



Name of the Cell/Department: Rock-on -Cultural Club

Academic year: 2021-22

Name of the program: Happy Hour

Date: 23-09-2021

Venue: Academic Block Cafeteria

Description: "Invertia" the annual fest is the foremost cultural celebration at Invertis University. The three days fest celebration of more than 25 events including Happy Hour.

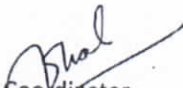
The happy hour event was conducted in New Cafeteria to celebrate the annual fest and refresh all the participants of different events.

Hundreds of participants attended the happy hour event from 2 pm -3 pm on 23-09-2021. Many fun and educational activities provide an opportunity for participants to enhance their confidence and team spirit.

Team empathy is a vital ingredient of good team work though whatever the size of your organization, it can sometimes be difficult to walk in the shoes of others and see things from other perspectives. The happy hour event started with the team building game " Heard, Seen, Respected" which was designed to help build connections between members of a team, create lasting bonds, and enable better teamwork and working practices.

. By inviting participants to notice patterns in the stories shared and find common takeaways, we got a great way to get everyone involved on the same page.

Refreshments were served in between and the happy hour event was concluded with a short speech by Coordinator Ms Ashal Ilyas on the importance of co-curricular activities.


Coordinator


Registrar
Invertis University
Bareilly