

G D GOENKA WORLD SCHOOL
INTERNATIONAL BACCALAUREATE DIPLOMA
CAS HANDBOOK
For IBDP-CAS Students, Parents and
TeachersSession-2019-2021

Candidate Name: Elina Kher

Candidate Number: jhg919

Contact Number: 9990400013

Email: Elinakher@gmail.com, Elina.kher@gdgoenka.ac.in

CAS COORDINATOR- Jinas Panicker (jinas.panicker@gdgoenka.ac.in)
9871556233

“The best way to find yourself is to lose yourself in the service of others.”
-Mahatma Gandhi

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G D GOENKA WORLD SCHOOL

CAS: Experience Proposal Form



This form must be submitted to the CAS Advisor/Supervisor before any new activity/project may be undertaken.

Name: Elina Kher _____ Date: 8/07/20____

Proposed CAS experience : Mask Donation Drive _____

Nature of CAS experience: Creativity / Activity/ Service

Brief description of the CAS experience:
Collection of Unused reusable Masks to give to an NGO

Targeted Learning Outcomes and goals to be achieved:

LO4, LO5, LO3, LO6

Location of CAS experience: Park View City 2 _____

Time Scheduled of CAS experience : From: July'20 _____ to August'20 _____

Name of Adult Supervisor/Advisor: Shahnaz Butt _____ Staff of GDGWS: Yes / No

Signature _____ Phone Number _____ E-mail _____

(I will get my CAS activity approved by the CAS Coordinator before starting and will produce authentic evidence and reflection after completing the activity. I will also be responsible to have parent permission and an adult supervisor at all CAS endeavors that are not school-sponsored activities. (G D Goenka World School does not officially sponsor any outside CAS activities and students assume their own risk for these events).

Candidate Signature _____ elina

To be completed by CAS Coordinator

This CAS experience is approved/ not approved until the following changes are

made: Signature of IBDP CAS Coordinator _____ Date: _____

Jinas Panicker

(jinas.panicker@gdgoenka.ac.in)

G D GOENKA WORLD SCHOOL



CAS Self-Evaluation/Reflection Form

This form must be completed at the end of each activity in black ink.

CANDIDATE NAME: Elina Kher

NAME OF CAS experience: Mask Donation Drive

SUPERVISOR: Shahnaz Butt

LEARNING OUTCOMES ACHIEVED: LO4, LO5, LO6, LO3

Reflect on the following questions in the space provided

*Give a brief outline of the CAS experience mentioning your interaction with others and how others benefitted through this CAS experience.

*Explain what you learned through this CAS experience and mention if anyone helped you think about your learning through this CAS experience.

*What obstacles did you face and how did you overcome them?

*What did you learn about yourself and how can you apply that in other real life situations?

*What advice would you give to your peers to run the same CAS experience?

In this CAS experience, I was one of the lead resource person for a project that collected reusable masks that were to be donated to an NGO midst the corona virus pandemic. It was a really fulfilling experience as I felt as I was playing my part in helping other survive during the outbreak. It helped me become a caring and open minded person which are skills that ill be using a lot in the future. One of the obstacles I faced was not being able to transport all the masks for here to the NGO's address but I overcame that with the help of a friend who volunteered to go and drop off the masks that we collected. My advice to my peers would be to definitely have such an expertise as it really allowed me to play part in help someone during a pandemic and also to have all masks organized neatly and not just thrown in as that makes the mask a waste product.

Candidate Signature: elina Date: 8/07/20

To be completed by the CAS supervisor

Punctuality and attendance: _____

Effort and commitment: _____

The CAS experience was satisfactorily completed /not satisfactorily completed

Date _____

Supervisor's name: _____ Supervisor's signature: _____

CAS Coordinator-Jinas Panicker

(jinas.panicker@gdgoenka.ac.in)

G D GOENKA WORLD SCHOOL

CAS: Experience Proposal Form



This form must be submitted to the CAS Advisor/Supervisor before any new activity/project may be undertaken.

Name: Elina Kher

Date: 6/5/20

Proposed CAS experience: ATL Skills Workshop

Nature of CAS experience: Creativity / Activity/ Service

Brief description of the CAS experience:

Held a workshop for our juniors during the start of senior year, explain them the importance of ATL Skills and how can they make the best use of it.

Targeted Learning Outcomes and goals to be achieved:

LO1, LO4, LO5

Location of CAS experience: GD Goenka World School

Time Scheduled of CAS experience :From: 12:50 to 1:30

Name of Adult Supervisor/Advisor: Anupama Chopra Staff of GDGWS: Yes /No

Signature_____Phone Number_____E-mail_____

(I will get my CAS activity approved by the CAS Coordinator before starting and will produce authentic evidence and reflection after completing the activity. I will also be responsible to have parent permission and an adult supervisor at all CAS endeavors that are not school-sponsored activities. (G D Goenka World School does not officially sponsor any outside CAS activities and students assume their own risk for these events).

Candidate Signature elina

To be completed by CAS Coordinator

This CAS experience is approved/ not approved until the following changes are

made: Signature of IBDP CAS Coordinator _____Date: _____

Jinas Panicker

(jinas.panicker@gdgoenka.ac.in)

CAS Self-Evaluation/Reflection Form

This form must be completed at the end of each activity in black ink.

CANDIDATE NAME: Elina Kher

NAME OF CAS experience: ATL Skills workshop

SUPERVISOR: Anupama chopra

LEARNING OUTCOMES ACHIEVED: LO1, LO4, LO5

Reflect on the following questions in the space provided

*Give a brief outline of the CAS experience mentioning your interaction with others and how others benefitted through this CAS experience.

*Explain what you learned through this CAS experience and mention if anyone helped you think about your learning through this CAS experience.

*What obstacles did you face and how did you overcome them?

*What did you learn about yourself and how can you apply that in other real life situations?

*What advice would you give to your peers to run the same CAS experience?

We conducted a workshop for our juniors explaining the importance of IB ATL

In the course they are about to experience. The whole workshop was very

Informative even for us seniors. During preparation we reflected upon each

Other's mistakes and learn together to not make them during the final

Presentation. The workshop was conducted online through a Google meeting

Due to the coronavirus outbreak. One of the obstacles we faced was that my partner while presenting started having network issues and wasn't able to do her bit so I had to pitch it and complete s that the

presentation doesn't go wrong .This workshop helped me to enhance my

Communication skills and made me a good communicator as I was by the end

Of the workshop talk to my juniors and teachers more freely with any

Hesitation and without getting nervous. For my peers that are to run a similar experience I would

recommend they practice at least 3 times before the actual workshop, on the safe side know your partners

lines and don't get nervous. The overall experience was really exciting and I am now looking up to taking part in more such workshops

Candidate Signature: elina Date: 6/05/20

To be completed by the CAS supervisor

Punctuality and attendance: _____

Effort and commitment: _____

The CAS experience was satisfactorily completed /not satisfactorily completed

Date _____

Supervisor's name: _____ Supervisor's signature: _____

CAS Coordinator-Jinas Panicker

(jinas.panicker@gdgoenka.ac.in)

G D GOENKA WORLD SCHOOL

CAS: Experience Proposal Form



This form must be submitted to the CAS Advisor/Supervisor before any new activity/project may be undertaken.

Name: Elina Kher

Date: 7/11/20

Proposed CAS experience : Workshop for Underprivileged

Nature of CAS experience: Creativity / Activity/ Service

Brief description of the CAS experience:

Online workshop of activities conducted for underprivileged children.

Targeted Learning Outcomes and goals to be achieved:

LO3, LO5, LO7

Location of CAS experience: Park View City 2

Time Scheduled of CAS experience :From: 5:00 to 7:00

Name of Adult Supervisor/Advisor: Shahnaz Butt Staff of GDGWS: Yes /No

Signature _____ Phone Number _____ E-mail _____

(I will get my CAS activity approved by the CAS Coordinator before starting and will produce authentic evidence and reflection after completing the activity. I will also be responsible to have parent permission and an adult supervisor at all CAS endeavors that are not school-sponsored activities. (G D Goenka World School does not officially sponsor any outside CAS activities and students assume their own risk for these events).

