaching of science by including elements from the humanities and social sciences." This perspective has been endorsed and expanded by the National Education Policy (NEP) 2020. Similarly, the Yash Pal Committee Report (2009) emphasized the urgent need for multidisciplinary education in today's society, stating, "there is a need to expose students, especially at the undergraduate level, to various disciplines" (Yash Pal, 2009, p. 21). The report advocates for a paradigm shift in traditional educational practices, underscoring the importance of multidisciplinary learning.

The National Education Policy (NEP) 2020, endorsed by the Government of India, aims to provide quality education that prepares students for the demands of the 21st century. NEP 2020 underscores the significance of holistic and multidisciplinary education, recognizing that education is not merely about acquiring knowledge, but also about cultivating values, attitudes, and skills that enable individuals to lead fulfilling lives. The policy's emphasis on multidisciplinary and holistic education is evident, with these terms appearing approximately 70 and 41 times, respectively, in the policy document.

NEP 2020 seeks to revolutionize India's education system by promoting a more flexible, integrated, and multidisciplinary approach to teaching and learning. This approach encourages the exploration of a wide range of subjects, including sciences, technologies, mathematics, liberal arts, humanities, languages, social sciences, professional skills, vocational skills, ethics, morality, and human values—all within a cohesive educational framework. This method aims to foster the overall development of students, allowing them to acquire knowledge and expertise across multiple disciplines.

The NEP-2020 has placed a strong emphasis on integrated and transdisciplinary education. It emphasizes the need for a paradigm change from stand-alone or single-disciplinary institutions to multidisciplinary institutions. NEP-2020 recommends, "Large multidisciplinary universities and colleges will facilitate the move towards high-quality holistic and multidisciplinary education. Flexibility in curriculum and novel and engaging course options will be on offer to students, in addition to rigorous specialization in a subject or subjects. This will be encouraged by increased faculty and institutional



E-ISSN: 2582-2160 • Website: <u>www.ijfmr.com</u> • Email: editor@ijfmr.com

autonomy in setting curricula. Pedagogy will have an increased emphasis on communication, discussion, debate, research, and opportunities for cross-disciplinary and interdisciplinary thinking," (NEP—2020). According to NEP 2020, a comprehensive, interdisciplinary approach to education is essential for developing all human capacities, including intellectual, artistic, social, physical, emotional, and moral abilities. This approach should be implemented across all undergraduate programs, including those in professional, technical, and vocational fields. A significant transformation is anticipated, particularly in institutions like the Indian Institutes of Technology (IITs), traditionally focused on engineering, which will now incorporate arts and humanities into their offerings. Likewise, students will be encouraged to gain knowledge in scientific fields, and all students will be encouraged to integrate vocational subjects and soft skills into their studies.

To support this vision, innovative and adaptable curricular designs will be developed, allowing for multiple entry and exit points and unique combinations of fields for study. Higher Education Institutes (HEIs) will be required to establish and strengthen departments across a broad range of subjects, including languages, literature, music, philosophy, Indology, art, dance, theatre, education, mathematics, statistics, pure and applied sciences, sociology, economics, sports, translation, and interpretation. Additionally, HEIs must include credit-based courses and projects in areas such as environmental education, value-based education, and community engagement.

To further this goal, the NEP 2020 proposes the establishment of Multidisciplinary Education and Research Universities (MERUs) as model public universities. These institutions will offer comprehensive and multidisciplinary education comparable to prestigious institutions like the IITs and IIMs, setting a new standard for higher education in India.

Challenges in the Implementation of Holistic and Multidisciplinary Education

With the holistic and multidisciplinary education at its core, NEP 2020 aims to nurture critical thinking, innovation, and adaptability among students. However, the successful execution of this vision is met with various obstacles. A significant challenge is the scarcity of resources in many educational institutions. The shortage of trained faculty and modern equipment hinders the development and delivery of multidisciplinary courses. The notion that such education can be achieved with the existing curriculum and resources is a misconception. Additionally, inadequate infrastructure, such as collaborative learning spaces and advanced technology, further complicates the situation.

