

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

Candidate Name: **Romharsh Mittal**

Candidate Number: **jgb272 (002279-0026)**

Contact Number: **9734544477**

Email: **romharshisback@gmail.com**

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

Candidate's Name: Romharsh Mittal

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.

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.	<u>Romharsh Mittal</u>
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.	<u>Romharsh Mittal</u>
I understand that it is my responsibility to have parent permission and an adult supervisor for activities that are not run-in school.	<u>Romharsh Mittal</u>
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.	<u>Romharsh Mittal</u>
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.	<u>Romharsh Mittal</u>
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.	<u>Romharsh Mittal</u>
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.	<u>Romharsh Mittal</u>
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.	<u>Romharsh Mittal</u>
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!	<u>Romharsh Mittal</u>
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	<u>Romharsh Mittal</u>

Candidate's Signature: Romharsh Mittal Date: 1ST June 2019

Confirmed by Parent: Yes Name: Payal Mittal

Signature of Parent: Payal Mittal

G D GOENKA WORLD SCHOOL



CAS experiences

Name: Romharsh Mittal

Class of 2021

Year 1 (April to Dec 2019)

Activity	Learning Outcomes	Short description of Activity
ANNUAL DAY CHOIR	LO 1, 2, 5 AND 7	Part of the school choir
SUMMER SCHOOL	LO 1,2,3,4 AND 5	Part of internship (Cooking)
LA REVOLUTION - MUN	LO 1,2,4, 5 AND 6	Model United Nations
WEBSITE DESIGNING	LO 1,2,4, AND 7	Make websites
BOOK AUTHORIZING	LO 1,2,3,4, 5 AND 7	Write a Book, 'Five Balls of life'

Year 1 (Jan to May 2020)

Activity	Learning Outcomes	Short description of Activity
ROPE ACTIVITIES	LO 1,2,3,4,5 AND 7	Indulge in rope activity
TREKKING	LO 1,2,3,4,5 AND 7	Trekking the hills of Nainital
HORSE RIDING	LO 1,2,4 AND 5	Equestrian and grooming
GYM	LO 1,2,4,5 AND 7	Gymming and weight lifting

Year 2 (June to Dec 2020)

Activity	Learning Outcomes	Short description of Activity
PLANT PLANTATION	LO 2,5,6 AND 7	Tree plantation drives
HALLOWEEN VOLUNTEER	LO 2,5 AND 7	Volunteering for children
ANDAN	LO 5,6 AND 7	Food Donation Project
LET'S SANITISE INDIA	LO 5,6 AND 7	Mask & sanitiser Donation

Year 2 (Jan 2021) Focus on

CAS Portfolio Completion.

Candidate Signature: Romharsh Mittal

CAS Coordinator Signature _____

G.D.GOENKA WORLD SCHOOL

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

Student's Name: **Romharsh Mittal**

Year: **2021**

Date: **25th November 2020.**

S.No	Creativity	Activity	Service
	<u>In- School Experiences</u>		
1	ANNUAL DAY CHOIR	GYM	HALLOWEEN VOLUNTEERING
2	SUMMER SCHOOL		
3	LA REVOLUTION - MUN		
	<u>Outside school Experiences</u>		
1	WEBSITE DESIGNING	ROPE ACTIVITIES	PLANT PLANTATION
2	BOOK AUTHORIZING	TREKKING	ANDAN FOOD DONATION DRIVE
3		HORSE RIDING	LETS SANITISE INDIA (MASK DONATION DRIVE)

G.D.GOENKA WORLD SCHOOL**Record of Reflection for Principal Activities Undertaken**Student's Name: **Romharsh Mittal**Year: **2021**Date: **25th November 2020.**

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>				
1	ANNUAL DAY CHOIR	Yes	Yes	LO 1, 2, 5 & 7	Yes
2	SUMMER SCHOOL	Yes	Yes	LO 1,2,3,4 & 5	Yes
3	LA REVOLUTION - MUN	Yes	Yes	LO 1,2,4, 5 & 6	Yes
	<u>Outside school Experiences</u>				
1	WEBSITE DESIGNING	Yes	Yes	LO 1,2,4, & 7	Yes
2	BOOK AUTHORIZING	Yes	Yes	LO 1,2,3,4,5,7	Yes

G.D.GOENKA WORLD SCHOOL

Record of Reflection for Principal Activities Undertaken

Student's Name: **Romharsh Mittal**

Year: 2021

Date: **25th November 2020.**

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>				
1	GYM	Yes	Yes	LO 1,2,4,5 & 7	Yes
	<u>Outside school Experiences</u>				
1	ROPE ACTIVITIES	Yes	Yes	LO 1,2,3,4,5,7	Yes
2	TREKKING	Yes	Yes	LO 1,2,3,4,5,7	Yes
3	HORSE RIDING	Yes	Yes	LO 1,2,4 & 5	Yes

G.D.GOENKA WORLD SCHOOL

Record of Reflection for Principal Activities Undertaken

Student's Name: **Romharsh Mittal**

Year: **2021**

Date: **25th November 2020.**

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>				
1	HALLOWEEN VOLUNTEERING	Yes	Yes	LO 2,4,5 & 7	Yes
	<u>Outside school Experiences</u>				
1	PLANT PLANTATION	Yes	Yes	LO 2,3,5,6 & 7	Yes
2	ANDAN FOOD DONATION DRIVE	Yes	Yes	LO 5,6 & 7	Yes
3	LETS SANITISE INDIA (MASK DONATION DRIVE)	Yes	Yes	LO 5,6 & 7	Yes

CREATIVITY

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: Romharsh Mittal

Date: 23rd March, 2020

Proposed CAS experience : Book Authoring (Book Writing)

Nature of CAS experience Creativity / Activity / Service

Brief description of the CAS experience:

I will be writing a Book with my own knowledge and experiences and will publish it,
The Books Title will be 'The five Balls of life'.

