

CAS Evidence

Annual Day Frozen Play



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: Aekum Kamboj

Date: 7 September 2019

Proposed CAS experience : Annual day, Frozen Play

Nature of CAS experience: Creativity / Activity/ Service

Brief description of the CAS experience:

I will be taking part in school's annual day will be having the lead role in the play Frozen.

Targeted Learning Outcomes and goals to be achieved: LO: 1,2,5,7

Location of CAS experience: Aparel House, Ground Fortis Hospital road.

Time Scheduled of CAS experience : From: 1 August 2019 to 7 September 2019

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

Signature _____ Phone Number 9560485742 E-mail dolly.singh@gdgoenka.ac.in

(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 _____

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: Aekum Kamboj

NAME OF CAS experience: Annual Day, Frozen Play

SUPERVISOR: Dolly Singh

LEARNING OUTCOMES ACHIEVED: LO: 1,2,5,7

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?

Annual Day 2019 was a showcase from the whole school to the parents and the invited Chief guests. I played the lead role in the Frozen play the character of Kristoff a snow harvesters. In the whole process of the annual day I got the chance to train and bring out the hidden talents of my peers, who were shy at first to showcase their talents but i helped them over come the stage fright and they all performed flawlessly. Through this experience I gained a lot of leadership qualities and a lot of responsibility as i had train many of the co-stars and motivate them to perform, whilst being in the core team of the event I had to take care of the recordings and help in costume designing. I was having some issues in understanding my character, so i sat down with our director of our play Dolly Singh and went Online to investigate my characters history and tone. This experience helped me a lot in becoming a better communicator and in socializing, I will like to give one advice to my peers to run the same showcase is that don't let yourself down, if you are stuck just sit down relax and investigate and talk to your mentor or director about the problem you are facing.

Candidate Signature: _____ Date: _____

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 Evidence

Live Christmas tree decoration



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: Aekum Kamboj

Date: 15 December 2019

Proposed CAS experience : Inter-House Live X-mas tree competition

Nature of CAS experience: Creativity / Activity / Service

Brief description of the CAS experience:

Interhouse live Christmas tree decoration competition in which i will be representing my school house Sorbus.

Targeted Learning Outcomes and goals to be achieved: LO: 1,2,5

Location of CAS experience: GD Goenka Wolrd school

Time Scheduled of CAS experience : From: 16 December 2019 to 18 December 2019

Name of Adult Supervisor/Advisor: Mrs. Savita Dagar Staff of GDGWS: Yes / No

Signature _____ Phone Number _____ E-mail savita.dagar@gdgoenka.ac.in

(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 _____

To be completed by CAS Coordinator

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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: Aekum Kamboj

NAME OF CAS experience: Inter-House Live X-mas tree competition

SUPERVISOR: Mrs. Savita Dagar

LEARNING OUTCOMES ACHIEVED: LO: 1,2,5

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 was an inter-house competition in which we had create a formation and decorate our selves into a Christmas tree. For this special one of its kind event we decided to make students of 7 grade to participate with us, so that they can understand and observe how the inter-house competitions can be and also to become responsible. Through this experience I learned that sometimes what might seems to be silly at first does turn out to be challenging and fun, I learned how to give a proper a command and how to bring out my imagination and make it real figure. The biggest obstacle I faced was the coordination between the team as we all were from different grades and different age groups, what we did was we made tiers smaller grade will be upfront and as the grade goes up we will form the formation in that order. This experience taught me that I can make my imagination become a real figure and make it perform well. The advice I will give and gave to my younger peers is that sometimes out of the box thinking helps you achieve certain goals, so think out of the box for ideas.

Candidate Signature: _____ Date: _____

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 Evidence

Nukkad Nattak



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: Aekum Kamboj Date: 14 September 2019

Proposed CAS experience : Hindi week Assembly Nukkad Natak

Nature of CAS experience: Creativity / Activity / Service

Brief description of the CAS experience:

I will taking part in a Street Play (Nukkad Natak) showing how Hindi language is fading away from our culture.

