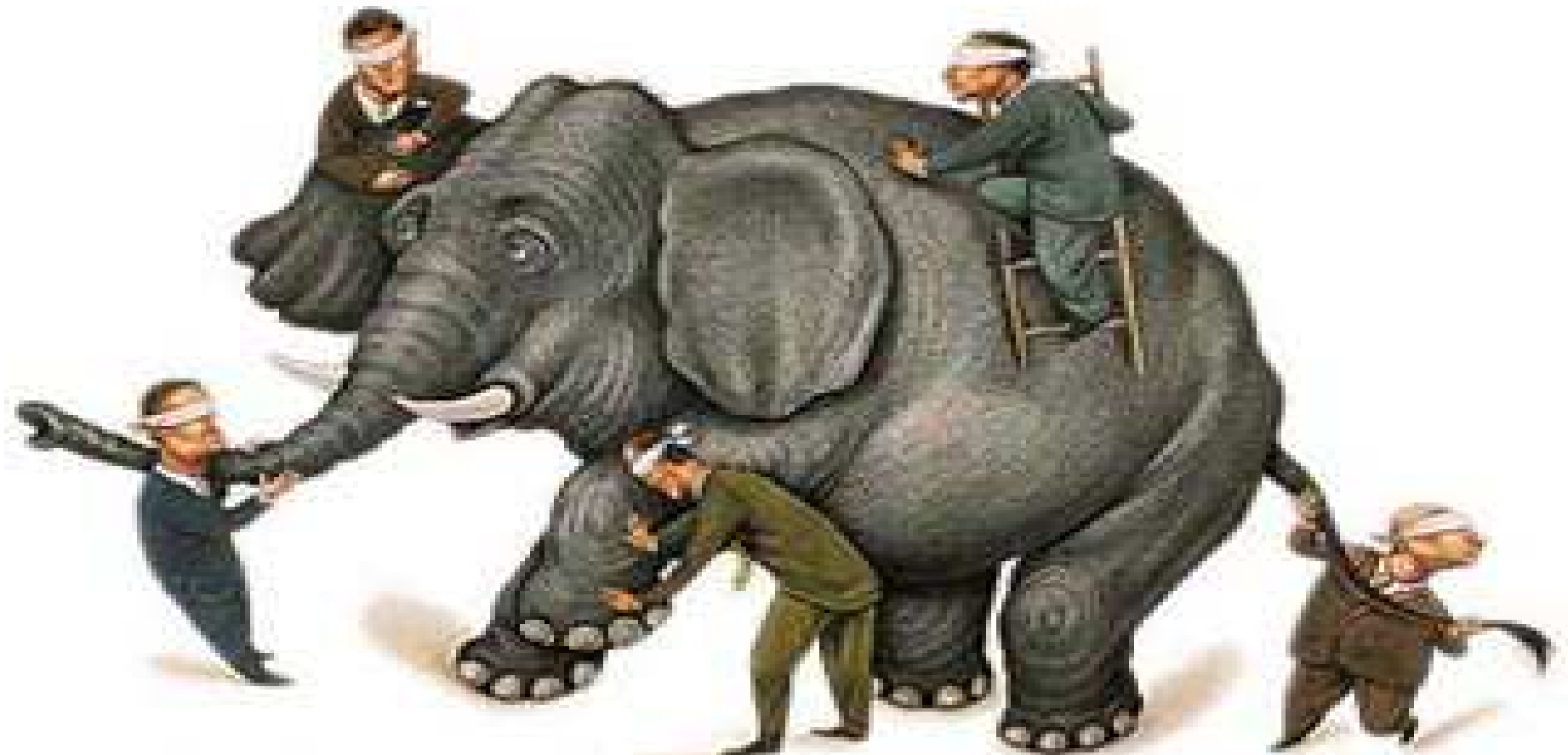


A blue-tinted photograph of a forest. The scene shows several bare trees with dark trunks and branches, some leaning over a path. The ground is covered in dry leaves and twigs. The overall atmosphere is quiet and somewhat somber due to the monochromatic blue color scheme.

*Connect with nature
Connect with self*

PERFORMANCE & YOU



We are in Construction of



Personal Stability is way for sustainability ...



We will shape up your way



How does it help Management teams?



We make corporate asset !!!



