

## OUT BOUND TRAINING AT SEA BEACHES

- GOA
- BET DWARKA
- DIV
- DAMAN
- MUMBAI

### GOA

Goa's beaches cover about 125 kilometres (78 mi) of its coastline. These beaches are divided into North and South Goa. North Goa is more commercial and touristy with an abundance of mostly low and medium budget tourist accommodations; whereas South Goa is where most higher-end hotels and private beaches are located. A notable exception in South Goa is Palolem Beach which features basic accommodation and is one of the most visited beaches in Goa. The further north or south you go, the more isolated the beaches get. Some of the more popular beaches are Colva, Calangute, Baga and Anjuna. These beaches are lined with shacks that provide fresh sea food and drinks. Some shacks arrange special events to attract more customers.

## Adroit learning & Manpower Pvt.Ltd conducts below mentioned activities at this place :

- Water sports ( main attraction )
- River crossing
- tracking
- Camping
- Treasure hunt
- Rescue operation
- Obstacle course
- Team building activities
- Dine and dance with DJ (on request)

- Cocktail party (on request)
- Camp fire (on request)

#### **The Activities Aim At The Following:**

- Encourage team work
- Boost confidence and motivation
- Develop leadership quality
- Decision making
- Out of box thinking
- Strong Team bonding

## **Bet Dwarka**

**Bet Dwarka, popularly known as the 'kingdom of Lord Krishna' is a small island situated some 30 miles away from Dwarka. It is a wonderful place for a trip with friends and family as well as for a pilgrimage. The ride to Bet Dwarka from Dwarka is fun-filled and full of excitement as one can reach the place either through motor boat or rowing boat. The journey by boat is enriching and filled with scenic beauty. take your camera along to catch a glimpse of rare and beautiful birds while sailing through the sea.**

**The main attraction at Bet Dwarka is the magnificent Dwarkadish Temple that stands tall, giving us the proof of the Vedic era when Krishna with his wife Rukamani spent endless hours of their togetherness in the premises of this temple. It is believed that Lord Krishna stayed at Bet Dwarka with his wife to save himself from scorching heat. The temple has a huge statue of the Lord plated in gold. The entire atmosphere is full of spirituality and piousness during the morning and the evening aarti (prayers). One can completely feel at peace with the serenity that surrounds the temple and its environment.**

**Apart from that, one can experience the beauty of nature while silently sitting on the beach and taking in the serenity and holiness of the place. Filled with colourful corals and white sands, the beach is a great place to spend the day with near and dear ones. The beach also offers some good water sports for the tourists to enjoy during their stay at Bet Dwarka.**

# **Adroit learning & Manpower Pvt.Ltd conducts below mentioned activities at this place :**

Observing the marine life and diverse coral reefs ( Main Attraction )

Site seeing especially sunrise sunset, moonrise and moonset

Treasure hunt

Rescue operation

Obstacle course

Team building activities

Dine and dance with DJ (on request)

Camp fire (on request)

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Encourage team work

Boost confidence and motivation

Develop leadership quality

Decision making

## **DIV (Union Territory)**

**Diu was ruled by many well-known kings and dynasties during the prehistoric, ancient and medieval times. It was a Portuguese colony until 1961. It is now a Union Territory, separated from Goa in 1987. It was an important trading post and naval base from where the rulers controlled the shipping routes in the northern part of the Arabian Sea between the 14-16th centuries.**

**A beautiful blend of sea, sand and sun, Diu is a God's gift to those in quest of a blessed land where the weary weight of this unintelligible world can, for a while,**

be lightened and the waking soul can hear the music of the nature. This tiny island of breeze, beauty and serenity situated off the southern tip of the Saurashtra (Kathiawad) peninsula of Gujarat, lapped by the Arabian Sea, is a picture of calmness with superb beaches and a fascinating history.

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## **DAMAN**

Daman district is one of the two districts of the union territory of Daman and Diu on the western coast of India, surrounded by Valsad District of Gujarat state on the north, east and south and the Arabian Sea to the west.

Daman lies at the mouth of the Daman Ganga River. Major industries have units here. The closest railway station is Vapi (7 km). It is also famous for its beach, Portuguese colonial architecture, churches, and for the scenic beauty in the twin towns of Nani-Daman and Moti-Daman, which lie opposite each other across the Daman Ganga. The district is infamous for having the least balanced sex ratio in the country. The chief

occupation has been fishing. The city of Surat lies to the north, and Mumbai lies approximately 160 km (100 mi) south of Daman on the Arabian Sea coast in Maharashtra state.

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## **MUMBAI**

**Mumbai** also known as **Bombay** is the capital city of the Indian state of **Maharashtra**. It is the most populous city in India, most populous metropolitan area in India, and the eighth most populous city in the world, Along with the urban areas, including the cities of **Navi Mumbai**, **Thane**, **Bhiwandi**, **Kalyan**, it is one of the most populous urban regions in the world. **Mumbai** lies on the west coast of India and has a deep natural harbour. In 2009, **Mumbai** was named an

alpha world city. It is also the wealthiest city in India, and has the highest GDP of any city in South, West or Central Asia.

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