



Co-Curricular Activities for Holistic Development of Students

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Abstract:

The modern education system recognize 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. The concept of co-curricular activities we can trace in our ancient literatures likes Vedas, Upanishads, Yoga vashistha, Mahabharata and Ramayana. Co-curricular activities are essential part of curriculum and holistic development of students. These co-curricular activities provide a good platform to improve and develop their personality. Co-curricular activities earlier known as extra curricular activities are the component on non academic curriculum which helps to develop various facets of the personality development of the students. It develops special qualities like leadership, honesty, sportsmanship and mutual respects. Students get many benefits by participating on co-curricular activities like Physical activities, literary activities, social activities, cultural activities, craft activities, civic development activities and patriotic activities. The holistic development requires development of 3H (Head, Hand and Heart) which leads to "All Roundness" and for this co-curricular activities are required.

Keywords: *Harmonious development, Co-curricular activities, Holistic development*

1. Introduction

Holistic development is basically the development of everyone's Intellectual, emotional, social, physical, creative, religious values and feelings. The modern education system recognize 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 essential part of curriculum. These activities are important for the holistic development of the personality. The activities like games, sports, excursions, picnics, singing, drawing, painting etc. were not included in the curriculum and considered as extra curriculum activities. Co-curricular activities include indoor and outdoor activities. These can be classified as Physical activities, literary activities, social activities, cultural activities, craft activities, civic development activities and patriotic activities etc. For holistic development of student these co-curricular activities provides a good platform to improve and develop their personality.

2. Meaning of Co-curricular Activities

1. Co- curricular activities mean activities conduct on or off school or college premises by clubs, association and organizations of pupils sponsored by the board of education.
2. Co-curricular activities earlier known as extra curricular activities are the component on non academic curriculum which helps to develop various facets of the personality development of the students.
3. Co-curricular activities may often believe extra activities for school and college students are a means to enhance social interaction, leadership, healthy recreation, self discipline and self confidence.

4. 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.

3. History of Co-curricular Activities

We can trace the concept of co-curricular activities in our ancient literatures likes Vedas, Upanishads, Yoga vashistha, Mahabharata and Ramayana, all inform us about Gurukuls and Ashrams system. Co-curricular activities like cleaning ashram, collecting woods, milking the cows, wresting dyeing clothes, cooking, singing, paying warfare activities etc. were quit common.

4. Objectives of Co-curricular Activities

1. To capitalize important fundamental drives for education profit.
2. To prepare for active life in a democracy.
3. To understand power of unity or team work.
4. To make self directive.
5. To teach social co operation.
6. To develop special qualities like leadership, honesty, sportsmanship and mutual respects etc.
7. To develop group morale.
8. To increase interest in school and college.

5. Principles of Co curricular Activities

- The school and college must have a constructive programme.
- These activities should be scheduled during school and college time
- Activities should be considered part of regular programme.
- 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.
- To cultivate healthy, meaningful relationship with others.

6. Types of Co – curricular Activities

Sr.	Activity	Details
1	Physical Activities	Games, Sports, Athletics, Mass drill, physical exercises, Yogic Asanas, NCC, NSS, Gardening, Scouting
2	Literary Activities	Debates, Discussion, Symposia, Story writing, Easy writing, Seminars, Newspaper reading, Library Work
3	Social Activities	Red cross Scouting, NSS, Girl guiding community, cooking and services
4	Aesthetic & cultural Activities	Drawing, Painting, Exhibitions, Folk dance, Folk songs, Celebration of festival, School and College decoration
5	Craft Activities	Spinning, Weaving, Soap making, Book binding, Toy making, Embroidery work, Leather work, Wood work, Kitchen gardening
6	Leisure Activities	Collection of coins, Stamps, Rare stones, Pictures, Photographs, Writing poems, Album making, Cartooning, Visit to Museums
7	Civic development Activities	Visit to Panchayat, Post office, Police station, parliament and court
8	Patriotic Activities	Celebration of Independence day and Republic day, Bharat darshan tour, National Integration camps

7. Students development through Co- curricular Activities

Students get many benefits by participating in co-curricular activities. It helps in holistic development of students as under:

- Co- curricular activities stimulate playing, acting, singing, speaking and narrating in student.
- Activities like participation in game, music, and drama help in achieving overall functioning of education.
- Games and sports help to be fit and energetic to the child.
- Helps to develop the spirit of healthy competition.
- Co-curricular activities provide motivation for learning.
- It enables the students to express themselves freely.
- Co-curricular activities guide students how to organize and present an activity, how to develops skills, how to co-operate and co-ordinate in different situations – all these helps in leadership qualities.
- Co-curricular activities develop the values like physical, psychological, ethical, social, aesthetic and disciplinary value.
- Co-curricular activities enhances students experience, understanding and brings benefits beyond students and parents expectation.

8. Role of teachers in Co-curricular Activities

The teacher should have to perform multi – dimensional function in organizing and executing co-curricular activities. It is the teacher who finally should take the responsibility how activities should proceed further.

- The teacher must be a good planner so that the different activities carried out systematically throughout the year.
- It should be the duty of the teacher to provide more and more opportunity to the student while performing co- curricular activity.
- The teacher should act like evaluator and decision maker to that students get chance to prove them the best with fair competition spirit
- The teacher should act as an innovator by introducing some innovative programmes
- The teacher should be good communicator so that students feel free to share problems and difficulties to complete the activities.
- The teacher must be a good organizer and manager so that the students experienced maximum of it.
- The teacher should be good recorder keeper so that students could gained maximum of finer aspects of co curricular activities

9. Conclusion

Education is not just graduation. It's 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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