



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

Importance of Co-curricular activities in Education

Dr.Gitanjali Padhi

Associate Professor in Education

Dr.Parsuram Mishra Institute of Advanced study in Education, Sambalpur, Odisha(India)

Abstract

The modern education system recognizes that the child come to education institution i.e. school or college for all round and harmonious development. It aims at the development of the total personality of the child and for the school or college provides co-curricular activities.

Co-curricular activities are those activities which are undertaken along with academic studies. Typically, co-curricular activities are carried out outside the normal classrooms but they supplement academic curriculum and help in learning by doing. These activities help students to develop problem-solving, reasoning, critical thinking, communication and collaborative abilities. Participation in Co-curricular activities helps students in emotional development, social skill development, and overall personality development. Co-curricular activities help in the holistic development of students and assist in developing critical skills and abilities to lead a successful and happy life. Therefore, the importance of co-curricular activities is immense during school and college education.

1.1 Introduction

“ All work and no play makes jack a dull boy.”

An effective teacher performs many roles and functions which are very essential in promoting the holistic development of the learners. One of the roles that he/ she performs is the organization of co-curricular activities. These activities have existed in schools even during the ancient times. The objectives of education cannot be realized by academics alone. To achieve all round development – **Physical, Mental, Emotional, Socio-cultural, Spiritual** – varied outside the school or classroom activities must be incorporated in the curriculum.

Co-curricular activities are those activities which are undertaken along with academic studies. Normally, co-curricular activities are carried out outside the normal class rooms but they supplement academic curriculum and help in learning by doing.

Co-curricular activities are designed and balanced with academic curriculum so that every student gets to learn beyond subjects.

Co-curricular activities are meant to bring social skills, intellectual skills, moral values, personality progress and character appeal in students.

Co-curricular activities facilitate the development of various domains of mind and personality such as intellectual development, emotional development, social development, moral development and aesthetic development. Creativity, Enthusiasm, and energetic, positive thinking, are some of the facets of personality development and the outcomes of extracurricular activities.

1.2 Meaning of Co-curricular activities

Co-curricular activities (CCAs) earlier known as Extracurricular Activities (ECA) are the components of the non-academic curriculum that helps to develop various facets of the personality development of the child and the students. For the all round development of the child, there is a need for emotional, physical, spiritual and moral development that is complemented and supplemented by Co-curricular activities.

Co-curricular activities can be performed individually or in groups, inside or outside the classroom, depending on the activity's nature.

1.3 Definition of Co-curricular activities

Co-curricular activities may be defined as the activities undertaken to strengthen the classroom learning as well as other activities or both inside and outside the classroom to develop the personality of the child.

Co-curricular activities are defined as the activities that enable to supplement and complement the curricular or main syllabi activities. These are a very important part and parcel of educational institutions to develop the students' personality as well as to strengthen classroom learning.

Co-curricular activities also referred to as '**extra-curricular activities**', activities which fall outside the regular academic curriculum and a part of the school life is called Co-curricular activity.

These activities are organized after school hours, so known as extra-curricular activities. Co-curricular activities have a wide horizon to cater to the cultural, social, aesthetic development of the child.

The Education Commission also stressed : " We conceive of the school curriculum as the totality of learning experiences that the school provides for the pupils through all the manifold activities, in the school or outside, that are carried on under its supervision".

1.4 Importance of co-curricular activities

Co-curricular activities are vital because even though they are not vital because even though they are not a part of the core curriculum, still it play a very crucial role in giving the young children the ability to mould their lives.

It is true that much of your intellectual development happens, to a great extent, in the classroom itself. But, various other aspects of your personality such as emotional development and social skill development happen through co-curricular activities to a large extent. The key role and importance of co-curricular activities cannot be denied in holistic development i.e. intellectual physical, emotional, and social development.

Academic is only the yardstick of a student's ability. The aim of curricular

The author **Howard Gardner** of his book **Five Minds for The Future** has stated five specific mental abilities which will help one to be successful and happy in life. The five mental abilities of minds are

- **The disciplinary mind** (expertise in various sub-jects)
- **The synthesizing mind** (ability to integrate concepts from different disciplines to solve a problem)
- **The creating mind** (ability to think creatively to solve problems)
- **The respectful mind** (appreciation of the diversity in individuals)
- **The ethical mind** (fulfilling one's duties and responsibilities in the society as a citizen)

These concepts emphasises that education and learning must cross the four walls of a class room. The core aim of education and learning should be to foster holistic development. Co-curricular activities help in the holistic development and assist in developing critical skills and abilities to be successful and happy in life. So, the importance of co-curricular activities cannot be overlooked in fostering **holistic development** and is immense during school and college education.

The skills develop through co-curricular activities are

1. Critical thinking – examining concepts, ideas, problems and issues
2. Problem-solving skills – solving problems utilizing various concepts, solutions etc.
3. Communication skills – the power of expressions listening to others, public speaking.
4. Problem-solving skills – using various concepts to solve the problems.
5. Leadership skills – taking initiatives and responsibilities, influencing others in working for a good purpose, taking accountability.
6. Creative thinking – thinking of new ways to solve problem, thinking of new ideas.
7. Social skills – team work, collaboration, building good relation with others.
8. Emotional skills – understanding your strengths and weaknesses, controlling emotions, empathy for others.
9. Recreational values – understanding the value of leisure and recreation, participating in leisure and recreational activities.
10. Social values – respecting differences among individuals, respecting others values and culture.

1.5 Objectives of Co-curricular activities.

1. To prepare for active life in democracy.
2. To make self - directive.
3. To develop group morale.
4. To increase interest in school and college.
5. To teach social co-operation.
6. To develop special qualities like leadership, honesty, sportsmanship, and mutual respect etc.

1.6 Principles of Co-curricular activities

- The school and college must have a constructive program.
- These activities should be scheduled during school and college time.
- Activities should be considered part of regular program.
- To cultivate healthy, meaningful relationship with others.
- Develops various skills such as effective communication, critical thinking, integration, and application of knowledge.
- Develop sense of values and ethic within diverse, cultural, social, environmental and personal setting.

1.7 Conclusions

Education is not just graduation. It is all round holistic development of individual ensuring student's physical, intellectual, emotional, spiritual, social and moral development. Co-curricular activities are effectively implemented in the educational institutions on the mentioned principles to achieve the mentioned objectives. The holistic development requires development of 3H (Head, Hand and Heart) which leads to "All Roundness" and for this co-curricular activities are required.

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