

The Importance of Co-Curricular Activities In Students

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Introduction:

Co-curricular activities are activities that take place outside the classroom but reinforce or supplement classroom curriculum in some way. It has been argued that extra curriculum activities are not very important in a student's life. I however differ that a student social life in as important as their academic life for their personality development.

There is so much pressure on students, especially in college students. The problem comes in when students have no life outside their classrooms, when all they do and think about is their books. Co-curricular activities give a student an opportunity to develop particular skills. It gives them a sense of accomplishment to have achieved sometimes while in school or college.

Co-curricular activities generally refer to the activities, programs, and earning experience that complements what student are learning in college school. Especially such activities are experiences that are connected to reinforce or mirror the main academic curriculum or syllabi activities.

Distinction between co-curricular and extra-curricular activities

Co-curricular programs and activities were seen as being explicitly connected to academic learning, while extra-curricular activities were not co-curriculum activities are those activities that are outside of but usually complementing the regular curriculum, extra-curricular activities are defined as those school based activities that are not tied to the curriculum, co-curricular activities that are defined as the activities that enable to supplement and complement the curriculum or main syllabus activities. In elementary school, that may be having art and music as part of the overall learning experiences whereas extra-curricular

activities are activities that are external to the curriculum.

Co-curricular activities also help to improve teaching techniques at school and college.

The importance of co-curriculum activities of students:-

1. It boots self-confidence: Irrespective of the fact, whether your students like to draw and paint or play cricket, being appreciated will uplift their self-esteem as well as mood.

2. It nurtures social skill: Nowadays, most of the children are becoming unsociable creatures. Participation in extracurricular activities will make sure they get an opportunity to meet like-minded friends, break social barriers and share a healthy bond with them; also it will keep their mind off form disturbing behavior and inappropriate activities.

3. Skills of developing time management: Studies have shown that student who participate in co-curricular activities have a greater understanding of time management than those who don't participate in co-curricular activities.

4. Increase hidden talent : All the students cannot truly recognize special talent. Co-curriculum activities encourage children to bring out their talent in limelight and give it wings in the right direction.

5. Sense of commitment and responsibility: Students who participate in Co-curriculum activities will have sense of commitment and responsibility. This is due to the fact that they have involved in and given time and attention.

Signification of co-curricular activities :

Co-curricular activities are significant for enriching students on an emotional cognitive, physical and social level. They have also acted as a catalyst for the promotion of national integration. Every activity in school life plays a significant role in development of student. Co-

curricular activities are compulsory activities which are important for every student to participate.

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

Role of co-curricular activities:

1. Proper education: Since, co-curricular activities are merged with academic, therefore it ensures that students get to learn effectively, science on computers lab practical, experiment and project are part of co-curricular activities.

2. Cultural values: Student get to learn by cultural events including national events and traditional events from different faiths in Gandhi Jayanti, Independence Day, Republic Day, as well as Diwali, Eid, Baisakhi, Onam, Rakshabandhan and many other cultural events students get to learn about those events through books as well as co-curriculum activities based on different cultures organized by schools and colleges.

3. Personality development : Students perform co-curriculum activities in schools and colleges, which help them sharpen their communication skills expression skills, public speaking, participation and sense of belongingness through different activities like debates, recitation, art and craft creative art competitions, classroom activities like reading, group discussion etc.

4. Physical and mental health: Co-curricular activities require students to stay active at school by participation since students have to no option to skip these activities as it is a part of their curriculum, students have to be a part of co-curricular activities like athletics, gymnastics, yoga, information games and meditation etc.

5. Learning experiences: Co-curricular activities are good for improving students learning experience at school which improve their attendance at school.

6. Moral values: The students through co-curricular activities learn essential ethical values about different cultures, religious, events of national and international importance as well as discipline and college life ethics.

In the 21st century, the world is changing fast the conventional education curriculum, which was developed in the early 20th century has paved the way to a new kind of education and learning.

In the 21st century, skills learning for life in our times, the authors Bernie Trilling and Charles Fadal have premised that-"the world has changed so fundamentally in the last few decades that the roles of learning and education in day, today living have also changed forever"

There are some essential skills and values, that student can develop through co-curricular activities:

1. Logical and analytical thinking: Analyzing reasons behind events and situations.

2. Critical thinking: Examining concepts, ideas, problems and issues.

3. Problem-solving skills: Solving problems utilizing various concepts solution etc.

4. Leadership skills: Taking initiative and responsibilities, influencing others in working for good purpose, setting goals.

5. Social skills: Collaboration, teamwork, building good relationship with others.

6. Emotional skills: Understanding the strengths and weaknesses, controlling own emotions empathy for others.

Conclusion:

Best aspect of co-curricular activities for students in that they are part of academics, and makes teaching and learning experience exciting for both students and teachers. Students through classroom activities like quizzer, debates, recitation and any other more academic games learn better. Therefore co-curricular activities with academics are essential for every student.

Students should be given more and more opportunities to explore their interests and abilities, the importance of co-curricular activities cannot be denied. In order to instill the "all-rounder factor in students, co-curricular activities in school are being integrated in the academic curriculum in schools and colleges across several countries in the world and the importance of Co-

curricular activities in the integrative school curriculum is being appreciated.

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