From time to time, modifications have been introduced into the educational system of our country. Along with these modifications, the aims of education also become a subject of change. At present, educationists consider that the aim of education should be the multisided development of personality. In such development, attention should be paid to all aspects of an individual - physical, mental, social, emotional and spiritual. Therefore education should prepare young pupils to meet adequately the changing situations of life which need adequate adjustment to circumstances of life which imply proper development and integration of different abilities and powers of an individual.

To meet the multisided needs of girls and boys, a school should play the vital role by designing different types of programmes where girls and boys can adequately participate, and the 'co-curricular activities' is one of such programme.

Different co-curricular activities constitute a significant component of a programme of student activities in which the students participate under the guidance of teachers.
in assuming responsibility for planning and directing their own enterprises. The attainment of the numerous objectives of a life adjustment programme require a variety of approaches and a programme of different co-curricular activities present different approaches to the developmental needs of girls and boys. Therefore, integrated adjustment of habits in boys and girls is expected where there is a healthy balance of all activities. This clearly points out the imperative need of co-curricular activities programme in the developmental aspect of girls and boys.

In this research work an attempt has been made to find out the existing pattern of co-curricular activities in the secondary schools of Assam, and how such programmes effect adolescent girls and boys through participations, specially in their physical, emotional and social aspects.

The introduction chapter will acquaint the readers with the changing pattern of education from time to time, the present concept of education, and how co-curricular activities has come into limelight in present education along with some other programmes.

The second chapter deals with the objectives of the present study which discusses why such studies is being undertaken. A discussion on the scope of study and hypotheses is also being made in this chapter.

The third chapter deals with the reviews of the related researches, and the fourth chapter discusses in
details different materials and methods, tools and techniques undertaken during the research works. A discussion on collection of data and the applications of statistical procedures is also being made here.

The fifth chapter brings to light the existing pattern of co-curricular activities in the secondary schools of Assam.

The sixth chapter includes the discussions made regarding the influence of participation in co-curricular activities programme by the adolescent girls and boys with special reference to their physical, emotional and social aspects. A comparative study has been made with different opinions collected regarding the need of participation in co-curricular activities by the girls and boys. Besides, case studies undertaken with the participant and non-participant girls and boys, interviews, attitude measurement test finds its place in this chapter.

In the concluding chapter, an analysis and discussions has been made regarding the existing pattern of co-curricular activities in the secondary schools of Assam and an attempt has also been made to give necessary suggestions for improvement of the existing pattern of this programme.

The investigator will be ever grateful if this research work is found helpful for further studies.