

॥ दमं नाणं तओ दया ॥



**SHREE JAIN VIDYA PRASARAK MANDAL ADHYAPAK
MAHAVIDYALAYA, CHINCHWAD, PUNE 033**

TEACHING COMPETENCY IV

INTERNSHIP PROGRAM

2022- 2023

ACTIVITY -IV

**ORGANIZATION OF CO-CURRICULAR/ EXTRA
CURRICULAR ACTIVITIES**

ACTIVITY -IV

ORGANIZATION OF CO-CURRICULAR/ EXTRA CURRICULAR ACTIVITIES

Guidelines:

The Student Teacher will participate in the organization of the co-curricular and extra-curricular activities arranged regularly during the internship period in the school. The Student Teacher will plan and execute co-curricular activities in the school with proper time management. The Student Teacher will write details of Preparation of the activity like Venue, Guest, Invitation, Practice, Rehearsal and Schedule etc.

She/ he can participate in activity by Giving Speech/ Anchoring/ Coaching /Demonstration /Direction etc.

She/ he has to maintain the detailed record of the same. It is expected that she /he shall reflect and write a report on its management. It will help her/ him in understanding and addressing her/ his Professional identity as a Teacher.

INTRODUCTION :-

Co-curricular activities are activities and programmes that take place outside of the traditional classroom. They differ from extra curricular activities. Co-curricular activities are related in some way to regular school curriculum while extra curricular ones are not.

Examples of co-curricular activities are student council, school theatre and writing club whereas, extra curricular activities include sports, martial arts, competitions and dance recitals.

As long as students' time is appropriately balanced co-curricular activities can provide many advantages for students. One key factor is that it helps students to channel their energies into something positive, so as to keep them away from trouble after school. Other key advantages include teaching time management and organisational skills, helping to improve confidence, and enhancing academic and life skills.

To access these benefits, teachers and administrators can play an instrumental role in helping students to balance co-curricular activities with regular schooling -

- ① Encouraging students not to take on too much at once.
- ② Encouraging students to ask for help if they need it. and
- ③ Encouraging students to create a schedule and to stick to it.

Co-curricular activity means an activity or program that takes place outside of the traditional classroom but in some manner complements academic learning from classroom curriculum.

These activities are ungraded and do not allow for academic credit to be earned; however, they provide many advantages to students academically and in skill development.

On the other hand extra curricular activities are those which may be conducted before or after school hours and are optional for students to join them.

Extra-curricular activities include sports, community service, arts, hobbies and educational clubs.

Extra curricular activities can be structured by age group, such as high school progress. Participating in high school extra curricular activities is a great way to widen your team social circle, expand their interest and build leadership skills.

Students' studies show that involvement in high school, extra curricular activity leads to positive long term outcomes.

Advantages of co-curricular activities are as below -

- Co-curricular activities help in holistic development of the personality.
- Students who are good in sports, also have good academic record.
- It supports students practically and professionally for a better future.

We conducted the following co-curricular and extra curricular activities at Vidyanand Bhawan High School from the month of December 2022 to February 2023.

- ① Handwriting Competition
- ② Kho Kho competition
- ③ Fun Fair
- ④ Annual concert
- ⑤ Christmas celebration
- ⑥ Group discussion activity.
- ⑦ Cleanliness Drive
- ⑧ Essay writing competition.
- ⑨ Quiz competition
- ⑩ Langdi competition
- ⑪ Relay Race
- ⑫ Dodge Ball competition.

I - Handwriting Competition -

"HANDWRITING CONNECTS YOU WITH PEOPLE ALL AROUND THE GLOBE."

Keeping this in view handwriting competition was conducted for students of standard VIIIth. All the four divisions of standard VIII enthusiastically participated in this competition. A paragraph from English textbook was given to them and the time allotted was 15 minutes. Students were told to write as much as they can in the stipulated time. The written copies were collected and three winners were selected from each division, the winners were informed about getting the prizes on the day of Valediction. Hence the handwriting competition was conducted smoothly and successfully.

② Kho - Kho COMPETITION :-

Kho Kho is a traditional Indian sport and it is one of the oldest Indian game, dating back to pre-historic time. Kho-Kho consist of 12 players but during a contest only 9 players from each team take the field.

As a part of B.ed internship activity we conducted Kho-Kho in Vidyanand Bhavan for students of IX standard for which prior permission was taken from the school principal Mes (BHAYA HABBU madam). We did an extensive planning of how and when to conduct, without disturbing the regular academic studies of the students. Hence, we decided to conduct this activity in the P.T period.