Candidate Signature elina

To be completed by CAS Coordinator

This CAS experience is approved/ not approved until the following changes are

made: Signature of IBDP CAS Coordinator _____ Date: _____

Jinas Panicker

(jinas.panicker@gdgoenka.ac.in)

G D GOENKA WORLD SCHOOL



CAS Self-Evaluation/Reflection Form

This form must be completed at the end of each activity in black ink.

CANDIDATE NAME: Elina Kher

NAME OF CAS experience: Workshop for Underprivileged

SUPERVISOR: Shahnaz Butt

LEARNING OUTCOMES ACHIEVED: LO3, LO5, LO7

Reflect on the following questions in the space provided

*Give a brief outline of the CAS experience mentioning your interaction with others and how others benefitted through this CAS experience.

*Explain what you learned through this CAS experience and mention if anyone helped you think about your learning through this CAS experience.

*What obstacles did you face and how did you overcome them?

*What did you learn about yourself and how can you apply that in other real life situations?

*What advice would you give to your peers to run the same CAS experience?

In this CAS experience, I was a part of a project that conducted online activities for the under privileged children through zoom, we made them play many games which they enjoyed for letting them have a good time during the pandemic too. I learned how to be a better communicator and learnt how to manage children according to their preferences. One of the obstacles I faces meanwhile was that sometimes the games that we had planned for the kids were too short or it was something they didn't want to plan and I overcame this by just talking to them making them laugh and have a good time, I was even complimented by the head of the NGO for being really good with the kids and making them laugh. This expereice taught me that I can be really good with social skills and making a person feel comfortable around me which I will be using further on too in life. My advice would be to be prepared with actual fun games and not just stuck to one or two, and to be able to socialize well with the kids to make them feel comfortable with you.

Candidate Signature: elina Date: 7/11/20

To be completed by the CAS supervisor

Punctuality and attendance: _____

Effort and commitment: _____

The CAS experience was satisfactorily completed / not satisfactorily completed

Date _____

Supervisor's name: _____ Supervisor's signature: _____

CAS Coordinator-Jinas Panicker

(jinas.panicker@gdgoenka.ac.in)

This form must be submitted to the CAS Advisor/Supervisor before any new activity/project may be undertaken.

Name: Elina Kher

Date: 9/11/19

Proposed CAS experience : Tree Plantation

Nature of CAS experience: Creativity / Activity/ Service

Brief description of the CAS experience:
Planting of trees in mountain areas

Targeted Learning Outcomes and goals to be achieved:

LO4, LO5, LO6

Location of CAS experience: Nainital

Time Scheduled of CAS experience :From: 9:00 to 11:00

Name of Adult Supervisor/Advisor: Jinas Panicker Staff of GDGWS: Yes /No

Signature _____ Phone Number _____ E-mail _____

(I will get my CAS activity approved by the CAS Coordinator before starting and will produce authentic evidence and reflection after completing the activity. I will also be responsible to have parent permission and an adult supervisor at all CAS endeavors that are not school-sponsored activities. (G D Goenka World School does not officially sponsor any outside CAS activities and students assume their own risk for these events).

Candidate Signature elina

To be completed by CAS Coordinator

This CAS experience is approved/ not approved until the following changes are

made: Signature of IBDP CAS Coordinator _____ Date: _____

Jinas Panicker

(jinas.panicker@gdgoenka.ac.in)

G D GOENKA WORLD SCHOOL



CAS Self-Evaluation/Reflection Form

This form must be completed at the end of each activity in black ink.

CANDIDATE NAME: Elina Kher

NAME OF CAS experience: Tree Plantation

SUPERVISOR: Jinas Panicker

LEARNING OUTCOMES ACHIEVED: LO4, LO5, LO6

Reflect on the following questions in the space provided

*Give a brief outline of the CAS experience mentioning your interaction with others and how others benefitted through this CAS experience.

*Explain what you learned through this CAS experience and mention if anyone helped you think about your learning through this CAS experience.

*What obstacles did you face and how did you overcome them?

*What did you learn about yourself and how can you apply that in other real life situations?

*What advice would you give to your peers to run the same CAS experience?

In this CAS experience, I was able to contribute to the environment by planting a seed which would eventually turn into a tree. Me and my friends really benefited from this as we were constantly looking for something to give back to the environment and this was the best way to do it. One of the obstacles I faced was that I was really weak at digging up a hole in the ground in which we were supposed to put the seed but I overcame that by asking for help from the instructors that guided us. From this experience I learned a lot actually, I learned how important the environment is to us and how we just take it for granted, now whenever I am thinking of throwing something or doing something that might be somehow harmful for the environment I think of the tree that I planted and instantly stop. My advice for a similar experience would be to try to not pour too much water in the hole before putting the seedling in as that could damage the base of the plant really badly

Candidate Signature: elina Date: 9/11/19

To be completed by the CAS supervisor

Punctuality and attendance: _____

Effort and commitment: _____

The CAS experience was satisfactorily completed / not satisfactorily completed

Date _____

Supervisor's name: _____ Supervisor's signature: _____

CAS Coordinator-Jinas Panicker

(jinas.panicker@gdgoenka.ac.in)

This form must be submitted to the CAS Advisor/Supervisor before any new activity/project may be undertaken.

Name: Elina Kher

Date: 27/12/20

Proposed CAS experience : MUN Secretariat

Nature of CAS experience: Creativity / Activity/ Service

Brief description of the CAS experience:
Organizing an Online MUN for the school

Targeted Learning Outcomes and goals to be achieved:

L01, L02, L06, L03, L05, L07, L04

Location of CAS experience: GD Goenka World School

Time Scheduled of CAS experience :From: 9am to 6pm

Name of Adult Supervisor/Advisor: Priya Mahendru Staff of GDGWS: Yes /No

Signature _____ Phone Number _____ E-mail _____

(I will get my CAS activity approved by the CAS Coordinator before starting and will produce authentic evidence and reflection after completing the activity. I will also be responsible to have parent permission and an adult supervisor at all CAS endeavors that are not school-sponsored activities. (G D Goenka World School does not officially sponsor any outside CAS activities and students assume their own risk for these events).

Candidate Signature elina

To be completed by CAS Coordinator

This CAS experience is approved/ not approved until the following changes are

made: Signature of IBDP CAS Coordinator _____ Date: _____

Jinas Panicker

(jinas.panicker@gdgoenka.ac.in)

G D GOENKA WORLD SCHOOL



CAS Self-Evaluation/Reflection Form

This form must be completed at the end of each activity in black ink.

CANDIDATE NAME: Elina Kher

NAME OF CAS experience: MUN Secretariat

SUPERVISOR: Priva Mahedru

LEARNING OUTCOMES ACHIEVED: LO1, LO2, LO3, LO4 , LO5, LO6, LO7

Reflect on the following questions in the space provided

*Give a brief outline of the CAS experience mentioning your interaction with others and how others benefitted through this CAS experience.

*Explain what you learned through this CAS experience and mention if anyone helped you think about your learning through this CAS experience.

*What obstacles did you face and how did you overcome them?

*What did you learn about yourself and how can you apply that in other real life situations?

*What advice would you give to your peers to run the same CAS experience?

In this CAS experience, I was given the opportunity to be a part of the main organizing team for our school's annual MUN. I being the Head of Outreach was able to contribute to make this event a successful one for our school and our delegates. Through this I learnt how to organize myself and meet up deadlines for each task given while organizing the event, I did face obstacles sometimes like I didn't know how to get a few tasks done but I took the help of my peers and was still able to complete it on time. My advice to my peers would be to be organized and don't take deadlines for granted and the whole event is depending on that and that's its okay to make mistakes sometimes when you're new at things and don't let that pull your confidence down.

