



# NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

## NALS PROGRAMS FOR EDUCATIONAL INSTITUTIONS

### Introduction

NALS commits itself to long term and periodical programs that are meant to hand hold teachers and students in order to help them improve their physical, mental, personal and professional effectiveness. We have experience to emphasize that teachers and students require motivation from external sources in these areas. We strongly suggest that educational institutions, if they are not already doing so, invest in the HEALTH & FITNESS of their teachers and students in order to improve their performance. Health also includes mental health - ability to manage stress, ability to manage anger, ability to remain calm under duress, negotiate politely, etc...

We present herewith several activities that your institution can choose based on objectives, resources and budget available.

### Students

School Students are shaping up fast and get inspired by good role models. Opportunities for role modelling in the area of emotional strength are dwindling due to nucleus families. The outdoors provide opportunities for students to discover their emotional strength such as courage, perseverance, resilience, patience, tolerance etc. Additionally, they can benchmark their fitness levels and increase broader understanding about forming teams and sharing

### Teachers & Faculty

After parents, there are no better role models other than teachers. Students require a strong source of inspiration and teachers can provide that. While parental contact is dwindling in many cities, teachers can provide role modelling opportunities in key areas of self discipline, punctuality, body language, negotiation skills - much of it through non-verbal communication alone. If a country has to have a stable future, its citizens must be self disciplined and it will not be an exaggeration to state that the teachers are the last line of defence for a Nation to progress. Every teacher must remember that the future Leader is sitting in front of her and she must shape this Leader and deliver a good citizen to the Nation. Any institution that invests in training and grooming the Teacher is investing in Nation Building

### Brief Summary of Key Objectives - Overall wellness through:

1. Health and Fitness - exercises and eating healthy
2. Emotional Fitness for stress management and improved relationships
3. Improved personality, leadership traits such as courage and self confidence
4. Personalised coaching for improved self esteem and contentment
5. Communication / negotiation skills for teachers

#### Head Office:

No. 1, 4th Street, Kongu Nagar  
Kalveerampalayam,  
Coimbatore – 641 046,  
Tamilnadu, INDIA

T : +91-94422 75501  
: +91-94422 75502  
E : enquiry@nals.in  
W : www.nals.in

#### Regd. Office:

36A, Bhooma Nivas, 4<sup>th</sup> Street, Kongu Nagar,  
Kalveerampalayam, Coimbatore – 641 046  
CIN : U74999TZ201PTC018364  
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## OUTDOOR PROGRAMS

### ACTIVITY 1

|          |   |
|----------|---|
| Title    | <b>NALS Outbound @ NALS Coonoor Campus - for students / teachers</b>  |
| Duration | 24 hrs or multiples thereof   |
| Contents | Our flagship programme has crossed 22,000 participants<br>Activities > Plenty of outdoors and challenging physical activity such as High Ropes, Rappelling, Trekking, floor level team building activities, etc |
| Budget   | Rs. 2,500 per day (24 hrs) or multiples thereof - for students, ex- NALS campus<br>Rs. 3,000 per day (24 hrs) or multiples thereof - for teachers, ex- NALS campus  |
| Note     | We recommend a minimum of 72 hrs for effective learning   |

### ACTIVITY 2

|          |   |
|----------|---|
| Title    | <b>NALS Adventure Internship @ NALS Coonoor Campus - for students</b>   |
| Duration | 14 days to 3 months   |
| Contents | This program addresses several issues for the troubled mind - insecurity, aggression, anger issues, low self-esteem, suicidal tendencies, neuromuscular issues, poor health and fitness, gadget addiction, digital detox, substance addiction etc. Schools can refer parents of such children to NALS for consultation. |
| Budget   | Rs. 36,000 per 28 days / multiples thereof  |

### ACTIVITY 3

|          |  |
|----------|--|
| Title    | <b>Wall Climbing Sport Training at Chinnavedampatti, Coimbatore</b>                                |
| Contents | Obstacle course, Wall climbing - Theory & Practise   |
| Benefits | Physical health, Adrenalin rush, sense of achievement, perseverance and self motivation to achieve |
| Cost     | Rs. 450 per student - 5 sessions / GST 18% included / Transport extra                              |