Accordingly we brought the students of grade IX down and conducted the activity successfully.

③ FUN FAIR :-

Vidyanand Bhavan High School conducted fun fair for all the students on the school playground. The fun fair had a number of games and snacks stalls. All this consisted of a minimum amount of coupon. Everyone enthusiastically participated in the fun fair and enjoyed with maximum fun.

We also enjoyed being a part of the fun fair. The fun fair taught the students the spirit of oneness and encouraged them to be together, and enjoy the day.

④ ANNUAL CONCERT

To enlighten the spirit of students and to involve them actively outside the classroom teaching, Vidyanand Bhawan high school arranged the annual concert which was held in Prof. Ram Krishna More auditorium.

Before the concert was finally held rehearsals for one month was been conducted rigorously. The school had arranged choreographers and we helped the teachers of the school in setting the different dance steps, the theme of the concert was -

"COLOURS OF INDIA"

The each class chose different dance styles from various states and thus replicated the theme by displaying the unity of the nation.

⑤ CHRISTMAS CELEBRATION :

Christmas is celebrated by Christians all over the world as the Birth day of Lord Jesus Christ. Vidyanand Bhawan high school also celebrated the birth of Lord Jesus Christ with a lot of joy and fanfare. Students enacted the birth of Christ in a manger. One student was dressed as the Santa Clause who danced and distributed sweets, gifts, and chocolates to the students.

Carols were sung by the students and teachers. Christmas tree was decorated with balls, tinsel, bells, balloons etc and made it look beautiful.

⑥ GROUP DISCUSSION ACTIVITY -

Group discussions promote a deeper understanding of a topic and increase long term retention. Group discussions can also help increase participants' attention and help maintain their focus by involving them in the learning process. Group discussion also provide feedback to instructors on participant comprehension.

As a part of B.ed internship activity we conducted group discussion in Vidyanand Bhawan High School, for VIII and IX students. Students were divided into various groups, and the topics for group discussion was written as -

- ① Pros and cons of technology
- ② Impact of social media
- ③ Things I learnt in lock down
- ④ Importance of gratitude.

The above topics were written on the bits of papers, students had to pick from them one and speak of the topic for 5 minutes. Group discussion activity enabled the students to increase their confidence level, remove stage fear, helped them to speak fluently and gave them in depth knowledge about the topic. It even boosted their team work, made them to think creatively and innovatively. Students participated in the activity with full enthusiasm and actively with and requested to consider such activities again and again for better knowledge.

⑦ CLEANLINESS DRIVE :-

"CLEANLINESS IS NEXT TO
GODLINESS"

Every school has to teach its students the importance of cleanliness in their day to day life. To impart the education of cleanliness, Vidyasand Rhavan High School also took initiative for organising a cleanliness drive rally for spreading the awareness of cleanliness in the young minds. For this all the students were asked to participate in the rally, carrying placards, banners, posters and shouting slogans of "CLEAN CITY GREEN CITY". This rally spread awareness of cleanliness not only among students but also among onlookers, and passer by.

⑧ ESSAY WRITING COMPETITION :-

Essay writing helps students to use their creativity. In writing on any topic on their own. With this motive and intention we conducted essay writing competition in Vidyasand Rhavan High School, for students of grade VIII and IX.

The students actively participated in the essay writing competition which directly and indirectly helped them to use their vocabulary skillfully and expressed their views in a free and flow language.

⑨ QUIZ COMPETITION :-

Quizzes help students identify what they know and what they don't know. The students then have a better idea of how well they are grasping the materials, hopefully motivating them to study more and helping them allocate their study time effectively by focusing on the information that still needs more practice. To evaluate the knowledge of the students within academics as well as beyond academics and to make them familiar with the prospects of quizzes and the objectivity of the questions, we conducted quiz competition for the students of Vidyanand Bhawan High School. We appreciated the participation of the students who had immense knowledge of the questions asked in the quiz competition.

⑩ LANGDI COMPETITION :-

Langdi is a traditional Indian field sport. The teams alternate sporting chasing (attacking) and defending roles in each of the four innings of the game, with the chasing teams players restricted to hopping around on one foot and attempting to score points by tagging as many defenceless as possible.

As a part of B.ed internship activity langdi competition was conducted at Vidyanand Bhawan High School, for students of VIII and IX. The students participated enthusiastically and were happy to play the traditional Indian

field game.

11) RELAY RACE :-

A relay race is a racing competition where members of a team take turns completing parts of a racecourse or performing a certain action. In relay race the runner finishing one leg is usually to pass required to pass to the next runner a stick like object known as 'Baton' while both are running in a marked exchange zone.