Targeted Learning Outcomes and goals to be achieved: LO: 1,2,3,6

Location of CAS experience: GD Goenka World School

Time Scheduled of CAS experience : From: 14 September 2019 to 19 September 2019

Name of Adult Supervisor/Advisor: Sujata Pant Staff of GDGWS: Yes No

Signature _____ Phone Number _____ E-mail _____

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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: Aekum Kamboj

NAME OF CAS experience: Hindi week Assembly Nukkad Natak

SUPERVISOR: Sujata Pant

LEARNING OUTCOMES ACHIEVED: **LO: 1,2,3,6**

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?

I participated in the week assembly and was a part of a small "Nukkad Natak" (Street Play) about How Hindi is slowly becoming a "lost" language? we all were able to make the audience understand about the topic.

Through this experience I myself understood that Hindi is actually slowly becoming a "lost" language.

At first I was having trouble in Pronouncing some of the words but the my supervisor helped me and trained me in delivering the dialogues.

I learned that I can speak at a high pitched voice for a long duration of time, this later on helped in doing different roles in different activities.

The advice I will give to my peers is if you have a problem in pronouncing a word just break it down and say it piece by piece.

Candidate Signature: _____ Date: _____

To be completed by the CAS supervisor

Punctuality and attendance: _____

Effort and commitment: _____

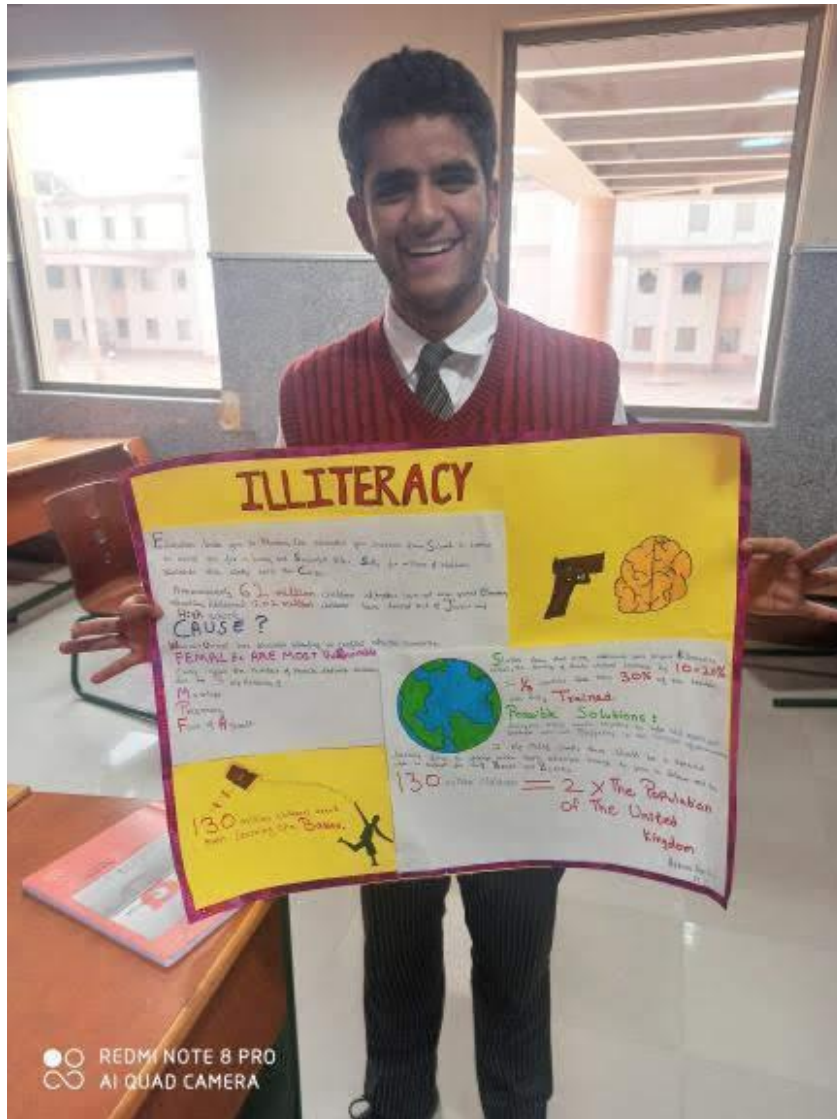
The CAS experience was satisfactorily completed /not satisfactorily completed Date _____

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

CAS Coordinator-Jinas Panicker

(jinas.panicker@gdgoenka.ac.in)

CAS Evidence Poster Making



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: Aekum Kamboj

Date: 7 December 2019

Proposed CAS experience : Poster Making

Nature of CAS experience: Creativity / Activity / Service

Brief description of the CAS experience:

I will be making a poster on present global issues around the world to spread awareness.

