



# International Journal of Home Science

ISSN: 2395-7476  
IJHS 2019; 5(1): 295-296  
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www.homesciencejournal.com  
Received: 23-11-2018  
Accepted: 27-12-2018

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## Importance of co-curricular activities in education

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### Abstract

Co-curricular activities are defined as the activities that enable to supplement and complement the curricular or main syllabus activities. These activities are compulsory in some institutions and voluntary in others. Examples of these activities are Morning assembly programmes, House meetings, English recitation, Hindi/English calligraphy, quiz competitions, moot courts, guest talks, NCC, NSS, School band, Scout association, youth festivals etc. They actually compliment the curricular activities and groom the students.

**Keywords:** Co-curricular activities, education, development

### Introduction

Co-curricular activities are the components of non-academic curriculum which help to develop various facets of the personality development of the child and students. For all round development of the child, there is a need of emotional, physical, spiritual and moral development and of course character building that is complemented and supplemented by co-curricular these also teach the child to stand up for their rights.

Co-curricular activities are defined as the activities that enable to supplement and complement the curricular or main syllabus activities. There are the very important part and parcel of educational institutions to develop the student's personality as well as to strengthen the classroom learning. "Co-curricular activities" also includes the pupil clubs, associations and organizations that conduct those activities. It does not include athletic competitions or practices or athletic terms or organizations (Kochhar, 1990) [5].

Co-curricular activities exist at all levels of education from primary level to university level. These activities are compulsory in some institutions and voluntary in others. Today these activities have become more profound than ever before. Most of them take place outside lessons, therefore such activities have less status in education than the main curriculum.

Example of co-curricular activities are Morning Assembly programmes, House meetings, English recitation, Hindi/English calligraphy, quiz competitions, moot courts, guest talks, NCC, NSS, School band, Scout association, youth festivals etc.

### Role of co-curricular activities in a student's life

Several studies have been conducted to assess activities for all round development of students (Kumar *et al.*, 2004; Broh, 2002; Darling *et al.* Marsh and Kleitman, 2002; Thompson and Austin, 2003; Mohoney *et al.*, 2003; Bauer and Liang, 2003 etc.) [4, 2, 6, 9, 7, 1] and it was found that:-

- It helps to develop the all-round personality of the students to face the new tasks and competitive world of future. Thus these make the students fit for the future time, develop a sense of competitive spirit, co-operation, leadership, diligence, punctuality, team spirit as well as to provide a backdrop for the development of their creative talents.
- Additional activities for students are a means to enhance social interaction, leadership, healthy recreation, self-discipline and self-confidence.
- In today's competitive world percentage makes a lot of difference during admission into various courses. Such students are given preference as compared to non-participants.
- When the students in their early teens are given some responsibilities like giving first aid or to arrange the daily school notice board, they acquire a sense of responsibility.
- Some tasks require precision, management and organizational skill. Such activities

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Provide training to prepare students for the outside world. Trying new things open the opportunity for self-discovery of talents and capabilities.

- In polytechnics and universities, certificates of such activities are given weightage by potential employers.
- Students in form of alumni etc., act as counselors or guides in their respective institutions in such matters. While doing so they are importing knowledge and helping in development of a productive society.
- Such activities divert students attention from harmful activities like drugs, crime etc. It channelizes their energies in fruitful activities.
- Physical activities like running, football etc. help not only in the physical fitness they also refresh the burdened mind.
- Success in organizations requires more than high intellect. Thus college recruiters commonly examine job candidate's co-curricular activities in search of well rounded, emotionally intelligent and interpersonally skilled student. Thus, co-curricular activities are like valuable student experiences.

They actually complement the curricular activities and groom the students in the "Art of living and working together".

A case study on role of co-curricular activities on academic performance of students of some secondary schools of Burdwan District in West Bengal, was done by Paul, P.K. & Baskey, S.K. (2002) <sup>[8]</sup>. The finding confirm these results revealing that co-curricular activities have had a significant positive impact on academic level achievement of students.

Role of co-curricular activities in a student's life cannot be put into words easily. But it can be concluded into a Chinese proverb:

*"Teach me, and I will forget. Show me and I might remember, involve me, and I will never forget".*

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