For our B.ed internship activity, we conducted relay race competition at Vidyanand Bhawan High School for the students of IX grade, for this we did the marking on the school playground. Four lanes were prepared, students were happy participating in the relay race.

12) DODGE BALL COMPETITION :-

Dodge Ball is a team sport in which players on two teams try to throw balls and hit opponents while avoiding being hit themselves. The objective of each team is to eliminate all members of the opposing team by hitting them with thrown balls, catching a ball thrown by an opponent, or inducing an opponent to commit a violation, such as stepping outside the court.

We conducted dodge ball competition as a part of our B.ed internship activity. We also enjoyed this game playing this game with students after a long time.

• VALEDICTION (PRIZE DISTRIBUTION AND FAREWELL)

We conducted the prize distribution ceremony for all the activities, conducted as a part of B.ed internship activity. The students who won the first three places were awarded prizes at the hands of the Principal MRS CHHAYA HABBU MADAM and the supervisor MRS MANISHA SURVE. The students were happy winning prizes in different activities like co-curricular and extra curricular activities. The Principal and supervisor appreciated us for making the students involve in various activities. As it was the last day of our B.ed internship activity we gave a small farewell party to all teaching and non-teaching staff of Vidyanand Bhawan High School.

• CONCLUSION →

We thoroughly enjoyed teaching and conducting various co-curricular and extra curricular activities during our B.ed Internship program. We learn't many teaching traits from the experienced teachers of Vidyanand Bhawan High School, which will surely help us in our future and endeavours.

We thanked sincerely the Principal, supervisor, teaching, non-teaching and supportive staff for their complete co-operation throughout the B.ed internship program.

EVALUATION SCHEME ACTIVITY- 4

ORGANIZATION OF CO CURRICULAR/ EXTRA CURRICULAR ACTIVITIES

Rating Scale: 1) Unsatisfactory 2) Average 3) Satisfactory 4) Good 5) Excellent

Sr. No	Criteria	1	2	3	4	5
1	Selection & Planning of Co curricular activity				✓	
2	Preparation of student teacher for co and extra activities					✓
3	Organization of co-curricular Activity				✓	
4	Participatory role of student teacher in the activity					✓
5	Co-ordination between Student Teacher & School Staff				✓	
6	Managerial skills displayed in execution of the program				✓	
7	Encouragement & Opportunities given to the students				✓	
8	Student response & scope for other skill development				✓	
9	Problem faced during activities & its overcoming strategies				✓	
10	Educational Implication & Overall Impression				✓	
Total Marks Out of 50						42

Qualitative Feedback: *) Observed co-ordination between student teacher and school staff.