Targeted Learning Outcomes and goals to be achieved: LO: 1,2,4,6

Location of CAS experience: GD Goenka World School

Time Scheduled of CAS experience : From: 7 December 2019 to 9 December 2019

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

Signature _____ Phone Number _____ E-mail Anupama.chopra@gdgoenka.ac.in

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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: Aekum Kamboj

NAME OF CAS experience: Poster Making

SUPERVISOR: Anupama Chopra

LEARNING OUTCOMES ACHIEVED: LO: 1,2,4,6

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 was a Class project in which I made a poster on a global issue about "Illiteracy", a fun and engaging project for the whole class we did open discussion and presentations of our posters. We all got to gain a lot of knowledge and perspectives of our classmates on their global topic.

This project helped me in being organised and taught me a lot about all different global issues we all are facing right now, I became an inquirer and improved my research and presentation skills I took all the facts from the Internet.

The major issue I had was about how should I plan my poster, I didn't know how should I sort everything in one piece of paper so I created cut outs of my written material and drew some pictures which could be related to the written content.

I got to know that I am better at art than I use to think and made start to like drawing, now drawing helps me express things I find difficult in explaining.

The advice I will give to my peers is before starting a project create a mind map of how you will carry out the project so you won't be lost and do work efficiently.

Candidate Signature: _____ Date: _____

To be completed by the CAS supervisor

Punctuality and attendance: _____

Effort and commitment: _____

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

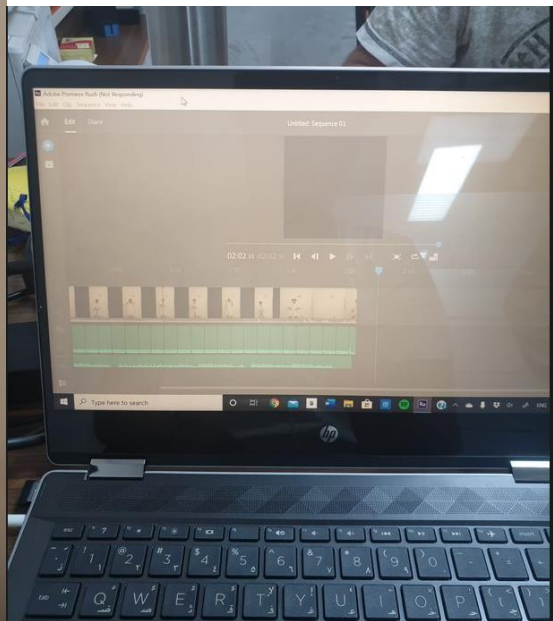
Supervisor's name: _____ Supervisor's signature: _____

CAS Coordinator-Jinas Panicker

(jinas.panicker@gdgoenka.ac.in)

CAS Evidence

Mime



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: Aekum Kamboj

Date: 19 May 2020

Proposed CAS experience : MIME on Saving Water

Nature of CAS experience: Creativity / Activity/ Service

Brief description of the CAS experience:

Recorded a monologue for spreading awareness on Saving Water.

Targeted Learning Outcomes and goals to be achieved: LO: 1,2,4,5

Location of CAS experience: Home, 29 Tatvam Villas, sector 48 sohna road, Gurgaon

Time Scheduled of CAS experience : From: 19 May 2020 to 22 May 2020

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

Signature _____ Phone Number 9560485742 E-mail dolly.singh@gdgoenka.ac.in

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Jinas Panicker

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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: Aekum Kamboj

NAME OF CAS experience: MIME on Saving Water

SUPERVISOR: Dolly Singh

LEARNING OUTCOMES ACHIEVED: LO: 1,2,4,5

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.

