

HERO

HR: Heroes Building Superheroes at Work



88% Response Rate

12 Upcoming Events



Events this Month

- ★ Appreciation Day
- ★ Walk to Work Day
- ★ World Siblings Day
- ★ Blood Donation



Dear Talent Champion and Culture Guardian!

The true greatness of HR is to turn every human in the organization into a magical resource capable of achieving the impossible. From being the voice of the people to being the face of your organization to being the life of the party, you don many hats.

Every time you go out of your way and make an employee feel 'valued', you are adding to your organization's valuation. Not many roles in an organization can bring that kind of versatility, commitment, and impact. It is worthy of a million kudos, and we tip our hats to you!

We are thrilled to have an opportunity to play a part in that journey and support your efforts with ideas and tools that take the employee experience to a whole new level.

What you will find in this calendar

- A list of fun and meaningful celebration days.
- Ideas and cues on how your teams can come together around them.
- Inspiration to turn them into unforgettable milestones.

Evergreen occasions!

Here are some 'universal ideas' that you can save in a special folder because they work their charm & magic throughout the year. Consider these just a trigger to get you thinking! Keep adding ideas for occasions, events, and initiatives relevant to your specific culture.

Engagement Themes for all four season

- 'Return to work' plans.
- COVID-safe practices.
- Celebrating new products, initiatives, or goals.
- Special events and activities.
- Anniversaries - like 3 years in action, or 15 years in operation. Every year is a reason to celebrate.
- The organizational goal and purpose: Good to brush up on these every once in a while.
- Recognizing peers and sharing gratitude.

A P R I L

Let's open our hearts and mind to the wonders of amazing April!

April comes from the Latin word *APERIT* meaning *TO OPEN*. It is therefore the season to open up our inner-self to amazing new possibilities, relationships, and opportunities.

April marks the climax of spring, a time when daisies – flowers symbolizing purity and loyalty – are in full bloom.

April is also a great month for meteors, so be prepared to run into trailblazers and shooting stars (pun intended) all this month!



APRIL : Theme of the month

Stress Awareness!!

Be it deep-seated roots of tension or hidden opportunities of happiness, the ability to understand the what, why, and how of STRESS is a super-power in today's hectic, high-pressure life. It lets us manage situations and relationships smartly, and greatly enhances success and happiness outcomes. Spend the day reflecting on the theme as you share across posts, creatives, and videos.

- Familiarize team with the importance of stress management.
- Try out fun exercises that help people identify sources of stress.
- Share tips and tricks that help folks manage and solve stress.



One of your post can go like this...✍️

Why is stress awareness month important?

Stress Awareness Month is a national, cooperative effort to inform everyone about the dangers of stress, sharing tips and strategies to cope with it and dispelling harmful misconceptions about the topic.

Always remember,

- Happiness lies in our own hands.
- We simply have to recognize what we can control and let go of the rest.
- It is vital to pay attention to our health.
- Nurture relationships that matter.
- Make the most of each moment.

APRIL WEEK 1

Empuls a Simple Question

One Simple question is a great way to draw your crowd's attention quickly and ease their minds from work. Drop them a single, simple question on empuls and urge them to reply in the comments below. Make it more interesting by having them tag one of their colleagues in their comments.

For Example



What made you smile today?



How's the day going?



How do you unwind from work?



Who is your go-to beer buddy?



What are you looking forward to doing this weekend?



APRIL WEEK 2

Celebrate a Day / Mood

Celebrate a day connected with wellness. With most of us back in the office, this is the perfect time to have fun in the workplace.

Activity Idea: The happiness-recharge station

Here are some things you can try and showcase on empuls groups...



A coloring book station.



A DIY salad bay.



A quiet meditation area.



A fun games corner.



A hydration station with fruit-infused water.



APRIL WEEK 3

The Thank You Project

Being grateful is a proven, simple, and zero-cost way of 'feeling like a billion bucks!' Yes, expressing thankfulness to a colleague, peer, superior, boss or co-worker immediately lifts our mood and makes 'everything ok!' So go ahead and ask your employees to take part in 'I am grateful for challenge'.



Your post can go like this... 