Shitole
Signature of Guide

Shitole
Signature of Observer

मूल्यमापन तक्ता

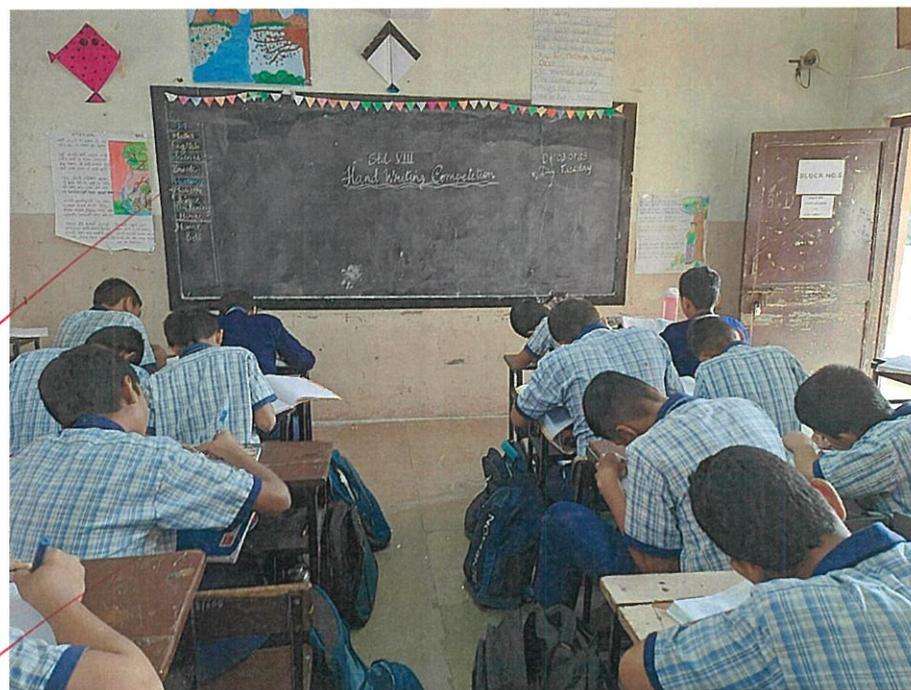
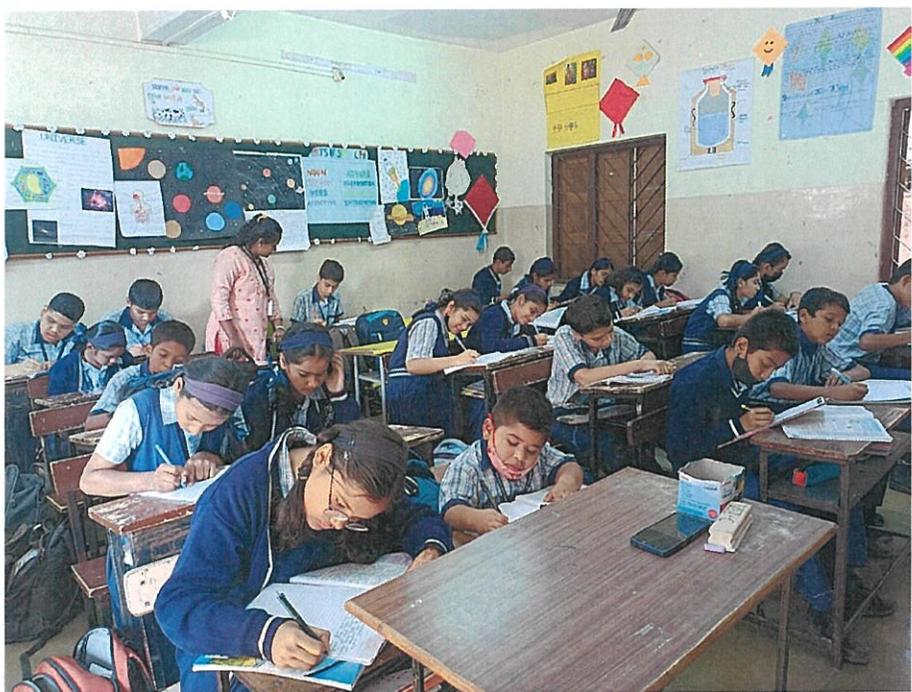
पद्मिश्चयन श्रेणी : 1) असमाधानकारक 2) सरासरी 3) समाधानकारक 4) चांगला 5) उत्कृष्ट

अ.क्र.	निकष	1	2	3	4	5
1	सहशालेय उपक्रमाचे निवड आणि नियोजन					
2	विद्यार्थी शिक्षकाची उपक्रमाबाबत तयारी					
3	सांस्कृतिक उपक्रमाचे संघटन					
4	उपक्रमाबाबत विद्यार्थी शिक्षकाची सहभागाची तयारी					
5	शालेय स्टाफ आणि विद्यार्थी शिक्षकाचा समन्वय					
6	कार्यक्रमातून दिसून आलेली व्यवस्थापकीय कौशल्ये					
7	विद्यार्थ्यांना दिलेली संधी व प्रबलन					
8	विद्यार्थी प्रतिसाद आणि इतर कौशल्य विकसनासाठीची व्याप्ती					
9	कार्यक्रम राबविण्यात येताना आलेल्या अडचणी आणि त्या सोडविण्याची शैली					
10	शैक्षणिक उपयोजन व एकूण प्रभाव					
एकूण गुण ५० पैकी						

