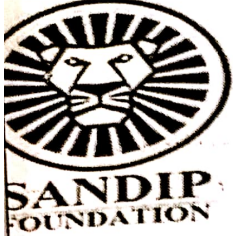




**Sandip Institute of Technology and
Research Centre, Nashik
Department of Automation & Robotics**



**Activity Report Of Sports
(TABLE TENNIS) (2022-
2023)**



**Sandip Institute of Technology and
Research Centre, Nashik
Department of Automation & Robotics**



Name of Programme: Table Tennis

Date: 7 march 2023

Event Coordinator: Prof. Pratap Garudkar

Participants: Students of Automation & Robotics

Venue: D-Building First Floor

Aim: The aim in table tennis is to strike the ball in a manner that the opponent fails to make contact with the ball, which earns the player a point.

Objective: In table tennis (or ping-pong, as it is often called colloquially), two opponents (in singles) or two teams of two opponents (in doubles), play a match consisting of games and points, using wooden-based rackets covered in rubber to hit a 40 mm diameter plastic or celluloid ball over a 15.25 cm high net, onto the opponent's side of a table that is 2.74 m long and 1.525 m wide, and 76 cm high. The overall objective of the game of ping-pong is to win the match by winning enough points to win more than half of the number of maximum possible games to be played between you and your opponent (in singles), or you, your partner and your two opponents (in doubles). A secondary objective (and some would say the main objective) is to have fun and get a bit of exercise at the same time.

Outcomes: Table Tennis is a most popular game all over the world. It is an inexpensive game, played in almost all the countries with much interest. Players, who practice it regularly, get benefited in many ways. It provides lots of benefits to the physical and mental health.