Another hurdle is the allocation of time and effort necessary for implementing multidisciplinary education. Unlike traditional models that concentrate on a single subject, this approach seeks to develop the whole individual. Consequently, crafting a curriculum tailored to individual student needs becomes a demanding and time-consuming task. Moreover, resistance from conventional educational institutions, which have long adhered to subject-specific, compartmentalized learning, poses a significant challenge. Logistical issues, like scheduling classes and ensuring access to essential courses within a multidisciplinary program, must also be addressed. Lastly, a lack of awareness or understanding among students, parents, and other stakeholders about the benefits and importance of multidisciplinary education further complicates its implementation.

Strategies for Effective Implementation

While NEP 2020 holds great promise for the future of education in India, several challenges and limitations must be addressed for its successful implementation.



E-ISSN: 2582-2160 • Website: <u>www.ijfmr.com</u> • Email: editor@ijfmr.com

- 1. **Resource Allocation**: Implementing the policy will require substantial investments in infrastructure and resources. Establishing multidisciplinary universities, developing online courses, and integrating technology into education will need significant financial backing. The government must ensure adequate funding to support these initiatives.
- 2. **Teacher Training and Development**: The policy's success hinges on the quality of teaching and the availability of trained educators. Although NEP 2020 emphasizes the importance of teacher training, the availability of resources to train and support teachers remains uncertain.
- 3. **Overcoming Resistance to Change**: The shift towards a more holistic and multidisciplinary approach may encounter resistance from traditionalists who prefer to maintain the status quo. Addressing this resistance will be crucial for the policy's success.
- 4. Addressing Inequality: There is a risk that the policy could exacerbate existing inequalities in the education system. For instance, the emphasis on vocational education could track some students into specific streams, limiting their opportunities for higher education and career growth. It is essential to ensure that the policy does not reinforce existing social and economic disparities.

Conclusion

The modern education system's focus on secular, formal, and compartmentalized knowledge has led to significant gaps in holistic and multidisciplinary learning. These shortcomings are evident in the fragmented understanding of subjects, the lack of ethical and emotional development, and the overemphasis on short-term outcomes. To address these issues, it is crucial to embrace holistic and multidisciplinary education that nurtures the complete growth of students, integrating emotional, physical, and social dimensions into the curriculum. Such an approach not only enhances academic learning but also prepares students to become well-rounded individuals capable of critical thinking, creativity, and ethical decision-making. By adopting a more holistic and multidisciplinary framework, education can better equip students to meet the challenges of a rapidly changing world, fostering lifelong learners who are both intellectually and emotionally resilient.

References

- 1. Arora, S., & Sharma, R. (Eds.). (2021). Multidisciplinary Education: Prospects and Challenges. New Delhi: Springer Nature.
- 2. Aithal, S. & Aithal, S. (2020). Analysis of the Indian National Education Policy 2020 towards Achieving its Objectives. Published in: International Journal of Management, Technology, and Social Sciences (IJMTS), Vol. 5, No. 2 (15 August 2020): pp. 19-41.
- Bashir, L. & Wani, G. (2024). Multidisciplinary and Holistic Education: Achieving Academic Excellence and Bolstering All-Round Development in the 21st Century with NEP- 2020. The International Journal of Indian Psychology, Volume 12, Issue 1, January- March, 2024, ISSN 2348-5396 (Online), ISSN: 2349-3429 (Print).
- Bashir, R. & Jan, T. (2023). Foundational Literacy and Numeracy (NEP, 2020) -Urgency, Essential Skills, Challenges and The Integration of Key Areas. International Journal of Indian Psychology, 11(1), 2033-2040. DIP:18.01.203.20231101, DOI: 10.25215/1101.203
- 5. Beck, Robert H. (2009) The three R's Plus: what today schools are trying to do and why. U of Minnesota press.
- 6. Bhagat, R. (2021). Holistic Education for Sustainable Development. New Delhi: Routledge India.



