

**Course Name: Bachelor of Physical Education**

**Year - IInd (Part-3)**

**Paper Name - Skill and Prowess**

**Topic Name - Skill and Prowess**

**Topic No. – Part – III (A) 4**

**Paper No. - A**

**Lecture No. – 7**

**Lecture Title**

**Table Tennis- 1**

**Summary**

Table tennis was at first more of a past-time or a fashionable fad, than a serious from of athletics and by the turn of century, it had pretty well gone out of fashion.

This is a game which is played in every age group