



OUTWARD BOUND
INDIA - HIMALAYA

OUTWARD BOUND PROFESSIONAL PROGRAMS

DISCOVER YOUR TRUE POTENTIAL



**OUTWARD BOUND
INDIA - HIMALAYA™**



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Founded in 2005, by Col. Narinder Kumar

Ice Station Taurus

One armyman was the rock India built its Siachen castle on



Col. Narinder "Bull" Kumar
PVSM, KC, AVSM,
MacGregor Medal, IMF
Gold Medal, Padma Shri,
Arjuna Award, FRGS

In India, Outward Bound was established in 2005 as a not-for-profit organization headquartered in New Delhi.

Its founder and Managing Director is Col. Narinder 'Bull' Kumar - India's most celebrated soldier-mountaineer. Bull Kumar was the first to scale Nanda Devi in 1964, the first to put India on Everest in 1965, and first to climb Kanchenjunga from its toughest north-east face in 1976 - a feat described by The British Alpine Journal as "far more difficult than the Everest ascent." Of the 13 highest peaks above 24,000 ft. climbed by Indians, nine have been climbed under his leadership.

His feat in 1981 is however, one that India will forever be grateful for.

In April of 1981, Colonel Narinder "Bull" Kumar, **planted the Indian flag on the Siachen Glacier** and became the first person to scale the uncharted Siachen from its freezing snout to its icy source.

In 1984, Colonel "Bull" Kumar's reconnaissance formed the bedrock of Operation Meghdoot, when India thwarted Pakistan's occupation of Siachen, the world's highest battlefield. As Indian troops established more posts, a key base on the glacier was named Kumar Base: **perhaps the only living Indian army officer to enjoy this singular honour.**

Bull Kumar is actively involved as mentor and guide and the organization is ably managed by a young team of professionals.

When Outward Bound International approached Bull Kumar to help bring the idea of experiential learning to India, the Colonel didn't hesitate for a second. With almost 39% of India's youth between the ages of 10 and 30 years, he understood the dire need for such a program - **one that would teach collaboration and competition, diversity and inclusion, service and compassion and above all the ability to handle success and failure - all through wilderness and challenging experiences.**

"The mountains and the outdoors taught me leadership, perseverance, compassion and collaboration and this is exactly what I would like our youngsters today to imbibe."

Australia Belgium Bermuda Brazil Brunei Canada Costa Rica Croatia Czech Republic Ecuador Finland Germany Holland Hong Kong India Indonesia Japan Korea Malaysia Mexico New Zealand Oman Romania Singapore Slovak Republic South Africa Sri Lanka Taiwan UK USA Vietnam Zimbabwe



FUN LEARNING

Outward Bound is a **global organization** founded in 1941 by celebrated German educator Kurt Hahn.

"We are all better than we know. If only we can be brought to realise this, we may never again be prepared to settle for anything less".

-Kurt Hahn

Our focus is on interpersonal and group dynamics, leadership, creativity, innovation and the human impacts of organizational change. We do this with an intelligent blend of outdoor adventures and customized, experience-based learning sessions. The approach is multi-disciplinary and we bring together psychometric and OD tools, along with applied behavioral processes to achieve our goals.

The Outward Bound Professional programs are **structured in three levels** - based on the time you have and the kind of program you feel is best suited for you, keeping your organization's objectives in mind.

- **FUN LEARNING** incorporates innovative team games that work as ice-breakers with insight into problem solving, innovation, critical thinking, communication and collaboration. **An in-city program**, often, the significance of what you have achieved will dawn on you only at the end of the day at reflection time - or perhaps even later.

- **LIVE THE ADVENTURE** are outdoor programs run for **2 - 3 days**. They are designed to make you step out of your comfort zones, to rough it out a bit, experience something for the first time, and through all of this, learn to trust, listen, and communicate - skills needed to develop the leader within you - **away from the four walls of an office**.

- **CORPORATE EXPEDITIONS** are specifically designed for young entrants or mid to senior executives and emphasize individual transformation through challenge, while helping people achieve more than they ever thought possible. The **multi-day** challenges are not only designed based on the organization's key requirements, but also to ensure that learnings are easily transferable to other situations in your daily working lives.

