

**Rukmini Devi Institute of Advanced Studies**  
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(Approved By AICTE & Affiliated With GGSIP University)

# **DOSSIER**

**Inter College Table Tennis Tournament, 2019**

**On**

**February 1 - 2, 2019**



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## **FORM A**

### **Proposal:**

- **Name of the event to be organized:** Inter College Table Tennis Tournament
- **Date:** February 1 - 2, 2019
- **Time:** 10:00 am -4:00 pm
- **Venue:** Library, B Block, RDIAS
- **Motivation for the activity:** A healthy mind resides in a healthy body and the best and easiest way to get a healthy body is to be actively engaged in sports. Table tennis is a sport that can be enjoyed by individuals of any age and physical ability. Playing table tennis is a great way to stimulate the brain and promote quick thinking while improving hand-eye coordination. It helps to keep body fit and flexible. Understanding this, RDIAS organized Inter College Table Tennis Tournament on 1st-2<sup>nd</sup> February, 2019.
- **Organized by:** Sports Committee, RDIAS

## **FORM B**

### **Part 1**

#### **Aim of the event:**

Students pursuing professional education have to learn many other skills besides the conceptual class room teaching. Field sports provide them the platform wherein they learn skills like co-ordination, teamwork, leadership techniques and time management. They learn the discipline of a sportsperson, the importance of participation and the joy of winning.

The necessity of sports in life can be understood as sports and games impart a sense of discipline, fellow-feeling and togetherness. They teach the value of time and how it is important to note how a minute, a fraction of a minute and even of second decides the fate of a young sportsman in the field of competition.

With proper training in sports and games, students become active, sportive, daring and adventurous capable of meeting the challenges in future life. Sports and games are the right avenues to channelize the energy and vitality of students and make their leisure hours' worth while. The spirit of competition is inculcated by sports and games. Importance for physical fitness is something that is the call of the day. The greatest educational value of the sports and games is to provide stimulation for study and for hard work. Keeping in pace with its tradition, RDIAS organized the Inter College **Table Tennis Tournament on February 1 - 2, 2019**. The event saw the students flocking the room in large numbers, brimming with enthusiasm and anticipation for the day.

Therefore, the aim of the event was to:

- To inculcate a sportive & Competitive spirit
- To encourage fitness exercises
- To interact with students of other Colleges

## **Part 2**

### **Abstract:**

The event was organized in order to inculcate the spirit of sportsmanship and appreciate the talent of students in sports. On the date of the event, the Library was filled with the presence of students and faculty members, volunteers and student coordinators for the Table tennis tournament.

The event was inaugurated with ribbon cutting ceremony followed by welcome address by Director Prof. Dr. Raman Garg, Director, RDIAS. The anchors for the day were MBA students, Mr. Daniyal Usmani and Mr. Ajay Rana. They initiated the proceedings and gave introduction of TT tournament and declared the tournament opens with a small round of table tennis between Ms. Ankita Kumari from VIPS and Prof Dr. Raman Garg.

It was a two day competition and student enthusiasm and excitement was appreciable. The rules were previously been set by the sports committee and were communicated to the participants well in advance. The tournament was conducted for various categories like:

1. Girls Single
2. Boys Single and Double

Total 15 teams (10 Boys + 5 girls) from different Colleges participated for different categories of matches on two days. The participants played with zeal and passion and made the event a successful one. There were two Judges for the judgement of the teams: Mr. M L Sehgal & Mr. R D Sharma.

All the winners in the end were awarded for their efforts and were honored by felicitated with trophies, cash Prize and participation certificates.

**Prizes:-** The following cash prize were given to the winners :-

Team	Winner	Runner-up
Boys	3100	2100
Girls	2100	1100

Following were the winners of the tournament.

### 1. Girls' Singles

Position	Name	College
First	Ishika	Hansraj College
Second	Parinitee	Hansraj College

### 2. Boys' Singles

Position	Name	Class
First	Siddhant	Hansraj College
Second	Mehul Arora	Zakir Husian College

### Part 3

#### Conclusion:

Competitions play a role in motivating students to perform and excel and offer a lot more reward than just the winning prize. Competitions offer a chance for participants to gain substantial experience, showcase skills, analyze and evaluate outcomes and uncover personal aptitude. Competitions also encourage students to adopt innovative techniques and develop their ideas and skills. It is not the matter to win or lose in such type of tournaments what is necessary is to participate and show zeal to place in the winning position and show extra effort to separate yourself from others. It is well said that, to reach one's goal in the life, sound health is as important as a sound mind - "Health indeed is Wealth". This is very true! The sport enhances positivity and groom people's personality not only internally but also externally. This type of tournament not only give physical fitness but also give mental relaxation and reenergize them to again start with full of enthusiasm and give little break from their grueling work schedule. Overall the entire tournament was full of liveliness and excitement.

## Glimpse of the Event



Prof. (Dr.) Raman Garg, Director, RDIAS and student playing a friendly match at the inaugural of the tournament



The participants in a Competitive mood





The Winners of the Competition being awarded by Dr. Smita Mishra along with Dr. Imran Khan and Dr. Manoj Kumar Gupta



The Winners of the Competition



The first runner up of the Girl's single being awarded



The first runner up of the Boy's Singles and doubles being awarded



Esteemed Panel of judges for TT Tournament 2019



Winners of Inter College TT Tournament 2019