

ROLE OF EXTRA CO- CURRICULAR ACTIVITIES

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Holistic development of children is the objective of education. Curriculum is framed by the subject's experts comprising curricular as well as co-curricular activities. Curricular deals with the study which develop the cognitive skill of children. Role of co-curricular activities are also essential to release the latent talent of young mind. Formal education provides the various opportunities to prove their efficiency in the numerous fields. Co – curricular activities which are organized in the institutions enhance their life skills. Students can participate individually or in the groups. These Activities may be organized inside or outside the classroom it all depend upon that which types of activities being organized. Co-curricular activities which are organized can be categorized into academic related, social development related, physical related excursion or picnic related events. Co-curricular activities promote the qualities of leadership among the children as they join sports and games etc. Sports help to develop the several skills and concrete the confidence of children. Because various skills, strengthen the stamina of children through the training. Sports keep the players physically fit along with reinforce their confidence. Students who participate in such activities develop their muscles; bones also enhance motor skills and maintain healthy body weight. Sports lead the participants towards fraternity, punctuality, discipline, dedication and loyalty. Player who performs in the playground see the image of his co-player as brother and family member. Sports person is always known for punctuality because he/she knows the importance of single minute which may be the deciding factor in the crucial matches. Player may be more discipline than others as the games are played with the certain set of rules. Despite showing the best performance during matches sometimes not able to get the fruitful consequences in their favour. At this crucial juncture players cannot

be violent and respect the rules and decision given by the referee or umpire and leave the playground without any interpretation. Sports and game enable the players more disciplined than the others. In school or colleges numerous opportunities are provided to develop their sportsmanship where students can prove their physical skills. Sports and games also develop the feeling of dedication among the players as they think that personal interest is least important than their team interest. Player Always wants to prioritize the team by overlooking his /her personal interest. When we think about the dedication of the players to their teams and country, who didn't think about the personal problems even couldn't attend the funeral procession of their parents during their crucial matches. These are the merits of the sports which develop the spirit of dedication among them along with the feeling of loyalty. Feelings of disloyalty never emerge among them and remain faithful to their own teams. In 1936 during the Olympic hockey match was being played between Germany and India in Berlin. Germany dictator ruler was the witness of this match was very much impressed with the performance of hockey wizard Major Dhyan Chand offered temptation by providing high rank in German Army. But Major Dhyan Chand loyalty to his own nation triumph over the thought of Hitler. Sports and game develop the feeling of nationalism among the players. Role of the institution is very indispensable to let the students participate in co-curricular activities also which toughen their courage and confidence. To develop the patriotic fervor among the students NCC (National Cadet Corps) is started from the ninth standard. Students can opt NCC (junior wing) with the minimum age of 13 years in their schools. It is followed by the option for NCC (senior wing) in college along with the development of their cognitive skills. Students have also opportunities to develop the qualities of

leadership, punctuality and commitment towards own nation. It is said that “sound mind abode in healthy body”. Like sports, NCC also keeps physically fit the students and enable them to reach at their goals. Students are familiarized with the different types of armaments and even know how to operate and handle the small arms. NCC prepare the cadets for war as reserve soldiers for our armed forces as it serves the nation with its motto “Unity and Discipline”. NCC cadets are also engaged in various affected areas to provide the relief to affected victims. Students who join NCC learn the various skills and not only offer services in the school’s parameter but also come forward to serve the people of nation. In college, NCC cadets are awarded with C - certificate can get numerous opportunities to become Army officer. In co-curricular activities NSS in the innumerable institutions play the crucial role with it motto “Not me but You”. It promotes the all-round development among the students. NSS volunteers participate in the several campaigns to aware the people of society i.e, Drug abused, HIV aids, Say no to polythene and voter awareness. NSS promote the Nation building and National Integration. NSS camps are organized in the institutions where volunteers learn about the self-dependence. Without any external help they prepare meal and also involve in other activities. Volunteers get the opportunities to attend the most valuable lecturers of various resource persons from the different departments. Educational institutions make best efforts to build up their courage and develop the self-dependence. In co-curricular activities students are also prepared to participate in debate, declamation, quiz competitions, role plays etc. They learn how to express their views by following adequate gestures and postures and strengthen verbal and non-verbal communication skill which develops their transformational leadership qualities. We can’t deny that many celebrities use to say that they participated in role play during their school or college times and consequently led them towards their destination by becoming actor. It is said that “art is an essence of inner life and spirit”. Children can only meet with their objectives if institutes