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*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?

I did a MIME on saving water for an inter-house competition, where I represented my house Sorbus. For this experience i got to learn a completely new skill of drama "MIME" which i had never done before which was hard at first for me because of the topic and i couldn't find an idea on how to do the monologue. to solve my problem I looked at the most basic way to show how we waste water and that was while using a tap. i also had to add some sound effects into the video which also was completely new to me.

I would advise peers to always be looking forward to and not shy away from a new experience as new experience always improve our skills.

Candidate Signature: _____ Date: _____

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 Evidence

Gym



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: Aekum Kamboj

NAME OF CAS experience: Gyming

SUPERVISOR: Dev

LEARNING OUTCOMES ACHIEVED: 1,2,4,5,7

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?

I started regular Gyming for almost one and half to two hours everyday. gyming helped me improve my overall strength and endurance which helped me in playing competitive tennis and everyday tasks.

Gyming made me understand my strengths and weakness and also helped me improve my weaknesses. I found that I have good endurance and a basic strength and later it helped me improve my strength and brush up my endurance.

I faced alot discomfort at first as my back was not able to support much of weight but I had been doing yoga which improved my back and later on I was getting more comfortable with weights. I learnt new exercises in weight training and alot of abdominal exercises for better core strength.

The advice I will give to my peers is be regular and create schedule on what you are going to train and how you will train these should be specific to your training course.

Candidate Signature: _____ Date: _____

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: Aekum Kamboj

Date: 1 June 2019

Proposed CAS experience : Gyming

Nature of CAS experience: Creativity / Activity / Service

Brief description of the CAS experience:

I will start gyming to maintain and improve my Physique and have a healthier lifestyle.

Targeted Learning Outcomes and goals to be achieved: LO: 1,2,4,5,7

Location of CAS experience: V-club gym, sector 48, sohna road ,gurugram

Time Scheduled of CAS experience : From: 1 June 2019 to 20 August 2019

Name of Adult Supervisor/Advisor: Dev Staff of GDGWS: Yes ☒

Signature _____ Phone Number _____ E-mail _____

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Candidate Signature _____

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 Evidence

Yoga



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: Aekum Kamboj

Date: 22 May 2019

Proposed CAS experience : Yoga

Nature of CAS experience: Creativity (Activity) Service

Brief description of the CAS experience:

Starting Yoga effectively to improve my back posture and strengthen my body structure.

Targeted Learning Outcomes and goals to be achieved: LO: 1,2,4,7

Location of CAS experience: Tatvam Villas, Sector 48, Sohna Road, Gurugram

Time Scheduled of CAS experience : From: 22 May 2019 to 15 July 2019

Name of Adult Supervisor/Advisor: Dev Staff of GDGWS: Yes (No)

Signature _____ Phone Number _____ E-mail _____

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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: Aekum Kamboj

NAME OF CAS experience: Yoga

SUPERVISOR: Dev

LEARNING OUTCOMES ACHIEVED: LO: 1,2,4,7

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?

I started doing yoga for improving my back strength and overall flexibility of my body, my Tennis coach helped me in doing all the exercises and guided me through out the whole time and it improved my over performance in the game.

I learned new stretches and exercises from this experience, I had few sessions with physiotherapists for a better understanding of my physiology and areas to target mainly.

The biggest obstacle I faced was improving flexibility of my hamstrings and groin, I started doing exercises and stretches which focused only these muscles which helped me perform full stretch strides while playing.

I learnt that I have good balance and will, that I usually achieve what i strive if I put in my full most effort, earlier I could not perform full stretch to reach the ball now I can and recover quick.

The advice I will give to my peers is don't take any action with any consultations whether it is from your parents or a professional instructor.

