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### CO-CURRICULAR ACTIVITIES THROUGH EXTENSION: IMPACT STUDY IN NORTH BENGAL UNIVERSITY AND AFFILIATED COLLEGES

**Dr.Sidhartha Sankar Laha** Associate Professor, Lifelong Learning and Extension University of North Bengal, Darjeeling West Bengal  
E-Mail: [sidhartha@nbu.ac.in](mailto:sidhartha@nbu.ac.in)

#### Abstract

The study investigates and explores the efficacy and impact of extension and co-curriculum activities among the students, particularly of the University of North Bengal. It is a qualitative and quantitative case study focusing on co-curricular activities being arranged at the graduate and postgraduate levels. The study has been conducted by using the questionnaire filling technique that was distributed beforehand among primary stakeholders. The data are analysed using some statistical tools so as to proffer meaningful results on the basis of the socio-economic parameters and benefits gained through extension activities. Recognition of extension as one of the pivots of teaching and research has emerged from the growing realization that universities and colleges possessing better infrastructural facilities - manpower and physical facilities - have an obligation to promote the developmental activities of the community. Accordingly, modern approaches to education emphasise all-round or holistic development of the students. The praxis is that the process of education is not something static or a one-time measure rather, a continuous and lifelong endeavour that can be attained through co-curricular and extension activities. Findings of the study conclude that the overall effects and impacts of co-curricular activities on the student's academic performance and personality development are both encouraging and positive. And such endeavour reinforces the fruition of education's primary goal of bringing change in students' behaviour.

**Keywords:** Extension, Co-Curricular, Qualitative and Quantitative.

#### Introduction

Recognition of Extension as equal in importance to teaching and research has emerged out of the growing realization that universities and colleges possessing better infrastructural facilities- manpower and physical facilities- have an obligation to promote developmental activities of the community.

The most important need of any country is to achieve the effective utilization of resources. Men, money, material have been classified as principle resources and among the three resources the most important one is man. Fortunately India has enormous amount of human resources. India is the second populist country in the world. Till now 102 crore of peoples are living here, but only 2% of the peoples are having the opportunity for higher education. So the other people also should be educated in some other way. Community development through extension education by the educational institution is one of the best ways of educating people.

Extension work of all dimensions will lead to the total development of the country. It may be of adult education programme, awareness programme, skill development programme, agricultural programme, women development programme, childcare programme, supplementary programme, health programme, refresher courses of short duration, peoples education, etc.,

Co-curricular activities play a pivotal role in curriculum; these activities broaden experiences and enrich intellectual domains of the students. "Co-