The Kudos Challenge

You don't need to be a math whiz to count your blessings! Gratitude is simply a genuine appreciation for what we already have. So let us pause for a moment to reflect on and feel thankful and appreciative for the small and big, little and large gifts that we have been showered with every day. What are the three things you are grateful for? Is there someone in our office, you wish to extend your gratitude towards? Post in the comments below or appreciate them right away.

Here goes mine...

- The opportunity to do meaningful work with positive people.
- Rewarding interpersonal relationships with friends and family.
- The freedom to choose my goal and pursue it with passion

What's yours? Comment below.

APRIL WEEK 4

Host a painting party

Gather your team for a stress-busting Friday evening to wrap up the workweek in a memorable and fun way. You don't need to be an artist for this. Your folks have to simply choose any topic and take a crack at it creatively through their favourite medium – crayons, gel pens, water colours, charcoal pencil, oil, brush, or anything in between.

The collective release of stress will be palpable and so worth it! Document every priceless moment by posting pics on empuls & encourage each other.



APRIL 2022

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Special Days of April:

- 1 April Fool's Day
- 1 Walk to Work Day
- 10 World Siblings Day
- 18-22 National Volunteer Week
- 27 Bring Your Kids to Work Day
- 27 Administrative Professionals Day

APRIL - 1

April Fool's Day

It's that day of the year again... when you can play harmless tricks on others (and vice-versa) and get away with it, too!

April Fool's Day teaches us...

- Not to take life too seriously.
- To stay creative.
- To remember that a little fun is essential to a fuller, richer life!



Activity

Get your employees to exchange tricks with each other or create a Joke of the Day challenge where employees share their best (or cheesiest) jokes to bring the roof down with laughter! Encourage them to post the joke on empuls – text, image, gif, video link, or anything in between – and the one receiving the maximum claps gets crowned the 'Happiness Promotor'! and capture their reactions by posting on Empuls.

APRIL - 10

World Siblings Day

Siblings are like a window into our own hearts and minds, and often help us discover and understand ourselves. Celebrate this day with your co-workers by mining memorable insights into your own self from your sibling(s)!

Your post can go like this... ✍️

Your siblings know something you don't!

Aren't siblings the fun-nest, the warmest, the best? But guess what? They are also your sharpest mirror – because they probably know you better than anybody else! April 10 marks National Siblings Day, & we want you to share the love you have for your siblings – the souls who will be there for you always.

1. Share a favorite pic of you and your sibling
2. Describe the pic with a short caption!

If it isn't too personal, we'd love for you to share it here. Small things like these will make our workplace a more diverse, interesting, and joyful destination!



APRIL - 18 - 22

National Volunteer Week

National Volunteer Week turns the spotlight on a very special tribe of people: The volunteers. It is said that Volunteers don't always have the time – but they always have the heart. The great scientist Albert Einstein once said, "Only a life lived for others is a life worth living."

Highlight the habit of doing something selflessly for others.

Why volunteer?

- Brings on a warm, fuzzy feeling in the heart, releasing 'happy hormones' within us and making us feel like a whole new person.
- It knits us closer, builds a common purpose, and fosters a sense of teamwork and community.
- It improves social skills, raises self-esteem, and teaches valuable skills which often go on to enhance our personal and professional journey too!

Activity 🎉

- Break up the above points into snackable nuggets and keep sharing amongst teams all week to drum up awareness and appreciation for the act of volunteering.
- Encourage members to lend a hand to a local community and complete a certain amount of volunteer hours to support a charitable cause that's important to them.
- Employees can also share pictures of any of their volunteering activity – this spreads joy while bringing folks closer.

APRIL - 27

Bring Your Kids to Work Day

Bringing your daughters and sons to work doesn't just brighten up the day. It makes for a great opportunity to bond with peers as you exchange kids stories. It is also an important educational experience for kids and, unless they are toddlers, teaches them about the value of work.

For the kid, it is also a tour to a fascinating universe of zoom calls, Empuls High-Fives, and juggling a million tabs and stacks on screen. Encourage your employees to bring their children into their calls and take them through their daily tasks for the day to spark curiosity in the young minds.

