



Emulating values through co-curricular activities

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Abstract

Values and value system give direction and meaning to our life. Values can be inculcated to the young through co-curricular activities. Values are crucial in adding to the quality to the life of the young who are now in confusion over the value system. A teacher should inculcate basic values to the student for the holistic growth of a child. The purposive co-curricular activities provide opportunity for different kinds of values to be inculcated-values like physical values, psychological values, civic values, social values, moral values, and academic values. Physical values consist of personal health, diet and cleanliness whereas psychological values help for the training of the control of emotions. Civic values and Social values develop team spirit, tolerance, brotherhood and social responsibility. Moral values develop uprightness, honesty and fair-play. Debates, discussions and publications, which come under Academic values, supplement to the learning from books. Leisure time values enrich the experience of creativity whereas the recreational activities sensitize the students for aesthetic development. A teacher's contribution towards fostering genuine values is a challenging task in view of the stifling academic pressure he usually faces in his job. Still, co-curricular activities should be made an integral part of curriculum.

Keywords: Value, value system, need of values, co-curricular activities, the tree of values, physical values, psychological values, civic value, social values, moral values, academic values, vocational values, cultural values, aesthetic and recreational values, disciplinary values, values of oneness

Introduction

The German Philosopher Friedrich Nietzsche first used the word values in 1880. The word 'Value' comes from Latin root word 'Valere' which means something desirable, to be worth, to be strong.

"Values are acquired through example and not precept".

Values are like the rails that keep a train on the track and help it move smoothly, quickly and correctly. Values give meaning, direction, firmness and strength to a person's character by occupying a central place in an individual's life. Values influence our thoughts, feelings, actions and add joy, satisfaction, peace and quality to life.

Krothwohl dared to differ from Bloom and concentrate on finer aspects of human being. He crucially believed that while language, mathematics and environmental studies are very crucial for human existence, subjects like physical education, work experience, music and art education are of equal importance. Krothwohl further believes that non-cognitive learning outcomes not only cut across different subjects of the curriculum but they call for a variety of co-curricular activities within and outside the college.

Need of values

Today, young people are confused in their values and value system. They are facing lot of conflicts and dilemmas in the society they live. So to guide the life of the young in the right path and embellish their behavior with good qualities, we need activities that reflect values along with the curriculum. Hence,

it is the essential responsibility of a teacher to inculcate certain basic values in the children so that they may become holistic and live a life worthwhile.

Co-curricular activities provide ample opportunities for the inculcation of democratic values and self-discipline. They play very significant roles in inculcating different values in the students and develop the all round personality. Co-curricular activities must be made purposive and fruitful and should be treated as part of the curriculum.

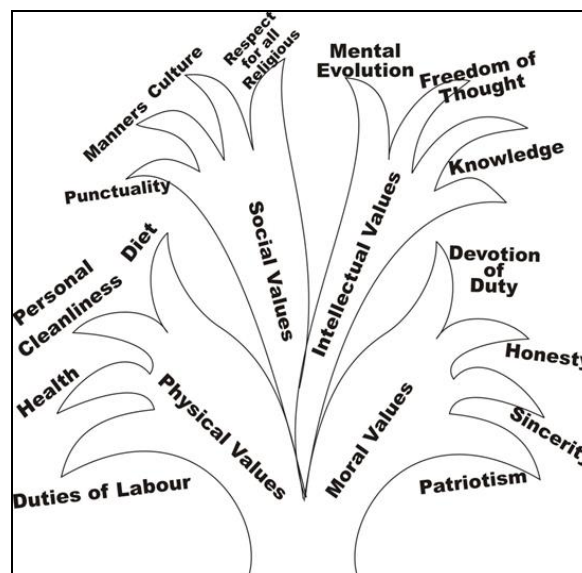


Fig 1: Value Tree of Co-curricular Activities

Values that can be generated through co-curricular activities are:

Physical Values

Physical activities help the normal growth and muscular development of the body along with some values like games, man drill, NCC, NSS, NGC, Swimming, Boating, Yogic exercises, Gardening etc.

Psychological Values

The Co-curricular activities provide to the child psychological compensation. They play a significant role in the training of emotions. The pent-up emotions find effective outlet through the activities. When the mind is free of the emotional load, the alertness, precision, determination, self-control, courage etc. come into focus.

Civic Value

Experience like self-government, student council, organizations of various activity clubs like sanitation club, red ribbon club etc., membership of various committees etc. provide for responsible behavior, persistence in efforts and fulfillment of the tasks.

Social Values

Co-curricular activities are carried out in social environment, developing team-spirit, fellow-feeling, social unity, cooperation, tolerance, brotherhood, good-will etc., Activities like scouting, first-aid, Red Cross, Shramadan Develop Social inclination, and compassion for the needy.

Moral Values

Through sports pupils develop integrity, uprightness, impartiality, honesty and also fair play.

Academic Values

Co-curricular activities like debates, discussions etc. supplement class work and widen the bookish knowledge. Literary activities like symposia, recitations and publication of magazine etc. enrich the knowledge of various aspects and language skills.

Vocational Values

Introduction of leisure time activities or hobbies like photography, clay modeling, album making, coin and stamp collection, tailoring, gardening, weaving, knitting and some such handicrafts facilities the children to have them as their future vocations and develop creativity too.

Cultural Values

Dramatics, folk dance, music, pageants, celebration of social and religious functions etc. provide glimpses of our culture, which can preserve, transmit and develop our cultural heritage.

Aesthetic & Recreational Values

Sports, cultural programmes, dance, dramas etc. give relaxation from the normal routine. Drawing, painting, fancy dress, fine arts, preparation of models, flow shows etc. develop aesthetic sensitivity.

Disciplinary Values

The students get a number of opportunities to frame and follow certain rules and regulations concerning activities. Thus they develop self-discipline and sense of responsibility.

Value of Oneness

It is developed through celebration of birthdays of great men and women belonging to different countries and religions. Celebration of international days like UNO day, World Education Day etc. can considerably promote oneness of humanity and cultivate the ideas and feeling of international understanding in the students.

The task of the teacher is to contribute towards this process of fostering genuine values. Teacher often faces the temptation to limit themselves to imparting information rather than preparing their pupils for life. The pressures of academic requirements often stifle the efforts of well-meaning educators who struggle hard to fire their students with enthusiasm for higher ideals. Hence teacher in this challenging process of transmitting values are most warmly welcomed.

Considering co-curricular activities a teacher has to make adjustment in the timetable to provide for those activities, encourage pupil participation and also provide guidance while participating, as an integral part of curriculum. Then, these activities will have a wholesome effect and have great educational values too. All the co-curricular activities should be organized with a spirit of devotion. Thus, by planning of coherent programmes on different activities, rich in stimuli, will also be heightening their abilities of self-expression, preparation for vocation, sentiment of loyalty, organizing ability, creativity, constructiveness and maintain good relation between school and community. Without these activities the school will be no more than a teaching shop and the children no more than bookworms.

If money is lost, nothing is lost

If wealth is lost, something is lost

If character is lost, everything is lost.

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