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When I was a kid, I used to remain busy all day either in my studies or in doing something interesting. I was good in every activity except sports. I loved to participate in dance and drama events. In my childhood, I had the problem of Asthma; but it gradually disappeared as I stated participating in different extracurricular activities. My doctor suggested my parents to admit me in a swimming class and accordingly I started learning this fun activity. The swimming classes gave me a great relief from my problem of Asthma and now itâ€™s almost cured.

The extracurricular activities that we do in our childhood days give us many benefits; these are not only of high health benefits, but in later period of life we can reap its fruits. These activities are not a part of regular school curricular program. These are basically structured to fulfill certain special goals. These may also include participating in clubs, studentâ€™s government, sharing hands with the local NGO or student group activities. These activities have both academic and health benefits. Most of the modern day schools encourage the kids to take part in such activities from a very early age.

We human are social beings. We live in particular societies and thus it is very important to develop familiarity with it. Participating in extracurricular activities opened up the prospects for students to know their social structure in a better way. Moreover, these also develop a social characteristic among us. Many research studies have proved that these activities also prevent the youth from getting involved into problem behavior.

These bring positive development among students and also make them conscious of the world happenings. Many important life skills students can also learn by participating in these activities. The concept of extracurricular activities was present even in the ancient times also. But in the modern period this concept has become much more structured. Considering the beneficial part of extracurricular activities, many modern schools occasionally arrange such activities for students.

Some of the benefits of extracurricular activities are briefly discussed below:-

â€¢ Group skills like leadership and belongingness develop through such activities. These skills are of vital importance when we enter into a professional life. When we enter into an organization to work, these skills make us come to the limelight.

â€¢ These activities teach the students one of the most important skills and that is time management. Most of the extracurricular activities require proper management of time so that better outcome could be gained.

â€¢ There are various health benefits also that student could gain from these activities. Research studies proved that children who take part in such tasks are less likely to join unethical groups.

â€¢ Extracurricular activities allow your child to make a contribution in some way. It shows that they are getting away from just thinking about themselves and contributing to something else. This is important in their growth as a person.

There are many high schools out there today that provide a plethora of extracurricular activities. Some occur before school, some after school, and a few may even take place on the weekends.

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