

# Create Healthy Competition Between UPNVJ Employees Through a Glass Stacking Competition

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**Public Relations UPNVJ** - Excitement and joy filled the Capacity Building activities of the AKPK Bureau, Institutions, SPI and UPT UPN "Veteran" Jakarta this year. On the second day (27/10) around 1212 participants took part in a fierce competition to arrange glasses into a pyramid shape. This challenging competition has become one of the main highlights of the event which was held in the field in the Sampireun Village area where the Capacity Building activities took place.

In this competition, participants are given 20 plastic glasses and given the challenge to arrange them according to a pyramid-shaped pattern as quickly and accurately as possible. Participants who were divided into eight teams lined up in one line.

Glasses are given by relay. The person at the front is tasked with giving the glasses provided to the person behind him and so on. The last person is tasked with arranging the glasses that have arrived.



In this competition, each team must consider the speed and stability of their stack of glasses, while trying to ensure that the glasses do not topple.

After an enthusiastic competition, the judges from the Sampireun Village *Building Team* chose the winner based on the speed and stability of the stack of glasses. The winners also received attractive prizes from the organizing committee.

The glass stacking competition was an unforgettable moment for the Capacity Building participants. This competition not only grows participants' fine motor skills but also promotes a spirit of healthy competition and togetherness.

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