

Proposed 4-Day Training Module for Coastal Volunteers

November 17, 2017 through November 20, 2017



Day – 01 (November 17, 2017)

Sl. No.	Time	Activity	Methodology	Expected Outcome
1	09:30 am to 10:30 am	Reporting & Inaugural Formalities	Registration	<ul style="list-style-type: none"> Participants are registered for the training Rooms are allotment Getting Settled
2	11:00 am to 11:15 am	Tea Break	Tea Break	Tea Break
3	11:15 am to 12:00 pm	Ice Breaker	Activity/Game	<ul style="list-style-type: none"> Participants get acquaint with fellow participants Participants will come out of their inhibitions Team energized for the upcoming sessions
4	12:00 pm to 12:15 pm	Ice Breaker Debriefing	Lecture Feedback	<ul style="list-style-type: none"> Team formation Team Interaction and gelling each other Learning Points are identified and conveyed
5	12:15 pm to 01:15 pm	KUDUMBASHREE AND ITS PERSPECTIVES	Lecture	<ul style="list-style-type: none"> Participants are educated on various perspectives of Kudumbashree Participants are aware of the various roles and responsibilities expected out of participants
6	01:15 pm to 02:00 pm	Lunch Break	Lunch Break	Lunch & Social Networking
7	02:00 pm to 04:00 pm	"KNOW THYSELF"	Lecture Activity Questionnaires Audio Visual Sessions	<ul style="list-style-type: none"> Participants understand their basic emotions, strengths, weaknesses, values, & attitudes. Session helps them to develop a purpose of life Helps to focus on their strengths & overcome their weakness Realize that Limitations need not be the Limits

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8	04:00 pm to 04:15 pm	Tea Break	Tea Break	Tea Break
9	04:15 pm to 05:15 pm	GENDER & BALASABHA	Lecture	<ul style="list-style-type: none"> Participants are educated on various aspects of programs Participants are aware on various schemes, reports, duties and responsibilities associated with these topics
10	05:15 pm to 05:45 pm	Instructions	Lecture	<ul style="list-style-type: none"> Participants get to know the training timings, general training protocols to be followed etc. General concerns are addressed Adjustments (if any) are done and inconveniences are addressed
11	05:45 pm to 06:45 pm	Rest & Refresh Time	Rest & Refresh Time	Rest & Refresh Time
12	06:45 pm to 07:45 pm	Team Presentation	Presentation	<ul style="list-style-type: none"> Participants are given an opportunity to face crowd Overcome stress during presentations Develop necessary presentation skills
13	07:45 pm to 08:30 pm	Day – 02 Training Brief	Lecture	<ul style="list-style-type: none"> Participants are given idea about Day-02 Training Re-emphasized on the purpose of Training Clarity on Point System
14	08:30 pm	Dinner & Good Night	Dinner & Good Night	Dinner & Good Night

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Day – 02 (November 18, 2017)

Sl. No.	Time	Activity	Methodology	Expected Outcome
1	06:00 am to 06:30 am	Morning Workouts Instructions	Yoga/Exercise/Activity	<ul style="list-style-type: none"> Physical fitness/Relief from lethargy Fostering new and good habits Instructions regarding Cultural Night
2	06:30 am to 07:30 am	Get Ready	Get Ready	Get Ready
3	07:30 am to 08:30 am	Breakfast	Breakfast	Breakfast
4	08:30 am to 09:00 am	Briefing/Recall	Interactions Volunteering Group activity	<ul style="list-style-type: none"> Refreshing previous day's class Interactive skill enhancement Group cohesiveness
5	09:00 am to 09:30 am	Activity (Logo Quiz)	Presentation Quiz	<ul style="list-style-type: none"> Understand importance of branding Tip to become a brand anywhere & everywhere Treat lethargy
6	09:30 am to 11:00 am	MICROFINANCE & MIS	Lecture	<ul style="list-style-type: none"> Educate the participants on various features and other aspects of Microfinance and MIS Emphasize on the various roles and responsibilities expected out of participants on these two topics
7	11:00 am to 11:15 am	Tea Break	Tea Break	Tea Break

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November 17, 2017 through November 20, 2017