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

Location of CAS experience: Gurugram.

Time Scheduled of CAS experience : From: 23rd March, 2020 to 24th August, 2020

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

Signature _____ Phone Number 9810699493 E-mail anupama.chopra@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 RomharshMittal

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: Romharsh Mittal

NAME OF CAS experience: Book Authoring (Book Writing)

SUPERVISOR: Ms. Anupama Chopra

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

Reflect on the following questions in the space provided

CAS for every IB student is a precious part and can bring wonder in one's life. At the start of lockdown when my CAS was almost at the verge of completion, my minds always used to wonder and think what else I can do, then I looked at my diary which I used to fill with my thought and thought, wow this can be turned into a book as it had so many different learning which I have in my life. Then I came up with my book titled 'The five balls of life'. In today's extraordinary times, the book provides a new perspective on what it takes to juggle the five balls of life. Our life to the simplest is divided into five balls. The balls represent the significant aspects of our experience, and I have compared each of them with our life. The balls are WORK or EDUCATION if one is a teenager like me, FAMILY, FRIENDS, HEALTH AND LASTLY and most important YOURSELF. Out of these five balls, 1 is a rubber ball, and rest 4 are glass balls. You will understand work is a rubber ball and if you drop it, it will bounce back. But the other four balls if you drop it it will get scratches, cracked or it can even be shattered. They will never be the same; you must understand that and strive for balance in life. As I have anecdotes that are my observations and insights, this book will surely provide lessons drawn from life which will intern give you an edge to deal with setbacks, success and other emotional ups and downs. The book talks about how to achieve the balance in such challenging times when 'Social Distancing' and 'Work From Home' have become the new normal. It focuses on 'Multiple Sources of Education' rather than 'Multiple Sources of Income' and using technology to create something long-lasting.

The CAS helped me to learn new skills and made me more skilled learner; it made me A Author. I had faced many difficulties at the middle with the grammar part of the book and then how do I publish it but I did not stop and kept on going and it, at last, benefited me, I found the publisher and even got it published.

With the book, I also got a great chance of learning something new in the domain of creativity, and I also came around the IB learning profiles like Inquiries, thinker, risk-taker, and reflective. It had overall impacted my growth as an individual. CAS for me played a critical part.

Candidate Signature: Romharsh Mittal Date: 25 August 2020

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

"Life as a game in which you are juggling some five balls in the air. You name them - work, family, health, friends and spirit - and you're keeping all of these in the air. You will soon understand that work is a rubber ball. If you drop it, it will bounce back. But the other four balls - family, health, friends and spirit - are made of glass. If you drop one of these, they will be irrevocably scuffed, marked, nicked, damaged or even shattered. They will never be the same. You must understand that and strive for balance in your life."

-Bryan Dyson, Ex-President, Coca-Cola, 1991

In today's extraordinary times, the book provides a new perspective on what it takes to juggle the five balls of life. Written by a very young (who is still in his teens) first time author, Romharsh Mittal, the book talks about how to achieve the balance in such times when 'Social Distancing' and 'Work From Home' have become the new normal. The focus should be on 'Multiple Sources of Education' rather than 'Multiple Sources of Income' and using technology to create something long-lasting.

**In the end, the most important thing in today's time is to
Stay Contented & Stay Happy**

 GOYA PUBLISHING



THE FIVE BALLS OF LIFE

ROMHARSH MITTAL

THE FIVE BALLS OF LIFE



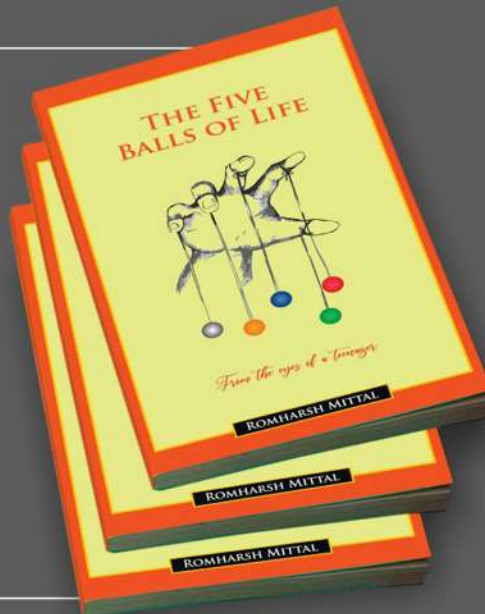
From the eyes of a teenager

ROMHARSH MITTAL

Not every child was
busy watching
Netflix in lockdown -
a new perspective of
teenage learnings

THE FIVE BALLS OF LIFE

AUTHORED BY
ROMHARSH MITTAL



BOOK LAUNCH ON 17th August, 2020 | Available on  | www.romharsh.com

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: Romharsh Mittal

Date: 23rd May, 2020

Proposed CAS experience : La Revolution - MUN (Model United Nations)

Nature of CAS experience: Creativity / Activity / Service

Brief description of the CAS experience:

I will be part of the Gd Goenka Model United Nations called the La Revolution as the Delegate of Estonia.

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

Location of CAS experience: The GD Goenka World School, Gurugram.

