

# Participating in Extra-Curricular and Creative Activities: Essential in Honing Proficiencies and Skills

Radhika Kapur



**Abstract:** *The individuals from the stage of early childhood, throughout their lives need to acquire an efficient understanding of meaning and significance of extra-curricular and creative activities. These are difficult as well as manageable. The individuals need to acquire an efficient understanding of the concepts and get engaged in regular practice. The practice is facilitating in augmenting knowledge and understanding in terms of different types of subjects and concepts. These are carried out on an individual basis or through working in coordination with other members. In other words, individuals are participating in these activities on an individual basis or through working in collaboration and integration with other individuals. The individuals are in this manner leading to up-gradation of competencies and abilities. The individuals are required to make sure, they are making selection of extra-curricular and creative activities that are suitable to them. The individuals need to ensure, they participate in these in an effective manner. Furthermore, all the individuals need to inculcate the traits of morality, ethics, diligence and conscientiousness. These are the key in doing well in one's tasks and generating desired outcomes. Furthermore, the individuals are able to render an important contribution in bringing about improvements in one's overall personality traits and quality of lives. Therefore, participating in extra-curricular and creative activities is essential in honing proficiencies and skills. The main concepts that are taken into account in this research paper are, understanding the meaning and significance of extra-curricular and creative activities, measures to be implemented in participating in extra-curricular and creative activities and advantages of extra-curricular and creative activities.*

**Keywords:** *Abilities, Creative Activities, Effective, Extra-curricular, Improvements, Individuals, Participation, Skills*

## I. INTRODUCTION

The individuals, belonging to all communities, categories and socio-economic backgrounds have one of the major goals of bringing about improvements in one's overall quality of lives. In order to achieve this goal, one needs to be well-prepared in terms of different types of subjects and concepts. Furthermore, one needs to get enrolled in educational institutions of all levels and acquire good-quality education.

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\* Correspondence Author (s)

**Dr. Radhika Kapur\***, Pedagogy and Organizational Culture in Nursery Schools, Delhi University, New Delhi, India. Email id: [radhikakapur2004@hotmail.com](mailto:radhikakapur2004@hotmail.com)

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In addition, one will have to work diligently in order to bring about improvements in one's financial positions. Hence, one will be able to bring about improvements in one's overall quality of lives (Jones, 2008). The individuals, belonging to all age groups get engaged in different types of extra-curricular and creative activities. These activities are facilitating in not only leading to up-gradation of proficiency levels. In this manner, not only talents get honed, but one is able to bring about improvements in one's overall standards of living. Therefore, participating in extra-curricular and creative activities is regarded as one of the vital aspects that would be facilitating in leading to enhancement of overall standards of living.

The individuals get engaged in different types of extra-curricular and creative activities, i.e. production of artworks, handicrafts, singing, dancing, role playing, judo, karate, taekwondo, physical activities and various types of sports. The individuals are required to understand the concepts. Furthermore, they are required to get engaged in regular practice. The acquiring of efficient understanding will be facilitating in doing well in one's job duties and achieving desired goals and objectives. In this manner, one will be able to contribute efficiently in leading to an increase in productivity and profitability (Shaheen, 2010). Hence, individuals need to augment their knowledge and understanding of all the factors, which would be facilitating in honing creative skills. The participation of the individuals in all types of extra-curricular and creative activities is facilitating in augmenting competencies and abilities and bringing about improvements in one's financial positions. Therefore, it is necessary for individuals to be well-informed in terms of different types of ways of augmenting information and getting engaged in one or more types of extra-curricular and creative activities.

## A. Understanding the Meaning and Significance of Extra-Curricular and Creative Activities

The individuals are required to be well-equipped in terms of different ways of leading to an increase in extra-curricular and creative activities. The individuals get engaged in these as hobbies or take them up as careers. In other words, the different types of extra-curricular creative activities would be facilitating in bringing about improvements in financial positions of the individuals. The individuals are required to be well-informed in terms of various types of techniques, which would enable them to augment their information in terms of different types of these activities.



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The individuals are required to acquire an efficient understanding of the concepts. Within their lives, when they are putting into operation their job duties and responsibilities, these functions and activities will be facilitating in bringing about improvements in their overall living conditions. The individuals lead to an increase in productivity and profitability by getting engaged in different types of extra-curricular and creative activities. Hence, it is necessary to be well-prepared in terms of certain factors, which are facilitating in promoting enhancement of all these activities. Therefore, individuals will acquire an efficient understanding of the meaning and significance of extra-curricular and creative activities, when they are making use of their skills and abilities to get engaged in employment opportunities.

