



# RYK MEDICAL & DENTAL COLLEGE

## Co-Curricular Activities Schedule

This schedule outlines the co-curricular activities designed for MBBS students at RYK Medical College & Hospital. The goal is to encourage teamwork, physical fitness, creativity, and leadership alongside academic learning.

- **Indoor Games (5:00 PM – 7:00 PM):**

- Table Tennis
- Basketball
- Badminton
- Carom Board

Engage in Table Tennis, Basketball, Badminton and Carom Board to develop agility, coordination, and sportsmanship.

- **Outdoor Games (5:00 PM – 7:00 PM):**

- Volleyball
- Lawn Tennis

Participate in Volleyball, and Lawn Tennis, promoting endurance, strategic thinking, and team spirit.

- **Co-Curricular Activities /Cultural promoting committee**

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|---|-----------|
| 1. Dr. Abdul Majid Khan                                     | Chairman  |
| 2. Professor Dr. saeed Malik                                | Member    |
| 3. Dr. Rahila Adil, Associate Professor of Physiology       | Member    |
| 4. Mr. Ijaz Ashraf Khan Bhatti, Director Physical Education | Secretary |