

# SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,

Uttarakhand 248016

## TABLE TENNIS CLUB

### (Sports & Fitness Clubs)

#### 1. Introduction

The Table Tennis Club at SRHU fosters discipline, teamwork, and physical well-being through the spirited game of Table Tennis. Rooted in the university's commitment to holistic growth and excellence, the club serves as a platform for character-building, sportsmanship, and community engagement.

#### 2. Objectives

The objectives of the Club are:

- Enhance physical fitness and tactical discipline through regular Table Tennis training and gameplay.
- Cultivate leadership, teamwork, and strategic thinking through structured Table Tennis practice and tournaments.
- Ensure inclusive Table Tennis participation to foster holistic student development and campus unity.
- Promote competitive excellence and social outreach via university-level Table Tennis events and community matches.

#### 3. Club Committee

| The Club shall be governed by a committee comprising the following members: <b>Composition</b> | <b>Roles</b> |
|--|--------------|
| Dr. Aashish Negi (PT)<br>(Assistant Professor)   | Chairperson  |
| Mr. Krishan Uniyal<br>(Physical Instructor)  | Treasurer    |

|  |                      |
|--|----------------------|
| Mr. Abhishek Chandola<br>(Assistant Professor) | Member Secretary     |
| Ms. Arushi Jaiswal                             | Student Co-ordinator |

| S.No | Student Members    | Registration No. | Programme |
|------|--------------------|------------------|-----------|
| 1.   | Manika Tyagi       | DD241102305028   | BPT       |
| 2.   | Arushi Jaiswal     | DD231102301013   | BASLP     |
| 3.   | Harsh lambiyan     | DD231109301023   | MBBS      |
| 4.   | Mohammad Aarish    | DD231109301009   | MBBS      |
| 5.   | Ansh Kapoor        | DD22114301019    | MBBS      |
| 6.   | Aryan Aswal        | DD22114301029    | MBBS      |
| 7.   | Namit Chadha       | DD23110131088    | MBBS      |
| 8.   | Nishtha Singh      | DD23111301094    | MBBS      |
| 9.   | Ishan Pokharia     | DD22114301054    | MBBS      |
| 10.  | Kavya              | DD22114301061    | B. Pharma |
| 11.  | Mohammad Arsh Khan | DD231109301011   | B. Pharma |
| 12.  | Vipul Bailwal      | DD231107301026   | Bsc. Yoga |
| 13.  | Rishabh Malhotra   | DD241107301011   | Bsc. Yoga |
| 14.  | Navya Nagar        | DD241107301029   | Bsc. Yoga |
| 15.  | Dhruv Pant         | DD241102305016   | BPT       |

#### 4. Terms and Conditions

| Sr. No. | Clause                           | Details  |
|---------|----------------------------------|--|
| 1.      | <b>Quorum</b>                    | 50% of the total members   |
| 2.      | <b>Tenure of the Club</b>        | Perpetual  |
| 3.      | <b>Tenure of the Chairperson</b> | 3 years  |
| 4.      | <b>Tenure of the Members</b>     | 2-3 years  |
| 5.      | <b>Frequency of Meetings</b>     | <i>Preferably once per quarter.</i>  |
| 6.      | <b>Meeting Notice and Agenda</b> | The member secretary with prior approval of Chairperson shall circulate the Meeting Notice and Agenda to all the members at least seven (7) working days prior to date of the meeting. |
| 7.      | <b>Minutes of the Meeting</b>    | The Secretary records the minutes, which are signed by the Chairperson and Secretary. A signed copy is forwarded to members within three (3) working days of the meeting.              |
| 8.      | <b>Duties and function</b>       | (a) Planning and helping manage Table Tennis events at the School and University level in accordance   |

|     |                              |   |
|-----|------------------------------|---|
|     |                              | <p>with the spirit and ethos of the institute.</p> <p>(b) Promoting and arranging club activities to bring out the talents of students in the performing the tasks.</p> <p>(c) To plan and organize competitions at the University, Regional and State Level.</p> |
| 9.  | <b>Funding and Resources</b> | <p>a. Institutional budget allocation</p> <p>b. Donations and sponsorships</p>  |
| 10. | <b>Amendments</b>            | Any amendment to this club must be proposed in writing and approved by a two-thirds majority of the Club Committee.   |
| 11. | <b>Dissolution</b>           | In the event of dissolution, the assets and liabilities of the Club shall be transferred to the parent institution (SRHU).  |