Candidate Signature: elina Date: 27/12/20

To be completed by the CAS supervisor

Punctuality and attendance: _____

Effort and commitment: _____

The CAS experience was satisfactorily completed /not satisfactorily completed Date _____

Supervisor's name: _____ Supervisor's signature: _____

CAS Coordinator-Jinas Panicker

(jinas.panicker@gdgoenka.ac.in)

G D GOENKA WORLD SCHOOL



CAS: Experience Proposal Form

This form must be submitted to the CAS Advisor/Supervisor before any new activity/project may be undertaken.

Name: Elina Kher

Date: 16/01/21 _____

Proposed CAS experience : TEDxYouth Event

Nature of CAS experience: Creativity / Activity/ Service

Brief description of the CAS experience:

Organizing a TEDxYouth event at our school for the first time.

Targeted Learning Outcomes and goals to be achieved:

LO1 - LO7

Location of CAS experience: Park View City 2 _____

Time Scheduled of CAS experience : From: August'20 _____ to January'21

Name of Adult Supervisor/Advisor: Priya Mahendru _____ Staff of GDGWS: Yes / No

Signature _____ Phone Number _____ E-mail _____

(I will get my CAS activity approved by the CAS Coordinator before starting and will produce authentic evidence and reflection after completing the activity. I will also be responsible to have parent permission and an adult supervisor at all CAS endeavors that are not school-sponsored activities. (G D Goenka World School does not officially sponsor any outside CAS activities and students assume their own risk for these events).)

Candidate Signature _____ elina _____

To be completed by CAS Coordinator

This CAS experience is approved/ not approved until the following changes are

made: Signature of IBDP CAS Coordinator _____ Date: _____

Jinas Panicker

(jinas.panicker@gdgoenka.ac.in)

G D GOENKA WORLD SCHOOL



CAS Self-Evaluation/Reflection Form

This form must be completed at the end of each activity in black ink.

CANDIDATE NAME: Elina Kher

NAME OF CAS experience: TEDxYouth Event

SUPERVISOR: Priya Mahendru

LEARNING OUTCOMES ACHIEVED: LO1 – LO7

Reflect on the following questions in the space provided

- *Give a brief outline of the CAS experience mentioning your interaction with others and how others benefitted through this CAS experience.
- *Explain what you learned through this CAS experience and mention if anyone helped you think about your learning through this CAS experience.
- *What obstacles did you face and how did you overcome them?
- *What did you learn about yourself and how can you apply that in other real life situations?
- *What advice would you give to your peers to run the same CAS experience?

This CAS experience actually taught me a lot that I won't be forgetting for the rest of my life. In this experience we organized a first ever tedx event at our school which was also the first virtual tedx event to happen in my city too. I was the lead organizer and initiator of this event and it taught me how to be a good team leader, how to solve inner team conflicts, how to communicate formally with people, having interactions, meeting and planning the whole event. There were many obstacles that we faces as none of us had ever organized a tedx event before so we took all the help we could get from previous tedx organizers to our school alumni and made this event a success with 2,000+ views on stream. My advice for my peers that will have a similar experience is that just because something goes wrong doesn't mean all hope is lost and to believe in themselves that they can do it.

Candidate Signature: elina Date: 16/01/21

To be completed by the CAS supervisor

Punctuality and attendance: _____

Effort and commitment: _____

The CAS experience was satisfactorily completed / not satisfactorily completed

Date _____

Supervisor's name: _____ Supervisor's signature: _____

CAS Coordinator-Jinas Panicker

[\(jinas.panicker@gdgoenka.ac.in\)](mailto:jinas.panicker@gdgoenka.ac.in)

G D GOENKA WORLD SCHOOL



CAS: Experience Proposal Form

This form must be submitted to the CAS Advisor/Supervisor before any new activity/project may be undertaken.

Name: Elina Kher

Date: 1/7/20

Proposed CAS experience : Mental Health Awareness Page

Nature of CAS experience: Creativity / Activity/ Service

Brief description of the CAS experience:
Creating a mental health awareness page on Instagram.

Targeted Learning Outcomes and goals to be achieved:
LO3, LO4, LO5, LO6

Location of CAS experience: Online (Instagram)

Time Scheduled of CAS experience : From: July'20 to January'21

Name of Adult Supervisor/Advisor: Shahnaz Butt _Staff of GDGWS: Yes /No

Signature _____ Phone Number _____ E-mail _____

(I will get my CAS activity approved by the CAS Coordinator before starting and will produce authentic evidence and reflection after completing the activity. I will also be responsible to have parent permission and an adult supervisor at all CAS endeavors that are not school-sponsored activities. (G D Goenka World School does not officially sponsor any outside CAS activities and students assume their own risk for these events).

Candidate Signature elina

To be completed by CAS Coordinator

This CAS experience is approved/ not approved until the following changes are

made: Signature of IBDP CAS Coordinator _____ Date: _____

Jinas Panicker

(jinas.panicker@gdgoenka.ac.in)

G D GOENKA WORLD SCHOOL



CAS Self-Evaluation/Reflection Form

This form must be completed at the end of each activity in black ink.

CANDIDATE NAME: Elina Kher

NAME OF CAS experience: Mental Health Awareness Page

SUPERVISOR: Shahnaz Butt

LEARNING OUTCOMES ACHIEVED: LO3, LO4, LO5, LO6

Reflect on the following questions in the space provided

- *Give a brief outline of the CAS experience mentioning your interaction with others and how others benefitted through this CAS experience.
- *Explain what you learned through this CAS experience and mention if anyone helped you think about your learning through this CAS experience.
- *What obstacles did you face and how did you overcome them?
- *What did you learn about yourself and how can you apply that in other real life situations?
- *What advice would you give to your peers to run the same CAS experience?

In this CAS experience, I formed up a team which my friends and created a mental health awareness page midst the corona virus outbreak to spread awareness and hope to those suffering daily due to mental stress and difficulties. Through this experience I learned how to be a good team leader and learnt how to manage teams and people as a supervisor which will be really helpful for me in the future while supervising teams. A few obstacles that I faced were, getting people to do the work on time so that we can get the approval on time for our posts by Ms Shahnaz. I overcame this by constantly calling, asking them to do the work priorly so that I can give time to other processes too. An advise I'll give to my peers will be to be consistent with the page and don't slack on in between, divide your team into subteams to distribute workload and have a faster and smoother flow of processes.

Candidate Signature: elina Date: 1/7/20

To be completed by the CAS supervisor

Punctuality and attendance: _____

Effort and commitment: _____

The CAS experience was satisfactorily completed / not satisfactorily completed Date _____

Supervisor's name: _____ Supervisor's signature: _____

CAS Coordinator-Jinas Panicker

[\(jinas.panicker@gdgoenka.ac.in\)](mailto:jinas.panicker@gdgoenka.ac.in)

G D GOENKAWORLDSCHOOL



CAS: Experience Proposal Form

This form must be submitted to the CAS Advisor/Supervisor before any new activity/project may be undertaken.

Name: Elina Kher

Date: **7th August 2019**

Proposed CAS experience : Annual Day

Nature of CAS experience: Creativity / Activity/ Service

Brief description of the CAS experience:

Creating a workout video in between the pandemic to encourage others to constantly exercise and maintain their health

Targeted Learning Outcomes and goals to be achieved:

LO2, LO3, LO4, LO5, LO7

Location of CAS experience: GD Goenka World School. Epicenter theatre

Time Scheduled of CAS experience :From: 11:00 to 6:00PM

Name of Adult Supervisor/Advisor: Dolly Singh Staff of GDGWS: Yes /No

Signature _____ Phone Number _____ E-mail _____

(I will get my CAS activity approved by the CAS Coordinator before starting and will produce authentic evidence and reflection after completing the activity. I will also be responsible to have parent permission and an adult supervisor at all CAS endeavors that are not school-sponsored activities. (G D Goenka World School does not officially sponsor any outside CAS activities and students assume their own risk for these events).