The individuals, belonging to all age groups and communities get overwhelmed by psychological problems of anger, stress, anxiety, frustration and depression. These are experienced in a major or minor form. These can give rise to impediments within the course of putting into operation different types of job duties and responsibilities. The involvement of the individuals in different types of extra-curricular and creative activities is essential in promoting a normal mind-set. Furthermore, one will be able to cope with different types of psychological problems in an effective manner. In addition, these will be prevented from assuming a major form.

The main reason being, when individuals are getting engaged in creative work, their mind-sets will be stimulated and they will lead to up-gradation of motivation and concentration levels. Furthermore, they will incur the feelings of pleasure and contentment. The individuals are required to be well-equipped in terms of number of techniques, which would be facilitating in doing well in one's job duties and responsibilities. In this manner, one will feel satisfied that they are doing something creative and imaginative. Therefore, one is able to acquire an understanding of the meaning and significance of extra-curricular and creative activities, when these are facilitating in coping with psychological problems in an effective manner.

The individuals need to be well-informed in terms of phrase that 'all work and no play makes Jack a dull boy'. The individuals are getting engaged in different types of extra-curricular and creative activities that would be suitable to them. In different types of these activities, individuals are putting in their efforts to their best abilities to generate desired outcomes. Furthermore, they will be able to feel relaxed. For example, after working for about five to six hours, when individuals get engaged in some outdoor sports, they feel relaxed. Hence, it is well-understood that participation in different types of extra-curricular and creative activities can be sources of leisure and relaxation.

The individuals are putting in their best efforts in order to generate desired outcomes. Furthermore, they can render an important contribution in promoting well-being of family and community members. The individuals give different types of artworks and handicrafts as gifts to others. In other cases, they are contributing in forming cordial and amiable terms and relationships with family members, relatives, friends, and other community members. In some of extra-

curricular and creative activities, one will have to form a group of two or more and concentrate on these. Therefore, an understanding of the meaning and significance of extra-curricular and creative activities is acquired, when they promote leisure and relaxation.

### B. Measures to be implemented in participating in Extra-Curricular and Creative Activities

The individuals, belonging to all communities, categories, occupations and socio-economic backgrounds have recognized the meaning and significance of extra-curricular and creative activities. The individuals get engaged into these on personal as well as professional basis. In other words, individuals get engaged in these as hobbies or take them up as careers (Enrolment in Childcare and Pre-school, 2016). This is apparently understood that all individuals aspire to be successful in all types of tasks and activities; hence, they need to be well-informed in terms of all types of methodologies and approaches that would be facilitating in doing well in one's job duties.

As a consequence, desired outcomes will be generated. Furthermore, one needs to be well-informed in terms of different types of measures to be implemented in participating in different types of extra-curricular and creative activities. The measures are complicated as well as manageable, these are put into operation on one's own or through working in collaboration and integration with other members. Hence, it is necessary for individuals to be well-equipped in terms of the factor that positivity needs to be reinforced in all types of measures. Therefore, measures to be implemented in participating in extra-curricular and creative activities are stated as follows:

## II. MAKING WISE AND PRODUCTIVE DECISIONS

The individuals are required to make wise and productive decisions in terms of different types of extra-curricular and creative activities. The decisions need to be facilitating in promoting well-being and goodwill of individuals. Within the course of putting into operation the decision-making processes, analysis needs to be conducted in terms of different types of alternatives and options that are available. After the analysis is conducted, selection is made of the most suitable and worthwhile alternative or option.

The individuals may develop interest in more than one type of extra-curricular and creative activities. But they need to take into account number of factors, when they are required to make decisions in terms of one or more of these activities. The individuals need to understand that they should be able to render an important contribution in putting into operation different types of extra-curricular and creative activities in a well-organized manner. Hence, the decisions made need to be suitable and facilitating to them in leading to progression. Therefore, making wise and productive decisions is regarded as one of the indispensable measures to be implemented in participating in extra-curricular and creative activities.

### A. Honing Motivation and Concentration Levels

The individuals need to put emphasis on leading to up-gradation of motivation and concentration levels towards putting into operation different types of extra-curricular and creative activities. As a consequence, their mind-sets will be stimulated and they will put in their best efforts in doing well in one's job duties and generating desired outcomes. Hence, in order to carry out all types of job duties and responsibilities in a successful manner, it is necessary for individuals to lead to up-gradation of motivation and concentration levels. One of the major benefits is, these are essential in coping with different types of dilemmas and challenging situations in an efficacious manner.