E-ISSN: 2582-2160 • Website: www.ijfmr.com • Email: editor@ijfmr.com

- 7. Clark, Edward T. (2001): Designing and Implementing an Integrated Curriculum: A Student Centered Approach Brandon, VT: Holistic Education Press.
- 8. Crandall, D. and associates 1982 People, Policies and Practices: Examining the Chain of School improvement. Vol. 1-10, Andover, Mass: The Network
- 9. Das, N., & Mondal, S. (Eds.). (2021). Multidisciplinary Approach to Teaching and Learning. New Delhi: Apple Academic Press.
- 10. Dewey John, (1938) Experience and Education, Kappa Delta.
- 11. Dole, J, G. Duffy, L. Roehler, and P. Pearson 1991 Moving from the old to new: research on reading comprehension instruction, Review of Educational Research, 53(3):285-328
- 12. Gautam, V. (2021). Holistic Education: Perspectives and Practices. New Delhi: Cambridge University Press India Pvt Ltd.
- 13. Giri, A. K. (2021). Multidisciplinary Learning for Future Education. New Delhi: Academic Excellence Publishers.
- 14. GoI (2020). National Education Policy, New Delhi: Ministry of Human Resource Development (MHRD), Government of India.
- 15. Kumar, A. (2021). Holistic Approach to Education: A Comprehensive Guide. New Delhi: Bloomsbury India.
- Kumar, A. (2024). Importance of Holistic Education in India. International Journal for Multidisciplinary Research (IJFMR), Volume 6, Issue 2, March-April 2024, E-ISSN: 2582-2160.
- 17. Latha, S., & Venkatesan, S. (Eds.). (2021). Multidisciplinary Education and Research: Prospects and Challenges. New Delhi: Springer Nature.
- 18. Mukherjee, R. (2020). National Education Policy 2020: A New Vision for Education in India. Journal of Education and Practice, 11(17), 100-105.
- 19. Priyadarshini, A. & Dave, D. (2021). Holistic and Multidisciplinary Education through Open and Distance Learning to realise the vision of National Education Policy–2020, ResearchGate, UNIVERSITY NEWS, 59(07) FEBRUARY.
- 20. Singh, M. K., & Singh, V. K. (2021). Holistic Education for the 21st Century: A Practical Guide. New Delhi: PHI Learning Pvt Ltd.
- 21. Srivastava, R., & Gupta, A. (2021). National Education Policy 2020: An overview of its key highlights and recommendations. Journal of Education and Social Policy, 8(2), 10-20.
- 22. Swift. D. F., (1970) Basic reading in the Psychology of Education London: Rutledge and Kegan Paul.
- 23. Verma, M. (2021). Multidisciplinary Learning: Emerging Perspectives. New Delhi: Cambridge Scholars Publishing.
- 24. Walia, A. (2020). Traditional Education versus Modern Education: A Reference to Indian Education System. International Journal of Research in Engineering, Science and Management Volume-3, Issue-1, January-2020, ISSN (Online): 2581-5792
- 25. Priyadarshini, A. & Dave, D. (2021). Holistic and Multidisciplinary Education through Open and Distance Learning to realise the vision of National Education Policy–2020, ResearchGate, UNIVERSITY NEWS, 59(07) FEBRUARY.
- 26. Shukla B, Joshi M, Sujatha R, Beena T, Kumar H (2022) Demystifying Approaches of Holistic and Multidisciplinary Education for Diverse Career Opportunities: NEP 2020. Indian Journal of Science and Technology 15(14): 603-607. https:// doi.org/10.17485/IJST/v15i1 4.2296



- 27. https://www.education.gov.in/nep/multidisciplinary-holistic-education
- 28. https://mmc.ugc.ac.in/Home/Holistic_and_Multidisciplinary_Education
- 29. https://www.open.edu/openlearn/education-development/multidisciplinary-study-the-valueandbenefits/content-section-7
- 30. https://sciencescholar.us/journal/index.php/ijhs/article/view/14096
- 31. https://theeducatorspot.com/how-to-make-projects-with-a-multidisciplinary-approach-bestexamples/