**TABLE TENNIS DESCRIPTION -:**

Like most **sports**, **table tennis** offers great mind-body stimulation, aerobic exercise, and social interaction. ... Some of the many health benefits of **table tennis** include: Improving hand-eye coordination. An intense game of **table tennis** stimulates mental alertness and concentration and develops mental acuity Table tennis helps you build strength, speed, and agility without risking serious injury

**Table tennis** at **IIT-H** is very good we have good tables and all other equipment for playing like balls and nets are of good quality Accordingly, all have had a delightful experience playing tennis at **IIT-H.**