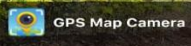


OUT BOUND TRAINING – BATCH 2021-2023

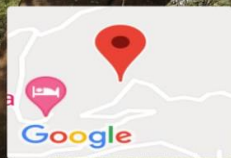
Students of the Madras School of Social Work, Master's in Social Work Social Work, (Self-financed) as part of their academic curriculum went for an Out Bound Training Program to National Adventure & Leadership School (NALS) located in the Manjakombai village in Connor Taluk of Nilgiris District from 30.03.2021 to 01.04.2021. The students had 4 outdoor adventure activities namely Rappelling, Burma Bridge + Sloth Walk + Free fall, Trekking and Night Trekking; 2 indoor activities (Number Counting and Marble passing) and 2 sessions (Financial Planning and overall personality enhancement). On the third day, the students visited the Tribal Museum located within the Tribal Research Centre Campus in Ooty and the Dodabetta Tea Factory and Tea Museum. The outdoor adventure activities were focussed to encourage the students to overcome their fear and inhibitions like fear of heights while the indoor activities focussed on team building, communication and integrity as individuals and as a team. The two sessions helped the students introspect their lifestyle, communication style, handling interpersonal relations, personal habits like spending habits and consumption of intoxicating substances. The trainer also focussed on how to regulate the spending habits and how to save money and the different avenues for it. In the Museum visit, the students were exposed to the livelihood and culture of the tribes of Nilgiris namely Toda, Kota, Irular, Kurumbas, Paniyan and Kattunayakans. The indegenious medicines used by the tribes was a very insightful experience for the students. The students also had the opportunity to explore the culture of different tribes like their dressing, way of conducting marriages and so on. Finally, the students visited the tea factory and tea museum where they learnt the origin of tea and the processing of tea leaves. The training program contributed to a large extent towards the holistic development of the students.



Nilgiris, Tamil Nadu, India
7PJ4+J3W, NALS Academy, Tamil Nadu 643221, India
Lat 11.281311°
Long 76.704413°
01/04/22 08:50 AM



Nilgiris, Tamil Nadu, India
7PJ4+J3W, Tamil Nadu 643221, India
Lat 11.281303°
Long 76.704413°
30/03/22 03:31 PM



Nilgiris, Tamil Nadu, India
7PJ4+J3W, NALS Academy, Tamil Nadu 643221, India
Lat 11.281311°
Long 76.704413°
31/03/22 09:47 AM