Instructors for OB Professional are trained and experienced in facilitating learning through outdoor activities with high standards of safety and quality. To know more about our team, click here.

"Outward Bound" is the term is used to describe a ship that sails out of the harbour, indicating she is polished, cleaned, and equipped with everything she needs to face the challenges of the open seas!

www.outwardboundindia.com



LIVE THE ADVENTURE



CORPORATE EXPEDITIONS



**OUTWARD BOUND
INDIA - HIMALAYA**

► Customised

We understand that every organization has its own culture, needs, and training objectives. We will work with you to identify timelines and expected outcomes, and deliver the breakthrough results you want to achieve within the available time frame. We work with all levels of an organisation, from entry level positions and emerging leaders through to executive leadership teams.

► A Range of Venues & Activities

Trekking and camping in the Himalaya, the Sahyadris, or the Nilgiris, rafting on the Ganga, ski and scuba diving programs... every outdoor program has its own challenge, learnings, and outcomes.

► An Experienced Team

We have an experienced team of Facilitators and Instructors who have worked with us for over 10 years now. Our programs are an intelligent blend of outdoor adventures and customized, experience-based learning sessions. And since our approach is multi-disciplinary in nature - where we bring together psychometric and OD tools, along with applied behavioral processes to achieve your goals, we tap into a wide variety of Facilitators depending on the design of the program,



► Safety & Risk Management

Every two years our center and our programs are reviewed by a team of international instructors. Through this review process, **Outward Bound International ensures that all centers across the world follow the same safety standards set out by it.** At OBIH, we have passed every such review with flying colors.

Our Land Activities instructors are experienced mountaineers and trekkers and have done their advanced mountaineering courses at NIM, Uttarkashi.

The Water Activities instructors have been guiding on Indian rivers for over 15 years and receive swift-water rescue training on an annual basis. All our staff get regularly trained on the latest first-aid, CPR and other life saving techniques.

THE OBIH TEAM



Pavanne Mann

As Senior Vice President at STAR TV, National Geographic Channel and The History Channel and COO of UTV Entertainment - Dilshad spent 22 years in corporate life...till the mountains came calling.

The first person to lead a civilian trek to the Siachen Glacier, she has led multiple treks to Everest Base Camp and other popular routes in Nepal and India. An inspirational speaker and a cancer survivor, her main focus is to urge middle and senior level professionals to step out of their comfort zones into the wilderness. According to her: "There is no better teacher than nature. When you experience an outdoor program, it helps you understand leadership and responsibility, team work and personal growth, aspirations and ambitions".

▶ Pavane has been at the forefront of creating experiential programs at OBI-H since 2011. She has 30 years of professional adventure experience that includes planning, facilitating and heading adventure programs across various fields including jeep safaris, rafting tours, long distance treks, adventure camps and more.

Pavane has conducted The Duke of Edinburgh Award Programs for various schools in India and helmed executive and corporate training workshops across India, Nepal, and Bhutan.



Dilshad Master

THE OBIH TEAM



Ajay Kandari

Ajay has been an experiential educator since 2004 and has conducted outdoor programs with various corporate houses and institutions including Maruti Suzuki, Microsoft, Hero Moto Corp, Tata Motors, SAIL, PepsiCo, Reebok, SBI, Corporation Bank, IIM Lucknow, etc. and has also delivered programs in Sri Lanka, Singapore, Thailand and Dubai.

Ajay has completed his mountaineering course from NIM, Uttarkashi and has a white water rafting course under his belt. He successfully completed the "21 Days Classic Challenge" – a program conducted by Outward Bound Singapore that even the most experienced outdoor adventurers would find challenging.

Our Safety and Risk Management expert, Ajay did his post-graduation in Tourism Management from IITM (Ministry of Tourism), Gwalior.



Komal Gandhi

Komal is a life and executive coach, learning & development consultant and a facilitator with over 15 years of experience. Her specialty is experiential learning and her primary area of work is designing and facilitating experiential learning solutions. She is also the founder of a collaborative space called 'Management by Arts' which offers learning, development and engagement solutions for organisations using various art forms.

