

Department of Social Work

Out Bound Training for MSW students

The students of the Social Work, Christ University, attended an outbound training (OBT) programme conducted at Green Valley; a resort located 60 kms away from the university on the Bangalore - Doddaballapur -Hindupur highway.



The objectives of the OBT programme were to foster:

- Team work and team bonding
- Communication skills
- Leadership skills
- Problem solving and decision making skills
- Time management
- Motivation and personal development.

The students of MSW (both batches) along with four faculty members of the Social Work department participated in the OBT programme from 9:30.A.M. to 5:00.P.M. on the 13th of December, 2013. The process of team bonding began right from the time the students started planning and organising the OBT programme. There were separate committees formed for competitions, entertainment, discipline, travel and food.

Activities Conducted During the Programme:

The competition committee organised a treasure hunt for the all the students and faculty members. The group was divided into 8 teams and given 8 challenging tasks to accomplish, before one of the



teams that completed all tasks first was declared worthy of the treasure hidden in the swimming pool! All tasks demanded the participants to polish their skills of team work, leadership, problem solving, decision making and time management. Some of the tasks included a) building structures out of straws b) tying objects to high branches of trees c) walking with hands d)

all team members managing to stand on a single sheet of newspaper e) transferring marbles with the help of spoons in their mouth f) filling glasses through transferring water by bare hands g) collecting various objects from the surrounding.

An obstacle race for the faculty members was organised wherein all faculty members who were blind folded were asked to cross a path full of obstacles such as bags and chairs. Little did they know

that none of the obstacles that they were shown before being blind folded actually remained once the race started! The students had fun 'misguiding' their teachers during the race and clicking pictures and taking videos of the same.

The students danced to all kinds of music on the dance floor. Apart from acting as an amazing therapy for stress, it helped break the ice between the 'seniors' and 'juniors'. The entertainment committee organised a show where in the person whose name was picked from a fish bowl had to entertain the crowd in a manner that was mentioned in a piece of paper put in another fish bowl. Imitations of Rajini Kanth and Mr.Bean made the crowd go into reels of laughter. The post lunch session was reserved for the much needed leisure time. While some students were seen enjoying in the swimming pool, others were seen taking long walks, exploring the resort, spending time with nature and animals such as ducks, turkeys and deer, swinging and playing cricket, table tennis and badminton.

Outcome of the Programme:

- All the objectives of the OBT programme mentioned above were achieved.
- The students had a good break from academics and came out rejuvenated and ready to pursue their rigorous course work.
- The first and second year students got an opportunity to know each other better and develop a long-lasting personal and professional relationship.