

## CO-CURRICULAR ACTIVITIES IN INCLUSIVE EDUCATION: A PARTNERSHIP

### Abstract

Co-curricular activities support the growth of the whole person, including their intellectual, emotional, social, moral, and artistic development, as well as their overall personality development. These activities give us many benefits like creativity, enthusiasm, energy, and development of personality. All-round development of the child can be done by including this type of method in the curriculum. Its scope is increasing day by day. Even in the field of therapy it is being used and is proving to be very beneficial.

**Keywords:** Co-curricular, Curricular, Inclusive Education.

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## I. INTRODUCTION

Extracurricular activities (ECAs) are defined as endeavors that allow students to demonstrate their skills in areas other than academics. These could include interests in hobbies, social activities, sports, culture, or religion. ECAs have a number of benefits, such as greater employability, educational possibilities, the development of soft skills, and help with stress management. Sports, clubs, debates, drama, school publications, student councils, and other social events are a few examples of extracurricular activities. Typically, the curriculum does not include these exercises. Grades are still regarded as being crucial for children to succeed even if extracurricular activities ultimately give kids real-world experience that is not covered in the traditional course of study.

## II. CO-CURRICULAR ACTIVITIES

Co-curricular activities (CCAs), also referred to as extracurricular activities (ECAs), are part of a non-academic curriculum that aids in the development of various aspects of personality. The holistic development of a child, including their emotional, physical, spiritual, and moral growth, depends on their participation in extracurricular activities. One of the things that might complement the primary curricular activities is co-curricular activity. It is seen as being a crucial component of education. Along with providing instruction in the classroom, educational institutions help students develop their personalities. These activities were once carried out outside school hours, but they are now seen as essential components of the curriculum. There is a vast range of extracurricular activities available to support the child's cultural, social, and aesthetic development.

1. **Various Co-Curricular Activities:** Debate, models, art, music, drama, sports, musical performances, and discussions Contests for declamations, literary contests, writing contests for essays Crafts, recitation contests, newspaper wall decoration, and essays for a school publication, folk music, folk dance, floral display, school decorations, sculpture competition, creating charts and models, crafting albums, taking photos, modeling clay, crafting toys, making soap, and weaving baskets exhibits by organizations, the festival's celebration.
2. **Co-curricular Outdoor Activities:** Parades, drills, yoga, sports, cycling, gardening, football, basketball, volleyball, kho-kho, handball, and other collaborative activities, Excursions, Mass, Morning Assembly, Neighbourhood Social Service, Village Survey, and Visits to Places of Geographical, Historical, Economic, or Cultural Interest.
3. **Co-curricular Indoor activities:** Dance, music, and theatre organizing the school panchayat, decorating, weaving, clay modeling, first aid, tailoring, rangoli, bookbinding, cardboard work, leatherwork, Student autonomy, art, and craft.

## III. THE IMPORTANCE OF EXTRACURRICULAR ACTIVITIES TO STUDENTS' LIVES

Co-curricular activities give pupils real-world learning experiences. When a pertinent co-curricular activity relating to the subject matter presented in the classroom is organized, theoretical knowledge is strengthened to a higher level. The classroom is the only place where the intellectual components of personality are developed, whereas co-curricular

activities encourage the development of the aesthetic, character, spiritual, physical, moral, creative, and other aspects of personality. These activities encourage candor and clarity in speech and personality. Coordination, adjustability, verbal fluency, extempore expressions, etc. are all skills that students at both the high school and college levels can benefit from developing.

#### **IV. ADVANTAGES OF EXTRACURRICULAR ACTIVITIES**

- Children are benefited from co-curricular activities like acting, sports, lectures, etc.
- Music and drama activities are necessary for the development of the personality of the child.
- It enables the students to express themselves freely through debate.
- It helps in making the child fit and energetic.
- It helps in developing the spirit of healthy competition.
- These activities help and guide leadership qualities – like how to organize and present an activity, how to develop skills, and how to cooperate and coordinate in different situations.
- The child has opportunities to socialize, self-identify, and self-evaluate while they interact with other participants, teachers, and individuals outside of school when they are in school.
- Cultivates values that value others' opinions and feelings.
- It improves your ability to make decisions.
- It fosters a sense of community.
- It grants kids the capacity to study.
- It helps kids develop virtues like discipline, civic responsibility, scholastic excellence, moral character, and aesthetic appreciation.

#### **V. TEACHER'S ROLE IN PLANNING CURRICULUM ACTIVITIES**

- To ensure that the various activities are carried out consistently throughout the year, the teacher must be a skilled planner.
- The teacher should be required to provide the student with progressively more possibilities while engaging in extracurricular activities.
- The teacher should introduce some creative programs to serve as an innovator.
- The instructor needs to be well-organized so that the pupils get the most out of it.
- In order for the student and child to benefit as much as possible from Co-curricular activities, they should also act as a director, recorders, evaluators, managers, decision-makers, advisors, motivators, communicators, and coordinators.

#### **VI. THERAPEUTIC USES OF SPORTS AND REGULAR EXERCISE**

- It can increase flexibility, coordination, and muscle strength.
- They promote cardiovascular and exercise endurance, as well as potential life expectancy.
- It results in improved motor skills, balance, and body awareness.
- They foster friendships and enhance behavior, academic performance, and self-confidence.

- It leads to positive changes in health, and quality of life and boosts self-esteem.
- It brings a sense of accomplishment and possibly a sense of victory or personal taste.
- By this experience increases the span of attention and the level of the correct response.
- These activities are helpful in increasing appetite and improving the quality of sleep.
- It Provides solutions to complex problems in individuals who have secondary health complications like obesity, and high blood pressure.
- Help them cope with stress, anxiety, and depression.
- Better overall fitness.
- Improved cognitive health.
- Better control of weight.
- Healthier bone density.
- Better emotional and psychological health.
- Improved social skills.
- Improved motor skills.
- More self-esteem.
- Reduced risk for diseases such as diabetes.

## VII. CONCLUSION

Co-Curricular activities play a vital role in education. Education is not only to focus on curricula or to get the degree of paper. It is around the development of the individual which makes the student intellectual, Physical, emotional, spiritual, Social & moral development. Co-Curricular is effectively implemented in different educational settings. Through this, we can create a flexible pathway to achieving the goal of holistic development of a child, which leads to 'Holistic development". Co-Curricular activities are required for diverse groups.

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