



OUTBOUND TRAINING

I.N.D.I.A. TRUST's Outbound training has proven in the last 20 years to create a naturalistic setting which is the most effective way to help students relate better to each other and develop their talents; a learning environment wherein participants learn while performing certain physical exercises and carrying out certain adventurous activities.

The Outbound Training will focus on experiential learning for all the participants. Experiential Training is learning by doing. Experiential Training uses physical and mental activities. By participating in these activities students can "experience" learning and take part in developing skills that can help them to achieve personal and academic goals.

Experiential learning provides engaging scenarios which challenge the team to work effectively and efficiently together in order to achieve a goal realize a vision of success or solve a problem.

ORGANISED BY:
I.N.D.I.A. TRUST

- HIGHLIGHTS:**
- *PERSONAL COUNSELLING*
 - *LIVE PROJECTS*
 - *ADVENTURE ACTIVITIES*
 - *LEARNING GOALS*
 - *CAMP FIRE*

DATES:
28, 29, 30, 31
March 2010

VENUE:
TONAKELA CAMP CENTRE,
AVADI,
TAMIL NADU





FROM:

Name of the student : _____
Std : _____
Name of the Parent : _____
Occupation of the Parent : _____
Address : _____
Parent's Contact No. : _____

TO:

The Principal,
The Velammal International School,
Velammal Gardens,
Chennai Calcutta High Road, Panchetti,
Thiruvallur District – 601 204

Dear Sir,

I am happy to know that the School is conducting a **YOUNG LEADERS CAMP** in association with **I.N.D.I.A. TRUST** at **Tonakela Camp Centre, Avadi** from **28th to 31st of March 2010**.

I understand that the camp will be beneficial to my son/daughter in terms of developing his/her:

- **Personal confidence**
- **Leadership skills**
- **Effective communication**
- **Interpersonal skills**
- **Team Building**
- **C.L.A.S.S. Fellowship (Character, Leadership, Attitude, Social Responsibility, Skill Management)**
- **Study Plan and Learning Goals**
- **Connecting Education with Happiness**
- **Agility and physical coordination**
- **Sense of innovation, creativity and competitiveness**

I understand that the Camp activities involve both physical and mental activities and I permit my son/daughter to participate in the same.

Thanking You

Regards,

Signature Name Date Station
(Parent/Guardian)



*We cannot prepare a future for our children;
But we can always prepare our children for the future!*



LEADERSHIP CAMP CHECKLIST FOR STUDENTS

1. *Bed sheet/quilt*
2. *T. Shirts 3-4 (including School T shirt)*
3. *Tracks (including School Track) or 3/4th*
4. *Sports Shoes*
5. *Cap/Hat*
6. *Tooth Brush & Paste*
7. *Towel*
8. *Soap (Toilet & Washing)*
9. *Comb, oil, cosmetics like sun screen...*
10. *Writing Pad, Notebook , White sheets*
11. *Chart papers*
12. *Sketch pens, pencils*
13. *Stationery: Papers, Scissors, rulers, etc.*
14. *Old English magazines*
15. *Mirror*
16. *Personal Medicine If Any*
17. *First Aid Kit*
18. *Camera- Optional*
19. *Toilet Mug*
20. *Music Instrument If Any*
21. *Play Things (Skipping rope, Bat, Ball Etc.)*
22. *Torch Light*
23. *Water Bottle (Empty)*
24. *1 Set Formal Dress*
25. *One funky dress for Fashion Parade*

SCHEDULE

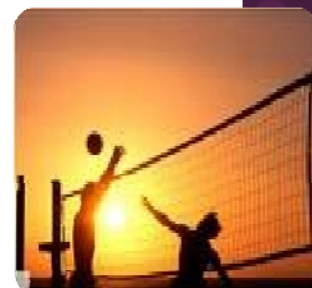
28/03/2010: (FIRST DAY)

- 3:00 to 4:00 - Welcome & Curtain Raiser
- 4:00 to 5:00 - Tent allocation
- 5:00 to 6:00 - Inaugural Ceremony
- 7:00 to 8:30 - Movie Screening: Kungfu Panda
- 8:30 to 9:15 - Dinner
- 9:15 to 10:00 - Culturals: Orientation



29/03/2010: (SECOND DAY)

- 5:30 - Wake up call
- 5:30 to 6:15 - Getting ready
- 6:15 to 7:30 - Yoga: Patanchali Yoga
- 7:30 to 9:30 - Getting ready and Breakfast
- 9:30 to 12:00 - Memory Techniques and Games on Retention
Study plan and Learning Goals - S. Devakanni,
Project Director, I.N.D.I.A. TRUST
- 12:00 to 1:00 - Movie Review: Kungfu Panda
- 01:00 to 2:00 - Lunch and Creative Architecture
- 2:00 to 3:30 - Personal and Career Counselling
- 3:30 to 5:30 - Adventure Games - Part I
- 5:30 to 6:30 - Sports & Games (Volleyball, Kabaddi)
- 6:30 to 7:00 - Freshening up
- 7:00 to 8:30 - Preparation for Culturals
- 8:30 to 9:30 - Dinner
- 9:30 to 11:00 - Movie Screening: Men of Honor



30/03/2010: (THIRD DAY)

5:30 - Wake up call

5:30 to 6:15 - Getting ready

6:15 to 7:30 - Aerobics

7:30 to 8:30 - Team Games

8:30 to 10:00 - Getting ready and Breakfast

10:00 to 12:00 - C.L.A.S.S. Fellowship - A. Vijaya Kumar,
President, I.N.D.I.A. TRUST

12:00 TO 1:30 - Non Verbal Communication: Mime

V. Arulmozhi, Creative Consultant, I.N.D.I.A. TRUST

1:30 to 2:30 - Lunch & Preparation for Social responsible projects

2:30 TO 3:30 - Presentation of Social Responsible Projects

3:30 to 4:30 - Treasure Hunt

4:30 to 6:00 - Games: Tug of war, In/Out the pond...

6:00 to 7:00 - Rehearsal for Culturals

7:00 to 8:00 - Dinner

8:00 to 10:00 - Bonfire & Culturals



31/03/2010: (FOURTH DAY)

5:30 - Reporting

5:30 to 6:15 - Getting ready

6:15 to 7:00 - Drill and Meditation

7:00 to 8:30 - Adventure Games II

8:30 to 10:00 - Getting ready and Breakfast

10:00 to 11:00 - Group Workshop on Leadership

11:00 to 11:30 - Team Game: Arranging Cards

11:30 to 12:30 - Connecting Education with Happiness

12:30 to 1:30 - Lunch

1:30 to 2:00 - Camp Review

2:00 to 4:00 - Valedictory

