



BUDDING BRAINS INTERNATIONAL SCHOOL

Barnala Road , Raikot , Dist. Ludhiana(Punjab)

Affiliation.No.1631223 School No.21208

CO-CURRICULAR ACTIVITIES

Every activity in school life plays a significant role in development of students. Co-curricular activities are an essential part of school life and helps in enhancing learning process of students at school. Co-Curricular activities are compulsory activities which is important for every student to participate. Co-curricular are designed and balanced with academic curriculum so that every student gets to learn beyond subjects.

Co-curricular activities are meant to bring social skills, intellectual skills, moral values ,personal it progress and character appeal in students. It includes athletics, cultural events, Library activities, science lab activities, classroom activities, creative arts and meditation etc.

Role and Importance of Co-Curricular Activities at School–

- **Proper Education** – Since, co-curricular activities are merged with academics therefore, it ensures that students get to learn effectively. Science or Computer Lab practical, experiments and projects are part of co-curricular activities.
- **Cultural Values** – Students get to learn by cultural events including national events and traditional events from different faiths including Gandhi Jayanti, Independence Day, Republic Day, as well as Diwali, Eid, Baisakhi, Onam, Raksha Bandhan, and many other cultural events. Students get to learn about these events through books as well as co-curricular activities based on different cultures organized by Schools.
- **Personality Development** – Students perform co-curricular activities in schools, which help them sharpen their communication skills, expression skills, public speaking, participation and sense of belongingness through different activities like debates, recitation. Art and craft, creative art competitions, classroom activities like reading, group discussions etc.

Why extra curricular is important with academics?

- **Physical and Mental Health** – Co-curricular activities require students to stay active at school by participation since, students have no option to skip these activities as it's a part of their curriculum. Student shave to be a part of co-curricular activities like athletics, gymnastics, yoga, indoor games, and meditation etc. These activities are beneficial for students' physical fitness as well as mental health and they are relieved from academic stress.

- **Learning Experience** – Co-curricular activities are good for improving students learning experience at school which improves their attendance at school and increases participation rate by students in co-curricular activities.
- **Team Leadership Skills** – Co-curricular activities at school are designed in groups so that students can participate along with their classmates. This helps students develop leadership skills, team integrity and coordination skills.

The Co-curricular Committee-constituted of the following staff members for the session 2025-26

S.No.	Name	Designation	Position
1.	Mrs Amandeep Kaur	TGT–Social Science	In-Charge
2.	Mrs Neeru Jain	PGT–Economics	Member
3.	Mrs ShellyVerma	PGT-English	Member
4.	Mrs Sakshi Jain	PRT	Member

Duties of Curriculum Development Committee

- To plan and conduct co-curricular activities for the current academic session.
- To plan and organize investiture ceremony.
- To prepare SOP for all the competitions and activities to be held through out the year.
- To prepare prizewinners list and the arrangement of prizes.
- To plan for Annual Function and prepare script for the same.
- To plan and organize celebration for the important days Independence Day, Republic Day etc.

Principal