provide them suitable atmosphere for participation to prove their veiled talent. In debate and panel discussion different topics may be assigned them and they can come forward to show their performances. In the present scenario, existence of numerous channels of electronics media in India as well as in other nations. Anchor of the channels being paid with the alluring salary and remuneration. But it cannot instantly feasible to achieve profession like that. Students must have make their participation from the beginning to nurture their interest in schools or colleges level. With the collaboration of ministry of Parliamentary affairs and Directorate of Higher Education youth parliament competitions being conducted in the various level at in schools or colleges. Schools which are centrally sponsored even can participate in the national level contest. The objective of this scheme is to acquaint the proceeding of Indian parliament and lead them to strength democratic system. Students know about Question hours, Zero hours, Re breach of privilege, No confidence motion etc. Students can raise their questions on different topics like brain drain, cyber crime, Juvenile delinquency etc. We can’t forget that our children are policy maker for the future and they have ability to learn, act and absorb. Co-curricular activities also provide opportunities to the students to participate in cultural activities i.e singing as well dancing competitions in the form of solo song, group song and folk dance. It has also been perceived that students who are not good in studies may be good in other activities as almighty has granted special trait to every human being. Various singing or dancing competitions are organized by the different T.V channels for junior and senior level children. Along with their studies students can participate such competitions and can bring laurel to their families and can make future bright. Painting competitions are organized in schools and colleges as encourage the creativity and promote passion for the art among the students. Fine art painter make their masterpiece with the abstract ideas and mesmerized the people. Artist make their livelihood by getting handsome remuneration

of their paintings. Himachal radish Renowned artist Shobha Singh art gallery is situated near Palampur. Artists of our nation Amrita Shergil, Raja Ravi Verma, Nandalal Bose have also contributed in the field of art. Students must be encouraged by the teachers and school administration for the participation to make their masterpiece. Excursion is organized by the institution to provide the opportunities to learn about something new or unique outside of their school premises. It is said when you listen you forget, but when see you remember. These lines clearly depict that children learn easily when see something new. School should include the educational tours as part of curriculum as such activities provide joy to discover new opportunities to the student. Students are accompanied to the science city, Planetarium where they are familiarized with astronomy and the night sky. To develop the patriotic fervor and nationalism students are also taken to Wagah border which is international border between India and Pakistan located in Amritsar Punjab. Students become the eyewitness of these activities and parade of Indian Border security force and Pakistani Rangers which starts every evening before the sunset. These activities lead them towards nationalism and students also wish to join the armed forces. Publication of school magazine is also best way to release the hidden and unspouted talent of young minds. It toughen the confidence and provide platform to the young minds to be writer, poet etc. Editorial board comprising chief editor, editors, students editors who play their decisive role for the publication of schools or colleges magazines. Students editors are assigned to collect the articles from the students and forward to the editorial board. Editorial board decides whether the articles are enable to publish or not and consequently sent to the publication. To make the publication of magazines more reliable and graceful messages from various dignitaries are accredited. Such publication assignments to be carried out by the institution as it is also essential part of co-curricular activities. Newspaper also great way to nurture a sense of community within school. It enriches their writing, editing and design skills of young

minds. Collage making activities are organized in schools or colleges. Children make art by accumulating numerous things i.e paper fabric photos or magazines on a surface. Visit to the industries and museum which motive and inspire the students. Students can get the prospects to learn about commerce and technologies in industries. Visit to the museum allows the students to explore and command various marks of arts from the different artists. Besides it hiking clubs are framed in the educational institutions. These clubs organize the outdoor activities for the children which enrich the stamina and disseminate with wildlife and nature. In this way co-curricular activities simultaneously moves with the study of students lead them towards their objectives. All the students in the classroom may not having same cognitive skills it is absolutely true. Students may be accentuated upon their studies but institutions can't overlook the role of co-curricular activities for the holistic development of the children. Being authoritative teachers must remember their role to let their students participate in extra co-curricular activities with studies which develop the social skills, punctuality, dedication, discipline, personality progress and moral values. Various governments are taking more initiative to make the maximum participation of students in sports and other activities. Players who participate in national or international level and bring laurel to their own state or nation, facilitated with fascinating honour and job opportunities in various departments. Various governments have launched bag less days to the students so that they can come out from the class room teaching and prove their concealed talent. Diet money for the players have also been increased in the various institutions for their enthusiastic participations. Refreshment for NCC cadets being given to enthralling them so that feeling of patriotism may be developed during their study. Institute can make more efforts to convince the school management committee and parents to let their children to participate in co-curricular activities along with studies. Vigorous coordination between parents and school/college administration lead the young minds towards

their destinations. For the holistic development students can't remain within the parameter of classroom teaching let them to participate in co-curricular activities to prove their veiled competence.

Books on the National Cadet Corps (NCC)

1. "National Cadet Corps: A Comprehensive Guide" by Major General (Retd.) Rajendra Singh
 - ✚ A detailed guide on the history, structure, and functioning of the NCC, including insights into its activities and impact.
2. "NCC: The Young Soldiers" by L. M. Singhvi
 - ✚ This book explores the role and contributions of the NCC in shaping young minds and preparing them for future challenges.
3. "The Role of NCC in National Integration" by D. S. Tiwari
 - ✚ Focuses on how the NCC fosters national integration and unity among young cadets through various programs and activities.
4. "NCC: A Journey Through Time" by Shyam Sundar
 - ✚ A historical overview of the NCC, detailing its evolution and significant milestones over the years.

