



# **VIDYA BHAWAN, BALIKA VIDYAPITH**

**Shakti Utthan Ashram, Lakhisarai-811311(Bihar)**

**(Affiliated to CBSE up to +2 Level)**

**CLASS: X A**

**SUB.: CCA**

**DATE: 30-04-2021**

## **Importance and Benefits of Co-curricular Activities**

- 1. Co-curricular activities stimulate playing, acting, singing, recitation, speaking, and narrating in students.**
- 2. Activities like participation in game debates, music, drama, etc., help in achieving the overall functioning of education.**
- 3. It enables the students to express themselves freely through debates.**
- 4. Games and Sports help to be fit and energetic to the child.**
- 5. It helps to develop the spirit of healthy competition.**
- 6. These activities guide students on how to organize and present an activity, how to develop skills, how to co-operate and co-ordinate in different situations-all these helps in leadership qualities.**
- 7. It provides the avenues of socialization, self-identification, and self-assessment when the child comes in contact with organizers, fellow participants, teachers, people outside the school during cultural activity.**
- 8. Inculcate the values to respects other's views and feelings.**
- 9. It makes you perfect in decision-making.**
- 10. It develops a sense of belongingness.**
- 11. CCA provides motivation for learning.**
- 12. CCA develop values like physical, psychological, Ethical, academic, civic, social, aesthetic, cultural recreational, and disciplinary values**