Remote Work

Encourage the parents on your team to bring their kids to work virtually by bringing them into their home office and engaging in various kids-friendly virtual activities throughout the day and post pics on empuls.

Work from Office

If your employees are back in the office and the needful safety arrangements are taken off, employees can bring their kids to the office for the day. Give the kids an office tour, plan fun activities for them throughout the day and have a team lunch together- EMPULS the pics too!

APRIL - 27

Administrative Professionals Day

Today is a day to glorify the souls who often work in the shadows of anonymity. Your Admin professionals are the folks who help keep the entire team and office running smoothly. Encourage everyone to share their gratitude and appreciation to the administrative team members, while urging Admin members to share their unique experiences of the workplace. Theme your empuls account in appreciation towards these superheroes!

APRIL... BRING IT ON! 🎉



M A Y

Big ideas and qualities to cherish in May

 Strong will & purposefulness.

 Positivity and morale.

 Patience and resilience.

 Stability and Dependability

 Kindness and empathy.

With so much going for it, can May be anything less than memorable?

May is known as the month of transition. The fresh, cold winds of spring are now a distant memory, and the planet is changing in front of our eyes. The skies are bright, the flowers are blooming and the birds are chirping.

Whether it's World Press Freedom Day, Star Wars Day or National Buttermilk Biscuit Day, there's never a dull day, if it's the month of May!

May is National Fitness Month

May is here to remind us that there's no greater guarantee of a high performing and happy workplace than wellness. Here are some ways you can help your employees achieve higher levels of mental and physical wellness – not just in May, but round the year.

WEEK
1

Get Moving

Physical activity is the door to mental fitness. Remind employees about all the types of physical activity they can do – taking the stairs, indulging in little breaks all day, desk exercises, walking meetings, quick outdoor strolls and stretches. Do ‘Walk the Talk’ as you keep moving during meetings. Spice things up by sharing fun memes and jokes on Empuls around the theme.

WEEK
2

Eat Right

Making healthy food choices is the backbone of any fitness strategy. Share fun awareness-building posts & messages on the importance of a healthy diet. Host a “Healthy Cooking” challenge. Let employees post pics of the healthy meals that they have cooked and share recipes every day this week.

WEEK
3

Practise Gratitude

Practising gratitude daily also improves mood, makes one optimistic, adds joy to the routine and improves relationships. Gratitude is truly the best medicine. Challenge your employee to share at least 5 things they are grateful for and or compliments to other employees each day of this week. Don’t forget to share nudge-messages on Empuls on why gratefulness is important.

WEEK
4

Master Stress Management

Reducing stress detoxifies our system, resets our balance and replenishes our energy reserves. Encourage employees to explore stress-relief techniques like taking micro-breaks, journaling, deep breathing exercises, physical activities, gardening, volunteering, artful hobbies, reconnecting with buddies and so on.

MAY 2022

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Special Days of May:

- 1 International Workers Day, World Laughter Day
- 5 National Cartoonist Day
- 8 Mother's Day
- 15 International Family Day
- 21 National Memo Day

MAY - 1

International Workers Day

Nothing can be more special than a day that celebrates what unites us - WORK! Simple but genuine personal gestures work like a magic pill and lifts morale like nothing else. Identify intent, appreciate effort and recognize achievement – be it ideas, leadership, culture custodianship, loyalty or anything that makes worklife fun and meaningful.

Activity 🎉

Write personal notes of appreciation.

Encourage folks to take some time out to write heartfelt messages for each other, mentioning how and why they make the WORKZONE a better place everyday. It's a great way to thank colleagues for their service and let them know their hardwork doesn't go unnoticed. Folks who are more 'creatively' oriented can be encouraged to sketch posters or come up with fun ways to express appreciation.

Yes! It's time to drum up some melody for the unsung worker.



Activity : Funny Awards | The All-Time Hits

Introduce fun awards and give your employees a good laugh, a feeling of belonging and connectedness! Here are some of the practical, realistic and hilarious award titles that you should check out.



Be it energy or ideas, they are your go-to resource if you want to lift the mood, announce a new initiative or celebrate a personal or company milestone.



This person always has the perfect quip for any situation. Great for melting tension instantly, or sparking new ideas on-the-fly!