णात्मक प्रत्याभरण : _____

मार्गदर्शक प्राध्यापक सही

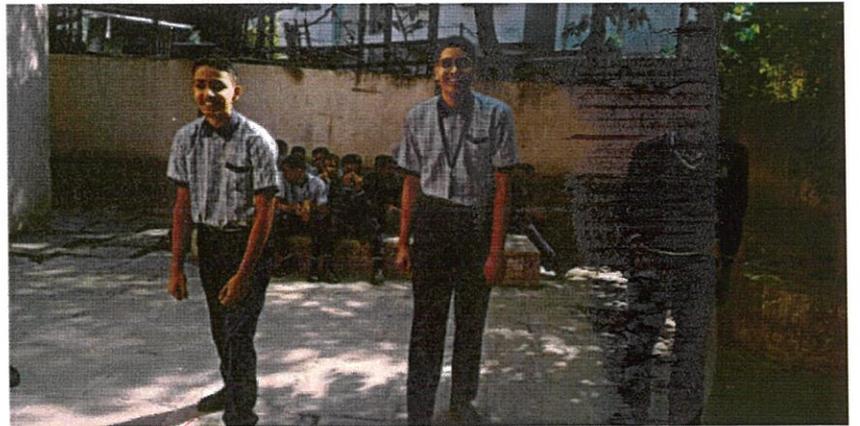
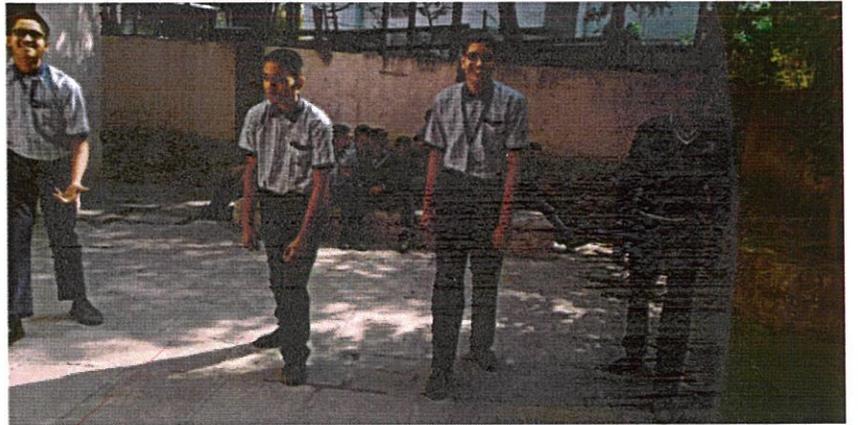
निरीक्षक प्राध्यापक सही