Sl. No.	Time	Activity	Methodology	Expected Outcome
8	11:15 am to 01:15 pm	CONFIDENCE BUILDING	Lecture Activity Group Discussions Audio Visual Sessions	<ul style="list-style-type: none"> Participants' confidence level is improved Helps to bring down inferiority complex etc. Helps to take initiatives
9	01:15 pm to 02:00 pm	Lunch Break	Lunch Break	Lunch & Social Networking
10	02:00 pm to 04:00 pm	EFFECTIVE COMMUNICATION SKILLS	Lecture Activity Group Discussions Audio Visual Sessions	<ul style="list-style-type: none"> Understand the communication process Throws light on the reason for poor communication Understand the do's and don'ts of communication Understand the reasons for gossiping and tips to overcome that
11	04:00 pm to 04:15 pm	Tea Break	Tea Break	Tea Break
12	04:15 pm to 05:15 pm	ASHRAYA, BUDS, and BRC	Lecture	<ul style="list-style-type: none"> Participants are educated on various aspects of these programs Participants are aware on various schemes, reports, duties and responsibilities associated with these topics
13	05:15 pm to 07:30 pm	Rest, Refresh, & Rehearsal	Rest, Refresh, & Rehearsal	Rest & Refresh Time Rehearsal for Cultural Activities
14	07:30 pm to 08:00 pm	Dinner	Dinner	Dinner

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November 17, 2017 through November 20, 2017



Sl. No.	Time	Activity	Methodology	Expected Outcome
15	08:00 pm to 09:30 pm	CULTURAL NIGHT	15 Minutes for each Team or Cumulated Time for Joint Teams	<ul style="list-style-type: none"> • Participants' confidence level is improved • Helps to bring down inferiority complex etc. • Helps to take initiatives • Team Work • Conceive, design, and present activities in short time span • Entertain people
16	09:30 pm to 12:00 am	Brochure/Poster Design	Group Work	<ul style="list-style-type: none"> • Team work • Work under stressful situation • Change of habits and inculcate new habits • Creativity
17	12:00 am	LIGHTS OFF	LIGHTS OFF	LIGHTS OFF

Proposed 4-Day Training Module for Coastal Volunteers

November 17, 2017 through November 20, 2017



Day – 03 (November 19, 2017)

Sl. No.	Time	Activity	Methodology	Expected Outcome
1	06:00 am to 06:30 am	Morning Workouts	Yoga/Exercise/Activity	<ul style="list-style-type: none"> Physical fitness/Relief from lethargy Fostering new and good habits
2	06:30 am to 07:30 am	Get Ready	Get Ready	Get Ready
3	07:30 am to 08:30 am	Breakfast	Breakfast	Breakfast
4	08:30 am to 09:00 am	Briefing/Recall	Interactions Volunteering Group activity	<ul style="list-style-type: none"> Refreshing previous day's class Interactive skill enhancement Group cohesiveness
5	09:00 am to 11:00 am	MICROENTERPRISES & MARKETING	Lecture	<ul style="list-style-type: none"> Educate the participants on various features and other aspects of Microenterprises and Marketing Emphasize on the various roles and responsibilities expected out of participants on these two topics
6	11:00 am to 11:15 am	Tea Break	Tea Break	Tea Break

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November 17, 2017 through November 20, 2017



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7	11:15 am to 01:15 pm	LEADERSHIP	Lecture Activity Group Discussions Audio Visual Sessions	<ul style="list-style-type: none"> Participants' skills improved Understand the important qualities required for a leader Learn the new concept of "Leader without a Title" – anywhere and everywhere leadership
8	01:15 pm to 02:00 pm	Lunch Break	Lunch Break	Lunch & Social Networking
9	02:00 pm to 06:00 pm	FIELD VISIT & Report Making	Field Visit Field Presentations Group Discussions	<ul style="list-style-type: none"> Understand the technical nuances Improves interpersonal communication Improves Presentation Skills Gets live field experience
10	06:00 pm to 06:30 pm	Back to Venue after Field Visit	Back to Venue after Field Visit	Back to Venue after Field Visit
11	06:30 pm to 07:30 pm	Refresh & Rehearsal	Refresh & Rehearsal	Rest & Refresh Time Rehearsal for Cultural Activities
12	07:30 pm to 08:00 pm	Dinner	Dinner	Dinner