Candidate Signature: _____ Date: _____

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 Evidence

Tennis



M. V. TENNIS ACADEMY
(National Ranking Tennis Tournament)
(Under the Auspices of Haryana Tennis Association)

Certificate of Merit

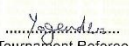
This is to certify that Master/Ms..... AEKUM KAMBOJ

Participated in AITA..... CHAMPIONSHIP SERIES -7 Tennis

Tournament held at MV Tennis Academy, Dabodha Khurd, Bahadurgarh,
Jhajjar - 124507

From : 22 April 2019

Event Boys U-18 Singles: Fore - Quater Double: —

 Academy Chairman
K.K. MALIK Tournament Director
 Secretary
 Tournament Referee

M. V. TENNIS ACADEMY
(National Ranking Tennis Tournament)
(Under the Auspices of Haryana Tennis Association)

Certificate of Merit

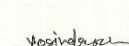
This is to certify that Master/Msii..... AEKUM KAMBOJ

Participated in AITA..... CHAMPIONSHIP SERIES 7 DAYS Tennis

Tournament held at MV Tennis Academy, Dabodha Khurd, Bahadurgarh,
Jhajjar - 124507

From : 19 nov to 23 nov

Event Boys 0-16 Singles: Fore - Quarter Double: —

 Academy Chairman
K.K. MALIK Tournament Director
 Secretary
 Tournament Referee

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: Aekum Kamboj

Date: 19 November 2019

Proposed CAS experience : Championship Series Tennis Tournament

Nature of CAS experience: Creativity (Activity) Service

Brief description of the CAS experience:

Participating in a State level Tennis tournament to increase my National rank.

Targeted Learning Outcomes and goals to be achieved: LO: 1,2,4,7

Location of CAS experience: MV Tennis Academy, Dabhoda Khurd, Bahadurgarh

Time Scheduled of CAS experience : From: 19 November 2019 to 23 November 2019

Name of Adult Supervisor/Advisor: Dev Staff of GDGWS: Yes (No)

Signature _____ Phone Number _____ E-mail _____

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Jinas Panicker

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G D GOENKA WORLD SCHOOL



CAS Self-Evaluation/Reflection Form

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CANDIDATE NAME: Aekum Kamboj

NAME OF CAS experience: Tennis tournament

SUPERVISOR: Dev

LEARNING OUTCOMES ACHIEVED: LO: 1,2,4,7

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*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?

I participated in a championship series tennis tournament, I had played till the pre-quarters before getting knocked out of the tournament.

This tournament was a bit more risky and challenging than other tournaments as the weather conditions were not good and my back was not in the best state. In my training for the tournament I focused more on just sending the ball back.

The biggest obstacle I faced was the turf of the court all the players and I had complained about the wet turf, we all took the matter in our hands and tried to smoothen out the turf and push the water out.

After this experience I got better at getting a court ready for use now I know how to properly setup the net.

The advice I will give to my peers is, give you 100% into anything you do if you don't you won't get what you want no matter what problem you face give you 100%

Candidate Signature: _____ Date: _____

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 Evidence

Cycling



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: Aekum Kamboj

NAME OF CAS experience: Cycling

SUPERVISOR: Dev

LEARNING OUTCOMES ACHIEVED: 1,2,3,4

Reflect on the following questions in the space provided

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*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?

Since the Pandemic had shutted down almost all the out door activities and i had started to feel lazy by sitting at ho me and not exerting my self in any physical activity i decided to do cycling in my society and the neighbouring tracks. I would call my society friends and ask them if they want to go for a ride to the parks and cycle for almost 10 killometers. Cycling helped me relax from all the stress from exams and all the assignments we had, also helped maintain my weight. The experience also taught me how to fill a puncture with grass in case there is puncture in my tire and there is no help to fix the tire. The experience made me discover that i am a good cyclist and i can do few long runs with a cycle without any problem. I would advise my peers to know how to fix a tire and carry a puncture repair kit and even a first aid kit when ever they do a long distance on a cycle.

Candidate Signature: _____ Date: _____

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: Aekum Kamboj

Date: 10 August 2020

Proposed CAS experience : Cycling

Nature of CAS experience: Creativity / Activity / Service

Brief description of the CAS experience:

To maintain a healthy life style I will be actively doing Cycling in my near by tracks and society.

