



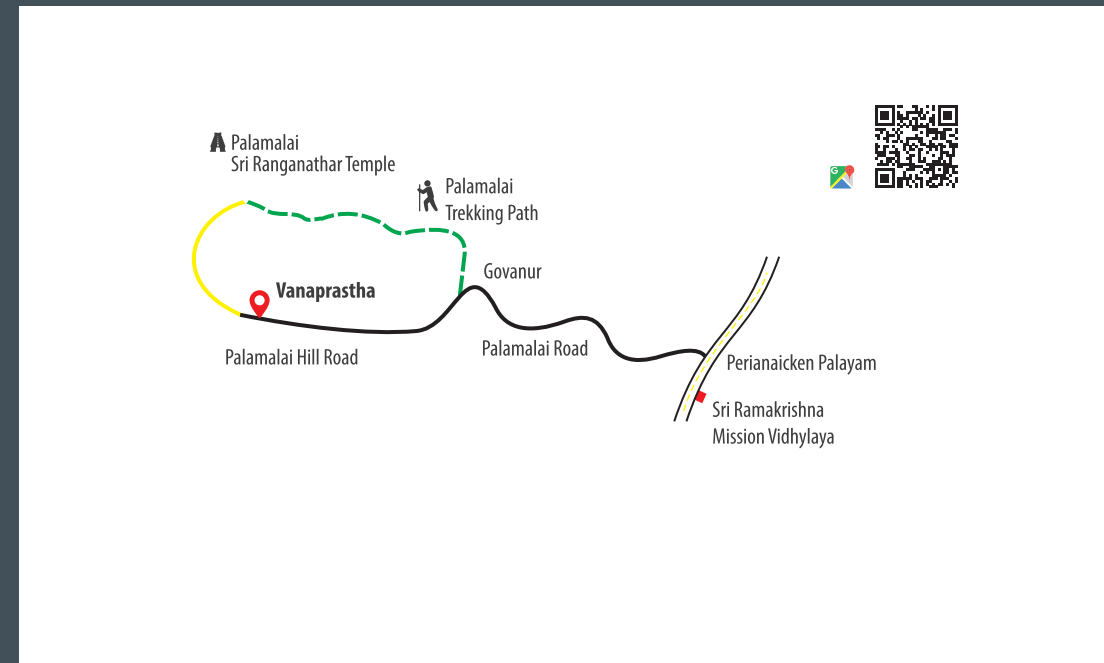
vanaprastha
refresh *you.* refresh life.

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Know your campsite

- A dormitory which can accommodate 40 members.
- 6 cottages with attached bath facilities.
- An Activity centre amidst lush green trees, to conduct various activities.
- Obstacle course installed at the campsite, to keep the adrenalin pumping.
- Team building course installed to conduct various outbound training activities.
- Forest path across 3 acres of dense pine and teak trees. For gentle morning, evening walks and to ride bicycles. Bicycles are available at campsite.
- Herbal Garden to identify and know the various varieties of herbs and their medicinal properties, which are available locally.
- Numerous varieties of birds and butterflies can be spotted



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AN EXPERIENTIAL OUTBOUND TRAINING CENTRE

By Experiential learning we mean the process
of learning through experience.

"TELL ME AND I FORGET, TEACH ME AND I MAY REMEMBER, INVOLVE ME AND I LEARN"

- BENJAMIN FRANKLIN

At Vanaprastha, we've recreated the magic of the wild right in the city, located just 20 kms from Coimbatore centre. At Vanaprastha we provide outbound training, to enhance the efficiency of individuals through experiential learning methodology.

