

Women Empowerment Strategies - Role of Co-Curricular Activities & Higher Education - Opportunities And Challenges

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Abstract: This paper focuses on the importance of co-curricular activities as a part of women empowerment strategy. There are various methods of student enrichment activities which streamline women students and their personality development as well as their academic performances Higher education sector plays a key role in boosting student overall progression. A college needs to plan its co-curricular activities so that it does not disturb the academic pattern. The college needs to systematically plan the activities with all stake holders supporting the planning process. As these activities have to be carried out throughout the year meticulous planning is very important. Several colleges come up with innovative ideas while planning their co-curricular activities. Some of them have student wards system, some of them have class teacher system, while some of them have clubs and committees to chalk out activities. Class teachers act as managers, organizers, evaluators, decision makers, motivators, communicators, coordinators, advisors and planners. Class teachers while in charge of the class have the responsibility of motivating his students.

Keywords: Student empowerment strategies, co-curricular activities, higher education, challenges, opportunities

I. Introduction

There are various methods of student enrichment activities which streamline their personality development as well as their academic performances Higher education sector plays a key role in boosting student overall progression. The co-curricular activities in higher education Institution develop various facets of the personality development of the students as shown in this chart(1)



The Concept of Co-curricular Activities - Co-curricular activities are defined as the activities that enable to supplement and complement the curricular or main syllabi activities. These are the very important part and parcel of educational institutions to develop the students' personality as well as to strengthen the classroom learning. These co-curricular activities are organized during and after the class hours, so known as extra-curricular activities. Co-curricular Activities have wide horizon to cater to the cultural, social, aesthetic development of the students.

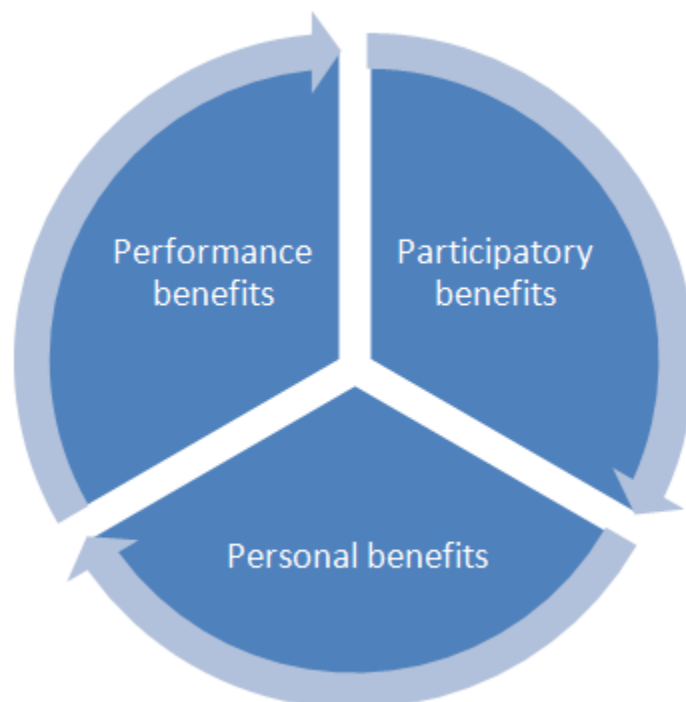
Types of Co-curricular Activities

1. Album making (relating to various disciplines)
2. Art of exhibition (relating to history ,archeology , psychology,)
3. Celebration of canteen day / rose day/ ethnic day/ functions
4. Celebration of college day annual function
5. Celebration of departmental function
6. Celebration of national important days function
7. Class room decoration
8. Classroom decoration
9. Debate / elocution / pick and act competitions
10. Displaying art through modeling . soap modeling
11. Drama competition
12. Essay writing competition
13. Fancy dress competition
14. Flower show arrangement /
15. Folk dance competition
16. Folk songs competition
17. Group discussion
18. Modelling / ramp walks / Fashion shows
19. Music competition
20. Organization historical / educational / theme based exhibitions.
21. Organization historical tours
22. Participation in youth festival
23. Participation in Art craft exhibitions
24. Photography competition
25. Preparation of chart & models
26. Recitation competition
27. Scholarly presentations through seminars
28. Sculpture making
29. Sports activities
30. Story writing competition
31. Topical writing Essay / quiz/ write up contest
32. Writes ups for college wall / annual /magazine

List of Outdoor Co-curricular Activities- there are several outdoor co-curricular activities