##### 5. Services Offered

- Regular Coaching & Practice Sessions
- SRHU Table Tennis Cup & Campus League Matches for internal competition
- Inter-University Tournament Representation and match participation



**Chairperson**

**Dr. Aashish Negi (PT)**

(Assistant Professor)  
Table Tennis Club  
Swami Rama Himalayan University



**Treasurer**

**Mr. Krishna Uniyal**

(Physical Instructor)



**Member Secretary**

**Mr. Abhishek Chandola**

(Assistant Professor)

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## NOTICE

TABLE TENNIS CLUB  
(Sports & Fitness Clubs)

SRHU/SFC/TTC/2024/01

11th September 2024

This is to inform all students of the **Himalayan Institute of Medical Sciences (HIMS)** that a **Table Tennis Practice & Skill Development Session** will be held on **16th September 2024**. The session aims to improve agility, focus, and technical skills through structured drills and friendly matches.

### Details of the Meeting:

Organized by : Table Tennis Club, Swami Rama Himalayan University

Date : 16th September 2024

Venue : University Sports Ground, Swami Rama Himalayan University

Time : 09:30AM Onwards

**Eligibility:** All undergraduate and postgraduate students interested in table tennis and fitness

All students are encouraged to participate actively in the session to strengthen their sporting abilities, concentration, and competitive spirit. Attendance of registered club members is **mandatory**.

For further details, please contact the **Club Coordinator** or respective **Batch representatives**.

*Focus, Rally, and Smash Together!*



**Chairperson**

Chairperson

Table Tennis Club

Swami Rama Himalayan University

### Copy to:

Hon'ble President

Hon'ble Vice Chancellor for kind information please

Director General (Academic Development)

Pro-Vice Chancellor

Registrar

Dean, HSMS

Heads of Departments

Finance Officer

Members of the club – For necessary arrangements and action

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## REPORT

|                     |   |
|---------------------|---|
| <b>Organized by</b> | : Table Tennis Club, Swami Rama Himalayan University        |
| <b>Date</b>         | : 16 <sup>th</sup> September 2024                           |
| <b>Venue</b>        | : University Sports Ground, Swami Rama Himalayan University |
| <b>Time</b>         | : 09:30AM Onwards   |

Table Tennis Club of Swami Rama Himalayan University successfully organized the Intercollege Table Tennis Tournament on 17th February 2024 at 2:30 PM. The tournament was conducted based on the enthusiastic interest and active participation of students across various disciplines, reflecting their passion, sportsmanship, and dedication to physical fitness. The members of the Table Tennis Club played a crucial role in planning and supervising the event, ensuring that every match was conducted smoothly, fairly, and with proper coordination.

The competition followed a knockout format, creating an atmosphere of excitement and healthy rivalry among the participants. In the boys' category, the opening matches were played between Abhyuday Kalura from Nursing and Chirag Pratap Rana from MBBS; Saksham Thapliyal from HSST and Vishesh Pandey from Paramedical; and between Ansh Kapoor from MBBS and Mohit Pant from HSST. In the girls' category, the initial matches were played between Nishtha Singh from MBBS and Harshita Kuckreja from Paramedical, followed by a match between Arushi Jaiswal from Paramedical and Kanika Gurung from Nursing. Each match displayed remarkable agility, precision, and quick reflexes, keeping the audience thoroughly engaged. The boys' final match was contested between Saksham Thapliyal of HSST and Chirag Pratap Rana of MBBS. Both players exhibited exceptional skills and competitive spirit, but ultimately, Chirag Pratap Rana from MBBS emerged as the winner, while Saksham Thapliyal from HSST secured the runner-up position. In the girls' final, Nishtha Singh from MBBS faced Arushi Jaiswal from Paramedical in an intense and well-fought match. Demonstrating consistent performance and strong gameplay, Nishtha Singh from MBBS was declared the winner, and Arushi Jaiswal from Paramedical earned the runner-up position.

Overall, the Intercollege Table Tennis Tournament was a resounding success. The event not only showcased outstanding athletic talent but also strengthened the spirit of camaraderie, healthy competition, and sportsmanship among students. The Indoor Club extends heartfelt congratulations to all the winners and participants and looks forward to organizing more such engaging and enriching sports events in the future.

## EVENT HIGHLIGHTS



*Aashish*

Mr. Aashish Negi

Chairperson

Chairperson

Table Tennis Club

Swami Rama Himalayan University