Time Scheduled of CAS experience : From: 23rd May, 2020 to 24th May, 2020

Name of Adult Supervisor/Advisor: Mr. Jinnas Panikkar Staff of GDGWS: Yes ☒ No

Signature _____ Phone Number 9871556233 E-mail Jlnas.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 Romharsh Mittal

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: Romharsh Mittal

NAME OF CAS experience: La Revolution - MUN (Model United Nations)

SUPERVISOR: Mr. Jinnas Panikkar

LEARNING OUTCOMES ACHIEVED: **LO 1,2,4, 5 AND 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 the first time in my life that I took part in a model united nation conference, I at the start had no idea of how I was going to do it, and if I will be able to do it, I always had a fear of public speaking, and it was there in me since I was a kid but little did I know this MUN was going to take that fear of public speaking of me, I was allotted in the SECURITY COUNCIL Committee for the country ESTONIA, before this, I had no much knowledge about the country Estonia, but as I got this country, I was motivated to know more about the country and do my best in the MUN. The event started, and as it was happening online due to the pandemic and all, there were my fellow mates from different counties too. At it started I was a little nervous because it was my first time, but as my turn came in, I spoke my best, and from that time, my fear of public speaking is gone. The CAS experience gave me a chance to overcome my fear of public speaking and satisfied my ever wanting to want to participate in a MUN. I had the opportunity to talk and have a conversation with other participants too, and through that discussion, I also learnt about the countries they were representing. I did practice my speech prior, and that helped me to take my performance one step forward. This I surely going to help me to express myself in the real world as public speaking is one of the most important skills one should know. I also gained the IB learners profile like Inquirers, knowledgeable, thinker, principled and reflective.

I want to advise around who will be participating first time in a MUN to research well about the allotted committee and country, also to watch few videos about how a MUN is conducted on YouTube that can help a-lot in doing good in MUN.

Candidate Signature: Romharsh Mittal Date: 25 May 2020

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



LA RÉVOLUTION

This is not a Resolution, it is a Revolution

Certificate of Participation

This is to certify that

Romharsh Mittal

has taken part in United Nations Security Council
simulated at La Révolution Model United Nations, from 23-24 May 2020

Priya Mahendru

Priya Mahendru
Chief Advisor

M. Manocha

Mikul Manocha
Secretary General, Co-Founder

Shashank S. Kataria

Shashank S. Kataria
President, Co-Founder

Our Partners: LAIQA



KIA MOTORS
Juhi Motors

Veda5



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: Romharsh Mittal

Date: 1st March, 2020

Proposed CAS experience : Website Designing

Nature of CAS experience: Creativity / Activity / Service

Brief description of the CAS experience:

I will be learning how to make website with the help of word-press in my free time and make website for myself and for school.

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

Location of CAS experience: Gurugram.

Time Scheduled of CAS experience : From: 1st March, 2020 to 31st August, 2020

Name of Adult Supervisor/Advisor: Ms. Pallavi Chug Staff of GDGWS: Yes ☒ No

Signature _____ Phone Number 9811758614 E-mail pallavi.chug@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 Romharsh Mittal

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: Romharsh Mittal

NAME OF CAS experience: Website Designing

SUPERVISOR: Ms. Pallavi Chug

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

Reflect on the following questions in the space provided

I intended to make website since a very long time and the lockdown started I got enough free time to work on my skills to make websites. I have no prior knowledge of how do we make a website and host it on server but with time and a little guidance and YouTube videos, I learnt how to make Wordpress website and host it on the internet. I made website with first downloading XAMPP as my local host and then creating it with the help of Wordpress and the hosting it to the online server. I did interact with a person who is employing as a web designer in a company and he was kind enough to help me with all the tools and guide through it. I learned how to make website from scratch and now I can create any website and maybe in future I can use this skill as a part-time job also so this was one of the most helpful CAS experience.

As I did not have any knowledge before I made my first website, I had to reach out for help a lot and had to see a lot of videos this was a big obstacle I faced but as I finished with my first Wordpress site, I could easily make website and when on creating them, I have created 4 websites(romharsh.com, dnrekords.com, theartshack.in, ojust.in) till now. For applying it into real life as I mention I can take this as a part time freelancing project in future for making website maybe in my university. I learned various IB profiles like knowledgeable, open-minded, Inquirers, Communicators, balanced, Principled and reflective.

I would like to tell my peers to first watch a-lot of videos in start and learn from different website of how to create website and go slow with your work as it takes a little time to master but at the end you can get great results.

Candidate Signature: Romharsh Mittal Date: 1st september 2020

To be completed by the CAS supervisor

Punctuality and attendance: _____

Effort and commitment: _____

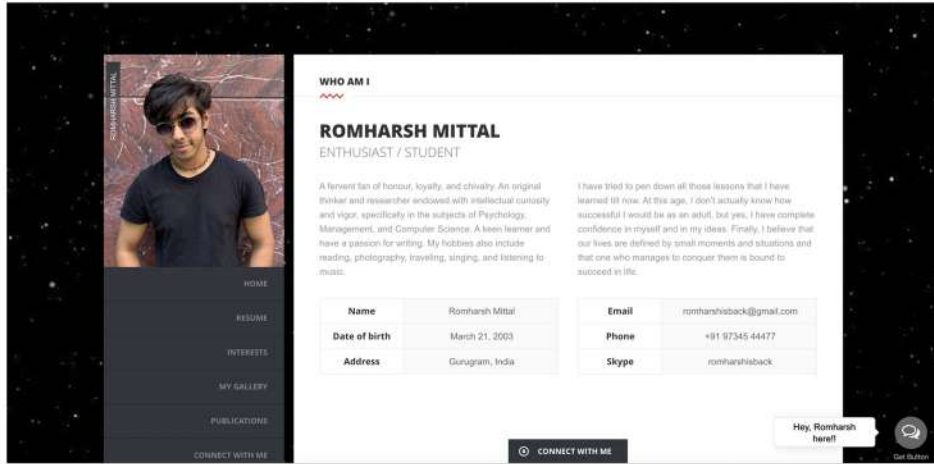
The CAS experience was satisfactorily completed /not satisfactorily completed Date _____

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

CAS Coordinator-Jinas Panicker

(jinas.panicker@gdgoenka.ac.in)

EVIDENCE



WHO AM I

ROMHARSH MITTAL
ENTHUSIAST / STUDENT

A fervent fan of honour, loyalty, and chivalry. An original thinker and researcher endowed with intellectual curiosity and vigor, specifically in the subjects of Psychology, Management, and Computer Science. A keen learner and have a passion for writing. My hobbies also include reading, photography, traveling, singing, and listening to music.