HAND WRITING COMPETITION

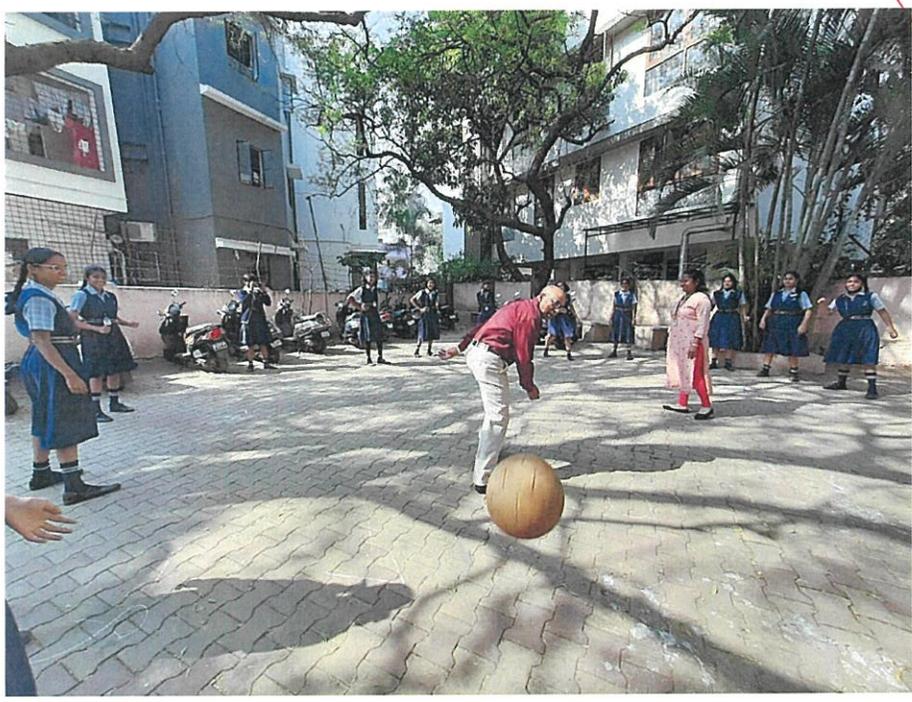


WARM UP BEFORE RACE



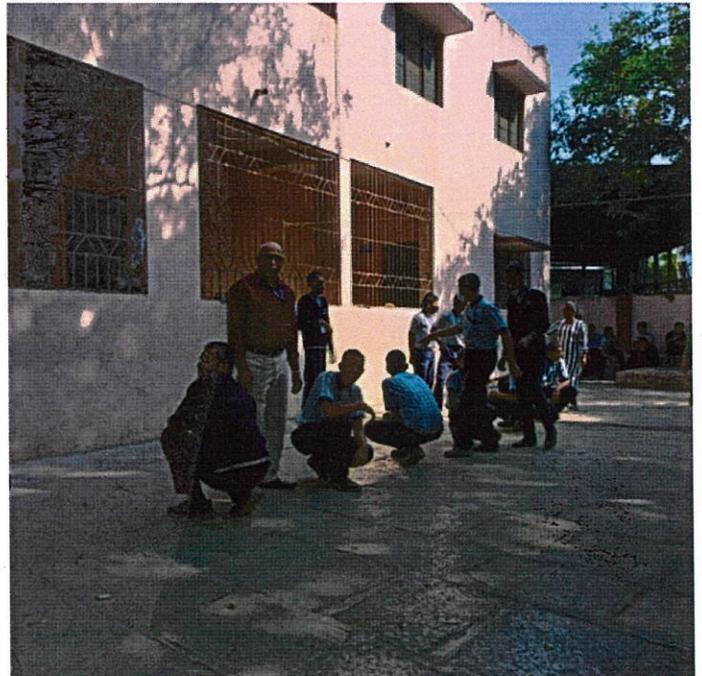


DODGE BALL





KHO KHO

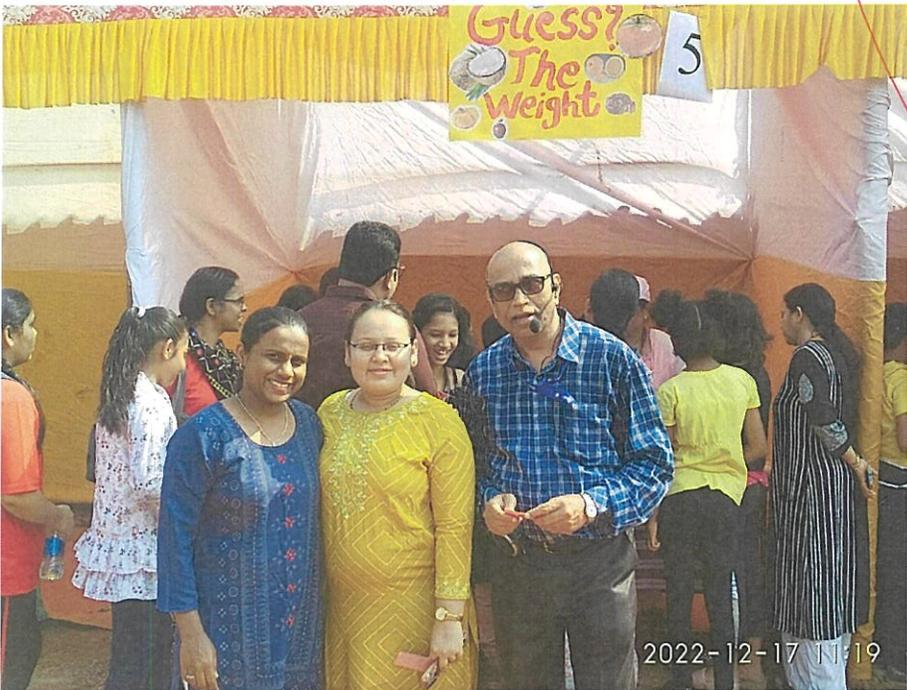