Candidate Signature elina

To be completed by CAS Coordinator

This CAS experience is approved/ not approved until the following changes are

made: Signature of IBDP CAS Coordinator _____ Date: _____

G D GOENKA WORLD SCHOOL



CAS Self-Evaluation/Reflection Form

This form must be completed at the end of each activity in black ink.

CANDIDATE NAME: Elina Kher

NAME OF CAS experience: 7th Annual Day

SUPERVISOR: Dolly Singh

LEARNING OUTCOMES ACHIEVED: LO2, LO3, LO4, LO5, LO7

Reflect on the following questions in the space provided

- *Give a brief outline of the CAS experience mentioning your interaction with others and how others benefitted through this CAS experience.
- *Explain what you learned through this CAS experience and mention if anyone helped you think about your learning through this CAS experience.
- *What obstacles did you face and how did you overcome them?
- *What did you learn about yourself and how can you apply that in other real life situations?
- *What advice would you give to your peers to run the same CAS experience?

In this CAS experience, my peers and I performed in a theatrical performance of FROZEN. I having never acted or danced before found it really hard gaining this skill but towards the end found it helpful as it made a open minded person, a caring person and we often had to do a lot of team work, a good communicator it really helped me boost up my confidence and fight stage fright and it also made a me risk taker as we often had to improvise last moment in many scenes. One of the obstacles I faced was stage fright as it was my first ever time acting in front of a large audience but I overcame that with the help of my teachers as she talked to me and told me it's alright and nothing's going to happen and all I have to do is do me and it'll be all fine. My advice to my peers will be to not lose confidence in yourself at the final moment and just remember that this is what you've been practicing for so long for.

Candidate Signature: elina Date: 7th August 2019

To be completed by the CAS supervisor

Punctuality and attendance: _____

Effort and commitment: _____

The CAS experience was satisfactorily completed /not satisfactorily completed

Date _____

Supervisor's name: _____ Supervisor's signature: _____

G D GOENKA WORLD SCHOOL



CAS: Experience Proposal Form

This form must be submitted to the CAS Advisor/Supervisor before any new activity/project may be undertaken.

Name: Elina Kher _____ Date: 12/5/20 _____

Proposed CAS experience : Exercise during Quarantine _____

Nature of CAS experience: Creativity / Activity / Service

Brief description of the CAS experience:

Worked out frequently using youtube videos at home

Targeted Learning Outcomes and goals to be achieved:

LO1, LO2, LO4

Location of CAS experience: Park View City 2 _____

Time Scheduled of CAS experience : From: 6:00 _____ to 7:00 _____

Name of Adult Supervisor/Advisor: Dimple Kher _____ Staff of GDGWS: Yes / No

Signature _____ Phone Number _____ E-mail _____

(I will get my CAS activity approved by the CAS Coordinator before starting and will produce authentic evidence and reflection after completing the activity. I will also be responsible to have parent permission and an adult supervisor at all CAS endeavors that are not school-sponsored activities. (G D Goenka World School does not officially sponsor any outside CAS activities and students assume their own risk for these events).)

Candidate Signature elina _____

To be completed by CAS Coordinator

This CAS experience is approved/ not approved until the following changes are

made: Signature of IBDP CAS Coordinator _____ Date: _____

G D GOENKA WORLD SCHOOL



CAS Self-Evaluation/Reflection Form

This form must be completed at the end of each activity in black ink.

CANDIDATE NAME: Elina Kher

NAME OF CAS experience: Exercise during Quarantine

SUPERVISOR: Jinas Panicker

LEARNING OUTCOMES ACHIEVED: LO1, LO2, LO4

Reflect on the following questions in the space provided

*Give a brief outline of the CAS experience mentioning your interaction with others and how others benefitted through this CAS experience.

*Explain what you learned through this CAS experience and mention if anyone helped you think about your learning through this CAS experience.

*What obstacles did you face and how did you overcome them?

*What did you learn about yourself and how can you apply that in other real life situations?

*What advice would you give to your peers to run the same CAS experience?

In this CAS experience, I regularly worked out at home during the coronavirus pandemic, this help me stay in a good shape mentally and physically, I worked out for 2 months and lost around 5-7 kgs of weight by referring to other youtube workout videos for beginners. I learnt how to become more principled midst the process and I think ill be using this skill a lot in the future when I have too many deadlines coming up instead of panicking ill be clam. An obstacle I faced was at the start, because of a huge gap I often got breathless and couldn't have a full one hour workout but I overcame this by not breaking my routine and continuing excercising.my advise to my peers would be to also be consistent and don't give in breaks during workouts.

Candidate Signature: elina Date: 12/5/20

To be completed by the CAS supervisor

Punctuality and attendance: _____

Effort and commitment: _____

The CAS experience was satisfactorily completed /not satisfactorily completed

Date _____

Supervisor's name: _____ Supervisor's signature: _____

G D GOENKA WORLD SCHOOL

CAS: Experience Proposal Form



This form must be submitted to the CAS Advisor/Supervisor before any new activity/project may be undertaken.

Name: Elina Kher

Date: 28/11/19

Proposed CAS experience : Trident Sports Competition

Nature of CAS experience: Creativity / Activity/ Service

Brief description of the CAS experience:

Inter-school sports competition in which I will be playing football.

Targeted Learning Outcomes and goals to be achieved:

LO2, LO4, LO5

Location of CAS experience: GD Goenka World School

Time Scheduled of CAS experience : From: 8:00 to 2:45

Name of Adult Supervisor/Advisor: Amit Chand Staff of GDGWS: Yes / No

Signature _____ Phone Number _____ E-mail _____

(I will get my CAS activity approved by the CAS Coordinator before starting and will produce authentic evidence and reflection after completing the activity. I will also be responsible to have parent permission and an adult supervisor at all CAS endeavors that are not school-sponsored activities. (G D Goenka World School does not officially sponsor any outside CAS activities and students assume their own risk for these events).

Candidate Signature elina

To be completed by CAS Coordinator

This CAS experience is approved/ not approved until the following changes are

made: Signature of IBDP CAS Coordinator _____ Date: _____

G D GOENKA WORLD SCHOOL



CAS Self-Evaluation/Reflection Form

This form must be completed at the end of each activity in black ink.

CANDIDATE NAME: Elina Kher

NAME OF CAS experience: Trident Sports Competition

SUPERVISOR: Amit Chand

LEARNING OUTCOMES ACHIEVED: LO2, LO4, LO5

Reflect on the following questions in the space provided

*Give a brief outline of the CAS experience mentioning your interaction with others and how others benefitted through this CAS experience.

*Explain what you learned through this CAS experience and mention if anyone helped you think about your learning through this CAS experience.

*What obstacles did you face and how did you overcome them?

*What did you learn about yourself and how can you apply that in other real life situations?

*What advice would you give to your peers to run the same CAS experience?

In this CAS experience, I was given the opportunity to be a part of my school's football team in the Trident Inter School Sports competition. I played football, a sport that I have played for 2 years in my previous school. This experience helped me get better at a sport that I really love and I by the time the competition came near was given the position of the main defender and was happy with my progress. But what was different in this experience was that I was allowed to make team strategies that I never had done before which I think will help me further too in life. An obstacle I faced was that I got really nervous before our match and ended up not performing well in the first half then my captain talked to me and calmed me down and told me its okay if I make a mistake its just a game after all and in the second half I ended up playing a lot better. An advice I'll give to my peers is that just believe in yourself and don't get nervous before the game it will bring more harm than good and be regular with practice as even a day of a missed routine can lead to you being lethargic towards the end.

Candidate Signature: elina Date: 28/11/19

To be completed by the CAS supervisor

Punctuality and attendance: _____

Effort and commitment: _____

The CAS experience was satisfactorily completed /not satisfactorily completed

Date _____

Supervisor's name: _____ Supervisor's signature: _____

CAS Coordinator-Jinas Panicker

(jinas.panicker@gdgoenka.ac.in)

CAS Handbook for the Batch of May 2021

G D GOENKA WORLD SCHOOL

CAS: Experience Proposal Form



This form must be submitted to the CAS Advisor/Supervisor before any new activity/project may be undertaken.