The flawless one who has the note-taking super-powers. There is nothing that misses their attention – and you can expect every detail to be documented.



Know someone at work who's always slaying it? This is the award for that rockstar. Go generous...



In the moment of chaos, there'll be this one employee who can remain so calm, just like the center of the storm.

MAY - 1



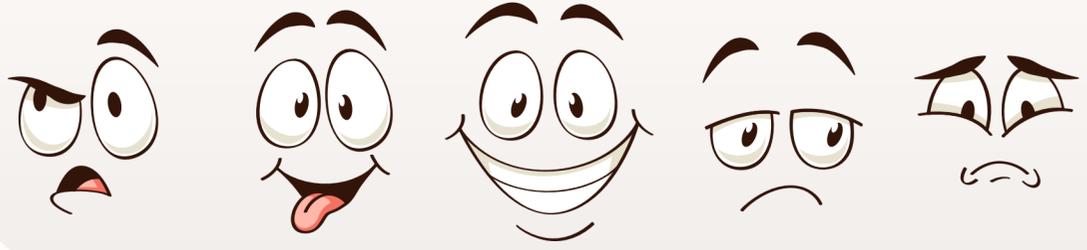
World Laughter Day

Whoever said “Laughter is the best medicine” was so right. A good laughter works like a charm against both bad health and bad blood - relieving stress, stimulating organs, boosting immune system, relieving pain, improving interpersonal bonds and bringing on a positive attitude to life.

Activity 🎉

Remind the team about the unmatched benefits of laughter today. Share a laugh with your folks via memes and humor over Empuls. Also, encourage them to do the same.

MAY - 5



National Cartoonist Day

National Cartoonist Day is celebrated every year on May 5th to remember the first comic strip featured in a newspaper. It also honours all cartoonists, past and present, and their unique creations. Cartoons don't just break the monotony of text with visual creativity and loads of humour but often elevate the quality of our thinking with their deep and un-obvious insights into occasions and events happening around us.

Activity

Encourage your folks to make a cartoon and post on Empuls - give them a simple topic, an image they can replicate, or anything they've already sketched. Let the creativity flow!

One of your post can go like this... 

Got a Knack For Cartooning? Today is your day!

If you go straight for the 'Funnies' after opening the newspaper, or love to doodle on notepads and restaurant napkins, then National Cartoonists Day is made for you. It's a day when you let out the closet doodler and the secret artist who lives inside, and have some fun. While you're at it, feel free to convey your special message out to the world via your cartoons! Go ahead, share your creations here on Empuls! The one with the maximum claps stand to win cool prizes!

MAY - 9

Everything Begins With Mom

Mother's Day is a celebration of the ultimate force of nature: The Advocate, angel, caregiver, chauffeur, comedian, counsellor, defender, doctor, cheerleader, philosopher, 3AM buddy, manager, nourisher, protector, referee, and guide - a mom plays many roles yet excels in each one. So today, let's tribute and honour the ultimate rockstars: Our mothers.



Applaud the miracles she performs!

Ask employees to recall an instance or moment when their mom rose to solve a challenge, defended them or gave them a push forward. Encourage to mention those moments only they could have pulled it off.

Bring on the **'Super Mom'** Titles! Highlight the awesome mothers at the workplace (by relating the title to the personality). You can also spotlight mothers of every worker by giving them fun titles. Invite employees to add pics of these supermoms under each badge. We are happy to kick start this with some suggestions below...



These moms are always clicking away pictures of their children and have enough to fill up an album.



This mama is always talking or texting or scrolling on phone. These moms are always 'in the know'.



The mom is a great judge and jury who can balance emotions and relationships like a pro.



These parents just can't leave their kid alone, even for a few minutes. So yes, they are always hovering above you.



Fancy mom is exactly what that sounds like – always just-so-classy & trendy. She manages to look awesome while slaying all her duties at the same time

MAY - 15

International Family Day

The International Day of Families is observed every May 15th to honour the central role families play in our lives. Today is also a day to remind ourselves that the workplace is also a family – where we look after each others' needs, cover for each other and constantly push each other to rise above the average.

