

Cocurricular Activities 2025-26

Harrow International School Bengaluru

Monday to Friday: 3:15 – 4:30 PM

RANGE OF CCAs OFFERED AT HIS Bangalore.

Sports	Creative	Academic
Swimming Football: Senior Boys Football: Junior Girls Football: Junior boys Badminton Squash Table Tennis Tennis Athletics Basketball: Girls & Boys Cricket (Nets only) Golf Sports Leadership	LAMDA – London Academy of Music & Drama Drama Company Stage Craft Hip Hop & Urban Dance Band: Advanced and Progressive Western Vocals: Choir, Orchestra and Honors Contemporary Dance Experimental Art Crochet Club Art & Craft Karate Yoga Mindfulness DofE TedX@ Harrow Girl Up Harrow: Led by Rianna Rayka, Mokshitha Subbalatha & Dia Madhiraju (Grade 12)	MUN School Magazine Debate club Prospera: led by Grade 11 students Strategy Games: Chess Incubator Business Capital Minds – Anushka Mussadi (Grade 12) Research Clinic Physics Olympiad: Juniors & Seniors Math Challenge Math Clinic Biology Clinic Rubik's Cube Tech Innovators: STEAM Art Portfolio for IGCSE/ A-Levels/IB English Debate Voices Around US: Community Service CAS - IB Innovision: Tiara Rastogi Mock Trial: Sanskruti Pathak & Tara Rao (Grade 12) Harrow FM: Nabiha Antara (Grade 12) Byte of Science: Soyoung Jung (Grade 11) Financial Literacy: Sameeka Jaisimha (Grade 11) Book Club: Lana Minseo (Grade 11) Cryptocurrency literacy: Shaurya Misra (Grade 11)

Co-curricular activities are activities that take place outside of the classroom to complement and enhance the academic curriculum. It encompasses all activities students may do outside of the classroom – sports, charity work, or creative pursuits.

Purpose: Co-curricular activities are designed to help students learn and grow in new ways, and to build life skills that can enrich their academic experience.

Examples: Some examples of co-curricular activities include sports teams, math clubs, chess clubs, talent shows, debates, mock trials, drawing competitions, and theatre performances, to name a few.

Benefits: Co-curricular activities can help students develop a sense of responsibility, confidence, and accountability. It will help them imbibe the Harrow values. They can also help students discover their interests and passions and improve their self-confidence and decision-making abilities.

Importance: Research suggests that students who participate in co-curricular activities are more successful in life.

Ungraded: Co-curricular activities are ungraded and do not academic credit. They do have to be marked for attendance. Certificates were given out at the end of term for level of participation last year.

Super curricular activities are educational activities that are related to academic interests. They can help students develop skills like critical thinking, analytical skills, and understanding new information from different sources. Super curricular activities can be important when preparing a personal statement for university applications and can also help students gain a broader understanding of potential degree choices.

Extracurricular activities include activities that enhance the learning in school. Visits to museums, educational trips, interschool competitions may be considered under this category.

Some examples of super curricular activities & extracurricular:

School trips, Field trips, reading books or magazines, watching documentaries or films, visiting museums or places of historical interest, creating podcasts, attending TED talks or lectures, participating in competitions, debating, volunteering, doing work experience, reading foreign-language newspapers. Many students do internships, attend TED talks, attend various competitions at their own time. It is important to recognize and commend their effort. We have many students who are participating in championships like squash, horse riding, taekwondo, kickboxing, tennis & golf on their own accord.

COCURRICULAR/SUPERCURRICULAR/EXTRACURRICULAR SEGREGATION

Further segregation of the CCA as Cocurricular and Super curricular

Cocurricular	Supercurricular	Extracurricular
Swimming	MUN	Talks hosted by university officials
Football: Senior Boys	School Magazine	Talks hosted by experts
Football: Junior Girls	Debate club	Visit to museums
Football: Junior boys	Prospera: led by Grade 11 students	Interschool competitions
Badminton	Strategy Games: Chess	
Squash	Incubator Business	
Table Tennis	Capital Minds	
Tennis	Research Clinic	
Athletics	Physics Olympiad: Juniors & Seniors	
Basketball: Girls & Boys	Math Challenge	
Cricket (Nets only)	Math Clinic	
Golf	Biology Clinic	
Sports Leadership	Rubik's Cube	
LAMDA – London Academy of Music & Drama	Tech Innovators: STEAM	
Drama Company	Art Portfolio for IGCSE/ A-Levels/IB	
Stage Craft	English Debate	
Hip Hop & Urban Dance	Voices Around US:	
Band: Advanced and Progressive	Community Service	
Western Vocals: Choir, Orchestra and Honors	CAS - IB	
Contemporary Dance	Innovision	
Experimental Art	Mock Trial	
Crochet Club	Harrow FM	
Art & Craft	Byte of Science	
Karate	Financial Literacy	
Yoga	Book Club	
Mindfulness	Cryptocurrency literacy	
DofE		
TedX@ Harrow		
Girl Up Harrow		

IMPACT OF PARTICIPATION (Since August 2025)

Students have attended sports tournaments within and outside of Bangalore. They have been to sports championships within the city, Mayo college in Ajmer, Swim meet in Pune.

The MUN club has attended one of Asia's largest student-led MUNs at the Doon school in Dehradun in August 2025 and they also went to the Candor MUN a few weeks ago end September, where they won two Best Delegate awards.

Some of our students have also been selected to be representatives for the upcoming YALE MUN which is being hosted in our school in November end.

An international Physics trip is being planned for the following term.

The DofE club is preparing for their next expedition.

The TedX@Harrow is preparing for their conference in the following term.

The Math department participated in an international Math competition.

The Innovision & Business Incubator club are planning the Business fest InnovateX.

Boarding house students and those in CAS & Community Service club helped paint a government school a few weeks ago.

Tech Innovators club is planning the Robotics Olympiad.