Name: Elina Kher

Date: 9/11/19

Proposed CAS experience: Trekking

Nature of CAS experience: Creativity / Activity / Service

Brief description of the CAS experience:
High altitude trekking in Nainital

Targeted Learning Outcomes and goals to be achieved:

LO1, LO2, LO3

Location of CAS experience: Nainital

Time Scheduled of CAS experience :From:8:00 to 2:00

Name of Adult Supervisor/Advisor: Jinas Panicker Staff of GDGWS: Yes /No

Signature _____ Phone Number _____ E-mail _____

(I will get my CAS activity approved by the CAS Coordinator before starting and will produce authentic evidence and reflection after completing the activity. I will also be responsible to have parent permission and an adult supervisor at all CAS endeavors that are not school-sponsored activities. (G D Goenka World School does not officially sponsor any outside CAS activities and students assume their own risk for these events).

Candidate Signature elina

To be completed by CAS Coordinator

This CAS experience is approved/ not approved until the following changes are

made: Signature of IBDP CAS Coordinator _____ Date: _____

Jinas Panicker

(jinas.panicker@gdgoenka.ac.in)

G D GOENKA WORLD SCHOOL



CAS Self-Evaluation/Reflection Form

This form must be completed at the end of each activity in black ink.

CANDIDATE NAME: Elina Kher

NAME OF CAS experience: Trekking

SUPERVISOR: Jinas Panicker

LEARNING OUTCOMES ACHIEVED: LO1, LO2, LO3

Reflect on the following questions in the space provided

- *Give a brief outline of the CAS experience mentioning your interaction with others and how others benefitted through this CAS experience.
- *Explain what you learned through this CAS experience and mention if anyone helped you think about your learning through this CAS experience.
- *What obstacles did you face and how did you overcome them?
- *What did you learn about yourself and how can you apply that in other real life situations?
- *What advice would you give to your peers to run the same CAS experience?

For this CAS experience, my grade was taken for a trip to Nainital where we were given the opportunity to go on an exciting trek with our friends. I learned how to become a better risk taker as during the trek me being asthmatic had to stay far behind my group and constantly needed help from my teachers while getting through higher areas. It also taught me team work as one of my friend constantly stayed with me behind to help me get to the camp and helped me throughout these are qualities ill use in the future too. I learnt a lot about myself that I have a lot of will power and I'm really strong in various cases because of the trek. And advise ill give to my peers is that even if you also have asthma if you have the willpower to do something you will be able to.

Candidate Signature: elina Date: 9/11/19

To be completed by the CAS supervisor

Punctuality and attendance: _____

Effort and commitment: _____

The CAS experience was satisfactorily completed / not satisfactorily completed Date _____

Supervisor's name: _____ Supervisor's signature: _____

CAS Coordinator-Jinas Panicker

(jinas.panicker@gdgoenka.ac.in)

G D GOENKA WORLD SCHOOL

CAS: Experience Proposal Form



This form must be submitted to the CAS Advisor/Supervisor before any new activity/project may be undertaken.

Name: Elina Kher

Date: 15th May 2020

Proposed CAS experience : Ukulele

Nature of CAS experience: Creativity / Activity / Service

Brief description of the CAS experience:

Learning how to play a ukulele during quarantine and also performing in our school online assembly

Targeted Learning Outcomes and goals to be achieved:

LO2, LO1, LO5

Location of CAS experience: Home, Park View City 2

Time Scheduled of CAS experience : From: May 2020 to March 2021

Name of Adult Supervisor/Advisor: Francis Xavier Staff of GDGWS: Yes / No

Signature _____ Phone Number _____ E-mail _____

(I will get my CAS activity approved by the CAS Coordinator before starting and will produce authentic evidence and reflection after completing the activity. I will also be responsible to have parent permission and an adult supervisor at all CAS endeavors that are not school-sponsored activities. (G D Goenka World School does not officially sponsor any outside CAS activities and students assume their own risk for these events).

Candidate Signature elina

To be completed by CAS Coordinator

This CAS experience is approved/ not approved until the following changes are

made: Signature of IBDP CAS Coordinator _____ Date: _____

Jinas Panicker

(jinas.panicker@gdgoenka.ac.in)

CAS Handbook for the Batch of May 2021

G D GOENKA WORLD SCHOOL



CAS Self-Evaluation/Reflection Form

This form must be completed at the end of each activity in black ink.

CANDIDATE NAME: Elina Kher

NAME OF CAS experience: Ukulele

SUPERVISOR: Francis Xavier

LEARNING OUTCOMES ACHIEVED: LO2, LO1, LO5

Reflect on the following questions in the space provided

*Give a brief outline of the CAS experience mentioning your interaction with others and how others benefitted through this CAS experience.

*Explain what you learned through this CAS experience and mention if anyone helped you think about your learning through this CAS experience.

*What obstacles did you face and how did you overcome them?

*What did you learn about yourself and how can you apply that in other real life situations?

*What advice would you give to your peers to run the same CAS experience?

In this CAS experience, I started learning how to play a ukulele for the first time, I having never played an instrument before took this as an opportunity to expand my skills throughout quarantine. This thought me how to be knowledgeable in the field of music and I think I'll forever be using this skill as it is not one of my favorite thing to do when I'm free. One obstacle I faced was since I wasn't used to playing chords before so my hands would hurt a lot often at the start but with practice I overcame it, consistency came in hand too. An advice ill give ot my peers is that be consistent while learning a new skill as, long pauses or long breaks could lead to taking even longer to come back where you left off.

Candidate Signature: elina Date: 15/5/20

To be completed by the CAS supervisor

Punctuality and attendance: _____

Effort and commitment: _____

The CAS experience was satisfactorily completed / not satisfactorily completed

Date _____

Supervisor's name: _____ Supervisor's signature: _____

CAS Coordinator-Jinas Panicker

(jinas.panicker@gdgoenka.ac.in)

Evidence for Mask Donation Drive:



We can afford it, they can't

COVID MASK DONATION

Team Members:	Publicity team:
-Ria Arora (Main LRP)	Harsh Gupta (LRP)
Donation team:	Abhinav Gupta
Saloni Mohan (LRP)	Harshita Hari
Shreya Sharma	Aanandita Mukherjee
Anya Arora	Rakshita Rupani
Anika Singh	Suhana Garg
Funds Team:	Masks Team:
Aekum Kamboj(LRP)	Elina Kher(LRP)
Nandini Kapoor	Nishka Mittal
Abdullah Abidi	Atufa Shabnum
Sumer Kaistha	Sparsh Sanwaria

Evidence for ATL Skills Workshop:

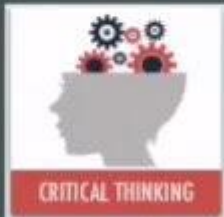
EXAMPLES OF CRITICALLY THINKING or where is critically thinking actually used

- Evaluating
- Recognize bias
- Develop arguments
- Analyze
- Use models and stimulations
- Drawing conclusions
- Evaluate risk
- Consider perspective
- Synthesize
- Identify obstacles



CRITICAL THINKING SKILLS

Analysing and evaluating issues and ideas



CRITICAL THINKING



Evidence for Tree Plantation:



Evidence for MUN Secretariat:



Evidence for TEDxYouth:

https://www.ted.com/tedx/events/41179

Organizing team



Elina Kher
Gurgaon, India
Organizer



Mikul Manocha
Gurgaon, India
Co-organizer



Aekum Kamboj
Curation



Priya Mahendru
Operations



Ria Arora
Operations



Programs & initiatives

TEDx

TED Fellows

Ways to get TED

Podcasts

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TED Speakers

TED Fellows

Manage TED Recommends Profile

Watch your recommendations

Edit your profile

https://www.instagram.com/p/CJ_dK6dHeGr/



tedxyouthgdgoenkaworldschool We are proud to present Elina Kher, the Lead Organizer and TEDx Licensee for TEDxYouth@GDGoenkaWorldSchool. See you this Saturday. Register using link in Bio!