Targeted Learning Outcomes and goals to be achieved: LO:1,2,3,4

Location of CAS experience: Sohna Road, Gurgaon

Time Scheduled of CAS experience : From: 10 August 2020 to 20 September 2020

Name of Adult Supervisor/Advisor: Dev Staff of GDGWS: Yes / No

Signature _____ Phone Number 8448976499 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 _____

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 Evidence

Halloween



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: Aekum Kamboj

Date: 31 October 2019

Proposed CAS experience : Halloween Volunteer

Nature of CAS experience: Creativity / Activity / Service

Brief description of the CAS experience:

Volunteering for helping children play games which will be organised for a halloween assembly and dress up as ghosts for their fun,

Targeted Learning Outcomes and goals to be achieved: LO: 2,4,5,6,7

Location of CAS experience: GD Goenka World School

Time Scheduled of CAS experience : From: 31 October 2019 to 31 October 2019

Name of Adult Supervisor/Advisor: Ms. Neeta Prasad Staff of GDGWS: Yes / No

Signature _____ Phone Number _____ E-mail neeta.prasad@gdgoenka.ac.in

(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 _____

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: Aekum Kamboj

NAME OF CAS experience: Halloween volunteering

SUPERVISOR: Neeta Prasad

LEARNING OUTCOMES ACHIEVED: LO: 2,4,5,6,7

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?

I had volunteered in a fun session of Halloween celebration for small kids and helped teachers with the decorations and conducting all the games and keep the kids in check. We had to dress up as monsters and ghosts to scare the small children and make them play small interactive games like ball toss. I learnt how to stay positive when all the kids will do their silly pranks on us and how to cope with their pranks or even few annoying things they would do. I faced an obstacle where they will start fighting over treats and will destroy the decorations this i solved by distracting them with few tricks and making them understand on how they should value everything and not to fight with eachother. this whole experience made me realise the importance of Halloween and also made cover few IB learner profile like Caring, Open-minded, balanced and reflective.

Candidate Signature: _____ Date: _____

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 Evidence

Tree Plantation



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: Aekum Kamboj

NAME OF CAS experience: Tree Plantation

SUPERVISOR: Jinas Panicker

LEARNING OUTCOMES ACHIEVED: LO: 2,3,4,5,6,7

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?

On our CAS trip we were given the opportunity to plant new trees in the hilly terrains of Nainital. The opportunity to plant a new life which will give us back fresh oxygen was more than an honor to me. we were divided into pairs of two and with our supervisors guiding us on every step on how to plant a tree properly. Planting a tree is not just digging a hole and place plant there its much more than that we need to find the perfect spot for the tree with enough sunlight and space for the root to grow. so that was our biggest obstacle finding just the right spot for our tree and we did it by going a bit higher on the hill where the sun was good and open space for our little tree. I learnt about the value of what we are planting and how much it contributes to the society which got me even more invested into the activity and giving the tree all the positivity i had. The biggest thing i learnt was that we need to give time for growth and accept that we don't grow in one day its a process of years before a plant becomes full grown tree.

I would advise my peers to plant more and more trees and be prepared with the right tools whenever they plant a tree.

Candidate Signature: _____ Date: _____

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: Aekum Kamboj

Date: 10 November 2019

Proposed CAS experience : Tree plantation

Nature of CAS experience: Creativity / Activity/ Service

Brief description of the CAS experience:

To decrease the pollution levels of Nainital a tree plantation drive will be held to plant more trees on the hilly terrain of Nainital.

Targeted Learning Outcomes and goals to be achieved: LO: 2,3,4,5,6,7

Location of CAS experience: Camp Bagicha, Ramghar, Nainital

Time Scheduled of CAS experience : From: 10 November 2019 to 13 November 2019

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

Signature _____ Phone Number 9871556233 E-mail Jinas.panicker@gdgoenka.ac.in

(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 _____

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 Evidence

Mask Donation






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
Anyar 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



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: Aekum Kamboj

Date: 27 June 2020

Proposed CAS experience : Mask donation

Nature of CAS experience: Creativity / Activity / Service

Brief description of the CAS experience:

Donating Masks to frontline workers in times of Pandemic by collecting money and buying from a Women NGO who make masks.