Furthermore, these will be prevented from giving rise to impediments within the course of generating desired outcomes. In addition, one will be able to generate information regarding modern, scientific and innovative methods and materials in order to achieve desired goals. One needs to understand the concepts and honing motivation and concentration levels are the key in acquiring an efficient understanding of concepts. As a consequence, confidence levels will be honed. Therefore, honing motivation and concentration levels is one of the significant measures to be implemented in participating in extra-curricular and creative activities.

### B. Being well-informed Regarding Job Duties and Responsibilities

The individuals within the course of putting into practice different types of extra-curricular and creative activities need to be well-informed in terms of different types of job duties and responsibilities. These are complicated as well as manageable, these are put into operation on one's own or through working in collaboration and integration with other members and these are put into operation in more amount of time or can be less time-consuming. Hence, it is necessary for individuals to be well-equipped in terms of ways that are facilitating in carrying out all types of job duties and responsibilities in a well-ordered and regimented manner.

The inculcation of the traits of morality, ethics, diligence and conscientiousness will be facilitating in carrying out all types of job duties and responsibilities in a well-organized manner. In order to carry out all types of tasks and activities in a successful manner, one needs to augment information in terms of techniques. Furthermore, one will be able to augment confidence levels in cases of all types of extra-curricular and creative activities. Therefore, being well-informed regarding job duties and responsibilities is an expedient measure to be implemented in participating in extra-curricular and creative activities.

### C. Being well-equipped in Terms of Methodologies and Procedures

The individuals are required to augment their information in terms of different types of methodologies and procedures. These are referred to the ways of doing well in one's job duties and generating desired outcomes. The individuals need to acquire an efficient understanding of the concepts and get engaged in regular practice. This is facilitating in augmenting information in terms of various subjects and concepts; obtaining answers to all types of questions that are

overwhelming and clarifying doubts in terms of different types of subjects and concepts. Hence, one needs to ensure, they are not overwhelmed by the feelings of apprehensiveness and vulnerability.

The inculcation of the traits of morality, ethics, diligence and conscientiousness will be facilitating in carrying out all types of job duties and responsibilities in a well-ordered and disciplined manner. In order to carry out all types of tasks and activities in a successful manner, one needs to augment information in terms of different types of methods and techniques. Furthermore, one will be able to augment confidence levels in cases of all types of extra-curricular and creative activities. Therefore, being well-equipped in terms of methodologies and procedures is an eminent measure to be implemented in participating in extra-curricular and creative activities.

### D. Being informative in terms of Pioneering Methods and Materials

With advancements taking place and with the advent of modernization and globalization, one needs to augment information in terms of different types of pioneering methods and materials. The utilization of different types of pioneering methods and materials are facilitating in doing well in one's tasks and activities and achieving desired goals and objectives. The different types pioneering methods and materials are, utilization of charts, graphs, maps, pictures, images, apparatus, tools, devices, machinery and equipment. The utilization of these will be facilitating in carrying out all types of tasks and activities in an adequate manner.

The individuals need to acquire an efficient understanding of the concepts and get engaged in regular practice. This is facilitating in augmenting information in terms of various subjects and concepts; obtaining answers to all types of questions that are overwhelming and clarifying doubts in terms of different types of subjects and concepts. Hence, one needs to ensure, they are not overwhelmed by the feelings of apprehensiveness and vulnerability. The inculcation of the traits of morality, ethics, diligence and conscientiousness will be facilitating in putting into practice all types of job duties and responsibilities in a well-organized and disciplined manner. Therefore, being informative in terms of pioneering methods and materials is a noteworthy measure to be implemented in participating in extra-curricular and creative activities.

## III. IMPLEMENTING TIME-MANAGEMENT SKILLS

The individuals, belonging to all occupations, communities and socio-economic backgrounds need to be well-informed in terms of time-management skills. These are the skills, which are facilitating in taking out sufficient amount of time for all types of tasks and activities. It is apparently understood that apart from work, it is necessary for individuals to get engaged in different types of extra-curricular and creative activities. Hence, it is of utmost significance for individuals to create a balance between personal and professional lives. The individuals assign priorities to the tasks.



