

Arohan - Out Bound Training Competition	
Agenda (Batch Size - 8 x 8 members)	
Time	Activity
Day 1	
5.00 pm	Check in at the Venue
5.15 pm - 6.15 pm	Registration & Snacks
6.15 pm	Assembly outside the auditorium
6.30 pm to 7.00 pm	Welcome Address
7.00 pm to 7.15 pm	Introduction to RMP
7.15 pm to 7.30 pm	Introduction to E4
7.30 pm to 7.45 pm	Summer Trainee Awards
	STA Video
7.45 pm to 8.15 pm	Chart paper Exercise
8.15 pm to 8.30 pm	Rapid Fire Round
8.30 pm to 8.45 pm	Personality Exercise
8.45 pm to 9.15 pm	Clap 7
	Movie Titan
9.15 pm to 10.00 pm	Dinner
10.00 pm to 11.00 pm	DJ
Day 2	
Time	Activity
7.15 am	Assembly outside the auditorium
7.30 am to 8.30 am	Meditation and Exercise
8.30 am to 9.00 am	Tea Break
	Arrow Video
9.00 am to 10.15 am	8 Point Star
10.15 am to 11.15 am	Breakfast
	Blindfold Video
11.15 am to 12.15 am	Vision
12.15 am to 12.30 am	Break
	Roman Police
12.30 am to 1.00 pm	Balance
	Blue Angels
1.00 pm to 2.00 pm	Lunch and Check out
	Adidas
2.00 pm to 4.00 pm	Eggs Can Fly
4.00 pm to 4.15 pm	Break
4.15 pm to 5.00 pm	Catterpillar/Stampede
5.00 pm to 5.30 pm	Key Learnings of the workshop
	Snacks