Komal lends her expertise to design customized Outward Bound courses for senior-level professionals. Her areas of specialization include: Creativity and Innovation at the Workplace, Leadership Development and Journeys, and Team Development. She combines experiential learning tools and methodologies from the outdoors, arts, and psychometric, to facilitate her workshops.



Kushal Soni

Kushal is one of OBIH's most experienced facilitators. An outdoor instructor, he has been teaching extreme outdoor survival, bush-craft, wilderness backpack and white water rafting since 2012. Kushal is equally good with children and corporate executives (according to him the former fare way better in the wilderness!) His training at Nehru Institute of Mountaineering, backed by an Outdoor Educator Course in rock, river and snow module makes him the perfect person to lead Outward Bound courses in the wilderness.

Kushal earlier worked with INME and Youreka and was one of the key persons involved in content development, creating experiential learning modules for schools and corporates. Kushal holds a Post Graduate Diploma in Sales and Marketing Management from NIS (National Institute of Sales) Ltd and has trekked across the length and breadth of the Himalaya.



**OUTWARD BOUND
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OUTWARD BOUND PROFESSIONAL

- **FUN LEARNING**
- **LIVE THE ADVENTURE**
- **CORPORATE EXPEDITIONS**

***CHALLENGES ARE
WHAT MAKE LIFE
INTERESTING
AND
OVERCOMING
THEM IS WHAT
MAKES LIFE
MEANINGFUL.***

JOSHUA J. MARINE



**OUTWARD BOUND
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LIVE THE ADVENTURE AND
CORPORATE EXPEDITIONS
PROGRAMS FOR MIDDLE & SENIOR
EXECUTIVES

THE NEW WAY OF LOOKING AT AN "OFF-SITE"

THE OBJECTIVE: Turning individuals and groups into high-performance leaders and teams.

Outward Bound is an experiential **leadership training program in the outdoors.**

But what does that really mean? Picture this... you've been walking in the wilderness for miles, you're hungry, tired, totally busted, pushed to the edge of your preconceived limits and then are pushed, ever-so-gently, just a little bit more... that's when **the real you emerges**. This is when you figure out the true meaning of the words patience and trust, communication and collaboration, motivation and empathy and most importantly, you will understand your own capacity to lead in the most stressful of times.

Corporate Expeditions can range from 3 to 10 days, and the ideal participants are middle to senior executives - those who've got used to taking the decisions, living a life of routine, creatures of habit who eat the same breakfast every morning, order the same coffee at Starbucks, get to work at the same time and attend the same Monday morning meetings.

Recognize yourself or your colleagues/juniors here? When was the last time you **stepped out of their comfort zones and took on a new challenge**? Or broke the mould of routine to try your hand at something new? That's when innovation happens, when creativity gets a jump-start, when the fear of failure takes a backseat. **Get comfortable with being uncomfortable** - the key to overcoming this fear. And this is where Outward Bound's Corporate Expeditions play a part.

"We are all better than we know. If only we can be brought to realise this, we may never again be prepared to settle for anything less".
- Kurt Hahn, Founder. *Outward Bound International.*



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EXECUTIVES

FROM THE WILDERNESS TO THE WORKPLACE

Areas These Outward Bound Program Would Explore

Self-Awareness

In a daily work setting, understanding your own self often goes at the bottom of the pile. What's your leadership style? Are you able to look at problem solving in a creative way? A demanding outdoor setting will often help you understand your own personal strengths - through reflections and facilitated sharing.

Manage Conflict

You are in an unknown environment with people who are often just voices on a phone. In the wilderness, conflict could often lead to chaos, especially when interests, needs, goals and values differ. How do we use the resources at hand to resolve this particularly tricky challenge? And how do we bring that learning back to the workplace dynamic?

Untangle Jumbled Communication

Preconceptions and misconceptions are the bed rock of an organization going south. Our program will help senior management decipher the relevant from the noise. In the wide open spaces, miscommunication can often lead to disastrous consequences.

Leverage Seamless Teamwork

How to let go? When to trust? Delegation is easier said than done. You will be in an Outward Bound program that takes you out of your comfort zone, puts you in a physically demanding scenario that forces you to understand the importance of working as one unit.

Embrace Change

A key organizational challenge - define the change, get the buy-in of people around you, and execute the change. Easier said than done. A challenging outdoor setting, could just help you make this a reality.



