

EVER thought of Happy Hours at an education institution? Well, the Inti College Malaysia campus in Bandar Baru Nilai recently introduced the concept, minus the alcohol, of course.

The college's idea of "happy hours" is for its students to have a relaxed period. This concept was the brainchild of the Inti Education Counselling Centre (IECC), which felt that students need time to relax and relieve their stress.

The twice-monthly sessions started last month with a discussion about campus life. The "Heart-to-Heart" session was led by the college vice-president of administration Dr Lee Fah Onn who shared his experiences during his varsity years with the students.

IECC counsellor Shen Lan Hui said the response was good and students also exchanged stories about their campus life and related some of the difficulties that they had encountered.

## Heart-to-heart Happy Hours

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**BEAT STRESS:** Lee (in jacket) at one of Inti's Happy Hours sessions