

Policy on Co-Curricular Activities

1. Introduction

Importance of co-curricular activities in the student's life is recognized by all universities globally in order to develop a student's personality improving classroom learning. The selected faculty members are supervise these activities to encourage the students, therefore playground is the basic requirement in the medical colleges. Co-curricular activities are planned to carry out in the month of February each year under the Annual Sports Day event. The sports committee is notified for supervising all co-curricular activities in RMDC.

- 2. Purpose:** To encourage and facilitate students to participate in co-curricular activities. To ensure healthy living of the students thus preventing chronic diseases like stress, emotional disorders and other Psychiatric problems. It will promote team spirit, leadership skills, engaged in personality building to reshape their personality.

3. Objectives:

To promote healthy living among students thus prevents stress and inculcate team spirit and leadership qualities amongst undergraduate students.

4. Role & Responsibilities:

The sport committee is formulated to organize sports day in the month of February / March each year and motivate students to take part in co-curricular activities.

5. Suggested Activities:

- a. Indoor Games
- b. Outdoor Games
- c. Debates
- d. Drama
- e. Humanism
- f. Swimming
- g. Shooting
- h. Horse Riding

6. Procedure:

- a. To maintain the discipline amongst students in sports.
- b. To infuse the sense of healthy competition in students.
- c. To coordinate with the student's sport secretary and the Principal.
- d. To ensure provision of required sports ground / materials on time.
- e. To arrange venues for sports events.
- f. To obtain permission from competent authorities to hold sports events in the college campus.
- g. To recommend attendance of students who have taken part in sports event.
- h. To sort out any issues coming up during matches.
- i. To maintain records of sports event.
- j. To organize sports event on Annual Day.
- k. To organize sports for staff members.

Prof Dr. Sardar Fakhar Imam
Principal
Rahbar Medical & Dental
College