

Out Bound Learning

An Enriching Learning amidst the Nature and its Tranquillity at Dhoni, Kerala

After returning from an incredible trip when everything is unpacked, and the laundry is tackled, we look forward to finding ways to relive those memories. An Out Bound Learning trip to Dhoni in Palakkad of Kerala was one such amazing trip which was two unforgettable days of adventure, fun, learning, challenging my limits and a transformation within me.

What is Out Bound Learning?

Out Bound Learning involves outdoor training programs that comprise of adventures and activities through the experiential learning methodology for promoting the practices of management development. It includes activities in an informal setting amidst nature and tranquillity, making individuals more natural and reflective, thus paving way for a full and efficient learning process while ensuring individual personality development and enhancing the efficiency of the teams.

The two-day trip provided a bouquet of adventure activities such as:

- **Trekking** – At Dhoni, a three-hour trek from the base of the Dhoni hills took us to the pristine beauty of nature and the lush green surroundings. This 4 km long trekking trail through the lush green environs bestowed us with a quiet isolated space to witness nature in its most tranquil form which eventually led to a beautiful waterfall. The gorgeous waterfall captured and calmed our minds and souls making us forget the pains of traversing the rough trails.
- **River Crossing** – here two team members had to walk across parallel ropes holding the hands across a pond. This was the most challenging task, but it helped us to understand the importance of teamwork, mutual trust and ensuring accurate judgement and tactics which were required to complete the task (walk on the parallel ropes).
- **Rappelling** – here we challenged our limits by trying to descend down a four-storeyed building using ropes. We were able to conquer our fears, developing our strengths to complete the task and which instilled in us the sense of accomplishment of a challenging task.

- **Rope-Based adventure** – The rope-based adventures bestowed us with a great sense of self-confidence. Though it requires enormous physical strength and flexibility, it was more enjoyable and gratifying than physically taxing.
- **Firewalking** – walking on a bed of coal with burning flames left us with a renewed self-confidence and our ability to conquer life’s challenges. While helping us overcome our fear, it also enhanced our self-awareness which enabled us to become more conscious about how our thoughts affect our emotions.
- **Team Building activities – Management Games** – the team building activities using pipes and balls, ropes, wooden slabs and bricks was to imbibe in us the sense of mutual trust and respect for the team members which is essential for the successful completion of the tasks.

The two-day trip was enriching in every possible way. As a management student, it has taught me to challenge my limits and go the extra mile, beyond my comfort zones and face challenges.

Each one of us could unlock our potentials. We learnt the art of self-motivation while motivating and empowering others. We also understood the key role of collaboration, team strategies, optimism, relationship building, and open communication in a team activity.

While the learnings were not just team-oriented, it also enabled us to transform ourselves. The entire trip fostered in us a great sense of self-confidence; it taught us the importance of creativity, efficiency, conquering fears, risk-taking, mutual trust and respect, identifying our key drivers and differentiators and approaching complex problems with a whole new perspective.

It is thus, amidst nature and its tranquillity, where we found our true strength and sense of responsibility.

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