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Importance of Extra-Curricular Activities

Outline

1- Introduction

The importance of extra-curricular activities is unparalleled as they inculcate leadership qualities, enhance academic performance, and develop civic consciousness. However, certain obstacles, such as lack of funds and overemphasis on grades, create challenge in leveraging the importance of extra-curricular activities. By taking some significant steps, the importance of extra-curricular activities can be materialized.

2- Understanding the term extra-curricular activities

3- Comprehending the importance of extra-curricular activities

3.1) Inculcating leadership qualities

Evidence: Positive influence of Model United Nations (MUNs) on youth.

3.2, Bolstering mental and physical well-being

Evidence: 30 percent decrease in mental health cases due to regular physical activities, WHO

3.3, Developing civic consciousness

Evidence: Teach For Pakistan, a young volunteers led program for OOSC

3.4, Enhancing academic performance

Evidence: 12 percent betterment in students who take part in extra-curricular activities, Harvard study

3.5, Reducing delinquent behaviour

Evidence: Extra-curricular activities decrease criminal tendencies two folds, UNICEF

3.6, Helping in recognizing talent

Evidence: Arshad Nadeem journey from government school to Olympic games

3.7, Building confidence and communication skills

Evidence: Debate clubs in NUST and LUMS

3.8) Increasing awareness about real-life issues

Evidence: Surge in climate awareness among youth due to UNESCO's COP in My City initiative

4) Impediments in way of materializing the significance of extra-curricular activities

4.1) Overemphasis on grades

4.2) Inadequate financial support

4.3) Absence of proper infrastructure

4.4) Lack of policy implementation

5) Roadmaps for leveraging the benefits of extra-curricular activities

5.1) Include extra-curricular activities in curriculum

5.2) Increase in funds

5.3) Develop proper infrastructure

6) Conclusion

Education is incomplete without activities that go beyond traditional curriculum. In fact, such activities prepare youth for real world challenges. The importance of extra-curricular activities is unmatched and unlimited. Since extra-curricular activities help in nurturing leadership qualities, developing civic consciousness, and boosting confidence. Beyond that, these activities reduce delinquent behaviour and enhance academic performance. Nevertheless, due to various impediments, such as lack of funding, overemphasis on grades, and absence of proper infrastructure, the true potential of extra-curricular activities remained untapped. Having said that, every problem comes with a solution. By taking some profound steps, including increasing funding and implementing robust policies, the significance of extra-curricular activities can be materialized.

To begin, the importance of extra-curricular activities can not be overshadowed. First and foremost, extra curricular activities help in inculcating effective leadership

qualities among youth, ultimately helping them to face the real world challenges diligently. For instance, Model United Nations is a program that encourages youth to take part in diplomatic dialogues. Such programs undoubtedly boost true leadership skills among youth which later assist them in practical life. Hence, development of leadership qualities significantly shows the importance of extra-curricular activities.

However, there are various challenges that grapple the flourishing of extra-curricular activities. One such impediment is the overemphasis of educational institutions on grades and academics. Due to this, the young individuals become fed up and could not perform well. For example, as per UNDP report, only 25 per cent countries in the world prefer extra-curricular activities over traditional activities. Sadly, the report clearly depicts the grim state of extra-curricular activities, automatically hindering the way to leverage the significance of extra-curricular activities. In short, the challenge of over-emphasis on grades has hindered the way of extra-curricular activities to flourish.

Notwithstanding, as the cliché goes that every problem comes with a solution. By taking some bold measures, the importance of extra-curricular activities can be materialized in letter and true spirits. First, it is need of the hour to include extra-curricular activities in actual school curriculum. By doing so, students would perform well in both curricular and extra-curricular activities. Along with this, it will also help in defining other talents of youth. So, by including extra-curricular activities in educational curriculum, its importance can be ensured.