

Happy Hours minus the alcohol

INTI College at Bandar Baru Nilai has come up with a Happy Hours session of a different kind.

The concept has nothing to do with alcohol, instead, it allows students to relax and relieve stress.

The idea for such sessions, where students get together and unwind, is the brainchild of Inti Education Counselling Centre.

The first of such sessions was led by the college's vice-president Dr

Lee Fah Onn, who shared his experiences during his varsity years both as a student and educator. Other sessions include singing and dancing.

The college's Leo Club also organised a jogathon recently where some 113 students and staff took part. Trophies and certificates were given to the first three winners in both the men's and women's categories.

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