I have tried to pen down all those lessons that I have learned till now. At this age, I don't actually know how successful I would be as an adult, but yes, I have complete confidence in myself and in my ideas. Finally, I believe that our lives are defined by small moments and situations and that one who manages to conquer them is bound to succeed in life.

Name	Romharsh Mittal	Email	romharshiback@gmail.com
Date of birth	March 21, 2003	Phone	+91 97345 44477
Address	Gurgaon, India	Skype	romharshiback

CONNECT WITH ME

Hey, Romharsh here!!



We care about your Immunity.

QJust

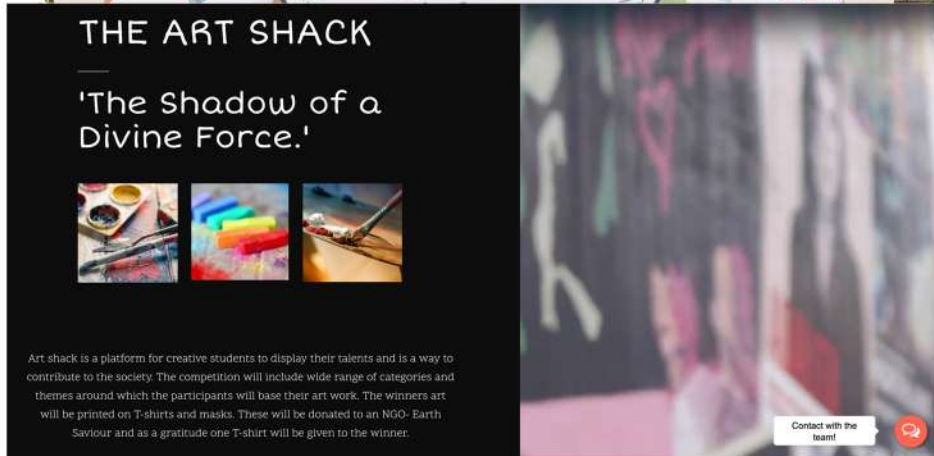


THIS RAKSHA BANDHAN SPREAD IMMUNITY

A BOND BETWEEN A SISTER AND BROTHER WHERE A SISTER SEEKS GOOD HEALTH FOR HER BROTHER AND IN RETURN, BROTHER OFFERS HER PROTECTION.

QJust

Connect now



THE ART SHACK

'The Shadow of a Divine Force.'

Art shack is a platform for creative students to display their talents and is a way to contribute to the society. The competition will include wide range of categories and themes around which the participants will base their art work. The winners art will be printed on T-shirts and masks. These will be donated to an NGO- Earth Saviour and as a gratitude one T-shirt will be given to the winner.

Contact with the team!

DN REKORDS

HOME ABOUT STORES BEATS GALLERY CONNECT WITH US

HOME



DN REKORDS
ESTD-2020

Reach us



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: Romharsh Mittal

Date: 13th August, 2019

Proposed CAS experience : ANNUAL DAY CHOIR

Nature of CAS experience: Creativity / Activity / Service

Brief description of the CAS experience:

I will be the part of the school choir which will sing the songs of the band Queen on the school Annual day.

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

Location of CAS experience: The GD Goenka World School, Gurugram

Time Scheduled of CAS experience : From: 13th August, 2019 to 8th September, 2019

Name of Adult Supervisor/Advisor: Mr. Jinnas Panikkar Staff of GDGWS: Yes / No

Signature _____ Phone Number 9871556233 E-mail Jlnas.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 Romharsh Mittal

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: Romharsh Mittal

NAME OF CAS experience: ANNUAL DAY CHOIR

SUPERVISOR: Mr. Jinnas Panikkar

LEARNING OUTCOMES ACHIEVED: **LO 1, 2, 5 AND 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 was one of the lead vocalists in the choir group which performed the songs on the annual school day by the band name the Queen. We sang songs like bohemian rhapsody, radio gaga and I want to break free. It was a medley performance by our choir group in which we learned a lot of new singing forms and the importance of collaborative work in a choir. As a peer, I was able to help my fellow group members Also, in doing their instructed task too. I also felt more motivated after this, and there was fire within me, which got the right spark.

Before this I had no prior knowledge of singing or being a part of a choir, so by taking part in this, I became more creative and felt more approachable to things.

I also gained the IB learner profile such as Inquirers, thinker, communicator, principled and caring.

I faced obstacles like sore throat, but I overcame all those by taking good care of my throat and giving it rest and drinking the right amount of hot water.

I learned to sing at my very best, and it definitely boosted the confidence in me and a singer, and I should do it more often.

I would like to advise my peers to be very careful of taking care of their throat and not putting extra pressure on it and to practice more often because practice will help getting better at the vocals and keep doing there vocal training regularly. They should also enjoy the process of singing and enjoy it with all their open heart.

Candidate Signature: Romharsh Mittal Date: 9th september 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: _____

CAS Coordinator-Jinas Panicker

(jinas.panicker@gdgoenka.ac.in)

EVIDENCE

ANNUAL DAY CHOIR





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: Romharsh Mittal

Date: 28th May, 2019

Proposed CAS experience : SUMMER SCHOOL

Nature of CAS experience: Creativity / Activity / Service

Brief description of the CAS experience:

I will be part of the Gd Goenka internship summer school which will teach us the art of cooking and Also help learning in the school of hospitality.

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

Location of CAS experience: The GD Goenka World School, Gurugram

Time Scheduled of CAS experience : From: 28th May, 2019 to 7th June, 2019

Name of Adult Supervisor/Advisor: Mr. Jinnas Panikkar (RAJ) Staff of GDGWS: Yes / No

Signature _____ Phone Number 9871556233 E-mail Jlnas.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 Romharsh Mittal

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: Romharsh Mittal

NAME OF CAS experience: SUMMER SCHOOL

SUPERVISOR: Mr. Jinnas Panikkar

LEARNING OUTCOMES ACHIEVED: **LO 1,2,3,4 AND 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?

