I. **Introduction**: “Attitude is a little thing that makes a big difference.”
– Winston Churchill

In today highly competitive world. We have to bear a lot of mental stress and also have to get involved in so many things in order to acquire knowledge. This is where co-curricular activities play a very significant role. They help us get mental rest and also helps us stay physically fit and healthy.

A student should also be equally talented in other fields and even if not, they should at least pay some interest in them. It is being both academically and co-curricular talented helps a student to face the world. This also helps in developing his / her personality.

Education means all round development of the child. Due to exposition of scientific attitude new technology and new technic change the human life. Due to environment some changes are taken places like education and the system of education and structure of education and the structure of physical environment also change.

The learning aptitude of the students should be developed by confidence; Curiosity observation and mostly develop emotional and physical development.

This education system includes Head masters, teachers, parents and their words in the chain of education system. The student should be interested in various competitive exams. But they avoid we have to find the causes of the avoidance their studies.
The availability of various Medias, seminars, conferences, Educational tools, visits, models etc. are available in the market. Through this media learner motivated by the teacher.

Due to cultureless programmes in the syllabus and cultureless atmosphere in the house and also in environment. Student got interested. The proper guidance and the path is not clear before them. So they decide to do suicide. This is happen because less guidance from the teachers and the parents and the society also.

Another advantage of co-curricular activities is that they help a student in building up their skills or nourishing their inner capabilities.

Types of co-curricular activities. Co-curricular activities are categorized under 7 headings.

1. Literary Activities
2. Physical Development activities
3. Aesthetic and cultural development activities.
4. Civic development activities.
5. Social welfare activities.
6. Leisure time activities
7. Excursion activities.

So the researcher select problem for the development of Aptitude of the students. Student should be developed and the learner should be a good citizen of India.
**Process of learning** :- Learning is the acquisition of habits, knowledge and attitudes. Interest It involves new ways of doing thing and it operates in an individuals attempts to overcome obstacles or to read just to new situation. It represents progressive change in behavior. It enables him to satisfy interests to attain goals.

**Definition of learning** :-

*Garret* – ‘Learning is that activity by virtue of which we organize our response with the new situation.

‘Learning is modification of behavior through experience.’

**Characteristics of Learning** –

1. Learning is purposive and goal directed.
2. Learning is the product of activity.
3. Learning is a universal process
4. Learning is continuous life long process.
5. Learning helps in the realization.

**The importance of co-curricular activities and Audio -visual teaching aids** :- Importance of co-curricular activities in our life. Educational value of co-curricular activities, psychological value. Development of social value. Development of civic value. Physical development value. Recreational value, cultural value.
1. Importance of co-curricular activities. Co-curricular give students the chance to become Well-rounded. Individuals because these activities teach students a variety of skill.

2. Educational value of Co-curricular activities. These activities have great “education” potential. All classroom teaching is theoretical practical knowledge can be imparted through co-curricular activities.
   - Excursion and tour provide firsthand experience and reinforce classroom knowledge in subjects like history, geography, nature study etc.
   - Language and expression improves through debates and recitations.
   - Teaching of history gets vitalized by dramatization.
   - Practical lesson in civics can be given through students self government.

   Celebration of functions develops organization capacities and leadership qualities in students.

3. Psychological Values :- These activities as the same suggests meet the psychological needs of the students mainly with reference to social demands of the pupils. They help in expressing personal behavior and provide a vehical to creative thinking.

   a) Emotional Health – A student is a bundle of innate urges or drives. It is natural for him / her to be curious to show off. To master, to be loyal co-curricular activities provide valuable opportunities in which these drives may be capitalized for educational benefit.
b) To increase the interest of students – A student who gives his time and effort to his school, therefore, more interested in it, because of his contribution e.g. the athlete talks about school spirits.

c) Recognition of individual difference – By providing a number of co-curricular activities, we can ensure the expression of potential capacities of each individual e.g. writing, public speaking, dramatics, painting, different games and sports organization of functions etc. which provide training in different aspects of personality of students. These activities, thus, Cates to aptitude, interest, Attitude and abilities of students and sometimes act as a determining factor for the choice of future vocation.

d) Physical Development Value :- While games, sports and athletics directly contribute to physical development of students other co-curricular activities also indirectly contribute to it. These activities provide a useful channel for the growth and development of the body.

e) Cultural value :- Activities like dramatics, folk songs, dance folk, music, exhibition and celebration of various religious and social festivals provide better knowledge and understanding of our culture.

Thus co-curricular activities will help in developing national and international understanding.

II. Need of Study :- Co-curricular activities, frequently called extra-curricular activities refers to activities that schools provide in addition to academic classes. Co-curricular activities prepare students for the
future. Through these activities students learn about work force and have to cooperate with their co-workers, they will be able to call on the team work and leadership skills they learned. Because co-curricular activities occur outside of school hours participating students have less free time. This forces the students to develop time management skill.

For the various reasons it has become necessary to investigate the problems faced by the students and then to develop a methodology which is move dynamic and interaction able a course which encourages students to take part in co-curricular activities. Accordingly, the researcher aims at investigating into reason of poor participation in activities among secondary level school and to develop a few programs for their improvement.