#ted #tedx #tedxyouth #tedxevent #tedxyouthevent #tedxyouthgdgws #staytuned

10w

ria_s_arora So proud of you! 10w 2 likes Reply

priya.mahendru1 Cutie pie 10w Reply

Liked by notsoelina and 33 others

JANUARY 13

Add a comment... Post

<https://www.ted.com/tedx/events/41179>

Evidence for Mental Health Awareness page:

MENTAL HEALTH AWARENESS PROJECT

GDGWS Interact club

Main LRP: Elina Kher

CONTENT TEAM:

- o LRP: Ria S. Arora
- o Saloni Mohan
- o Aekam Kamboj
- o Rebaan Chibber
- o Subana Garg

DIGITAL ART AND DESIGN TEAM:

- o LRP: Harshita Hari
- o Kanishka Taluja
- o Shreya Sharma
- o Yash Kumar
- o Eeshaja swami

WRITING TEAM:

- o LRP: Sukhpreet kaur
- o Nishka Mittal
- o Parisha Bhutani
- o Rakshita Rupani
- o Elina Kher

HELPLINE TEAM:

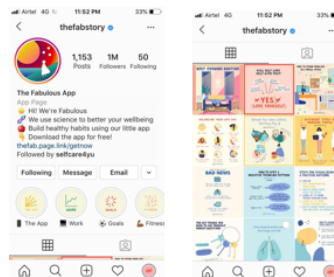
- o LRP: Shreya Sharma
- o Abdullah Abidi
- o Nandini Kapoor
- o Rakshita Rupani
- o Dev Chatterjee
- o Kanishka Sammi
- o Abhinav gupta
- o Vikram anand thakur

Purpose: To spread Mental Health awareness and to create a safe space for people to reach out to.

Procedure: We will be making an Instagram account where we will be posting digital posters with positive quotes, tips and general information about various mental health illnesses (for example depression, anxiety, ADHD and various others) and also, how to deal with them especially during times of crisis.

We will be creating a helpline (a buddy service) where people could reach out to us when they are down or if they're facing some kind of a problem. This will be a student driven

helpline, the identities of the students as well as the team members will not be disclosed. We will also be providing numbers of therapists if someone wishes to go for a more professional procedure.



Our page would look something like the picture above, only we will be adding factual content and substantial posts spreading awareness about mental health issues and why it's considered important.

We will be exploring more platforms like Facebook, WhatsApp, reddit and Pinterest so that we could reach out to as many people as possible. We are also going to be translating our posts into Hindi too as we would like to reach out as much as it can especially in the suburbs as awareness about mental health is important.

TIMELINE

1st July: we start working on the project

7th July: we launch the Instagram, Facebook, reddit and Pinterest page with 2 posts

we will be aiming 1 post per week, we will also be trying to collaborate with a hospital, and we can try getting guests speakers and takeovers on our pages.

Instagram

Search



wewalkhandinhand

Message



7 posts 58 followers 1 following

Its Okay To Talk About It 🌈

Youth Organization

Together, let's fight the stigma ♡

Together, let's talk about Mental Health 🧠❤️

We Walk Hand In Hand 🤝

An initiative by GDGWS, Interact Club

Followed by kanishka848 and riaarora.pvt

POSTS

TAGGED



Evidence of Annual Day:



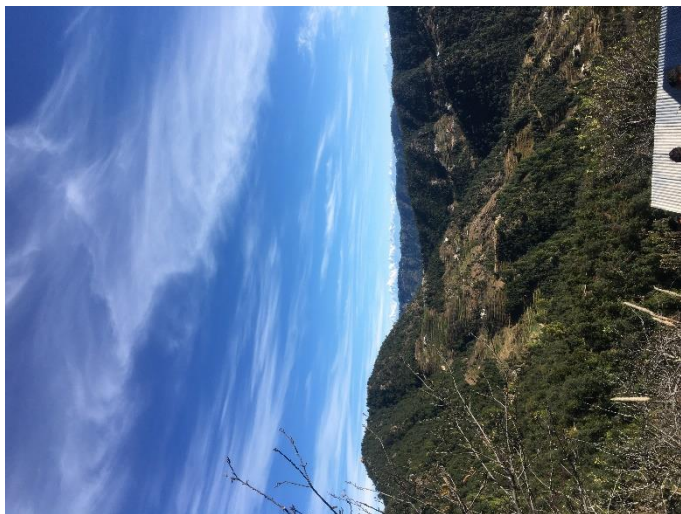
Evidence for Exercise during quarantine:



Evidence for Trident



Evidence for Trekking:



Evidence for Ukulele:



CAS Project Reflection

As a part of our CAS project, we created an E-library with electronic resources available for our peers during the covid-19 pandemic. Since everything all of a sudden started relying on online materials many of us lacked resource to enhance our studies and skills. Hence, me and my friends took the initiative of creating a website where we could collect resources for all segments of our school and put them in one place for easy access. Because of our research skills and communicative skills we were able to gather all resources. Even tho we faced a lot of obstacles midst the process of gathering like the teachers also lacking resources that they could provide us with. But we overcame it by finding our own resources that could be used. This helped me gain crisis management and risk-taking skills. We continued this project for about 1 month of researching and gathering information and material, and 15 days for making the website and upload. After which we demonstrated by sharing the link across all the groups of our school and through the mail so that each and every student has access to it. Overall this project was really enjoyable and productive for me as not only did I enhance my research skills but also gained material that I can use for my studies too.

EVIDENCE: <http://gdgwselibrary.xyz/>

G D GOENKA WORLDSCHOOL

CAS Contract-2019-21

Candidate's Name: Elina Kher _____

This following checklist should help you to get started in your CAS journey at GDGWS. Sign your name in each box when you are sure that you have fully understood the requirements. Have one of your parents (or guardian) read and sign.

E	I understand that CAS is a core requirement of my IBDP and will fully acquaint myself with the information contained in the GDGWS CAS Handbook. I know that it is my responsibility to meet the CAS requirements.	ELINA
	I know who the CAS coordinator is. I can and should discuss CAS queries and concerns with her and the CAS Advisors at any time when school is in session.	ELINA
	I understand that it is my responsibility to have parent permission and an adult supervisor for activities that are not run in school.	ELINA
	I will ensure that I have an adult supervisor for each activity I undertake who will provide a brief written report stating the number of hours spent thereon and evaluating my performance.	ELINA
	I must fill in an Activity Approval form BEFORE undertaking a CAS activity, and am aware that I must participate in at least one CAS project that covers at least two of the CAS areas.	ELINA
	I accept that I must maintain a balance between Creativity, Activity and Service and undertake to complete CAS requirements by the end of the 3 rd semester of my IBDP.	ELINA
	I will keep written records (supplemented, when possible, by photos) in a CAS portfolio to be presented to the CAS Coordinator shortly before the conclusion of each semester of my IBDP programme.	ELINA
	It is my responsibility to meet all the seven learning outcomes & tally of my CAS hours and to have these signed off by the relevant Advisors and the CAS Coordinator. I must write a final summary report of about 500 words on my CAS activities using the official CAS final report form.	ELINA
	I will be on time for all CAS activities and will notify my supervisor at least 24 hours in advance if I am unable to attend an activity. I understand that excuses such as appointments or excessive work load are unacceptable!	ELINA
	I am aware of the CAS timeline and agree to follow it. I understand that if I fail to complete my CAS in the appropriate time frame, I will not be eligible for the award of IB Diploma, even if I write the IB Examination as a Diploma candidate	ELINA

Candidate's Signature: elina_____Date:29/03/21_____

Confirmed by Parent kush_____Name:29/03/21_____

Signature of Parent:_____Kush Kher

(Completed CAS Contract to be handed over to the CAS Coordinator)