I was under the school of hospitality, and it taught us the basics of how the art of serving the guest is the most crucial part of the industry and learnt how to make a different varieties of food in different cuisines and garnish them well and get it to your guest's table. I made various food items like pasta, chocolava cake, dry fruit cake, French puff, banana walnut cake and brownies. My interaction with the chef taught me the basics of cooking and how do we handle all the kitchen tools and properly bake items. I also came up with my creative ideas of garnishing the food plate and my chef was pleased with the way I presented and decorated my dishes. It taught me different techniques of making the same food with variations. It also helped me to take out the chef in me, and now I am even more confident with the dishes I make and am getting better with every attempt. I learned various IB profiles like open-minded, Inquirers, balanced and reflective.

I faced few obstacles in the start like I did add an extra quantity of ingredients and I messed up with even few dishes, but with increasing attempts, I became better, and with practice, I rectified my mistakes and now I am even more confident with my skills. I learnt that I am a very creative person and I am quite good at cooking, and I should pursue it and keep going on with my cooking skills and it also helped me to discover my passion. I would like to advise my peers that if the first attempt is not perfect, then go for the second and be careful while dealing with the oven and cutting vegetables.

Candidate Signature: Romharsh Mittal Date: 8th june 2019

To be completed by the CAS supervisor

Punctuality and attendance: _____

Effort and commitment: _____

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

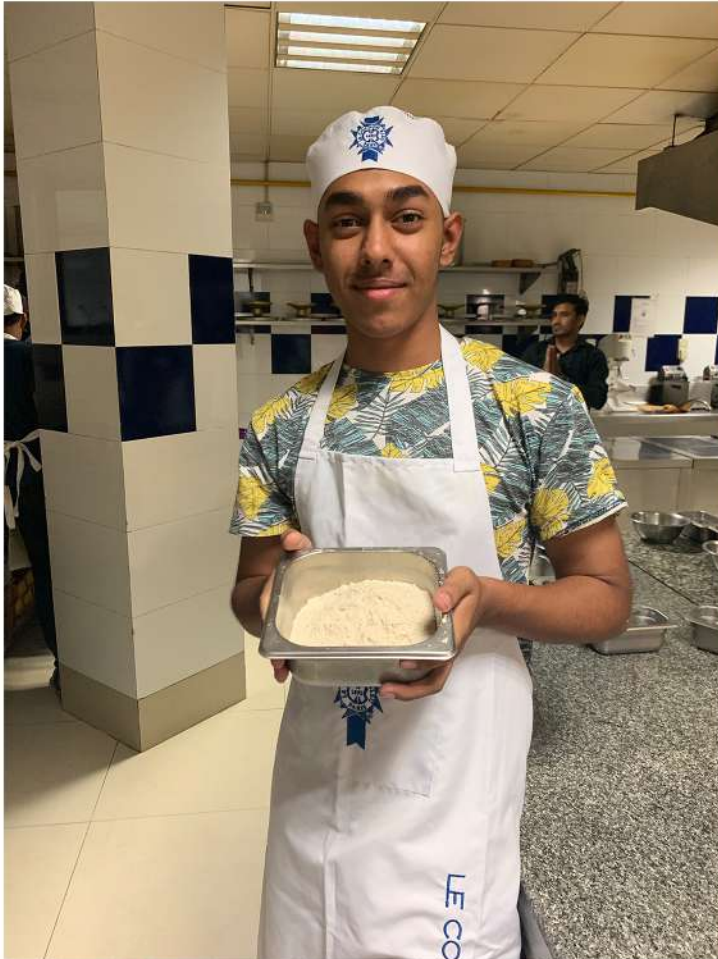
Supervisor's name: _____ Supervisor's signature: _____

CAS Coordinator-Jinas Panicker

(jinas.panicker@gdgoenka.ac.in)

EVIDENCE

SUMMER SCHOOL / COOKING



ACTIVITY

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: Romharsh Mittal

Date: 4th August, 2019

Proposed CAS experience : EQUESTRIAN

Nature of CAS experience: Creativity ☒ Activity ☒ Service

Brief description of the CAS experience:

Equestrian and grooming the horses and taking care of them with pursuing the activities of jumping, tent peking and dressage

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

Location of CAS experience: Haryana Equestrian Academy, Gurugram

Time Scheduled of CAS experience : From: 4th August, 2019 to 16th Oct, 2019

Name of Adult Supervisor/Advisor: Col Rajpal Singh Ahluwalia Staff of GDGWS: Yes ☒ No ☐

Signature _____ Phone Number 9213410487 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 Romharsh Mittal

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: Romharsh Mittal

NAME OF CAS experience: EQUESTRIAN

SUPERVISOR: Col Rajpal Singh Ahluwalia

LEARNING OUTCOMES ACHIEVED: **LO 1,2,4 AND 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?

Equestrian was a sport which intrigued me from the very beginning, and I was very eager to learn it. I was learning a different form of riding techniques like tent Peking, show jumping, dressage and galloping, horses are species which always gave me happiness and after actually learning the sport, I was very happy and taught me the discipline which is required in such games. As one will be an aware equestrian is an army and a royal sport, so it requires a lot of dedication and perseverance. Throughout learning the art of riding the horse, I could connect to the animal soul and came to know how to also give them care. With the actual sport, I also took care of the horses and used to groom them. Like giving them a sand bath after the completion of a ride and giving them a bath. Putting the saddle and desaddling it after I finished my ride.

