



ACHARYA INSTITUTE OF GRADUATE STUDIES

(NAAC Re-Accredited 'A+' and Affiliated to Dr. Manmohan Singh Bengaluru City University)

Soladevanahalli, Bengaluru-560107

DEPARTMENT OF COMMERCE UG

Report Submission: 13/04/2026

Semester:	Even	Academic	2025-26	Venue:	Mechanical Auditorium,
		Year:			Acharya Institutes
Date:	12/03/2026	Time:	10:00 AM –	Duration:	7 Hours
			5:00 PM		

TYPE OF EVENT: TRAINING PROGRAM

EVENT NAME: OUTBOUND TRAINING ON STUDENT DEVELOPMENT

Target Audience: B. Com students	Number of Participants: 195 Students
---	---

Objective of the event:

- 1) Develop team work and collaboration: Help students learn how to work effectively in groups, share responsibilities and support one another.
- 2) Build leadership skills: Encourage initiative, decision making and the ability to guide peers in challenging situations.
- 3) Improve communication skills: enhance listening, clear expression of ideas and constructive feedback during team activities.
- 4) Boost self-confidence and self-awareness: enable students to recognize their strengths, overcome fear and gain confidence through hands-on challenges.
- 5) Encourage discipline and responsibility: Instill respect for rules, time management, safety and accountability for individual and group actions.
- 6) Foster positive attitude and motivation: build enthusiasm, perseverance and a growth mindset through goal-oriented activities.

Introduction

The event titled “Outbound Training on Student Development” was organized to provide students with experiential learning beyond the traditional classroom environment. The program was conducted on 12-03-2026 at Mechanical auditorium with the aim of fostering essential life skills such as teamwork, leadership, communication, and self-confidence.

Outbound training focuses on learning through practical activities and real-life challenges, enabling students to develop a deeper understanding of their abilities and interpersonal dynamics. The event created a platform for students to step out of their comfort zones and actively engage in collaborative and skill-based exercises.



ACHARYA INSTITUTE OF GRADUATE STUDIES

(NAAC Re-Accredited 'A+' and Affiliated to Dr. Manmohan Singh Bengaluru City University)

Soladevanahalli, Bengaluru-560107

Resource Person

Mr. Thomas John Rose, Trainer and Founder of WiseForce Mission

Theme of the Event

The main theme of this event was “Learning Beyond Boundaries: Building Skills Through Experience”. This theme emphasized the importance of experiential learning in shaping students’ personal and professional growth. It highlighted the idea that true development occurs when individuals are exposed to real-life situations that challenge their thinking, behavior, and adaptability.

The event focused on nurturing leadership qualities, strengthening teamwork, and encouraging a positive and proactive mindset among students through structured outbound activities.

Detailed Report

The primary objective of enhancing students’ overall personality and skill set through experiential learning. The importance of such training programs in bridging the gap between theoretical knowledge and practical application. On 12/03/2026 at 10:00 AM the Department of Commerce as conducted “Outbound Training on Student Development” at Mechanical Block Auditorium. The event commenced at 10:00 AM with the formal welcome speech delivered by Ms. Gaganashree, 1st year B.Com and Vice President, Vriddhi Commerce Club, event began with lighting the lamp followed by the introduction of the Guest by Ms. Malavika, 2nd year B.Com and President, Vriddhi Commerce Club. Then the session was taken over by Guest Speaker Mr. Thomas John Rose.

Following the inaugural session, Mr. Thomas John Rose highlighted how experiential learning methods help students develop critical life skills such as teamwork, leadership, communication, adaptability, and problem-solving abilities. The participants were encouraged to actively engage in all activities with enthusiasm and an open mindset.

The students were then divided into smaller groups to ensure effective participation and interaction. Each group was assigned specific tasks and challenges that required collective effort, coordination, and strategic thinking. The first set of activities focused on team-building and collaboration, where students participated in exercises designed to build trust and



ACHARYA INSTITUTE OF GRADUATE STUDIES

(NAAC Re-Accredited 'A+' and Affiliated to Dr. Manmohan Singh Bengaluru City University)

Soladevanahalli, Bengaluru-560107

cooperation among team members. These activities required participants to rely on one another, share responsibilities, and work towards achieving a common goal, thereby strengthening their sense of unity and mutual respect.

