

Lower State House SMU takes part in team building

On 16th February 2018, Lower State House Road SMU staff and students came together for team building and bonding activities. Part of the University performance contracting, requires each unit to take its staff for team building activities out of the normal working station.

Team building is a collective term of various types of activities used to enhance social relations and define roles within terms often involving collaborative tasks. The team building facilitates better communication and team work in organizations.

These activities that were undertaken made the members to understand each other's strength, weaknesses and interests. Members of staff realized that they need each other to progress in their daily activities. The understanding makes them work together on future progress of our University.

Lower State House Road Manager, Dr. Mike Chepkonga led the staff through the team bonding activities which included a warm up session, before forming four teams which comprised of the halls (two teams), catering and SMU headquarters staff. They embarked on different activities and games which included; football, tug of war and singing games.

The highlight of the day was the display made by the visually impaired students who are housed at State House Hostels. The student show cased a game called "goal ball". This is an international game played by individuals who are visually impaired. The game was started after World War II where many civilians and soldiers had lost their sight due to injuries. During their time of recovery, they used to just sit around and do nothing, when one discovered that they could make a ball create some noise when it rolls. Here, instead of visually seeing the ball, you hear it and follow the direction of the noise. The ball contains metallic fillings which create a jingle song when shaken.

The game usually consists of six players, three on one side, and three on the opposite side facing each other. A referee throws in the ball on one side of the team, and the team mates have to locate where it has fallen, pick it up and roll it at high speed to the other opponents. The opponents have to carefully listen to locate where the ball is so that they can catch it. If they fail to catch it and it passes them, then it's a goal.

After the demonstration, it was now the staff turn to be blind folded and play the game. It was quite the challenge for the staff members as they had to use their ears only to play the game. It was really fun and the staff enjoyed the new experience.

Dr. Chepkonga emphasized on the need for staff to work together irrespective of their social or cultural background. At the end, the staff looked energetic, charged and happy.

Socializing and making friends in the workplace is one of the best ways to increase productivity in the office. After completing the teamwork activities together, members felt better and appreciated each other's effort.