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G D GOENKA WORLD SCHOOL

CAS experiences



Name: elina kher _____ Class of 2021 _____

Year 1 (April to Dec 2019)

Activity	Learning Outcomes	Short description of Activity
Tree plantation	LO4 LO5 LO6	Planting trees in nanital
Annual day	LO2 LO3 LO4 LO5 LO7	Theatrical play
Trekking	LO1 LO2 LO3	Trekking in nanital
Trident	LO2 LO4 LO5	Football tournament

Year 1 (Jan to May 2020)

Activity	Learning Outcomes	Short description of Activity
Ukulele	LO1 LO2 LO5	Learning an instrument
ATL skills workshop	LO1 LO4 LO5	Conducting a workshop for juniors
Exercising during quarantine	LO1 LO2 LO4	Exercising during the covid-19 pandemic

Year 2 (June to Dec 2020)

Activity	Learning Outcomes	Short description of Activity
Mask donation drive	LO4 LO5 LO3 LO6	Organizing a mask donation drive during covid-19 pandemic
Workshop for the under privileged	LO3 LO5 LO7	Conducting an entertainment workshop for the under privileged
MUN secretariat	LO1 LO2 LO3 LO4 LO5 LO6 LO7	Was a part of my school's MUN organizing secretariat
Mental health awareness page	LO3 LO4 LO5 LO6	Organized and created a mental health awareness page

Year 2 (Jan 2021) Focus on

CAS Portfolio Completion.

CandidateSignature ELINA _____

CAS CoordinatorSignature _____

G D GOENKA WORLD SCHOOL

CAS Progress Form



[To be filled in together with the CAS Coordinator]

Name: Elina Kher _____ Class of 2021 _____

Event	Date	Signature	Comments
Student has declared an acceptable plan for CAS activities	April 2019		
First consultation between CAS Advisor and student	Aug. 2019		
Second consultation between CAS Advisor/Coordinator and student	Dec. 2019		
Student has submitted reflective work	Feb 2020		
Third consultation between CAS Coordinator and student	April 2020		
Student has submitted final reflections/CAS Portfolio	Nov. 2020		
Student has submitted evidence that learning outcomes are met	Jan. 2021		
Student gave a good presentation of their CAS portfolio.	Feb. 2021		

CAS Coordinator-Jinas Panicker

(jinas.panicker@gdgoenka.ac.in)

Signature: _____

G D GOENKA WORLD SCHOOL



Student CAS Completion Form

There is evidence that.....elina kher.....has:

Learning outcome	Achieved? (✓)	Nature/location of evidence(for example, weblog [date], journal [page xx], progress form [date])
Identify own strengths and develop areas for growth	Yes	Trekking, ukulele, atls skills workshop, mun secretariat, tedxyouth.
Demonstrate that challenges have been undertaken, developing new skills in the process	Yes	Mun secretariat, tedxyouth, annual day, trekking, trident, ukulele, exercising during quarantine.
Demonstrate how to initiate and plan CAS experiences	Yes	Mun secretariat, tedxyouth, annual day, trekking, mask donation drive, workshop for the underprivileged, meantal health awareness page
Show perseverance and commitment in their experiences	Yes	Mun secretariat, tedxyouth, tree plantation, annual day, trident, ATL skills workshop, Exercising during quarantine, mask donation drive, mental health awareness page
Demonstrate the skills and recognize the benefit of working collaboratively	Yes	Mun secretariat, texyouth, tree plantation, annual day, trident, ATL skills workshop, mask donation drive, workshop for the underprivileged, mental health awareness page.
Demonstrate engagement with issues of global significance	Yes	Mun secretariat, tedxyouth, tree plantation, mask donation drive, mental health awareness page
Recognise and consider the ethics of choices and actions	yes	Mun secretariat, tedxyouth, annual day, workshop for the under privileged

FOR OFFICIAL USAGE ONLY

CAS Program Completion- YES/NO

CAS Coordinator signature.....Date.....

CAS Coordinator-Jinas Panicker

(jinas.panicker@gdgoenka.ac.in)



G D GOENKA WORLDSCHOOL

CAS: Project

Candidate Name: ELINA KHER _____

IB Yr 1/ **IB Yr 2**

Date: 31/04/20____

CAS Project: The CAS Projects are like any other activity except that they are self-initiated by the students and they involve significant collaboration with others.

Project Requirements:

- ☐ You must have your Project approved before you start. Students should be involved in at least one project involving teamwork that integrates two or more of creativity, activity and service.
- ☐ The project must take place over an extended period of time- no less than 4 weeks.
- ☐ The project should integrate two or more of creativity, activity and service.
- ☐ During the project you must work collaboratively with others and plan and initiate some of the CAS experiences in your project.
- ☐ You must have a supervisor sign this packet to assess/endorse the completion of the project (the supervisor cannot be a relative).
- ☐ You must keep the time log for the project hours.
- ☐ You must include photos/evidences of you and your project.
- ☐ You must complete a reflective essay about your project experience.
- ☐ During the project emphasis on CAS Stages

Directions: Complete the CAS Project Form identifying the causes and effects of your choosing this **Project** as a way to complete your CAS hours. As you fill out this form be sure to answer the following questions (in each corresponding box). You'll need to complete one CAS Project Form for each project.

CAS Project Form

CAS project form

Student project leader(s)	Parisha Bhutani		
Members	harsh gupta, elina kher, naman akanshi, rakshita rupani, praman bansal		
Title of project	E- library		
Focus of project	to create an online library with resource material for our peers		
How we are following the CAS stages	For each CAS stage, describe either what has been done or what you plan to do.		
• Investigation	first we investigated what all resources are available to students and what all are required so that we can collect the apt ones		
• Preparation	we divided ourselves into groups and started collecting materials for the same		
• Action	once the material was collected we made and launched the website and shared the link across our school via teachers and students		
• Reflection	the project was executed well it taught me a lot of stuff like having good research skills and how to teamwork, it also helped me to enhance my communicative skills as we talked to various teachers and students		
• Demonstration	we demonstrated via a website with is still available http://gdgwselibrary.xyz/		
Name of organization the project is organized with or for, if applicable	gd goenka world school		
Contact person at organization, contact phone and email, if applicable	amit chand		
Teacher or other external supervisor, if applicable	amit chand		
Anticipated dates of CAS project			
Risk assessment required?	Yes/No	Risk assessment completed?	Yes/No
Student signatures	elina		
CAS supervisor/adviser signature/date			
Principal signature (if required)/date			

Supervisor's Email: _____

To be completed by CAS Coordinator

This is approved/ not approved.

Signature of IBDP CAS Coordinator: _____ Date: _____

CAS PROJECT REFLECTIVE SUMMARY

Indicate the Learning Outcomes you achieved through your project. Refer specifically to these learning outcomes in your essay!

S.No	Learning outcome	Achieved
1.	Identify own strengths and develop areas for growth	Yes
2.	Demonstrate that challenges have been undertaken, developing new skills in the process	Yes
3.	Demonstrate how to initiate and plan CAS experiences	Yes
4.	Show perseverance and commitment in their experiences	Yes
5.	Demonstrate the skills and recognise the benefit of working collaboratively	Yes
6.	Demonstrate engagement with issues of global significance	Yes
7.	Recognise and consider the ethics of choices and actions	Yes

Sign your reflective essay/story and attach it to this page.

Candidate Signature.....ELINA.....Date...31/03/21.....

Supervisor-evaluation of CAS Project

To be completed by the supervisor:

Please comment on the following by ticking the relevant boxes

Attendance	Punctuality	Initiative	Effort and Commitment	Organisation
☐ Excellent	☐ Excellent	☐ Excellent	☐ Excellent	☐ Excellent
☐ Good	☐ Good	☐ Good	☐ Good	☐ Good
☐ satisfactory	☐ satisfactory	☐ satisfactory	☐ satisfactory	☐ satisfactory
☐ unacceptable	☐ unacceptable	☐ unacceptable	☐ unacceptable	☐ unacceptable

Please comment on the student's personal achievement and development taking into account their skills and attitudes at the start of the **CAS experience**.