Your post can go like this... ✍️

The family that sticks, fights & advances and together... celebrates together.

Each family is unique, and there are countless memories, we all have shared with our families. Let us take this day as an opportunity to celebrate our families, how we feel about them and how grateful we are for them. Share a special picture of your family – either your home family or your office family.



MAY - 21

National Memo Day

A memo, short for memorandum, is a note, email, document, message or any other form of communication intended to inform and update a group of people, who are pursuing a common goal, about a specific topic.



Your post can go like this... 

Celebrate The Memo : The 'heads Up' Hero

Today' Hero Is The Humble Memo.

Yes, folks- today is National Memo Day. An opportunity for us to celebrate the often unnoticed and unsung but always critical role the charming and humble MEMO plays in our lives.

Here's what we will do today...

- Describe the importance of the memo in interesting ways.
- Exchange fun memo's all day.
- Include a line about your daily work or a current project.
- Tag colleagues to add a dash of togetherness.
- Flex your leadership skills and post a helpful work memo on Empuls.
- You can even write a fun newsletter or put a few messages on Empuls for your peers stating some fun facts.



J U N E

“

**June challenges us.
But only so that we can
become better version
of ourselves.**

Big Ideas and Qualities to Cherish in June



Intelligent & Imaginative



Positive & optimistic



Expressive & Social



Analytical & persuasive



Creative & intuitive



Kind & balanced

JUNE

A Blockbuster Month!

Featuring Action, Romance, Drama, Mystery and a Happy Ending!

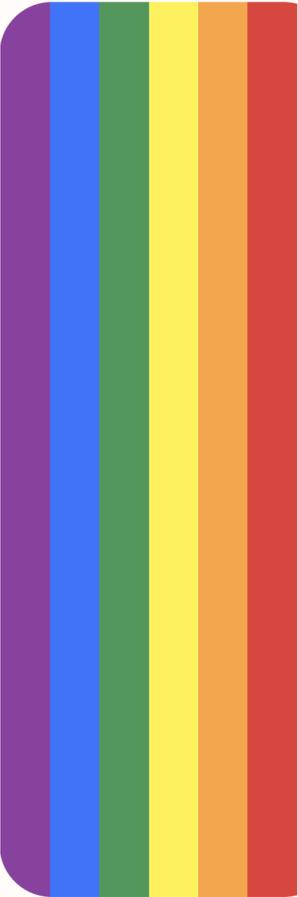
June is a movie of extremes. Extreme heat, extreme ideas, extreme celebrations. Summer's in full swing and every day lasts a little longer, giving you the opportunity to get a little more out of the daily routine!

Big Themes of June

Pride Month

Great Outdoors
Month

Smile Month



June is a Pride Month

June is Pride Month, a month designated to commemorate the progress and impact the LGBTQ+community has made around the world. The rainbow aptly signifies the colorful activities and flavors of this month-long celebration.

PRIDE MONTH is a gateway for self-expression. It's a stage for anyone – not just LGBTQ – to step out and express themselves boldly. And it is an opportunity for the rest of us to embrace the magic and miracle of diversity and inclusion- be it at the workplace, in society or within our closer circles.

Here are some ways you can bring the spirit of PRIDE MONTH alive at work.

Throw a Pride Party

- A Pride party is simple to plan: Be it virtual or on-premise, a rainbow theme will be fun. Pitch in for a rainbow layered cake to add to the icing!
- The simple act of hanging some rainbow flags alongside your company logo on Empuls will draw attention to Pride Month, add some colour to the everyday routine and instantly lift employee morale. Another simple yet touching gesture is to PRIDE-UP your Zoom and Meet backgrounds, email signatures and social media cover pictures.
- Create educational messages and signages that carry small nuggets of information about LGBTQ+: the movement's history, what it signifies, the milestones crossed and the future vision.
- Encourage employees to share their views on Diversity and Inclusion in the workplace. In addition, they can drop pictures, moments and captions that capture their unique perspective on LGBTQ.
- Don't forget to mention how your company supports the spirit of the PRIDE community in terms of diversity, inclusion and independent expression.