MANAGEMENT TEAM BUILDING EXERCISE

Terrestrial Adventure

- Trekking / Hiking / Night Treks
- Rock Climbing – Basic & Advance levels
- Rappelling / Jummaring
- Burma Bridge
- Valley crossing / Flying fox
- Nature Trails
- Bungee Jumping

Aero Adventure

- Aero Modeling
- Para Sailing-land/Beaches/Power Boat
- Para Gliding
- Power Hang Gliding
- Power Motoring
- Hot air Ballooning
- Sky Diving

Aqua Adventure

- Swimming / Boating
- Raft Building / River Rafting
- Water fall rappelling
- Yatching
- Sea Kayaking & Surfing
- River Crossing

Fun-filled activities

- Zorbing
- Archery / Rifle & Pistol Shooting
- Coconut Tree Climbing
- Rain Dance & Dance Floor
- Treasure Hunt
- Camp Fire

• Activities highlighted in yellow color require specific criteria to be fulfilled for their administration.



WILL POWER TO ACHIEVE



BUILDING

STRENGTH



TEAM BUILDING

CAMPING



Camp settings:

- Rock face within trekking distance
- Nature Trail
- Secluded campsite
- Forest covered
- Tiered camps/Defined pattern



Activities:

- Taro line Traverse
- High Rope Activity
- Obstacle courses
- Orienteering Possible
- Excellent treks from campsite





Program Details “Day 1”

1st Half

Welcoming the Participants

Addressing BY key leader” – Group Formation

Camp Set-up

Briefing about Adventure and Nature

Confidence and Teambuilding Lectures / Adv Programs

Ice Breaking – Pillow game

Hunting Treasure Within-”The Treasure Hunt Game”

2nd Half (Post lunch)

Corporate Asset Development “ Management games”

Caterpillar walk and trust building games.

Debriefing with evening tea.

Evening Trekking

Late evening (Cultural Activities)

Dinner

Program Details “Day 2”

1st Half

Wake-up call “ Fresh N Up and rush”

Morning Yoga and Exercise

Breakfast and Tea

Briefing about the days’ activity

Rock climbing, Rappelling, Jummaring, Chimney climbing, Riggling
Caving

2nd Half (Post lunch)

Corporate Asset Development “ Management games”

Passing through the ring.

Debriefing with evening tea.

Late evening (Motivational Movie)

Dinner

Program Details “Day 3”

1st Half

Wake-Up Call “ Fresh N Up and Rush”

Morning Exercise and Yoga.

Briefing about Days’ activity

Tea and Breakfast

Paintball Gaming

2nd Half (Post lunch)

Paintball Gaming (Continued..)

Zorbing and / or Bubble ball.

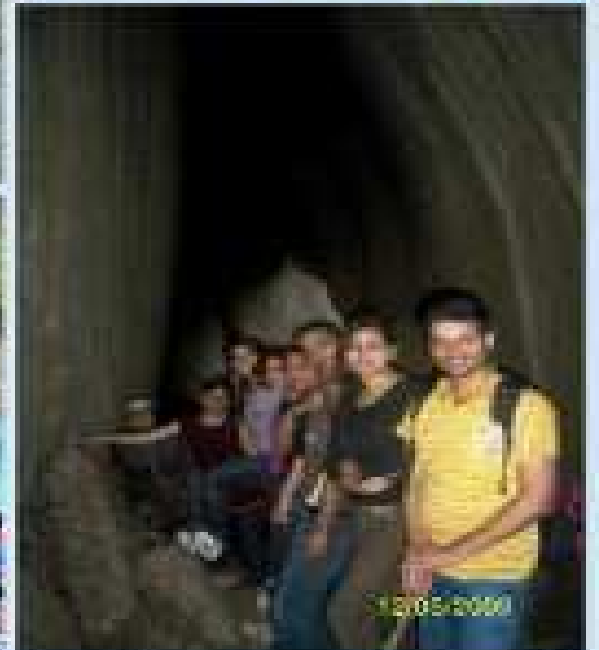
Sumo Wrestling (Emotional Intelligence)

Debriefing with evening tea.

Assessment Questionnaire

Dinner

Nurturing You with Nature ...



Paintball



Paintball is a team sport in which players eliminate opponents by hitting them with pellets containing bright colored liquid which is non-caustic, water-soluble and biodegradable, propelled from a paintball gun called markers. These markers are operated through CO2 cylinders which make them quite exciting to play with. And yes, they look and feel like real guns. Protective gear like face masks, goggles and chest guards also add to the excitement of playing this sport, making it a true adventurous experience. The game is an exciting mix of strategy and guts, it involves two opposing teams seeking to achieve a goal. Research has shown that Paintball is one of the safest sports to participate in.



Why Paintball for employees ?

- Create a real working relationship
- Build corporate morale
- Mental activity of strategy
- Team building
- The sense of camaraderie
- Bringing people together from all departments
- Bonding element
- Stress buster