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The ones, which are more important are carried out first, whereas, the ones, which are less important are implemented after the completion of more important ones. Procrastination is avoided. Hence, time-management skills are facilitating in completing all types of tasks and activities within the required time-frame. As a consequence, one will be able to contribute efficiently in taking out sufficient amount of time for all types of extra-curricular and creative activities as well as other activities. In this manner, individuals acknowledge the meaning and significance of time-management skills. Therefore, implementing time-management skills is a notable measure to be implemented in participating in extra-curricular and creative activities.

### A. Honing Analytical and Critical-Thinking Skills

The individuals are required to be well-informed in terms of analytical and critical-thinking skills. The analytical skills are facilitating in conducting analysis of different types of alternatives and options that are available. Furthermore, these are facilitating in making wise and productive decisions in terms of different types of subjects and concepts. On the other hand, critical-thinking skills are facilitating in implementing rational, logical and methodological thinking. These skills are facilitating in making wise and productive decisions in terms of different types of subjects and concepts. Within the course of participation in different types of extra-curricular and creative activities, one needs to be well-informed in terms of analytical and critical-thinking skills. These skills are regarded as vital in putting into practice all types of job duties and responsibilities in a well-organized and disciplined manner. In the production and manufacturing processes and in different types of sports and physical activities, one needs to be well-informed in terms of these skills. Furthermore, these are facilitating in the achievement of desired goals and objectives. Therefore, honing analytical and critical-thinking skills is a favourable measure to be implemented in participating in extra-curricular and creative activities.

### B. Making use of Technologies and Internet

The individuals are required to be well-informed in terms of technical skills. These are the skills that are facilitating in making use of technologies and internet. The different types of technologies that are made use of by individuals are, computers, lap-tops, I pads, scanners, printers, photocopiers, audio-visual aids, and so forth. On the other hand, internet is regarded as one of the prominent sources that is utilized to augment information in terms of different types of subjects and concepts. Furthermore, individuals are able to obtain answers to all types of questions and clarify their doubts in terms of different types of subjects and concepts.

Within the course of participation in different types of extra-curricular and creative activities, one needs to be well-informed in terms of different types of methodologies and procedures. These need to be put into operation in a well-organized and disciplined manner. Hence, through making use of technologies and internet, one will be able to generate information in terms of different types of subjects and concepts. The individuals need to be well-informed in terms of strategies, which are facilitating in promoting well-being and goodwill of others. Hence, one should be committed towards doing well in one's job duties and responsibilities.

Therefore, making use of technologies and internet is an advantageous measure to be implemented in participating in extra-curricular and creative activities.

### C. Possessing the Abilities to Work under Stress

The individuals need to possess the abilities to work under stress. Within the course of participation in different types of extra-curricular and creative activities, one needs to be well-informed in terms of different types of job duties and responsibilities. In addition, one needs to be well-equipped in terms of different types of methodologies and procedures. These need to be put into operation in a well-ordered, efficient and disciplined manner. Furthermore, there are occurrences of number of situations, which give rise to the feeling of stress. These are, job duties, responsibilities, methodologies, procedures, work pressure, lack of implementation of time-management skills, lack of analytical and critical-thinking skills, scarcity of financial, technical, material and information resources, lack of infrastructure, amenities and facilities and so forth.

In spite of all these dilemmas, it is necessary for individuals to possess the abilities to work under stress. This measure will be facilitating in coping with various types of stressful situations in an adequate manner. As a consequence, one will contribute efficiently in doing well in one's job duties and achieving desired goals and objectives. Therefore, possessing the abilities to work under stress is a useful measure to be implemented in participating in extra-curricular and creative activities.

### D. Putting in Efforts to one's best Abilities

Putting in efforts to one's best abilities is essential in carrying out tasks and activities in a successful manner. Within the course of participation in different types of extra-curricular and creative activities, one needs to be well-informed in terms of different types of job duties and responsibilities. In addition, one needs to be well-equipped in terms of different types of methodologies and procedures. These need to be put into operation in a well-ordered, efficient and disciplined manner. Furthermore, there are occurrences of number of situations, which give rise to the feeling of stress. These are, job duties, responsibilities, approaches, techniques, work pressure, lack of implementation of time-management skills, lack of analytical and critical-thinking skills, scarcity of financial, technical, material and information resources, lack of infrastructure, amenities and facilities, unawareness in terms of various subjects and factors and so forth.

It is necessary for individuals to possess the abilities to work under stress. This measure will be facilitating in coping with various types of stressful situations in an appropriate manner. As a consequence, one will contribute efficiently in doing well in one's job duties and achieving desired goals and objectives. Furthermore, all types of problems will be prevented from giving rise to obstacles within the course of generation of desired outcomes. Therefore, putting in efforts to one's best abilities is a suitable measure to be implemented in participating in extra-curricular and creative activities.