### ACTIVITY 4

|          |  |
|----------|--|
| Title    | <b>NALS Outbound Training at Chinnavedampatti, Coimbatore</b>  |
| Duration | 9 am - 5 pm  |
| Contents | Group Dynamics, Leadership development, Obstacle course, Wall climbing                                     |
| Benefits | Communication and team building skills, Physical health, Adrenalin rush, sense of achievement & confidence |
| Cost     | Rs. 950 per student / GST 18% included / Transport extra / Lunch included                                  |

### ACTIVITY 5

|          |   |
|----------|---|
| Title    | <b>Ladder Climbing &amp; Championship Tower @Prozone Mall, Coimbatore</b> |
| Duration | 60 minutes for a group size of 50, approx                                 |
| Contents | 2 attempts on a 40 feet climbing ladder / Championship & ranking          |
| Budget   | Rs. 420 per head  |

### ACTIVITY 6

NALS / **TEMPLATE** - NPEI / 25 June 2022

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Title **Hoisting National and School flags on Friendship Peak, Manali, HP**  
 Duration 15 days  
 Contents Summit of Friendship peak through full scale expedition.  
 Budget Rs. 45,000 per student, ex-Manali / Travel cost extra

## **ACTIVITY 7**

Title **NALS Altitude trek at Manali, Himachal Pradesh**  
 Duration 10 days  
 Contents Trekking and camping to an altitude of 15000 feet in Beas Kund Valley, HP. This provides nourishment to the mind and body through struggles with Mother Nature  
 Budget Rs. 36,000 ex- Manali / Travel costs extra

## **ACTIVITY 8**

Title **Programs for International Award for Young People (IAYP) or Duke's Award & International Baccalaureate (IB) - CAS**  
 Duration 2 ~ 14 days  
 Contents Physical activity, Learning adventure skills such as rock climbing or rappelling; Social work in rural environments such as painting, carpentry, plumbing etc  
 Location Coonoor, Nilgiris & Manali, HP  
 Budget Rs. 3500 per day approx, ex- Campus

## **INDOOR PROGRAMS**

### **Workshop 1 – Parents**

Title Developing Emotional Quotient in Children  
 Contents Need for tough upbringing, Pressure & Stress of future careers / why over protecting damages a child  
 Benefits Understanding of Perseverance, Resilience, Improved Perspective about upbringing and need for disciplined upbringing  
 Batch Size Based on your capacity; however, anything more than 200 become less intense.  
 Duration About 45 ~ 60 minutes  
 Cost Rs. 10,000 per session

### **Workshop 2 – Students > Ages 12 and above**

Title How to Say No to Bad Habits  
 Contents Awareness about Bad Habits, Consequences of addiction, How to Say No to them the first time / every time, **Making a Promise Certificate**  
 Benefits Discovery of Courage and ability to stand up to influence / persuasion of some friends who bring these bad habits  
 Batch Size Max 60 persons  
 Duration About 70 minutes  
 Cost Rs. 450 per student

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## **Workshop 3 - For teachers / staff**

|            |  |
|------------|--|
| Title      | <b>Conflict &amp; Stress Management</b>  |
| Contents   | Our basic instincts and how they generate conflicts and how to manage them   |
| Benefits   | How to manage conflicts at work space / personal life / improved compassion & tolerance /improved communication skills |
| Batch Size | Max 60 persons   |
| Duration   | About 150 minutes with 15 minute break included  |
| Cost       | Rs. 500 per person   |

## **Workshop 4 – Teachers**

|            |  |
|------------|--|
| Title      | Vision for teachers  |
| Contents   | Fundamentals of Emotional Strength & learning methods / understanding human behaviours / Concepts of Nation Building / Why teachers are last line of defence for the future? |
| Benefits   | Improved concept of teaching profession / Better handling of students / improved compassion, vision alignment with school and country  |
| Batch Size | Max 60 persons   |
| Duration   | About 45 minutes   |
| Cost       | Rs. 15,000 per session   |

## **Workshop 5 - for teachers / staff**

|           |  |
|-----------|--|
| Title:    | Executive Coaching for Wellness  |
| Duration: | 2 sessions per quarter - 7 hrs / session. Ideal batch size max 15 ~ 20 persons   |
| Content:  | Dimension of wellness, Emotional Intelligence, Re-building relationship, Recreating bliss of childhood, Overcoming inhibitions, Anxiety & Anger Mgt, Questioning habit hooks, Overcoming resistance to change. |
| Budget:   | Rs. 2000 per person per quarter (additional sessions will be based on our assessment of their needs)   |
| Note:     | It is mandatory to undergo Outdoor ACTIVITY 1 for participation in this activity   |