Recommended Books on NCC C-Certificate

1. "NCC C-Certificate Exam Guide" by R. N. Sharma
 - ✚ This guide provides detailed information on the syllabus and exam pattern for the NCC C-Certificate, including sample questions and practice exercises.
2. "NCC C-Certificate Preparation Manual" by Anil Kumar
 - ✚ A comprehensive manual that covers various topics relevant to the C-Certificate exam, including drills, leadership skills, and general knowledge.
3. "NCC C-Certificate Training Guide" by R. K. Gupta
 - ✚ Focuses on the training aspects required for obtaining the C-Certificate, offering

insights into the necessary skills, knowledge, and practical exercises.

4. "NCC C-Certificate: A Complete Study Guide" by V. P. Singh
 - ✚ This book provides a complete overview of what is needed for the C-Certificate exam, including theoretical and practical components.
5. "NCC: C-Certificate Examination Handbook" by M. K. Agarwal
 - ✚ A practical handbook designed to help cadets understand the examination requirements and prepare effectively for the C-Certificate.

General Books on NCC That Include C-Certificate Information

1. "The National Cadet Corps (NCC) Handbook" by V. S. Sharma
 - ✚ Provides an overview of the NCC structure, training, and examinations, including details about the C-Certificate.
2. "NCC: A Comprehensive Guide to Training and Certification" by P. S. Rao
 - ✚ Covers the entire scope of NCC training and certification, including specifics about the C-Certificate.

Books on the National Service Scheme (NSS)

1. "National Service Scheme: A Journey of Community Service" by Dr. S. N. Sharma
 - ✚ An in-depth look at the history, objectives, and impact of the NSS, highlighting various community service projects and their outcomes.
2. "NSS: The Spirit of Service" by Rajiv Sharma
 - ✚ This book provides insights into the workings of the NSS, focusing on volunteer experiences and contributions to society.
3. "Youth and Social Service: The NSS Perspective" by Prof. R. K. Verma
 - ✚ Examines the role of youth in social service through the NSS, with a focus on the personal growth and societal impact of volunteer work.

Dance India Dance (DID)

Genre: Dance

Description: Dance India Dance (DID) is one of India's most popular dance reality shows.

The show provides a platform for dancers across the country to showcase their talent in various dance forms, including contemporary, classical, hip-hop, and more. Contestants are mentored by renowned choreographers, and their performances are judged by a panel of celebrity judges. The show is known for its high-energy performances and has been instrumental in bringing many talented dancers into the limelight.

Sa Re Ga Ma Pa

Genre: Singing

Description: Sa Re Ga Ma Pa is one of India's oldest and most respected singing reality shows. It offers a platform for aspiring singers to exhibit their vocal talent. The contestants, selected through auditions, perform in front of a panel of judges, which often includes prominent music industry personalities. The show has been a launching pad for many successful singers in India and is celebrated for its focus on pure musical talent.

India's Got Talent

Genre: Talent

Description: India's Got Talent is a talent show that features a wide range of performances, including singing, dancing, magic, acrobatics, and more. The show is open to individuals and groups of all ages, making it one of the most diverse reality shows in India. Contestants are judged by a panel of celebrity judges, and the audience also plays a significant role in voting for their favorites. The show is known for its ability to uncover unique and extraordinary talents from across the country.

Nach Baliye

Genre: Dance (Celebrity Couples)

Description: Nach Baliye is a dance reality show featuring celebrity couples who compete against each other. The show pairs real-life couples, who perform dance routines in various styles each week. The performances are judged by a panel of celebrity judges, and the couples are eliminated based on their scores and audience votes. The show is popular for its combination

The Voice India

Genre: Singing

Description: The Voice India is a singing competition based on the global format of The

Voice. Contestants are selected through blind auditions, where the judges, who are all prominent singers themselves, select participants based solely on their voice without seeing them. The selected contestants are then mentored by the judges throughout the competition. The show is unique for its focus on vocal talent and mentorship by industry professionals.

Super Dancer

Genre: Dance (Children)

Description: Super Dancer is a dance reality show focused on children aged 4 to 13. The show provides a platform for young dancers to showcase their talent in various dance forms. The contestants are selected through auditions and are mentored by professional choreographers. Their performances are judged by a panel of celebrities, and the show has gained popularity for the exceptional talent displayed by its young participants.

India's Best Dancer

Genre: Dance

Description: India's Best Dancer is a dance reality show that features solo dance performances. Contestants from across the country audition to be part of the competition, where they perform in front of a panel of judges, who are all well-known choreographers and dancers. The show is known for its high level of competition and the diverse dance styles performed by the contestants.

Indian Idol

Genre: Singing

Description: Indian Idol is a singing competition that has been a mainstay in Indian reality TV. The show features contestants from all over India who audition to be part of the competition. The selected contestants perform in front of a panel of judges, and their performances are also subject to public voting. Indian Idol is known for discovering some of the best singing talents in the country and has produced several successful playback singers over the years.

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