Photograph

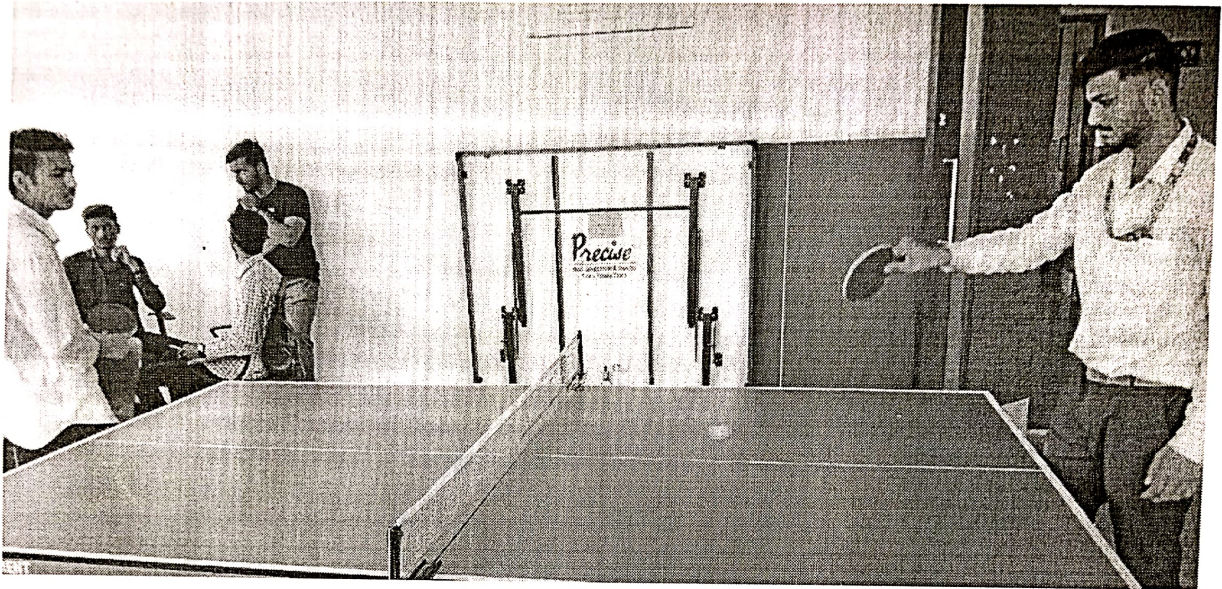


Figure 1: Boys playing table tennis

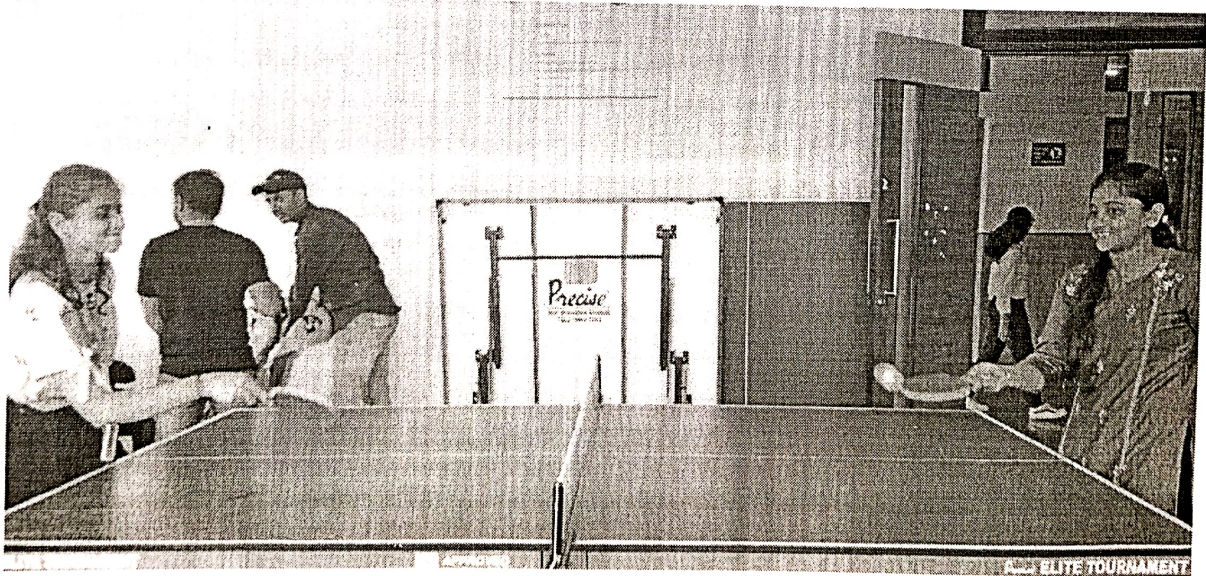


Figure 2: Girls playing table tennis



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Summary Report of Sports

Table Tennis is an indoor game and also a national level Sport hosted by the A & R Students Association, SITRC, Sandip Foundation, Nashik, on the 2022- 2023.

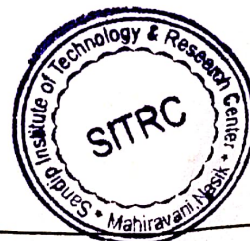
Rules of Playing Table Tennis

Carrom is played between 2 or 4 players. There are 19 tokens at play – 8 black, 8 white color tokens, and one queen. If you are new to the Carrom game, here are the general rules that can come in handy:

- Players can pocket only their chosen color token. If the player pockets an opponent's carrom men, they need to return it to the center of the board.
- For every carrommen pocketed, the player gets an extra turn.
- If a player commits a foul, they either lose their turn or have to return one carrom men as a penalty to the board.
- If the player pockets the carrom striker, it is a foul.
- The player commits a foul if they touch any piece in the Carrom board other than the striker.
- It is a foul if the striker or any other carrommen leaves the board.
- The player can place the penalty carrom men on top of other men within the main circle.
- If the carrom men overlap with another carrom men or land on end, leave them as it is until moved again in the normal course of play.
- If the striker rests under another carrommen, remove the sticker with as little disturbance to the covering carrommen as possible.

Event Coordinator

HOD



Principal