## **ACTIVITY 6**

|           |   |
|-----------|---|
| Title:    | Individual Coaching sessions for personal excellence ( <b>one to one</b> )  |
| Duration: | Based on the outcome of ACTIVITY 5, NALS will propose this; approx 2 ~ 10 sessions of about one hour each.  |
| Content:  | Personal coaching to overcome several issues such as mental blocks, family issues, relationship issues, substance abuse and addictions etc, that cannot be discussed in public. These habits, many a time, hold back teachers / admin staff who may have extraordinary skills on the job. |
| Budget:   | 3000 per person per session   |

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## How will this exercise help your institution?

1. Improved outlook of teachers / students will directly contribute to Nation Building
2. A school may well invest in existing staff rather than recruiting fresh and finding more challenges in grooming them.
3. Increased retentivity, higher effectiveness and enthusiasm will improve culture of your institution
4. Reduced stress and anger leads to harmony in relationships
5. Identifying troubled children and helping them improve their self esteem will contribute to healthy citizens and potential leaders for the Nation.
6. Huge benefits in branding with your students / parents

## General Terms

1. ex-campus means > NALS campus / transport is extra
2. Prices given are approximate and actual price can be provided with group size / duration
3. GST 18% extra for all Indoor Programs. For Outdoor programs, GST is included in budget price or mentioned as extra
4. 100% in advance **for confirmation of dates**
5. For outstation (other than Coimbatore), please consider additional travel, accommodation, meal costs for trainers at actuals for Indoor Programs
6. For reading testimonials, please click here: <http://www.nals.in/testimonial.php>
7. Rates may change without any prior intimation. Please check with NALS for the latest prices.

## Notes for Outdoor Programs:

1. NALS can customise duration / intensity / altitude for all programs in HP
2. All Outdoor programs in HP / Ladakh require at least 2 months advance notice as intensity and logistics demand prior planning and training.

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## TESTIMONIAL FROM ONE CORPORATE CLIENT WHO HAS EXPERIENCED NALS EXECUTIVE ENGAGEMENT AND WELLNESS PROGRAM

### To: Harvard Alumni Travel Program Administrator

As a Harvard alum I greatly appreciate our Alumni Travels program. If I might suggest adding a High Adventure opportunity to our program...

Last fall my company sponsored a High Adventure Trek in the Himalayan Mountains in India for a Team Building - Leadership experience program. For many of the 30 people that attended, this was a "once-in-a-lifetime" experience. From the sheer beauty of the landscape, the exhilarating feelings of hiking across glaciers, the bonding between individuals, the new connections made, the adventure and inspiration, the fantastic food, and the hardships/joy of the outdoor trekking adventure, it was truly amazing and memorable. A sightseeing tour with an outdoor adventure trek and lifetime memories.

This was made possible through the professional and masterful oversight of our outfitter, the **National Adventure Leadership School (NALS) of India**. They provided the entire itinerary, all of the technical gear, porters for the heavy equipment, all of the "scrumptious" meals, and unrelenting motivation and inspiration for all. The leader of their group is former India Military and understands how to manage, lead, motivate, inspire and entertain a group. In fact, we had such a memorable experience that we have already booked again for this August 2017 for a trek in Kashmir.

As a US based company that owns a subsidiary company in India, we are fortunate to have access to such a fine tour operator and experience in India. I would like to share this experience and provide the same opportunity to the entire Harvard Alumni Community. I do this without hesitation and without any financial incentive whatsoever. Rather, I sincerely believe that:

- a high adventure program should be a part of our Harvard Alumni Travels;
- that including a Trek with NALS would be well appreciated by our alumni, customized to their needs, and;
- a NALS adventure would be extremely well executed resulting in a positive experience for all.

Please take this into consideration for your 2017 planning and beyond.

I would be happy to provide any further information or discuss this in any way, my contact info below:  
Sincerely,

**David Lesniak - HBS '96**

CEO - Personiv | People Powered Outsourcing

Austin | Coimbatore | Manila | Sydney / Email: [David.Lesniak@personiv.com](mailto:David.Lesniak@personiv.com) / [www.personiv.com](http://www.personiv.com)

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