### E. Advantages of Extra-Curricular and Creative Activities

An aimless life is a meaningless life. Hence, all individuals have different types of goals and objectives to achieve. The different types of goals and objectives are in personal and professional lives of the individuals. But one of the indispensable goals is to sustain one's living conditions in an effective manner. Hence, in order to achieve this goal, one needs to hone analytical and critical-thinking skills and make wise and productive decisions in terms of various areas. The individuals need to be professional and promote enhancement of their career prospects in order to promote well-being and goodwill. They need to get engaged in different types of extra-curricular and creative activities in order to promote a normal mind-set.

The individuals need to ensure, they are inculcating the traits of morality, ethics, diligence and conscientiousness. These traits are facilitating in doing well in one's job duties and generating desired outcomes (Ferrari, Cachia, & Punie, 2009). Furthermore, one needs to be well-informed in terms of different types of advantages of extra-curricular and creative activities. These are, facilitating in bringing about improvements in one's financial positions; taken up as hobbies; coping with psychological problems in an effective manner; promoting leisure and relaxation; developing mutual understanding with others and promoting family and community well-being. These are stated as follows:

### F. Facilitating in Bringing about Improvements in one's Financial Positions

The individuals are required to be well-equipped in terms of different ways of leading to an increase in extra-curricular and creative activities. The individuals get engaged in these as hobbies or take them up as careers. In other words, the different types of extra-curricular and creative activities would be facilitating in bringing about improvements in financial positions of the individuals. The individuals are required to be well-informed in terms of various types of methodologies and techniques, which would enable them to augment their information in terms of different types of these activities.

The individuals are required to acquire an efficient understanding of the concepts. Furthermore, they need to get engaged in regular practice. Within their lives, when they are putting into operation their job duties and responsibilities, these functions and activities will be facilitating in bringing about improvements in their overall living conditions. The individuals lead to an increase in productivity and profitability by getting engaged in different types of extra-curricular and creative activities. Hence, it is necessary to be well-prepared in terms of certain factors, which are facilitating in promoting enhancement of all these activities. Therefore, facilitating in bringing about improvements in one's financial positions is regarded as one of the indispensable advantages of extra-curricular and creative activities.

## IV. TAKEN UP AS HOBBIES

The individuals are getting engaged in different types of extra-curricular and creative activities as hobbies. The individuals are normally engaged in various types of job

duties and responsibilities in order to sustain their living conditions in an effective manner. But it is of utmost significance for individuals to be well-equipped in terms of the factor that individuals get engaged in different types of extra-curricular and creative activities. These are taken up as hobbies in order to promote enhancement of one's overall personality traits. As a consequence, one will be able to render an important contribution in leading to up-gradation of motivation and concentration levels towards putting into operation various types of tasks and activities.

As a consequence of taking these activities as hobbies, one will be able to promote a normal mind-set. Furthermore, one will incur the feelings of pleasure and contentment. One of the important aspects that needs to be taken into account is, individuals need to get engaged in different types of extra-curricular and creative activities in accordance to their skills and abilities. Furthermore, inculcation of traits of morality, ethics, diligence and conscientiousness is regarded as vital in doing well in one's tasks. Hence, in cases of all types of extra-curricular and creative activities, one needs to inculcate the essential traits in order to generate desired outcomes. Therefore, taken up as hobbies is one of the significant advantages of extra-curricular and creative activities.

### A. Coping with Psychological Problems in an Effective Manner

The individuals, belonging to all age groups and communities get overwhelmed by psychological problems of anger, stress, anxiety, frustration and depression. These are experienced in a major or minor form. These can give rise to various types of barriers within the course of putting into operation different types of job duties and responsibilities. The involvement of the individuals in different types of extra-curricular and creative activities is essential in promoting a normal mind-set. Furthermore, one will be able to cope with different types of psychological problems in an effective manner. In addition, these will be prevented from assuming a major form.

The main reason being, when individuals are getting engaged in creative work, their mind-sets will be stimulated and they will lead to up-gradation of motivation and concentration levels. These are facilitating in bringing about improvements in one's overall standards of living. Furthermore, individuals will incur the feelings of pleasure and contentment. The individuals are required to be well-equipped in terms of number of strategies and approaches, which would be facilitating in doing well in one's job duties and responsibilities. In this manner, one will feel satisfied that they are doing something creative and ingenious. Therefore, coping with psychological problems in an effective manner is an expedient advantage of extra-curricular and creative activities.

