



LOYOLA COLLEGE [AUTONOMOUS]

College of Excellence

Chennai-600034

DEPARTMENT OF B.COM. [HONOURS]

Cordially Invites you to

OUTBOUND TRAINING



Mr. Jesuraj Santiago

Founder, CEO
ISEO SYSTEMS PVT.LTD



12th MARCH' 25



**09:00 A.M to
02:30 P.M**



Mount Olive Outbound Training Institute, Chennai.

Organising Committee



Dr. Reena F
Co-ordinator

Dr. R. Leema Rose
Asst. Professor

Dr. Jerusha Irene D
Asst. Professor

Dr. Minothi J
Asst. Professor

LOYOLA COLLEGE(AUTONOMOUS),CHENNAI-34
DEPARTMENT OF B.COM(HONOURS)
OUTBOUND TRAINING REPORT

Date: 12th March 2025

Venue: Mount Olive OBT – Leadership Development Institute

Participants: 40 students (B.Com Honours – Third Year)

INTRODUCTION

The B.Com (Honours) final-year students of Loyola College participated in an Outbound Training (OBT) program at Mount Olive OBT – Leadership Development Institute on 12th March 2025. The program was designed to enhance teamwork, leadership, problem-solving, and communication skills through a series of structured activities. The training provided a dynamic learning experience, fostering both personal and professional growth in an engaging outdoor environment.



SESSION OVERVIEW

Team Formation and Icebreaker Activities

The day began with an engaging icebreaker session where students were divided into teams of 15 members each. To foster creativity and a sense of unity, every team was tasked with creating a unique team name, slogan, and a short dance performance. This activity set the tone for the day, allowing participants to bond, break initial hesitations, and build camaraderie. The lively energy from the team dance performances helped establish a fun and interactive environment right from the start.



Memory and Positive Mindset Activity

The next challenge tested students' memory and cognitive abilities. Participants were required to recall and list as many positive mindset words as possible within a limited time. This activity reinforced the importance of optimism, mental agility, and quick thinking while promoting teamwork. It also emphasized how maintaining a positive attitude can enhance both academic and professional success.

Communication and Coordination Challenges

The training then shifted towards activities that tested communication, coordination, and strategic planning. In the Order to 50 Challenge, students had to arrange themselves in a specific sequence to collectively reach the number 50 in the shortest time possible. This activity encouraged quick decision-making, teamwork, and the ability to coordinate effectively under pressure.

Another stimulating challenge was the City Name Hunt, where teams had to search for and collect 42 city names placed on random cards throughout the training center. This activity required students to work together efficiently, divide tasks strategically, and use spatial awareness to locate the cards as quickly as possible. The combination of teamwork and problem-solving made this one of the most exciting challenges of the day.

Lunch Break

After an intense and engaging first half, students took a much-needed break to relax, refuel, and interact with their peers over lunch. This informal setting allowed them to share their experiences, discuss strategies for the next activities, and prepare for the physically demanding tasks ahead.

Physical Team-Building Activities

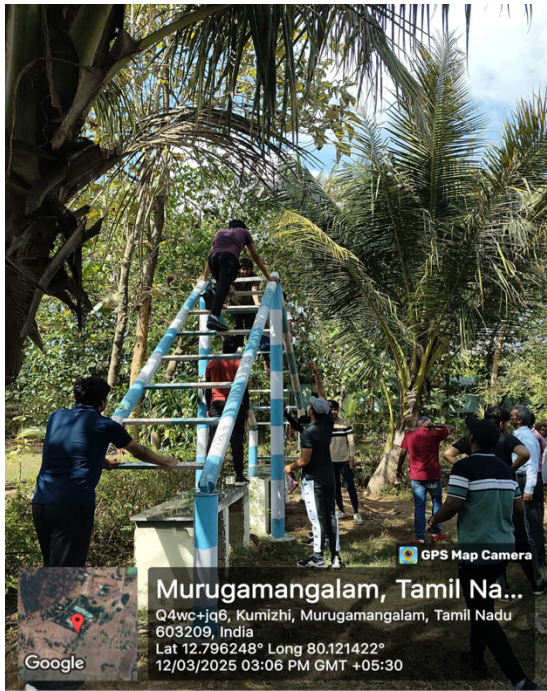
The afternoon session focused on physical endurance, coordination, and teamwork. The Caterpillar Walk required four participants to be tied together and move in perfect synchronization. This task tested their balance, patience, and ability to adapt to team dynamics. Similarly, in the Carpet Walk, blindfolded students had to rely entirely on verbal instructions from their teammates to navigate forward. This activity reinforced trust, active listening, and clear communication, which are essential for effective teamwork.



Climbing Challenges and Strength-Based Activities

One of the most exhilarating parts of the day was the Wall Climbing Challenge, where teams competed to climb a wall in the fastest time. This physically demanding task required strength, resilience, and strategy, pushing students out of their comfort zones and encouraging them to support each other. Apart from wall climbing, participants also engaged in other climbing challenges, testing their endurance and ability to overcome obstacles.

The final event of the day was the Tug of War, a classic team-based strength challenge. Teams competed against each other, using strategy and unity to outlast their opponents. This activity brought out a strong sense of camaraderie, determination, and friendly competition, serving as an exciting conclusion to the training program.





Reflections and Key Takeaways

Each activity throughout the day contributed to the overall development of teamwork, leadership, problem-solving, and effective communication. The training program successfully helped students build confidence, trust, and resilience, preparing them to tackle real-world challenges in both academic and professional settings. The experience at Mount Olive OBT – Leadership Development Institute was not only educational but also memorable and transformative, leaving a lasting impact on all participants.



Conclusion

The Outbound Training Program at Mount Olive OBT was an enriching and transformative experience for the B.Com (Honours) third-year students of Loyola College. Through a combination of team-based challenges, physical activities, and strategic exercises, students developed essential skills for leadership, collaboration, and problem-solving. The program successfully achieved its goal of preparing students for future professional and personal growth in an engaging, hands-on learning environment.