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Sl. No.	Time	Activity	Methodology	Expected Outcome
13	08:00 pm to 09:30 pm	FEEDBACK & EXPERIENCE SHARING	Individual Presentation Video Presentation Feedback from NHGs	<ul style="list-style-type: none"> • Improve presentation skills • Video Presentations provide a real-time feel of how the participants behaved • NHG feedbacks are put on speaker so that the participants get unedited and real feedback about the field visit • Participants get a feedback on the Dos' and Don'ts of a field visit
15	09:30 pm to 10:30 pm	CULTURAL NIGHT	15 Minutes for each Team or Cumulated Time for Joint Teams	<ul style="list-style-type: none"> • Participants' confidence level is improved • Helps to bring down inferiority complex etc. • Helps to take initiatives • Team Work • Conceive, design, and present activities in short time span • Entertain people
16	10:30 pm to 12:00 am	FIRE WALK DJ & CAMP FIRE	FIRE WALK Activity FREE NIGHT	<ul style="list-style-type: none"> • Bring out even the last bit inhibition from participants • After doing the seemingly impossible and seemingly dangerous task, the participants would be at the top of their excitement • Being the last night at camp, DJ and Camp Fire will help them to chill out and bring a closeness between team members
17	12:00 am	LIGHTS OFF	LIGHTS OFF	LIGHTS OFF

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November 17, 2017 through November 20, 2017



Day – 04 (November 20, 2017)

Sl. No.	Time	Activity	Methodology	Expected Outcome
1	06:00 am to 06:30 am	Morning Workouts Instructions	Yoga/Exercise/Activity	<ul style="list-style-type: none"> Physical fitness/Relief from lethargy Fostering new and good habits Instructions regarding Cultural Night
2	06:30 am to 07:30 am	Get Ready	Get Ready	Get Ready
3	07:30 am to 08:30 am	Breakfast	Breakfast	Breakfast
4	08:30 am to 09:00 am	Briefing/Recall	Interactions Volunteering Group activity	<ul style="list-style-type: none"> Refreshing previous day's class Interactive skill enhancement Group cohesiveness
5	09:00 am to 10:00 am	MKSP & ANIMAL HUSBANDRY	Lecture	<ul style="list-style-type: none"> Educate the participants on various features and other aspects of MKSP and Animal Husbandry Emphasize on the various roles and responsibilities expected out of participants on these two topics
6	10:00 am to 11:00 am	DDUGKY	Lecture	<ul style="list-style-type: none"> Educate the participants on various features and other aspects of DDUGKY Emphasize on the various roles and responsibilities expected out of participants on DDUGKY
7	11:00 am to 11:15 am	Tea Break	Tea Break	Tea Break

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November 17, 2017 through November 20, 2017



Sl. No.	Time	Activity	Methodology	Expected Outcome
8	11:15 am to 01:15 pm	TEAM BUILDING & TEAM WORK	Lecture Activity Group Discussions Audio Visual Sessions	<ul style="list-style-type: none"> Participants' ability to work in a team is improved Develop adjustment quality. Understand that each member in a team is important Develop situational leadership capacity Develop planning, strategizing, and implementing skills
9	01:15 pm to 02:00 pm	Lunch Break	Lunch Break	Lunch & Social Networking
10	02:00 pm to 03:00 pm	WHAT NEXT	Lecture	<ul style="list-style-type: none"> Instructions to participants on future activities, high priority activities, other important aspects to be noted while on work. Participants get a sense of direction Focus on high-priority activities
11	03:00 pm to 03:30 pm	Winding UP Activity Power Talk	Activity and Briefing	<ul style="list-style-type: none"> Participants are fully charged for one last team Expectations out of a volunteer is explained using VOLUNTEER Acronym activity Importance of social commitment is explained through TWINE GAME
13	03:30 pm to 04:00 pm	Valedictory Function	Valedictory Meeting	Valedictory Meeting/Certificate Distribution
14	04:00 pm	TEA & GOOD BYE!	TEA & GOOD BYE!	TEA & GOOD BYE!