

Latent Factor for Healthy Academic Life

Sudhir Sharma

Assistant Professor

Department of Fine Arts

D.A.V.College of Education, Abohar

Education is a pretty board concept that surpasses the four walls of a classroom. Undoubtedly education plays a fundamental role in the 'making of a man' and his development as a culturally well developed social animal. The core aim of education is to develop a child intellectually, physically, morally and socially. To fulfill these objectives, there is a prime need of striking a balance between syllabus, curricular, books and beyond those also co-curricular activities.

Co-curricular activities being undertaken side by side with curricular activities essentially taken place outside a typical pen and pencil classroom experience giving an opportunity for the development of their non-academic abilities. Co-curricular activities are practical, tangible learning opportunities that put what students learn into action. After school clubs, such as a computer, book or chess club, or teams, such as debate team or quiz bowl, can be co-curricular activities or extracurricular, depending on the school system. These activities happen after or apart from school hours and give the students a chance to actively pursue a different side of their in-class curriculum. These activities can be affiliated with the school, but can also be affiliated with other institutions, such as local libraries or community centers. Interacting with others and taking a hands-on approach helps some students learn material they would otherwise be unable to grasp in the theoretical lessons during class.

Co such scholastic activities happen mostly during the school day and are organized and done under the teacher/professional staff supervision. It gives the students an opportunity to develop particular skills and exhibit their non-academic abilities. These activities might be compulsory, such as music, art or drama classes that take place during the day. Others, generally are voluntary, such as participating in school sports team, school debating team or student newsletters. In either case, participation can assist students in more than one ways.

Types of Co-Curricular Activities

- Tree Plantation/Awareness Rally.
- Morning assembly programmes
- Inter-House competitions
- House meetings
- English recitation
- Hindi/English Calligraphy Competition.
- On the spot drawing & painting competition
- Group singing
- Languages Elocution & Debates (Social Networking)
- Solo singing/rhymes
- Quiz competitions

- Moot courts
- Rangoli competitions
- Individual talent show
- Guest talk / slide show
- Fancy dress
- Various activity clubs
- NCC - National Cadet Corps
- Scout association
- Robotics Workshop.
- Performing arts
- School choirs
- Awareness Rallies.
- Kite Making & Flying Competition.
- Annual functions
- National sporting competitions
- Youth festivals
- NSS

Various activities are organized at the campus and outside to give students exposure. This not only improves their skill sets, but also makes them better human beings. Whether it is promoting greenery by organizing tree plantation, or honing student's public speaking skills through extempore competitions. It helps to develop the all-round personality of the students to face the undaunted task and turbulent world of future. Experience and accolades gained through many of these activities help during internships and other school sponsored work programs.

The aim of curricular activities is to make the students fit for the future time and to develop a sense of competitive spirit, co-operation, leadership, diligence, punctuality, and team-spirit as well as to provide a backdrop for the development of their creative talents. Whenever someone is chosen as a head boy or is given leadership in certain matters, it boosts self-confidence and sense of achievement. Additional activities for school students are a means to enhance social interaction, leadership, healthy recreation, self-discipline and self-confidence. Competitions may also be organized to create a competitive environment and groups with an objective to work towards a better society and the world as well.

How Co-Curricular activities Contribute in Child's all-around development.

- **Personality Enhancement:** It helps to enhance the all-round personality of the students to strongly face the turbulent road of the future. Experiences and appreciation gained through these activities assist students during internships and other sponsored programs.
- **Developed Specialized Skills:** Co-curricular activities help hone the talents of the young minds and give them an opportunity to develop their specialised skills. Competitions that are organized can create a competitive environment and helps them work towards the objective of achieving a better society.

- **Boosting Self Confidence:** The goal of co-curricular activities is to give better fitness to students and inculcate a sense of sportsmanship, competitive spirit, leadership, meticulousness, cooperation, team spirit and team spirit. The hidden motive behind all this is to develop self-confidence and to learn to trust the team.
- **Enhance Academic Performance:** Studies have shown that students pursuing their hobbies achieved better results in their studies. Their academic performance goes way up north as they learn to balance their co-curricular activities with their academic pursuits. They also better understand on how to manage their time efficiently and also increases their interest in the school. Such activities like participation in debates, drama, music, sports, etc. help in achieving the bigger purpose of achieving better education.
- **Greater Opportunities:** In this competitive era, percentages act as game changers during admissions into various courses. Students pursuing any co-curricular activities of their choice are given preference over those who are not involved in any such things. These things make a major difference when students are considered for the most popular courses.
- **Inculcation of Responsibility:** When students in their early teens are given some responsibility or a task to handle like first aid or for that matter managing the class painting board, their efficiency to handle such situations becomes much better. This fosters the sense of responsibility and accountability.
- **Exposure to Innovative Activities:** Students are introduced to a whole new horizon of activities that gives them a better insight and lets them choose what they enjoy and what they wish to learn. It broadens new horizons for them. These activities stimulate playing, painting, acting, dancing, singing and speaking skills in students.

In a nutshell, it is concluded that if the aim of all-around development of a child is to be achieved there is need to intermingle the scholastic with non-scholastic activities.

