



The wonders of ping pong

MUSHFIQUR RAHMAN SHANTO

Ping pong, a fancy term for table tennis, has always been one of my favourite sports; it doesn't get the amount of love it deserves. Today we'll go over all the reasons that make it such a great activity and why you should pick up the table tennis bat right now.

EASY TO LEARN AND REQUIRES MINIMAL EQUIPMENT

Table tennis is a relatively simple game that isn't very physically demanding. The rules are quite straightforward. If you're new to the game, it won't take you long to internalise the rules and get down the basic skillset.

This sport also requires minimal equipment in a couple of table tennis bats, a ping pong ball, and a table with a net - making it perfect for your in-door pastime.

FAST PACED AND ENJOYABLE

Don't let the light gears and simplicity of equipment fool you. Since the ball is very light and is constantly going back and forth in a small amount of space, the sport requires you to be always on your toes. You have to constantly move around and work your arms in different angles.

You're always concentrated on the ball and with each shot, you try to get a good return to leave your opponent scrambling. At any moment, either of the players could lose points, be it because of a surprise smash by the opponent or for a silly misjudgement. The excitement is always on.

LITTLE CHANCE OF INJURY, YET GIVES YOU A GOOD CARDIO SESSION

The worst thing that can happen to you is that you may take a quick unbalanced turn with your foot and twist your ankle, or end up taunting a very immature opponent and have him throw his bat at you like a Ninja Shuriken. There is little to no chance of getting injured while playing table tennis. You're free to let the small

plastic hollow ball smash in to your body as many times as you want.

However, that doesn't mean the games aren't intense or don't impact your fitness. You'll be making sharp quick movements back and forth as well as sideways throughout the entire game, and you'll need develop good arm flexibility and hand-to-eye coordination. After a traditional match with 11 point games between two evenly matches moderately skilled individuals, I assure you'll be gasping for air.

LOTS OF FANCY SHOTS AND "OH DAMN" MOMENTS

If you like showing off, table tennis is your sanctuary. Unlike other sports which usually focus on the basics, table tennis rewards flashy plays. Points are almost always decided on smashes, counter smashes, swings and cleverly placed shots.

There are also a variety of serves to learn, some lethal enough to be almost unplayable to non-advanced players. Once you get good at this game, you can sure you'll be receiving plenty of "Oh damn" and "Wow" reactions from spectators throughout your games.

Table tennis is, in my opinion, the king of indoor games. It's the perfect mix between a fun recreational activity and something to break a sweat. If you weren't already a fan of the sport, it's time to start your ping pong journey.

Mushfiqur Rahman Shanto is an undercover wizard who spends his days quietly observing Muggles. Send him new magic spells at mushfiqshanto1234@gmail.com

Unlock your full potential with ROOH AFZA

SHOAIB AHMED SAYAM

Rooh Afza is like nectar for the soul. The term "Rooh" translates to the soul or spirit in Arabic, and "Afza" must mean something just as important. Invented in 1906 by some genius old guy who thought mixing herbs, fruits and vegetables together was a good idea, Rooh Afza has been a household name since your mom decided to shove it down your cold coffee guzzling mouth.

Have you ever tried to drink a glass of Rooh Afza instead of that morning poison you call coffee or tea? Of course you haven't. Why else were you not able to get into a public university? Even to this day, humans cannot comprehend what marvels Rooh Afza does to your body and look down upon it. That is why I'm here to put an end to it. For five days I drank a glass of Rooh Afza every day and transcended into a new dimension. Those of you who are laughing right now will buy a big red bottle by the time you're done reading this.

Day 1: The first glass rejuvenated me from the previous day of doing nothing. My body felt as light as a rickshaw puller with a skinny passenger. Is this the power of *Ultra Afza*? For the rest of the day my body acted like it wasn't affected by the formalin-injected food I ate all the time. I walked to class that was a journey of 3 kilometres without breaking a sweat. Take that, oldies who always talk about walking to school in some remote village.

Day 2: My hearing has regained its original prowess; before it was damaged by blaring horns from all four directions. Not only did it recover but it has gotten better as well. I could hear the couple next door

arguing about when they would follow through with the divorce; they should probably do it fast so I can get better neighbours. My eavesdropping skill just got boosted. Now I can gossip about everyone around me like the true Bangladeshi I am, all thanks to Rooh Afza.

Day 3: The eyes, they see so much now. I looked out the window in search of any crime being committed and I saw a kid getting mugged about 50 metres away. I kept watching without doing anything like people usually do anyway. I've been running away from responsibilities my whole life, this was not a time to change that. I slowly drew the curtains and went on with my day.

Day 4: My mind has been unlocked. It's now intertwined with everyone's thoughts. I met up with my "friend" earlier today. I recommended that he start the Rooh Afza diet. He thanked me and told me that we should hang out more. His mind was saying otherwise. Inside he was thinking, "I hope he poisons himself drinking that." This is the burden I have to bear. But that's okay, now I can find tRu fr3nDz who won't think anything bad about me even though I am filled with problems.

Day 5: All my chakra points have opened up. My third eye has awakened. The red liquid courses through my veins. Nothing can stop me from achieving the things I've dreamt about all this time. Now, time to go back to Facebook and see what wonderful things my friends are doing without the help of Rooh Afza.

Shoaib Ahmed Sayam tortures himself by watching fake sports and Vietnamese cartoons. Send help at: fb.com/ooribabamama