Host A Book Club On Empuls

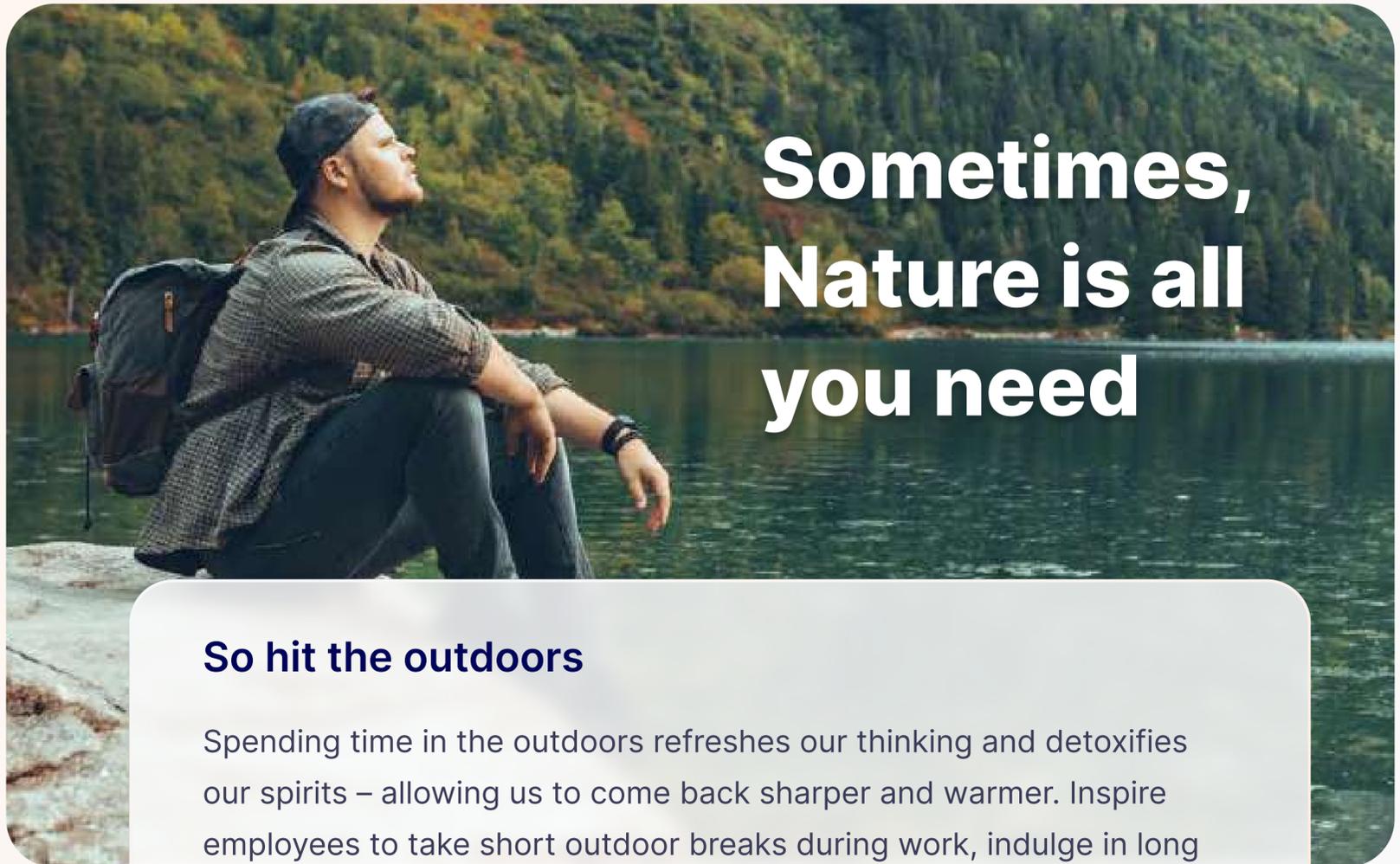
Here's a great addition to the action : Share a book about The Stonewall Riots and why June was chosen to be the Pride Month. Thereafter, choose books written by authors connected with the movement.

The best part? You can ride the momentum to make it memorable : Challenge employees to begin the first chapter of their own first book – and PRIDE makes for a fascinating topic to start with!