I also learnt that riding a horse is not an easy sport, and it takes a lot of dedication and time to understand the way and to correct the posture of your body. During the process of learning all the different forms of activities, I also learned that it gave me a motivation boost when I used to complete my course of jump and then move on to the next. The whole journey of taking the pain to correct my posture was totally worth it. I also incorporated the IB learner profiles like risk-taking, knowledgeable, principled and caring. I faced obstacles like falling down from the horses and like getting injured due to taking but with constant practice, I overcame all the fear and became better at it. I would like to advise my peers to take it slow and to take care of your knee grip or else falling will be really common, and with constant practice, you will achieve your goals.

Candidate Signature: Romharsh Mittal Date: 17th October 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: _____

CAS Coordinator-Jinas Panicker

(jinas.panicker@gdgoenka.ac.in)

EVIDENCE

EQUESTRIAN



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: Romharsh Mittal

Date: 28th April, 2019

Proposed CAS experience : GYMMING

Nature of CAS experience: Creativity ☒ Activity ☐ Service

Brief description of the CAS experience:

Gymming and weight lifting will be the main aim and targeting to be more physically fit and flexible which will help me to have a great physique and knowledge about fitness.

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

Location of CAS experience: The GD Goenka World School, Gurugram

Time Scheduled of CAS experience : From: 28th April, 2019 to 20th March, 2020

Name of Adult Supervisor/Advisor: Mr. Jinnas Panikkar Staff of GDGWS: ☒ Yes ☐ No

Signature _____ Phone Number 9871556233 E-mail Jlnas.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 Romharsh Mittal

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: Romharsh Mittal

NAME OF CAS experience: GYMMING

SUPERVISOR: Mr. Jinnas Panikkar

LEARNING OUTCOMES ACHIEVED: **LO 1,2,4,5 AND 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 was tired off being that skinny guy, and I wanted to bring a change in me. And I saw gymming as an opportunity to achieve my goals. I was a total beginner at the start and had no knowledge of how to go about it, but I was highly motivated also, so I started my journey. I did discover and learn new things about myself that I was capable of doing much more than I ever thought of doing, and I then gave in my best. But after staring the journey, I came to know and learnt that my physical calibre is much more than I ever thought of and I am capable of doing more and which I will continue to do. I started with weight training like dumbbell press, biceps curl, bench press, pushups, and many more forms of exercises. During the training process, I learnt about different ways of approach which we can give to our goals, and I also learnt the importance of being physically fit and maintaining a healthy lifestyle and creating right mindset altogether.

I faced obstacles like my muscles dealing with pain and getting really tired of the failure, and it taught me that patience is the key to success and not giving up and giving the required amount of rest to the body and going step by step and listening to the trainer's guidance. I also learnt various IB profiles like knowledgeable, risk-taker, Inquirers, principled and balanced. It helped to discover my own calibre and help me to know what I am good at and taught me the value of time, and should focus more on my physical qualities. I would like to give advice to my peers to take the help of the trainer at the start because it will help in the proper guidance and focus on the kind of exercises in regards to your goals and to stay away from injuries.

Candidate Signature: Romharsh Mittal Date: 20th March 2020

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

GYMMING





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: Romharsh Mittal

Date: 10th Nov, 2019

Proposed CAS experience : ROPE ACTIVITIES

Nature of CAS experience: Creativity ☒ Activity ☐ Service

Brief description of the CAS experience:

To indulge in various forms of rope activity as part of putting an extra effort in taking the physical caliber in me.

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

Location of CAS experience: Camp Baghicha, Ramgarh near Nainital

Time Scheduled of CAS experience : From: 10th Nov, 2019 to 13th Nov, 2019

Name of Adult Supervisor/Advisor: Mr. Jinnas Panikkar Staff of GDGWS: ☒ Yes ☐ No

Signature _____ Phone Number 9871556233 E-mail Jlnas.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 Romharsh Mittal

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: Romharsh Mittal

NAME OF CAS experience: ROPE ACTIVITIES

SUPERVISOR: Mr. Jinnas Panikkar

LEARNING OUTCOMES ACHIEVED: LO 1,2,3,4,5 AND 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 did a countless number of activities on the ropes which brought out true sportsman of me. There were different types of rope activities like Zip-line, Swoop, Zorbing and many more. It was indeed an enjoyable experience. In camp bagicha, we had our stay put up, and next to that was the setup for the rope activities. I am very motivated after doing all the events, and it actually made me realise my physical calibre and got the right energetic person out of me. I learnt to use the different tools like the anchor, the knots, harvests and the different techniques. I had no prior knowledge of the methods of the tools, and this made me aware of the forms and the essential tools and even helped me to complete my rope activities journey.

The interaction with the bileman and instructors gave me new knowledge about the various forms of activities we perform, and it also boosted my motivation.

I also incorporated the IB learner profiles like knowledgable, Inquirers and risk-taker. At the start, I was a little scared and in the thought that these activities are way to hard for me and I won't be able to complete them, but then I overcame this fear by staying motivated and doing all of them and achieving success.

I faced a few obstacles also like few failures at the start and a few injuries, but then by knowing the right techniques, I was able to overcome then and give my 100% in them. I would like to give one advice to my peers to know the proper use of the types of equipment to avoid the injuries and to have the most fun out of it and enjoy it thoroughly.

Candidate Signature: Romharsh Mittal Date: 14th november 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: _____

CAS Coordinator-Jinas Panicker

(jinas.panicker@gdgoenka.ac.in)

EVIDENCE

ROPE ACTIVITIES



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: Romharsh Mittal

Date: 10th Nov, 2019

Proposed CAS experience : TREKKING

Nature of CAS experience: Creativity/ Activity /Service

Brief description of the CAS experience:

Trekking of the hills of Nainital and to bring out the trekker in one, and to learn the experience of trekking with group help.

