

**HOLISTIC DEVELOPMENT OF STUDENTS THROUGH CO-CURRICULAR ACTIVITIES**

**Minor Research Project  
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## EXECUTIVE SUMMARY

Co-curricular activities not only aim or provide fun to students, but also are an important base to impart various skills, create leaders, efficient team players, believers and professionals.

Historically this is not a new field; co-curricular activities were common in Greek and Roman times. Our modern Olympic Games are based on early Greek athletic contests. In India, there is ample evidence from ancient scriptures, like Upanishads, Mahabharatha, etc. which reveal that in the ancient Gurukuls and Ashrams, pupils were expected to participate in a number of co-curricular activities, such as taking the cows to pastures, milking the cows, cleaning and decorating Ashrams or Gurukuls, cooking, wrestling, arching, singing, dancing, etc.

The co-curricular activities are very important for realizing the goals of education. Further these activities also have certain social and psychological implications. For instance, students who participate in drama or any cultural activity, come in contact with various people, like organizers, fellow participants, teachers, etc. This contact or interaction with various persons satisfies the need of socialization, self-identification and self-assessment. These in turn satisfy the need of belongingness.

The objectives of the study are as follows:

1. To understand the different types of co-curricular activities
2. To recognize the need and importance of co-curricular activities in a student's life
3. To understand how co-curricular activities contribute to the personality development of a student
4. To understand the skills developed by students through co-curricular activities
5. To understand the difficulties faced by teachers in organizing co-curricular activities
6. To understand the reason why students do not participate in co-curricular activities

This study was based on both secondary and primary data which were collected and analysed for arriving at results and conclusions.

The findings of the study are as follows:-

- It was observed that, students' active participation is the maximum in sports related activities, followed by festivals and clubs.
- 55% of the students perceive that these activities help them discover their true potential.
- 74% of the students felt that these activities distracted them from studies.
- The students felt that the following **Individual Skills** were enhanced through co-curricular activities:
  - Self confidence
  - Communication ability
- The following **Group Skills** were enhanced of learners through co-curricular activities:
  - Leading groups
  - Working in teams
- The following **Social Skills** were improved of students through co-curricular activities:
  - Defining value system
  - Understanding different race/religion/customs.
- 97% of the students were of the opinion that faculty members of the College must help them in organizing events.
- 47% of the students were of the opinion that the support of faculty members is only need in times of difficulties.

The results obtained by the study revealed that co-curricular activities play a significant role in personality development of College students. There is a correlation between co-curricular activities and holistic development of students.

The main conclusion of the research is that students involved in co-curricular activities perform better than those who are not involved in co-curricular activities. The research suggests that co-curricular activities have helped students enhance their personality. Some of the personality traits enhanced through co-curricular activities are:

- Self-confidence
- Mental alertness
- Verbal communication
- Ability to work in teams

It can be concluded that co-curricular activities and especially intercollegiate festivals contribute to the holistic development of students in Colleges. However, efforts should be made to get the most out of these activities. It has to be ensured that these activities do not only benefit the students but also benefit the faculties and the institute.

One of the unrealized objectives of this study was to determine if it should be a concern that students may participate in too many activities. This is an area where further research can be undertaken.

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