Invite An LGBTQ Speaker

Invite An LGBTQ Speaker Invite a thought leader, change-maker or social influencer to broach critical LGBTQ+ issues, trigger conversations on this subject and share their experiences with employees is an interesting way to break the work routine. Speakers have the power to engage sentiments and sway emotions. So this is a great way to educate and inspire employees on the 'big idea' behind LGBTQ, and turning them into powerful allies of the movement.

June is also the great outdoors month



**Sometimes,
Nature is all
you need**

So hit the outdoors

Spending time in the outdoors refreshes our thinking and detoxifies our spirits – allowing us to come back sharper and warmer. Inspire employees to take short outdoor breaks during work, indulge in long walks on weekends and to take at least one ‘adventure getaway’ in June – with friends, family or solo.

June is smile month too!

**A smile is
happiness
you’ll find
right under
your nose.**



Why so serious?

Smiling is probably the best muscle exercise missing in our gym routine. Flexing our ‘**smile muscles**’ regularly melt stress away, bringing people closer, and rejuvenating our ambience. Humour is everywhere – we just have to open our eyes and hearts to spot it. So spend the month encouraging employees to identify and share moments & instances of humour unfurling around them.

Host a competition where folks bring their work-day alive by adding a touch of intelligent or quirky humour to their communication – be it notes, messages or reports. **Reward the most interesting ones** daily with mentions on Empuls and little surprise gifts.

JUNE 2022

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Special Days of June:

- 3 World Bicycle Day
- 5 World Environment Day
- 14 World Blood Donor Day
- 19 Father's Day
- 21 World Day of Music
- 21 International Day of Yoga
- 21 National Selfie Day
- 24 The Fun Friday - News Flash

JUNE - 3

World Bicycle Day

World Bicycle Day is celebrated every year on June 3rd. The day aims at instilling the habit of bicycling for commutation, fitness and entertainment. Draw your folks to recognise the insane benefits of the humble and versatile bicycle – be it in strengthening physical health, toning up mental agility or, indeed, the sheer rush of joy we experience when pedalling away with a song on the lips. Encourage your folks to share pics of their ‘bicycle run’ on this day and add it to the daily calendar!



One of your post can go like this...✍️

Recycle Your Spirit Everyday... Ungarage Your Bicycle!

Riding a bicycle without training wheels is the first challenging physical activity we ever learn to master. Remember yours? A running start. The protective hand secured to the bicycle seat is released. And ZOOM... you are off to an adventure of a lifetime!

The truth is, that rush of excitement never really fades, and every time you board your bike, it's back!

So today – on World Bicycle Day – let's recognize and celebrate the importance of the bicycle! Let us unleash it and embrace its evergreen magic! Hit the town on your favourite bike say Hi to strangers as you pedal past them. Then, go off the road for a quick adventure, and don't forget to share pics – including ones from your childhood or those with your peers and buddies – on Empuls! Add World Cycle Day hashtags while posting your pic.

JUNE - 5

World Environment Day

Every year on 5th, people across the globe gather to celebrate World Environment Day – a great opportunity to raise awareness among your employees on the enduring benefits of creating a greener world and leading a ‘greener life’.

Play Word Jumbles Today

Word Jumbles are a fun way to challenge players to decode mixed messages. Here is a nature-themed puzzle you can use for Environment Day. The fastest one to solve the clues and finish the challenge can be rewarded.



EARTH DAY

Word Jumble

OENRCVES

ILEATMC

EEGRYN

AUSSNTI

LRAWEBNEE

ECPISSSE

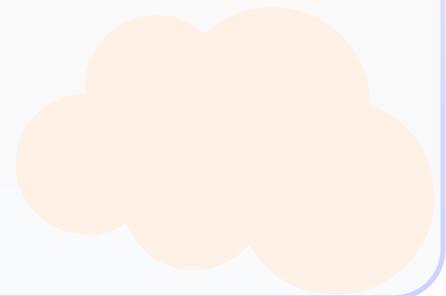
LANTPE

ULOTPLNOI

FIWLLDIE

GENRE

OECREUSER



EARTH DAY

Word Jumble Answer Key

OENRCVES = CONSERVE

ILEATMC = CLIMATE

EEGRYN = ENERGY

AUSSNTI = SUSTAIN

LRAWEBNEE = RENEWABLE

ECPISSSE = SPECIES

LANTPE = PLANET

ULOTPLNOI = POLLUTION

FIWLLDIE = WILDLIFE

GENRE = GREEN

OECREUSR = RESOURCE



JUNE - 14

World Blood Donor Day

Today is day to salute the selflessness and responsibility of citizens who step forward to donate blood voluntarily, thereby saving millions of lives every year.