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

Location of CAS experience: Camp Baghicha, Ramgarh near Nainital

Time Scheduled of CAS experience :From: 10th Nov, 2019 to 13th Nov, 2019

Name of Adult Supervisor/Advisor: Mr. Jinnas Panikkar Staff of GDGWS: Yes /No

Signature _____ Phone Number 9871556233 E-mail Jlnas.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 Romharsh Mittal

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: Romharsh Mittal

NAME OF CAS experience: TREKKING

SUPERVISOR: Mr. Jinnas Panikkar

LEARNING OUTCOMES ACHIEVED: LO 1,2,3,4,5 AND 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?

Trekking has always been in my good books, and I have always loved to go on treks. And this one was no different for me. Trekking mountains of Nainital and looking at the natural beauty was one of the most mesmerising experiences which added more to my knowledge of trekking. This trek was a little different than my previous experiences. Before the starting of our trek, the instructors guided us with few new symbols and sign languages which are primarily used in the world of trekking, and this also added more to my knowledge of trekking. I did the trek to the Summit and then back down. And my interactions with the instructors and my fellow members was a great one and helped me to learn more and more.

During the trek, I learned about different species of animals and plants. I felt a secure connection with nature and learned about conservation of the environment. It also made me realise the importance of a healthy lifestyle. I learned trekking is not easy for everyone, we should go with the pace of others and also not rush and enjoy nature with it. As there were few elevations, it was quite tiring and also had loose rocks which caused me to have a fall and small injury. I also gained few IB profile qualities like knowledgeable, Inquirers, principled, risk-taker and communicator. I learnt about myself and my physical stamina and that I am a very active person and should engage myself more trekking activities. I would like to advise my peers to wear proper trekking shoes which will help in the appropriate trek and get a good quality of sports gear for the trek and keep a first aid kit for any emergency situations.

Candidate Signature: Romharsh Mittal Date: 14th november 2019

To be completed by the CAS supervisor

Punctuality and attendance: _____

Effort and commitment: _____

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

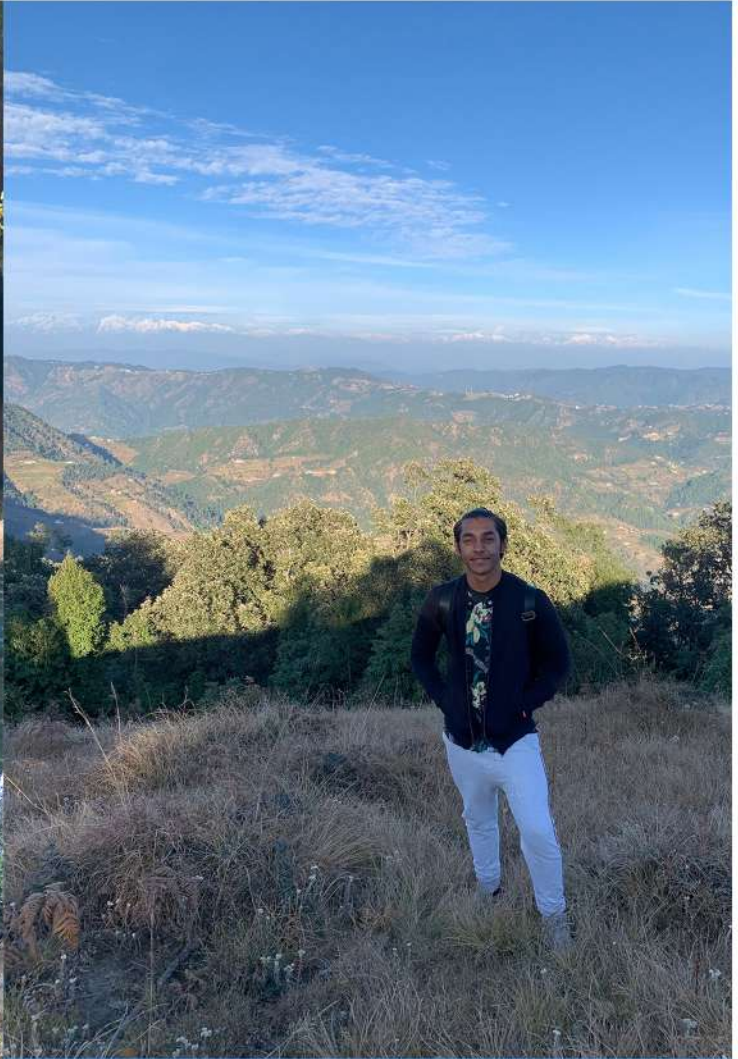
Supervisor's name: _____ Supervisor's signature: _____

CAS Coordinator-Jinnas Panicker

(jinnas.panicker@gdgoenka.ac.in)

EVIDENCE

TREKKING



SERVICE



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: Romharsh Mittal

Date: 25th July, 2020

Proposed CAS experience : Andan (Food Donation Project)

Nature of CAS experience: Creativity / Activity / Service

Brief description of the CAS experience:

This will be a CAS project in which food donation drive are going to be held and will be donated to NGO, and I will be a part of it.

Targeted Learning Outcomes and goals to be achieved: **LO 5,6 AND 7**

Location of CAS experience: Gurugram.

