



ADVANCED LEADERSHIP CAMP

Organised by:

PUPA – I.N.D.I.A. TRUST
INCUBATION CENTRE

FOR THE FIRST YEAR
ENGINEERING STUDENTS OF
VELAMMAL INSTITUTE OF TECHNOLOGY

Dates: 24, 25, 26 November 2009

WHY OUTBOUND TRAINING?

- ◉ One of the most unique aspects of outbound training is that trainees are immediately able to see the consequences of wrong actions and can see the tangible difference that can be made by a change in thinking and behaviour.
- ◉ Our trained facilitators enthusiastically help them to extrapolate the learning from these outdoor activities to their daily lives.
- ◉ Make training sessions interactive and interesting by using natural resources, rather than the monotonous class room sessions and electronic medium.
- ◉ These trainings would help the trainee's to creatively participate in all exercises and games. And help to build their motivational, Leadership and Team Building skills.

PROS OF OUTBOUND TRAINING

- ◉ Training in camp site enables participants to learn and experience the challenges in an unfamiliar ground. It helps to enhance behavioural skills and qualities of students, bringing out latent facets of their personalities.
- ◉ Interactive sessions, creative activities, nature trails, leadership, team building exercises, treasure hunts, camp fires, etc help in building confidence among students.
- ◉ **Teambuilding and Leadership** are the areas that we intend to bring transformation upon.
- ◉ Our programs have been designed to explore new frontiers in leadership and team bonding that will break students' present limitations and take them to peak performance.

TRAINING PROGRAMME GOALS

To improve students'

- ◉ Leadership skills
- ◉ Team Building Skills and
- ◉ Communication Skills

MAIN OUTCOMES

- ◉ Increasing individual's sense of personal confidence
- ◉ Increasing team's sense of confidence
- ◉ Increasing mutual trust within the group
- ◉ Increasing inner motivation and motivating others
- ◉ Building effective communication
- ◉ Encouraging emotional intelligence skills
- ◉ Improving interpersonal skills
- ◉ Increasing agility and physical coordination
- ◉ Developing satisfaction of being with other people
- ◉ Enhancing decision making and problem solving skills
- ◉ Building a sense of innovation, creativity and competition

AGENDA

- ◎ DAY ONE - 24 November 2009

ACTIVITIES ON
STRATEGIC THINKING
AND LEADERSHIP

- ◎ DAY TWO - 25 November 2009

COMMUNICATION WORKSHOPS
AND GROUP EXERCISES

- ◎ DAY THREE - 26 November 2009

ACTIVITIES ON CREATIVITY
AND TEAM BUILDING

DAY ONE

06:30 to 08:00 am	<ul style="list-style-type: none"> • Yoga Exercises • Breathing Exercise • Brain - Body Connectivity
08:00 to 10:00 am	<ul style="list-style-type: none"> • Getting ready and • Breakfast
10:00 to 11:00 am	Sorting into groups using a physically demanding, competitive team activity (24 teams * 10 students) (Boys - 12 teams, Girls - 12 teams)
11:00 to 12:30 am	Session on : Leadership Skills and Supervisory Skills
12:30 to 01:30 pm	Lunch
01:30 to 03:00 pm	Session on : Strategic Thinking and Leadership Matrix
03:30 to 04:00 pm	A story writing workshop
04:00 to 06:00 pm	Physical Activities (Tug of war, In the pond, out the pond...)
06:00 pm to 06:30 pm	Refreshment break
06:30 pm to 08:30 pm	Preparation for the Cultural Programme
08:30 to 09:00 pm	Dinner

Tea Breaks : Tea and a snack will be served during the session, without disturbing the progress of the day's events

DAY TWO

6:30 to 8:00 am	<ul style="list-style-type: none"> • Basic Physical Training • Stress coping exercises • Successful Habits
08:00 to 10:00 am	<ul style="list-style-type: none"> • Getting ready and • Breakfast
10:00 to 11:30 am	Session on : Purposive Communication for Effective Leadership
11:30 to 12:30 am	Group Workshop : Debate
12:30 to 01:30 pm	Lunch
01:30 to 02:30 pm	Session on : Non Verbal Communication; Body Language
02:30 to 03:30 pm	Workshop on Non verbal Communication : Mime
03:30 to 04:30 pm	Session on : Interpersonal Skills
04:30 to 05:30 pm	(Safe) Adventure games
05:30 to 06:00 pm	Refreshment break
06:00 to 07:00 pm	Rehearsal for the Cultural Programme
07:00 to 08:00 pm	Dinner
08:00 to 10:00 pm	Cultural Programme and Bonfire

Tea Breaks : Tea and a snack will be served during the session, without disturbing the progress of the day's events

DAY THREE

6:30 to 7:00 am	Meditation
07:00 to 08:00 am	Treasure Hunt
08:00 to 10:00 am	<ul style="list-style-type: none">• Getting ready and• Breakfast
10:00 to 11:00 am	Session on : Team Building
11:00 to 11:30 am	Workshop : Team Work- Critical Thinking and Problem solving
11:30 to 12:30 pm	Establishing and Operating a Leadership Council
12:30 to 01:00 pm	Workshop : Creative/Out of the box thinking, Roleplays
01:00 to 02:00 pm	Lunch
02:00 to 04:00 pm	Valedictory Function

Tea Breaks : Tea and a snack will be served during the session, without disturbing the progress of the day's events

“THE ULTIMATE AIM
OF ANY EDUCATION
IS TO ENABLE
INDIVIDUALS
TO BECOME
THE ARCHITECTS
OF THEIR OWN
DESTINY
AND THROUGH
THAT PROCESS
TO CONTINUALLY
REINVENT
THEMSELVES.”