Date: _____

Supervisor's name: _____ Supervisor's signature: _____

CAS Coordinator's signature: _____

Rubric for CAS Proposal Interview

CAS : Junior Year

Criteria	Not Meeting Expectations	Minimally Meeting Expectations	Satisfactorily Meeting Expectations	Exceeding Expectations
Quality of CAS Experiences	Proposals absent, incomplete or lacking challenge, goals, planning or supervision. Level 1 Intervention.	Atleast2experiences approved to begin this September, both of which are well-planned and supervised. Atleast1 of3CASstrands met.	Atleast2experiences approved to begin this September, both of which are well-planned and supervised. Atleast2 of3CASstrands met.	Atleast3experiences approved to begin this September, all of which are well-planned and supervised. Atleast2 of 3 CAS strands addressed.
Duration	CAS is not active each month until next interview. Level 1 Intervention.		CAS experiences are proposed and active at least until next interview.	CAS experiences are proposed and active well past next interview
Supervision	Supervisor forms are missing for most or all proposals. CAS experiences not approved. Level 1 Intervention.	Most supervisor forms are in, but Student may need others for a later date. Solitary experiences without supervision are approved by advisor.	All supervisor forms are in.	
Preparation	Student must re-interview due to lack of preparation. Level 1 Intervention.	Advisor leads the interview rather than the student or student is disorganized.	Student leads interview, is well prepared and rehearsed. Student is organized and professional.	Student leads interview, shows outstanding preparation, is well-rehearsed, and organized.
Overall Interview	Student must re-interview. CAS is not sufficiently started. Level 1 Intervention.	Student may need to return to supplement proposal here.	High quality of proposals and interview.	Impressive quality and number of proposals.

Is the CAS project being proposed today? YES/NO.

If Yes, student should present the rubric for the CAS project and discuss it with the CAS Adviser. If not, please remind the student that they must propose an CAS project by October.

Rubric for CAS Project Proposal/Completion

Student Name: ELINA KHER _____ **Advisor Name:** Amit chand _____

Does my CAS project involve service? Y/N

If so, check which of the four types of service action your project engages:

_____ 1. **Direct service:** involves direct student interaction with people, the environment or animals.

_____ 2. **Indirect service:** students do not see the recipients of project, but the community benefits.

_____ 3. **Advocacy:** student's speak/present/perform for a cause to promote action in community.

_____ 4. **Research:** students collect/analyze data, report on a topic to influence policy and practice.

Criteria	Not Meeting Requirements	Meeting Expectations
Duration	Project is under 1 month.	Project is at least 1 month.
Collaboration	Does not involve collaboration.	Involves collaboration.
CAS Strands	Student does not explain how project meets a CAS strand.	Student explains how project meets at least 1 CAS strand.
Goal	The student lacks a goal.	The student has a goal.
CAS Service Learning Stage 1: Investigation	Student still needs to conduct investigation to determine the project's feasibility.	Student confirms a community need and has verified any outside organization's integrity.
CAS Service Learning Stage 2: Preparation	Student is unable to clarify important roles/responsibilities, lacks a documented timeline for implementation or needs to find an appropriate community partner (supervisor).	Project is designed to the identified need. Student clarifies roles/responsibilities, discusses and documents timelines to implement the plan and has contact with any community partner (supervisor).

CAS Service Learning Stage 3: Action	The student does not implement the plan. If a service project, it does not meet any of the types of service action above.	The student implements the plan. If a service project, the result was direct service, indirect service, advocacy and/or research.
CAS Service Learning Stage 4: Reflection	The student does not provide adequate informal and formal reflection.	The student provides adequate informal and formal reflection.
CAS Service Learning Stage 5: Demonstration	The student does not make explicit what they accomplished or learned.	The student demonstrates accomplishment and what they learned.

G.D.GOENKA WORLD SCHOOL

List of Principal CAS Activities Undertaken For-Session 2019-21

Student's Name: Elina Kher _____

Year: 2 _____

Date: 31/03/21 _____

S.No	Creativity	Activity	Service
	<u>In- School Experiences</u>		
	MUN Secretariat	Trident	Mask Donation Drive
	TEDxYouth	Trekking	ATL Skills Workshop
	Mental Health Awareness Page	Ukulele	Workshop for the under privileged
	Annual Day		Tree plantation
	<u>Outside school experiences</u>		
		Exercising during quarantine	

G.D.GOENKA WORLD SCHOOL

Record of Reflection for Principal Activities Undertaken

Student's Name: ELINA KHER _____

Year: _____ 2 _____

Date: 31/03/21 _____

S.No	Creativity	Reflection done Yes/No	Evidence attached Yes/No	Which CAS Learning outcomes are achieved	Supervisor Evaluation form completed Yes/No	
	<u>In- School Experiences</u>					
	MUN SECRETARAT	YES	YES	1-7 (all)		
	TEDXYOUTH	YES	YES	1-7 (all)		
	MENTAL HEALTH AWARENESS PAGE	YES	YES	3,4,5,6		
	ANNUAL DAY	YES	YES	2,3,4,5,7		
	<u>Outside school Experiences</u>					

G.D.GOENKA WORLD SCHOOL

Record of Reflection for Principal Activities Undertaken

Student's Name: Elina Kher_____

Year: _____ 2

Date: _____ 31/3/21

S.No	Activity (Action)	Reflection done Yes/No	Evidence attached Yes/No	Which CAS Learning outcomes are achieved	Supervisor Evaluation form completed Yes/No
	<u>In- School Experiences</u>				
	TREKKING	YES	YES	1,2,3	
	UKULELE	YES	YES	1,2,5	
	TRIDENT	YES	YES	2,4,5	
	<u>Outside school Experiences</u>				
	EXCERSICING DURING QUARENTINE	YES	YES	1,2,4	

G.D.GOENKA WORLD SCHOOL

Record of Reflection for Principal Activities Undertaken

Student's Name: elina kher _____

Year: _____ 2

Date: _____ 31/3/21

S.No	Service	Reflection done Yes/No	Evidence attached Yes/No	Which CAS Learning outcomes are achieved	Supervisor Evaluation form completed Yes/No
	<u>In- School Experiences</u>				
	ATL SILLS WORKSHOP	YES	YES	1,4,5	
	WORKSHOP FOR THE UNDER PRIVILEGED	YES	YES	3,5,7	
	TREE PLANTATION	YES	YES	4,5,6	
	MASK DONATION	YES	YES	4,5,3,6	
	<u>Outside school Experiences</u>				

A Student checklist for CAS

A student checklist for CAS

Creativity	Activity	Service		
Exploring and extending ideas leading to an original or interpretive product or performance	Physical exertion contributing to a healthy lifestyle	Collaborative and reciprocal community engagement in response to an authentic need		
My CAS programme		Y/N?	Notes	Date
Evidence of planning of a CAS programme		y		
Regular commitment over at least 18 months to CAS		y		
Understanding and ability to use the CAS stages when planning CAS experiences		y		
Balance between creativity, activity and service		y		
At least one planned project undertaken over at least one month		y		
Evidence of achieving all seven learning outcomes				
Evidence of identification of strengths and areas for personal growth (LO1)		y		
Evidence of undertaking new challenges and developing new skills in the process (LO2)		y		
Evidence of initiating and planning a CAS experience (LO3)		y		
Evidence of commitment and perseverance in CAS experiences (LO4)		y		
Evidence of demonstrating the skills and recognizing the benefits of working collaboratively (LO5)		y		
Evidence of engagement with issues of global significance (LO6)		y		
Evidence of recognizing and considering the ethics of choices and actions (LO7)		y		
Reflections completed on significant CAS experiences		y		
Supervisor reports supplied where necessary		y		
CAS interview 1 completed		y		
CAS interview 2 completed		y		
CAS interview 3 completed		y		
CAS portfolio completed		y		

