



Uka Tarsadia University

Dr. Chunibhai Vallabhbhai Patel College of Pharmacy

Report on Team Building Activity

Date: 22nd November 2025

Time: 02:00 P.M.

Team building activities are structured exercises designed to improve teamwork, communication, and collaboration within a group. They help strengthen interpersonal relationships and create a positive work or academic environment. Team building activities play a vital role in enhancing cooperation, communication, and understanding among team members. Through various interactive tasks such as problem-solving games, collaborative challenges, and communication exercises, participants learn to work together, share ideas, and respect each other's strengths. Team building also helps in reducing conflicts, boosting morale, and creating a positive work or academic environment. By promoting unity and encouraging active participation, these activities ultimately lead to better coordination, increased productivity, and a more cohesive and motivated team.

GLIMPSE OF ACTIVITY



Prepared By: Mrs. Jhanvi Bhavsar

Signature of Principal: Dr. Pranav Shah