International Journal for Research Trends in Social Science & Humanities
ISSN: 2584-2455
Volume 4, Issue 6
Nov-Oct-2026, PP 1-3

Multidisciplinary Learning Supports Holistic Development

Gurleen kaur,
M.com student, Mata Gujri College, Fatehgarh sahib

Abstract- Multidisciplinary education refers to an integrated approach to learning that brings together knowledge and concepts from different subjects to offer a comprehensive learning experience. It emphasizes the interrelationship between different fields of the study. This approach allows students to gain a deeper understanding of the material by considering multiple perspectives. Moreover, it aims to develop crucial skills like collaboration, communication, critical thinking, and teamwork. The NEP-2020 strongly advocates the integration of multidisciplinary education into the curriculum from the early stages of the learning. Exposure to diverse fields helps students not only understand their chosen subject but also appreciate other knowledge system. By providing opportunities to explore diverse academic disciplines, students can develop a comprehensive understanding of their chosen areas of specialisation while gaining exposure to other forms of knowledge and perspectives. This approach contributes to the overall intellectual and personal development of learners, enabling them to become adaptable, knowledgeable and responsible individuals capable of responding the evolving demands of contemporary society.

Keywords: comprehensive learning, intellectual development.

I. Introduction

Human development is comprehensive and lifelong process that leads the intellectual, physical, emotional, social and creative dimensions of an individual's growth. It is multidimensional in nature and requires diverse learning experiences, opportunities and supportive environments. Multidisciplinary and holistic education has always been seen as essential for achieving success in life. The multidisciplinary and holistic model has become increasingly popular. This models breaks down traditional disciplinary boundaries and creates a flexible learning environment for students. It enables students to explore various subjects and fields, from sciences and mathematics to humanities, languages and social sciences. This approach encourages intellectual curiosity, critical thinking, creativity, innovation, analytical reasoning and problem solving abilities, which are essential for cognitive and intellectual development. In this regard, multidisciplinary learning plays a significant role in promoting holistic human development by integrating knowledge, skills, values and perspectives from different academic disciplines and areas of human experience.

Statement Of The Problem

The main motive of this study is to understand how learning through different subjects together supports the all-round development of students.

II. Review Of Literature

The National Education Policy 2020 of India emphasizes multidisciplinary and holistic education at all levels. It recommends reducing rigid boundaries between academic streams and integrating arts, humanities, sciences, sports and vocational education. The policy focuses on the development of critical thinking, creativity, communication, ethical values and practical skills.

International Journal for Research Trends in Social Science & Humanities
ISSN: 2584-2455
Volume 4, Issue 6
Nov-Oct-2026, PP 1-3

It recognizes that education should develop not only academic knowledge but also the physical, emotional, social and moral aspects of students. This policy provides strong support for adopting multidisciplinary approaches to promote holistic development.
Benjamin Bloom introduced the Taxonomy of Educational Objectives, which classified educational learning into three parts- cognitive, affective and psychomotor. The cognitive domain focuses on knowledge and intellectual abilities, the affective domain deals with attitudes, values, emotions, while the psychomotor domain emphasizes physical skills. Multidisciplinary learning provides opportunities to develop all three domains through classroom teaching, practical activities, creative assignments and collaborative experiences.

The reviewed literature indicates that multidisciplinary learning is an effective approach to promoting holistic development among students. The contributions of the oraganisations highlight the importance of experimental learning, multiple intelligences, social interaction and the development of different learning domains.The focus is currently on supporting a child's academic progress and their development.

By integrating different disciplines and providing diverse learning helps students develop knowledge, skills, values, creativity, confidence and social responsibility.Therefore, it can be considered an effective approach to preparing students for real-life challenges and lifelong learning.

III. Research Methodology

1. Objectives

- To suggest suitable strategies for improving multidisciplinary learning to support the all round development of the students.
- To examine the impact of multidisciplinary learning in promoting the holistic development of the students.
- To study the importance of the multidisciplinary.

- **Need of the study**
  The outcome of the study aims to promote holistic development and develop critical thinking,, encourage creativity, innovation and social skills.
- **Research design**
  The fundamental or basic research design has been used in this study.
- **Data sources**
  For this study secondary data was gathered from online publications and websites.
- **Limitations of the study**
  The limitation of this study is only that the data collected is secondary data. The outcome is based on the secondary data.

2. Benefits Of Multidisciplinary Learning

- **Promotes development**: it aims to overall development of students, including social, emotional, physical, moral and creative development.
- **Enhancing critical thinking:** it encourage students to analyse information from different perspectives, develop critical thinking.
- **Improves communication skills:** group discussion, presentations, debates, collaborative activities helps students to improve their speaking, listening and writing skills.

International Journal for Research Trends in Social Science & Humanities
ISSN: 2584-2455
Volume 4, Issue 6
Nov-Oct-2026, PP 1-3

- **Supports emotional development**; it aims to develop self-confidence, emotional awareness, self-expression and positive attitude towards learning.
- **Connects learning with real life experiences**; it helps students to apply theoretical knowledge to practical situations and understand the relevance of the different subjects in the real life.
- **Increasea interest and motivation;** it aims to make education more enjoyable and interesting by adding activities.
- **Develop leadership quality**; it aims to develop leadership qualities by involving activities like group discussion in the classroom.
- **Promotes social development;** students learn teamwork, cooperation, leadership, mutual understanding, empathy and respect for others through group activities.

3. Impact Of Multidisciplinary Learning

- **Impact on cognitive development;** it enhance critical thinking, logical thinking, analytical skills, decision making, problem solving abilities.
- **Impact on emotional development**; it helps students develop self confidence, emotional awareness, self control, motivation and positive attitude.
- **Impact on physical development;** the integration of physical education, sports, yoga, dance, and practical activities promotes physical fitness, coordination, flexibility and healthy habits among students.
- **Impact on communication skills;** students gets opportunities to participate in debates, discussions, presentations and group discussions.

IV. Conclusion

It plays an important role in promoting holistic development of the students as it integrates different subjects, knowledge, skills, experiences to make the teaching-learning process more efficient and effective. It focuses not only on the overall development but also on the development of the learners.

References

1. Chaudhary, R., & Jha, P. (2022). Multidisciplinary education in NEP 2020: Prospects and challenges. Journal of Educational Policy and Research, 14(2), 45–56
2. Jacobs, H. H. (1989). Interdisciplinary curriculum: Design and implementation. ASCD.
3. Ministry of Education. https://www.education.gov.in (2020). National Education Policy 2020. Government of India.