Celebrate the noble act by highlighting them and rewarding Blood Donor them on Empuls. Encourage them to post pics of blood donations they were a part of. Appreciate them with a spot award in their recognition.



Introduce interesting award categories such as



JUNE - 19

Happy Father's Day

This is the 'Big Daddy' of all days, and certainly the most emotional holiday right after Mother's Day. Let's make it momentous.



One of your post can go like this... 

“Dads Are The Greatest. Got A Great Dad Moment?”

Every moment with dad is special. But some of them linger longer than others. These days are saved in the special vault of our minds forever but what about the camera? Got a special dad moment that's captured on your cam, too? Share your favourite pic with your dad - adding a caption about why it's so special. Best entries win cool prizes.

JUNE - 21

World Day of Music

"If music is the food of love, play on," said William Shakespeare. Music is indeed what sustains everything good in the planet. It heals negativity, aids concentration, can inspire bursts of brilliance (when you least expect it) and resets our human instincts - letting us reconnect and harmonize with the environment. This day honours musicians around the world and their contribution towards adding the joy and magic of melody to everything.

Bring Out Your Tunesters

Plan a team activity where creating tunes is the Big KRA. Challenge your rockstars to turn Tunesters for a day – whether they (think they) have the 'gift of melody' or not! Get every kind of 'musician' within your company - young and seniors, amateur and professional, of every gharana and genre - to share their favorite songs and tunes with colleagues. Employees can sing along and post a link to the audio or video on empuls. Later, put it all together into your company's very own bestselling GREATEST HITS album and share around – everyone will be thrilled to bits!

Town Hall Call.. 📞

Groove to virtual beats as you host an organization wide call for a day of pure good music. Initiate small games such as guess the song, translate the song and get your inhouse talent to celebrate music the way you want - and perform for the rest of the team.



JUNE - 21

International Day of Yoga

This is a day to align the body, mind and spirit with the cosmic forces that surround the universe. Yoga helps unlock our inner potential, restores our energy reservoirs, and spreads positivity that touches and transforms many.

Glorify the miracle of yoga today by urging folks to try a pose or two and post their pictures. Share educational messages on yoga's benefits, including ones that impact efficiency and productivity. You can make it interesting by sending out mini-captions on Empuls that blend yoga with work gestures, such as...



Stretch : Catch that idea before it flies away.



Breathe : Absorb the logic before you respond.



Twist : Look at old problems from new angles.



JUNE - 21

National Selfie Day

A selfie is always great fun, but there's another angle to it. Selfies can act like a mirror, letting us take a good look at ourselves. It's an opportunity to reflect, edit our attitude to life and bring out our best version.

Encourage folks to take a selfie with someone they admire and share on Empuls with a caption.

Take a group selfie to remind everyone that it is teamwork that makes the dream work.



The Fun Friday Flash News

Whether we admit it or not, we're all curious about what's happening around us, which explains the popularity of breaking news and fresh-baked headlines. Why not hear it all first from a colleague – instead of that news anchor on TV?

Host a little activity on empuls where employees can post one line of breaking / fresh news within their team, tagging a colleague. Make the event fun by urging folks to add their own creative twist to the piece of news with an imaginative, humorous or quirky caption. You start of the Breaking news and let employees continue the news in the comments

One of your post can go like this...✍️

Breaking News:

The Indian archery team has qualified for the next Asian Games. By the way, it has also come to light that **@Aron** will be participating in the Asian Games for the category of the quickest one to hit bulls-eye while solving client problems.”

**Everything good, everything
magical happens between the
month of June & August.**