1. Athletics
2. Basketball
3. Bicycling (dirt track)
4. Cricket
5. Display for individual talent
6. Excursions
7. Football
8. Gardening
9. Hand ball
10. Kabaddi
11. Kho kho
12. Mass drill
13. Mass pageant
14. Mass procession
15. Mass carnival
16. Mass festival
17. Mass parade
18. Mass prayer
19. Morning assembly
20. Social service in neighborhood
21. Trips to place of geographical, historical, economic or cultural interest
22. Village Survey
23. Volleyball
24. Yoga

Benefits of Co-curricular Activities Co-curricular activities higher education Institution support as practical experience lessons for women students. This can be listed as 3Ps namely participation, personal and performance criterion



1. **Benefits of participation-** The theoretical knowledge they receive inside the four walls of the classroom gets strengthened when a relevant co-curricular activity stimulates participation of women students.
2. **Benefits of character building-** Intellectual aspects of personality are solely accomplished by Classroom, while aesthetic development, character building, spiritual growth, physical growth, moral values, creativity, etc. are supported by participation co-curricular activities.
3. **Benefits of communication-**Besides participation in co-curricular activities support the forthrightness and clarity in language and women need these qualities for their future career
4. **Benefits of personality development -**Personality development is supported by participation in these co-curricular activities will be very helpful to women to face future challenges.
5. **Benefits of co-ordination-**The co-curricular activities helps to develop co-ordination, adjustment, speech fluency, extempore expressions, etc. among student both at the school as well as higher education Institution levels.
6. **Benefits of leadership promotion-**The Co-curricular activities stimulate participating , playing (both in group events and individual events), acting (such as stage plays, mono acting , drama , theatrical narrations, anchoring singing, recitation, speaking and narrating etc These co-curricular activities in higher education Institution helps them to gain sense of participation as well as leadership.
7. **Benefits of self confidence-** Participation in these activities enables the women students to express themselves with self confidence. This expression gives them an exposure which models their personality.
8. **Benefits of overall performances-** Participation in physical educational activities especially sculpts their energy, vigor and overall performances. The women students can evidence good and consistent promotion in their health and zeal. The participation in sporting activities promotes their spirit of co-ordination and team playing. They learn the ethics of sports culture and healthy competition.
9. **Benefits of expression-** These activities guide women students 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.
10. **Benefits of socialization-**These activities provides the avenues of socialization, self-identification and self-assessment when the student come in contact with organizers, fellow participants, teachers, people outside the higher education Institution, during cultural activity. Inculcate the values to respects other's view and feeling. The women learn decision making and critical thinking. All these qualities lead them towards perfection. She is qualified authentically towards a leading a better life which is full of unknown challenges.

Role of a Teacher in Organizing curricular Activities - Higher education sector faces the challenge of conducting co-curricular activities amidst a tight academic schedule. A teacher needs to

1. Plan
2. Promote
3. Organize
4. Manage

A higher education Institution needs to plan its activities in the beginning of the academic year, so that it does not disturb the academic pattern. The higher education Institution needs to systematically plan the activities with all stake holders supporting the planning process and with a focus on women students who hail from different family backgrounds. As the co-curricular activities have to be carried out throughout the academic year, meticulous planning is very important. Several higher education Institutions come up with innovative ideas while planning their co-curricular activities. Some of them have student wards system, some of them have class teacher system, while some of them have clubs and committees to chalk out activities. Class teachers act as managers, organizers, evaluators, decision makers, motivators, communicators, coordinators, advisors and planners. Class teachers while in charge of the class have the responsibility of motivating students specially women.

Challenges: There are several impediments to conducting / stimulating / managing co-curricular activities.

1. Challenges regarding completion of syllabus schedule
2. Challenges regarding motivating student who come from different family backgrounds
3. Challenges regarding identifying talents for participation in co-curricular activities
4. Challenges regarding organization and management of co-curricular activities
5. Challenges regarding convincing the need for co-curricular activities from all stake holders

II. Conclusion

Higher education sector is being faced with challenges of coordinating academic schedule along with co-curricular planning. This calls for meticulous planning while the role of stake holders in organizing planning and managing these activities is very important. Higher education sector needs to cater to both academic and co-curricular needs of the students and these calls for proper planning of academic schedule. All the stake holders are needed to work towards motivating the students towards participation in all types of activities. Syllabus rescheduling including individual participation in field based activities is a very important factor. Western countries have included field based projects as a mandatory part of the degree level learning. These field based activities engage the students directly towards participation, and inclusive involvement.

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