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LIVE THE ADVENTURE AND
CORPORATE EXPEDITIONS
PROGRAMS FOR MIDDLE & SENIOR
EXECUTIVES

KEY ELEMENTS OF THE PROGRAM

LIVE THE ADVENTURE: 3 - 4 Days | CORPORATE EXPEDITIONS: 4 - 6 Days

A Trekking or Rafting Expedition (or both)

Activities focused on a combination of self, team and leadership variables. How do you react in a circumstance where you are physically and mentally spent, and yet you need to think of your team first? Can you regain the energy to lead?.

Adventure Activities

Ultimately, it is all about taking you out of your traditional surroundings, to a place that's not strictly under your control. Rafting, rappelling, climbing - nature has its own lessons to teach!

Group Activities

Challenges will be thrown your way and you will not be able to resolve them without your team (ever tried to find your way through a dark forest with just a compass and a matchstick?)

Journaling and Self-Reflection

Often, writing down your experiences, thoughts and reactions throws up inconsistencies with the way you pictured yourself. There's a learning there and it's an important one.

Morning & Evening Circle

Self-realization is one thing, but to be able to share those thoughts, explore those experiences individual to you, and voice them to your team - that's quite another

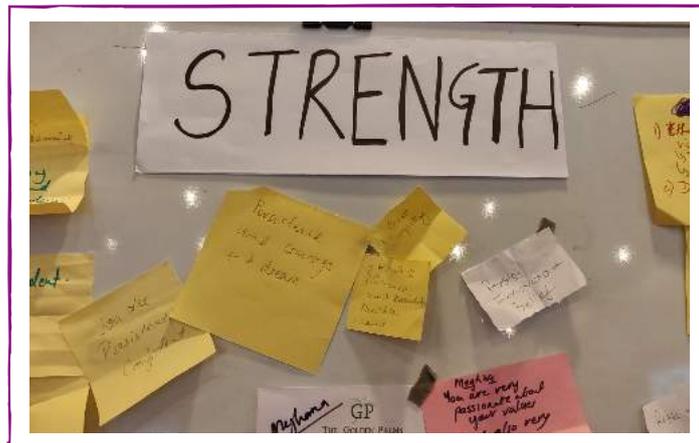
A FEW OF OUR OUTWARD BOUND COURSES AND LOCATIONS

FUN LEARNING | IN-CITY 1 - 2 DAYS

At Outward Bound Professional, we know that the best way to learn is by doing and experiencing, not just sitting and listening. Our Fun Learning Programs are specifically designed for corporates with large teams looking for a 1 - 2 day program.



These programs are typically city-based. We set up temporary ropes courses and bring in innovative team games that work as ice-breakers with insight into problem solving, innovation, critical thinking, communication and collaboration. Often, the significance of what you have achieved will dawn on you only at the end of the day at reflection time - or perhaps even later.



A FEW OF OUR OUTWARD BOUND COURSES AND LOCATIONS

LIVE THE ADVENTURE PROGRAMS | 3 - 4 DAYS

Every moment in the wilderness has its own learning and challenges. Live the Adventure Programs typically run for 2 - 3 days and are designed to make you step out of your comfort zones, to rough it out a bit, experience something for the first time, and through all of this, learn to trust, listen, and communicate - skills needed to develop the leader within you - away from the four walls of an office.



Ganga Rafting Expedition
3 Nights/4 Days

Situated 30 minutes from Rishikesh in Uttarakhand, Shivpuri is the adventure and rafting capital of India! The river Ganga flows through here and offers some of the most exciting and safe rapids, and some of the most pristine beaches for camping along its length!

This is a self-contained expedition, where all the gear and camping material is carried on the boats. You will learn to pitch your own tents, raft and hike during the day, light a fire and cook your meals at night.

Best Time to Go: October to April



Camping & Hiking near Panchgani
3 Nights/4 Days

A 5 hour trek, mountain biking down the winding roads, an unexpected midnight forest hike, selling your soul for a meal across the lake...and having to build your own raft to get there! This is but a glimpse of a challenging OBIH Program that we have titled CARE - Collaboration. Agility. Resilience. Excellence. It is specially designed to focus on a team's ability to be innovative, to expect the unexpected, be responsible for the decisions you make and most importantly, carry others with you while you make them.