### B. Promoting Leisure and Relaxation

The individuals are getting engaged in different types of extra-curricular and creative activities that would be suitable to them.

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There are number of factors that need to be taken into account, when individuals are to get engaged in different types of extra-curricular and creative activities, i.e. interests and abilities; physical and psychological health conditions; socio-economic backgrounds; family requirements and overall standards of living. In different types of these activities, individuals are putting in their efforts to their best abilities in order to generate desired outcomes. Furthermore, they will be able to feel relaxed. For example, after working for about five to six hours, when individuals get engaged in some indoor activities or outdoor sports, they feel relaxed.

Hence, it is well-understood that participation in different types of extra-curricular and creative activities can be sources of leisure and relaxation. One of the important aspects that needs to be taken into account is, one will be able to make use of their proficiencies, competencies and abilities in an effective manner. This renders an important contribution in enabling individuals to be well-informed in terms of different techniques, which would contribute in leading to up-gradation of personality traits and standards of living. Therefore, promoting leisure and relaxation is an eminent advantage of extra-curricular and creative activities.

### C. Developing Mutual Understanding with Others

The participation of the individuals in different types of extra-curricular and creative activities is on an individual basis or through working in co-ordination with others. In some of extra-curricular and creative activities, one will have to form a group of two or more and put these into practice. These activities are complicated as well as manageable, in other words, there are challenging situations, which need to be coped with in a satisfactory manner. In addition, these are prevented from giving rise to impediments within the course of putting into operation different types of extra-curricular and creative activities. Hence, development of mutual understanding will be facilitating in obtaining answers to all types of questions. Furthermore, individuals will be able to do well in their job duties and generate desired outcomes.

Hence, it is well-understood that participation in different types of extra-curricular and creative activities is facilitating in development of mutual understanding with others. As a consequence of development of mutual understanding, one of the important aspects that needs to be taken into account is, one will obtain moral support. In this manner, one will render an important contribution in overcoming the feelings of apprehensiveness and vulnerability. Therefore, developing mutual understanding with others is a renowned advantage of extra-curricular and creative activities.

### D. Promoting Family and Community Well-being

The individuals are putting in their best efforts in order to generate desired outcomes. Furthermore, they can render an important contribution in promoting well-being of family and community members. The participation of individuals in different types of extra-curricular and creative activities is facilitating in promoting well-being of family and community members. In some cases, they get engaged in different types of physical activities and sports. These are facilitating in generating funds in order to support the disadvantaged sections of the society (Morris, 2006). In this manner, individuals are making donations of certain items in

order to promote well-being and goodwill of deprived, marginalized and economically weaker sections of the society.

The individuals give different types of artworks and handicrafts as gifts to others. In other cases, they are contributing in forming cordial and amiable terms and relationships with family members, relatives, friends, and other community members. In some of extra-curricular and creative activities, one will have to form a group of two or more and concentrate on these. In other words, these are carried out in groups, comprising of two or more individuals. The individuals in this manner are required to communicate with others in an effective manner. Furthermore, they are required to exchange different types of ideas and viewpoints. Therefore, promoting family and community well-being is a meaningful advantage of extra-curricular and creative activities.

## V. CONCLUSION

The individuals get engaged in different types of extra-curricular and creative activities. Measures to be implemented in participating in extra-curricular and creative activities are, making wise and productive decisions, honing motivation and concentration levels, being well-informed regarding job duties and responsibilities, being well-equipped in terms of methodologies and procedures, being informative in terms of pioneering methods and materials, implementing time-management skills, honing analytical and critical-thinking skills, making use of technologies and internet, possessing the abilities to work under stress and putting in efforts to one's best abilities. Advantages of extra-curricular and creative activities are, facilitating in bringing about improvements in one's financial positions; taken up as hobbies; coping with psychological problems in an effective manner; promoting leisure and relaxation; developing mutual understanding with others and promoting family and community well-being. Finally, it can be stated, extra-curricular and creative activities are essential in leading to progression.

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I must verify the accuracy of the following information as the article's author.

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## AUTHOR PROFILE



**Dr. Radhika Kapur**, schooling from Loreto Convent, Bachelors of Arts in Sociology from Jesus and Mary College. Masters of Business Administration from YMCA, New Delhi. Ph. D from Delhi University. I have 15 years of work experience in the field of research and writing I have written more than 100 research papers

currently working as a librarian in Delhi School of Journalism, University of Delhi.

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