Targeted Learning Outcomes and goals to be achieved: LO: 1,2,3,4,5,6,7

Location of CAS experience: GD Goenka World School, Soahna Road, Gurgaon

Time Scheduled of CAS experience : From: 27 June 2020 to 29 July 2020

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

Signature _____ Phone Number 9871556233 E-mail jinas.panicker@gdgoenka.ac.in

(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 _____

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: Aekum Kamboj

NAME OF CAS experience: Mask donation

SUPERVISOR: Jinas Panicker

LEARNING OUTCOMES ACHIEVED: LO: 1,2,3,4,5,6,7

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 collected Money through donations which was later paid to a women run NGO Beejna who give jobs to underprivileged women from whom we collected masks and gave ahead to frontline workers. We ended up donating over 1000 masks and had collected almost 30,000 rupees in donations.

we were a team of 20 students and i was the head of finances meaning i was looking after all the donations coming in and keeping a record of which account has how much money. The toughest part of this experience was setting up accounts for the donations to come as some of us had paytm or other will have google pay. we solved this by dividing the money into four different accounts and then sending the money to one mother account which would later pay the NGO for the masks. The biggest thing i learned was when people know the cause they can give out huge sum of payment for the right cause.

I would advise my peers to keep working on projects like these and lways have a well constructed plan which you and your mates can easily follow.

Candidate Signature: _____ Date: _____

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: Project

Candidate Name: Aekum Kamboj_____

IB Yr 1 / IB Yr 2

Date: 9 June 2020__

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)	Ria Arora		
Members	Ria Arora , Aekum Kamboj, Behaan Chibber, Vikram Thakur, Rishi Sharma, Ananya Singh		
Title of project	Ann Daan		
Focus of project	Food Donation in times of a Pandemic		
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 check how much does a food bag costs, and how we will transport all the bags to the NGO.		
• Preparation	We start collecting money through online donation and place the order for the food bags and collect as much as we can, and also spread awareness of the project through social media platforms.		
• Action	We collected all the bags from different people and shops and stored them with ourselves till the NGO people come to pick all the bags.		
• Reflection	We ended up collecting 120+ food bags almost 800 kgs of food.		
• Demonstration	We posted multiple thank you videos on the social media and also gave a full description of the project in the videos.		
Name of organization the project is organized with or for, if applicable	Earth Saviours Foundation		
Contact person at organization, contact phone and email, if applicable	Pooja Pal: +91 83760 67460		
Teacher or other external supervisor, if applicable	Jinas Panicker		
Anticipated dates of CAS project	9 june 2020 to 30 june 2020		
Risk assessment required?	☒ Yes ☐ No	Risk assessment completed?	☒ Yes ☐ No
Student signatures			
CAS supervisor/adviser signature/date			
Principal signature (if required)/date			

Supervisor's Email: Aekum@gdgoenka.ac.in

To be completed by CAS Coordinator

This is approved/ not approved.

Signature of IBDP CAS Coordinator: _____ Date: _____

CAS PROJECT

Attach photos of you and your project here.



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	✓
2.	Demonstrate that challenges have been undertaken, developing new skills in the process	✓
3.	Demonstrate how to initiate and plan CAS experiences	✓
4.	Show perseverance and commitment in their experiences	✓
5.	Demonstrate the skills and recognise the benefit of working collaboratively	✓
6.	Demonstrate engagement with issues of global significance	✓
7.	Recognise and consider the ethics of choices and actions	✓

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

Candidate Signature.....Date.....

Ann Daan is a food donation drive with the Earth Saviours Foundation, where we created food bags form collecting money and food bags containing non-perishable items to donate to the needy during the 2020 pandemic. Me, Ria, and Rehaan and the whole core team spread the word about the drive and have collected over 600kg of food. The food has been stored in our own houses and will be collecting the bags from the donors soon and a collection team will arrive soon to take the bags and distribute ahead. Me and Ria helped the team with the Route map which will help the foundation's collectors to come and collect the food from different locations in the most efficient way, we decreased the number of stops from almost 17 stops to 6 stops by personally collecting the bags storing them and then wait for the foundation to collect from us.

If someone was unable to provide us with a bag me and Rehaan started giving Paytm number to collect the money and buy the desired items for the bags on their behalf. In the end the foundation representatives came with their trucks to collect the bags from 6 different stops.