Best Time to Go: November to January



Hiking and Rafting in the Plus Valley
3 Nights / 4 Days

Just about 150 KM from Mumbai lies Plus Valley. Located in the middle of four towering hills, a top angle shot of the valley resembles a plus sign, and hence its name. The landscape is sprinkled with dry grass, rocks and scree. The descent from 2500 feet is fairly easy grade, the challenge lies in the two rappelling points you encounter - with sheer drops of 130 to 250 feet combined with overhangs, making the adventure just a little bit more complex - and challenging! Create a powerful bonding experience that your team will remember for years to come.

Best Time to Go: January to March



Dune Bashing in Rajasthan | 3 Nights/ 4 Days

The word 'desert' throw up these visions of undulating dunes, the setting sun on the horizon, gusts of sand blowing in the wind...ah yes. But in the Thar Desert, there are an equal number of bushes and brambles that one has to plough their way through before actually hitting the big dunes. You will learn a new skill here, and if you thought you knew how to drive...think again. An individual may be doing the driving, but it's the team that's going to get you out of the hole when (not if) you get stuck. You will have to use your imagination, innovate, take control and be a good listener - all at the same time. This is an ideal senior management program that takes you totally out of your comfort zone.

Best Time to Go: November to February

A FEW OF OUR OUTWARD BOUND COURSES AND LOCATIONS

CORPORATE EXPEDITIONS | 4 - 6 DAYS

Corporate Expedition Programs typically run for 4 - 8 days and are designed for young entrants and mid to senior level management. You will learn trust and patience, motivation and determination, leadership and collaboration. And through all of this, you will understand how much more you are actually capable of, and be surprised with what you can achieve, if only you put your mind to it.



Alaknanda Rafting Expedition
4 Nights/5 Days

A tributary of the Ganga, the Alaknanda merges with the Bhagirathi at Dev Prayag to become what we know as the Ganga river. So really, you're rafting two rivers here - with some exciting Grade III and IV rapids!

This is a self-contained expedition, where all the gear, food, and camping material is carried on the boats. You will learn to live with little, paddle as a team, cook your own meals, sleep in the open under makeshift tents... in short, you will learn resilience, push physical barriers and emerge a new professional for whom "impossible is nothing".

Best Time to Go: October to April



Trails of the Tons Valley
4 Nights/5 Days

Six hours drive from Dehradun airport lies the Tons Valley. This is camping and trekking expedition style. The trek starts from the base camp in the Tons Valley all the way to the village on the ridge at 6300 ft.

You will trek through pine forests and across lush green meadows during the day, and set up camp at a new place every night. The route is real and it is rough. Be prepared to step out of your comfort zone, pitch your own tent, learn to light a fire (not as easy as it seems!), and bring down camp every morning before heading out.

Best Time to Go: March to May



Ski Course in the Himalaya
7 Nights/8 Days

A 6-Day Ski Program with Indian national champions and Olympians as your ski instructors. These courses are conducted in Gulmarg and Manali where the slopes are perfect for beginner and intermediate level skiers alike.

This is a skill-based program where you will not only learn to ski, but you will re-define your own self-imposed limitations, Persistence is key as is your resilience, The sport may be individual, but it's the encouragement from your team that will see you through these tough 6 days.

Best Time to Go: January to March



Andaman Marina Program | 5 Nights/ 6 Days

A skill-based Program where you will be urged to get over your fears and be bold, while still being compassionate towards your team mates.

The unknown scares us all. To face it squarely, one first needs to rationalize that fear. Our first reaction would be to figure out what lies beneath (or ahead in corporate jargon). What we fail to recognize is that we first need to figure out what lies within us.



STEP OUT...OF YOUR COMFORT ZONES



DEFY...SELF-IMPOSED LIMITATIONS



BE...CONFIDENT,



RESILIENT,



COMPASSIONATE

For more information, drop us an email at programs@outwardboundindia.com

Outward Bound India-Himalaya, E-13, Kalindi Colony, Opposite Maharani Bagh, New Delhi 110 065
M: +91 81785 64731 | L: +91 11 4356 5425 | W: www.outwardboundindia.com