KHO KHO IN ACTION







FUN FAIR



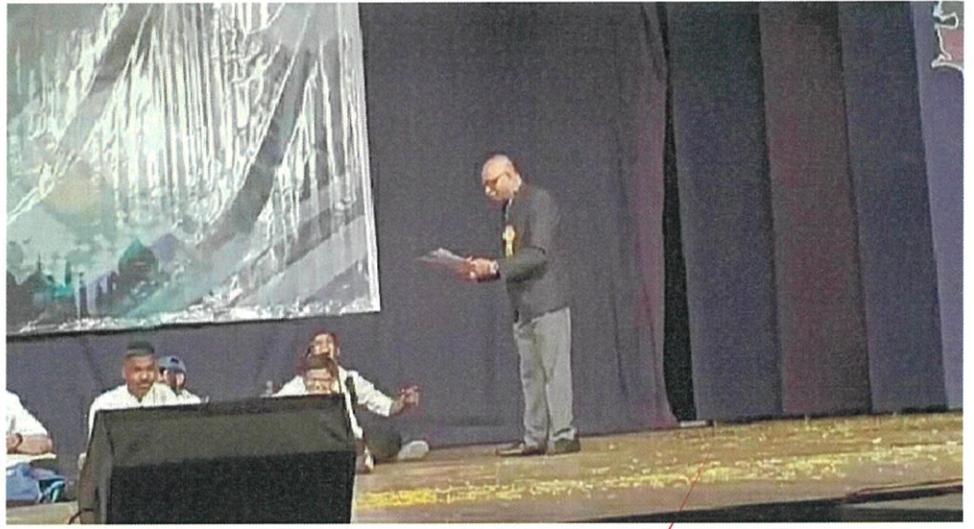


ANNUAL DAY SPEECH





ANNUAL CONCERT SKITS

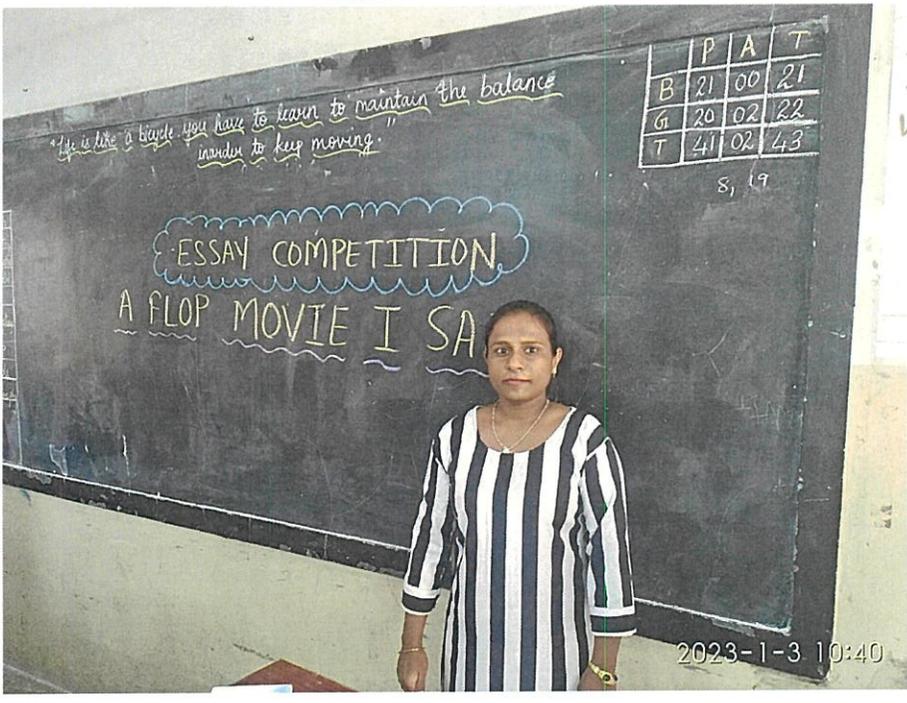




ESSAY COMPETITION.