Subsequent activities were aimed at developing leadership skills. In these tasks, students were given opportunities to take initiative, lead their teams, and make decisions under pressure. Different members were assigned leadership roles at various stages, allowing everyone to experience both leadership and teamwork dynamics. This approach helped students understand the importance of responsibility, decision-making, and guiding others effectively in challenging situations.

A significant focus of the training program was on improving communication skills. Many activities required clear and effective communication among team members to successfully complete the tasks. Students practiced active listening, articulation of ideas, and constructive feedback. The facilitator observed the interactions and provided valuable insights into how communication can influence team performance and outcomes.

The program also included activities designed to boost self-confidence and self-awareness. Students were encouraged to step out of their comfort zones and take on challenges that tested their physical and mental abilities. Successfully completing these tasks instilled a sense of accomplishment and confidence among participants. Additionally, reflective sessions conducted after each activity helped students identify their strengths and areas for improvement, thereby enhancing their self-awareness.

Throughout the program, strong emphasis was placed on discipline and responsibility. Participants were required to adhere to guidelines, maintain punctuality, and ensure safety during all activities. This helped inculcate a sense of accountability and respect for rules, which are essential qualities in both academic and professional environments.

Another important aspect of the outbound training was fostering a positive attitude and motivation among students. The activities were designed in a way that encouraged perseverance, resilience, and a growth mindset. Even when faced with difficulties, students



ACHARYA INSTITUTE OF GRADUATE STUDIES

(NAAC Re-Accredited 'A+' and Affiliated to Dr. Manmohan Singh Bengaluru City University)

Soladevanahalli, Bengaluru-560107

were motivated to continue their efforts and learn from their experiences. The supportive environment created by the facilitator and peers further enhanced their enthusiasm and engagement.

After each activity, debriefing sessions were conducted where the Mr. Thomas John Rose discussed the outcomes and key learnings. These sessions played a crucial role in connecting the activities to real-life situations, helping students understand how the skills they developed can be applied in their academic pursuits and future careers.

The event witnessed active and enthusiastic participation from all students. The interactive and dynamic nature of the training made the learning process enjoyable and impactful. Students expressed their appreciation for the opportunity to engage in such a unique and practical learning experience.

Geo tag' s photography



Speaker Mr. Thomas John Rose has started the session



ACHARYA INSTITUTE OF GRADUATE STUDIES

(NAAC Re-Accredited 'A+' and Affiliated to Dr. Manmohan Singh Bengaluru City University)

Soladevanahalli, Bengaluru-560107



Dr. Lakshmi V, Head Department of Commerce is addressing how well the guest talk went



Student is asking the question to the Speaker



ACHARYA INSTITUTE OF GRADUATE STUDIES

(NAAC Re-Accredited 'A+' and Affiliated to Dr. Manmohan Singh Bengaluru City University)

Soladevanahalli, Bengaluru-560107



Speaker is appreciating the student



Speaker is conducting the activity



ACHARYA INSTITUTE OF GRADUATE STUDIES

(NAAC Re-Accredited 'A+' and Affiliated to Dr. Manmohan Singh Bengaluru City University)

Soladevanahalli, Bengaluru-560107

Outcomes

- 1) Students demonstrate the ability to work cooperatively, respect diverse viewpoints and contribute effectively to groups tasks.
- 2) Students show increased initiative responsibility and confidence in leading peers and making decisions.
- 3) Students communicate more clearly, listen actively and engage in constructive discussion during group activities.
- 4) Students exhibit greater confidence in their abilities and a positive approach towards new challenges
- 5) Students apply logical thinking, creativity and judgement to resolve real life and simulated challenges.
- 6) Students respond positively to unfamiliar situations, manage stress effectively and persist despite difficulties.

Conclusion:

The Outbound Training on Student Development was a highly effective and enriching program that successfully achieved its intended objectives. The event provided students with a unique opportunity to engage in experiential learning, enabling them to develop essential life skills such as teamwork, leadership, communication, and problem-solving.

Attendance feedback summary