Our Aim and Objective

Our outbound training, aims to

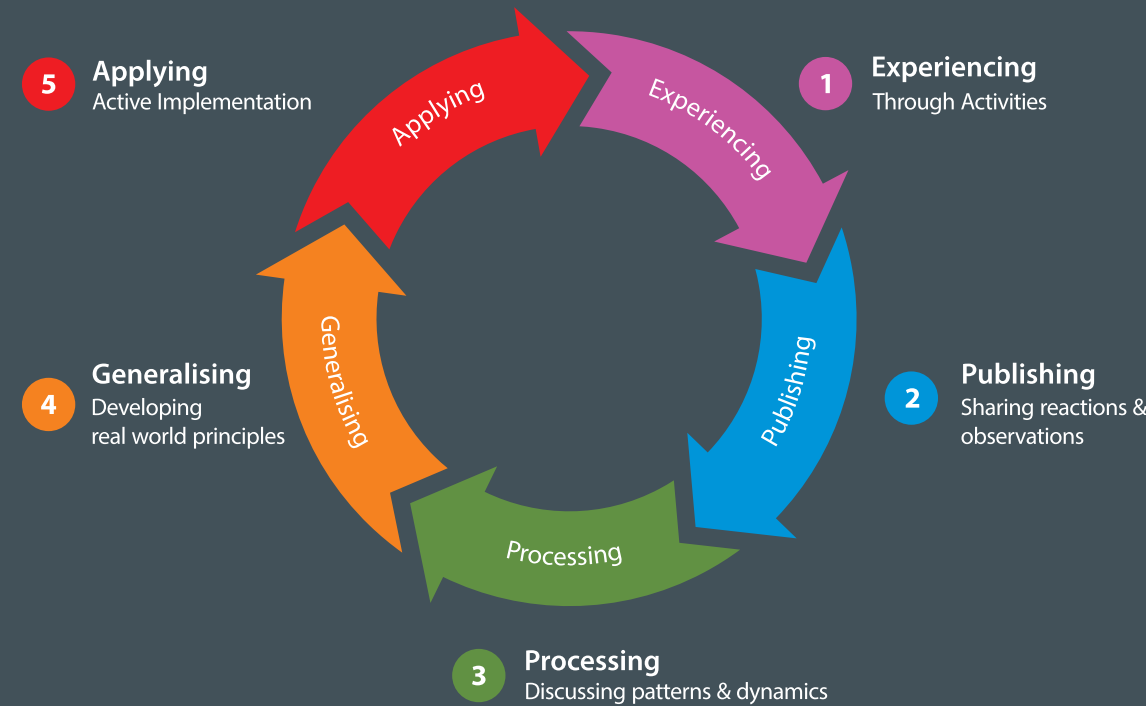
- Accelerate open & transparent communication.
- Developing team strategies for getting results, building trust.
- Personal development contributing to modesty, effectiveness, innovation, adapting & managing change.
- Enhancing creativity, problem solving skills and performing in complex situations.



Our Methodology

By Experiential learning we mean the process of learning through experience.

Participants develop teamwork skills by testing their knowledge, skills, and abilities through newer experiences and challenges. They learn best when put in unique and ambiguous situations. The debriefing of each activity focuses on publishing, processing, generalizing, co-relating and applying the learning's to real life work areas.



WHY SETTLE WITH FOUR WALLS WHEN THERE'S A WHOLE WIDE WORLD OUT THERE?

Training at Campsite



Obstacle Course

Improve your confident levels by climbing up the ladders and hanging on the ropes, perfectly engineered just for the adventurer in you.



Wall Climbing

A 30-metre-long inclined wall with studs fixed that lets you test your physical limits.



Team Building & Adaptability

Team building, team synergy and team cohesion. Being a team player, to support each other and focus on team goal.



Production house

Highly brain stimulating exercise to increase an individual's thinking capacity.



Problem Solving & Conflict Management

To learn how teams, resolve conflict in an organizational context and relate to the different views and perceptions.



Organizational Goals

Collaboration to achieve a common goal.



Trekking

An early morning walk into the "Palamalai Hills", which will make your day different from all the other days. The trek will check your sustainability and reaffirm your strength.



Archery

To bring out the Arjuna in you.