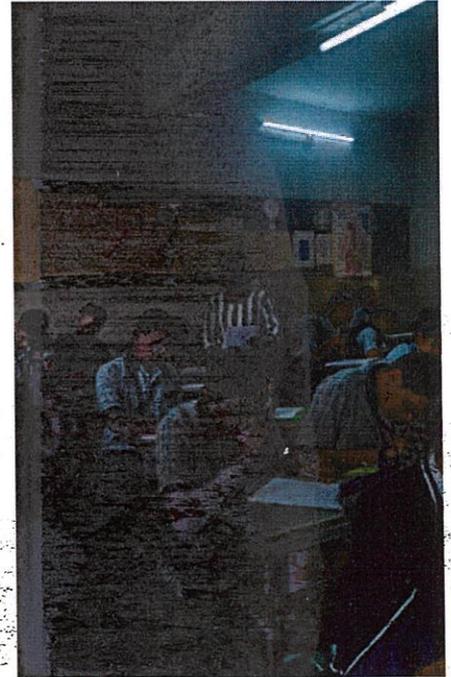
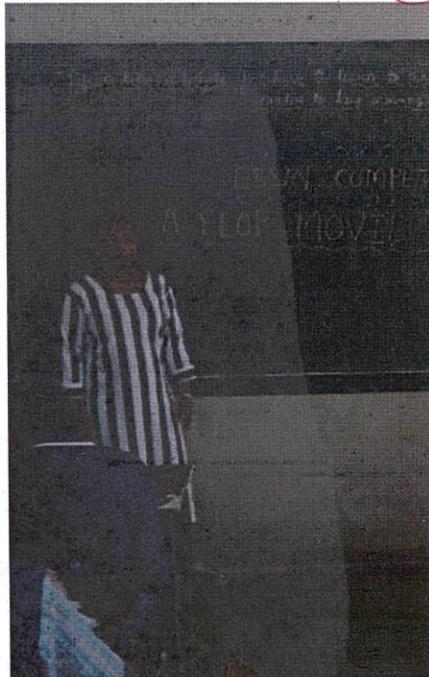
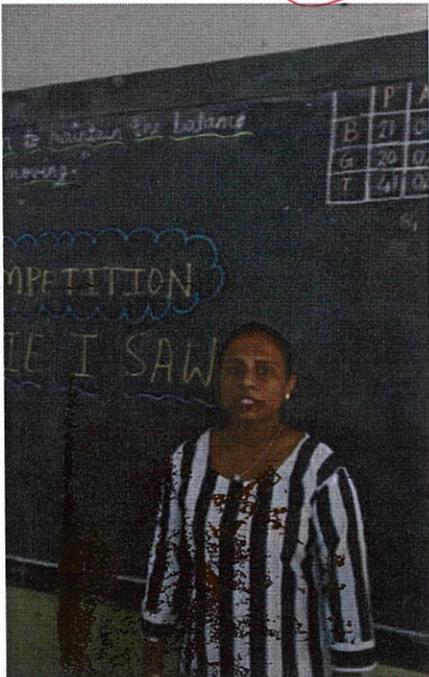
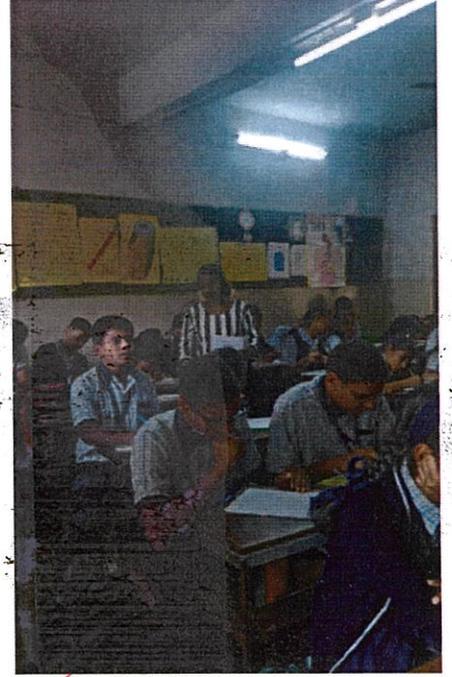
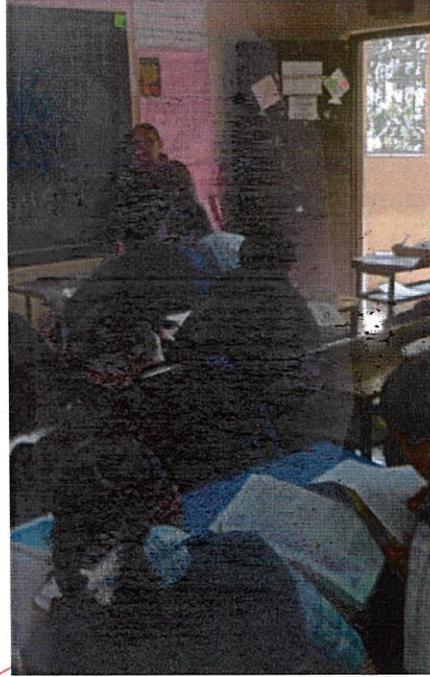


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STUDENTS INVOLVED WRITING IN THE ESSAY





LANGDI COMPETITION





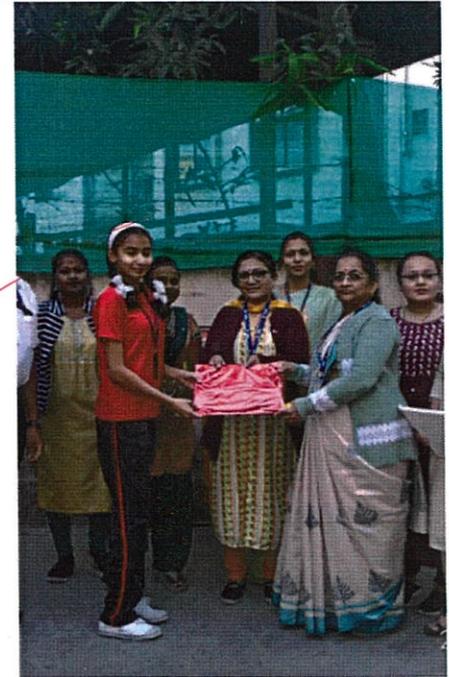
OUR STAFF





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PRIZE DISTRIBUTION





Team Work



TEAM WORK