Time Scheduled of CAS experience : From: 25th July, 2020 to 10th August, 2020

Name of Adult Supervisor/Advisor: Mr. Jinnas Panikkar Staff of GDGWS: Yes ☒ No ☐

Signature _____ Phone Number 9871556233 E-mail Jlnas.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 Romharsh Mittal

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: Romharsh Mittal

NAME OF CAS experience: Andan (Food Donation Project)

SUPERVISOR: Mr. Jinnas Panikkar

LEARNING OUTCOMES ACHIEVED: **LO 5,6 AND 7**

Reflect on the following questions in the space provided

The food donation drive was an excellent experience for helping the needy in times of need by making a small amount of contribution, which can make a significant difference in one's life. Helping one in need was always taught to me that is a beautiful task but before CAS was hard to start, as there was no idea of how do we start but the times of covid and with the help of CAS I even got a chance, to begin with, this cause of helping one in need to. CAS to say gave me that push which I needed and even after CAS, I continued to do the task of helping the people of need. Andan Project was a CAS project which was initiated by my IBDP classmates, and in this, we had to create Food bags for the people, and we were going to donate it to an NGO called 'The Earth Saviour Foundation'. During the covid times, we had got the opportunity to provide food for the people in need. I took part in their CAS project, and in that, we had to create a food package to provide them. I made a food package which contained food like biscuits, oil, aata, etc. The project taught me the power of teamwork and dedication that if one thinks to do something, they can achieve anything with planning and the right process. This was my first task for helping the people in need to it gave me a significant amount of satisfaction. I had interacted with other mates of my class to coordinate for the transportation and registration for the project and helping with small things which I could do for them. One obstacle I faced was at the start for the coordination with the team members of how to transport the food bags, but we overcame it with a discussion. I also achieved some of the IB learnt profiles such as caring, knowledgeable, open-minded, balanced and reflective. I would like to advise my fellow peers if they want to start some project like this then have all the planning done beforehand, and the coordination needs to be healthy, and then you will be good to go.

Candidate Signature: Romharsh Mittal Date: 11th August 2020

To be completed by the CAS supervisor

Punctuality and attendance: _____

Effort and commitment: _____

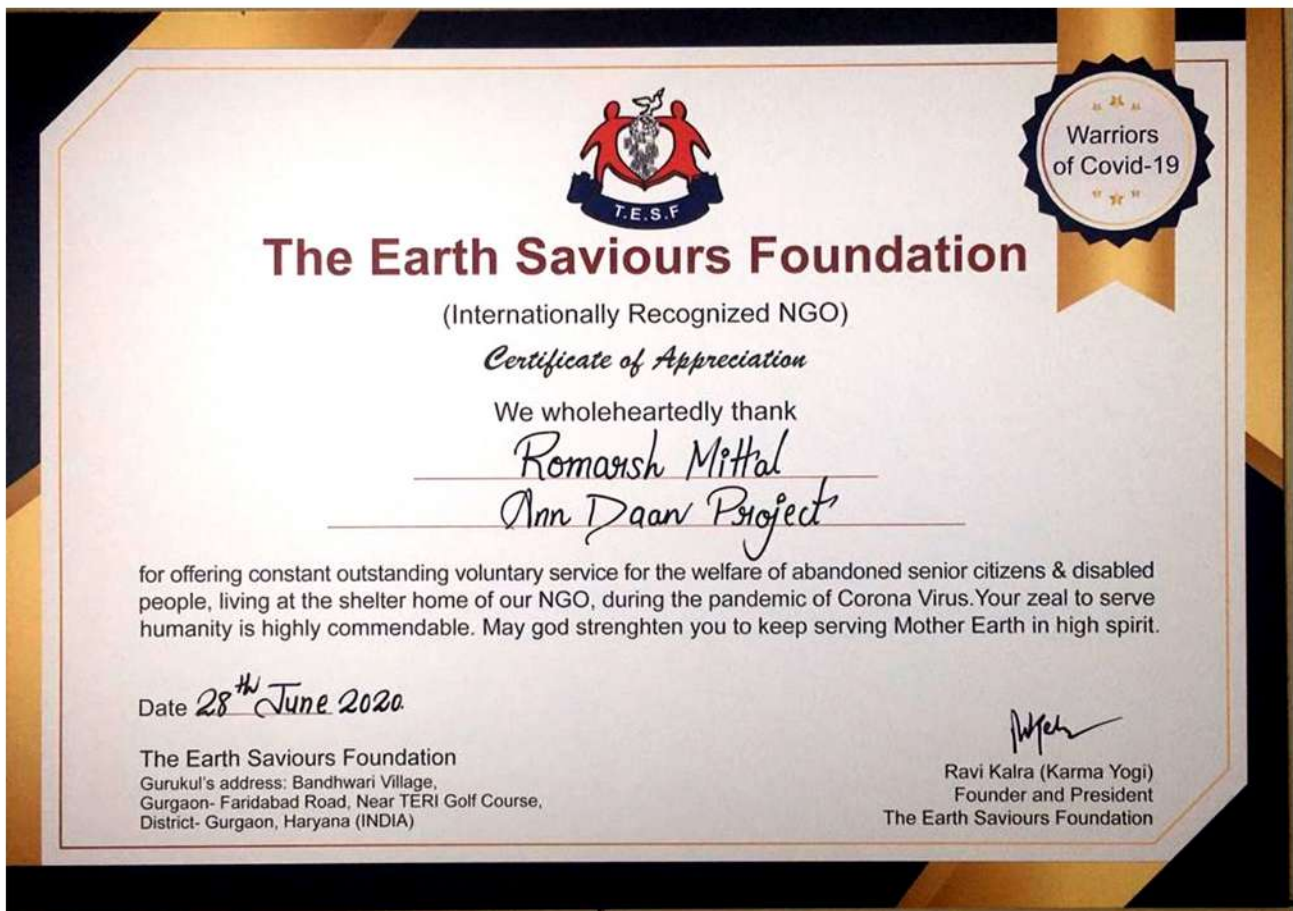
The CAS experience was satisfactorily completed /not satisfactorily completed Date _____

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

CAS Coordinator-Jinnas Panicker

(jinnas.panicker@gdgoenka.ac.in)

EVIDENCE



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: Romharsh Mittal

Date: 31st Oct, 2019

Proposed CAS experience : HALLOWEEN VOLUNTEERING

Nature of CAS experience: Creativity / Activity / Service

Brief description of the CAS experience:

Volunteering for helping the children and making them play games which will be organised during the halloween celebration and becoming ghosts for their fun.

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

Location of CAS experience: The GD Goenka World School, Gurugram

Time Scheduled of CAS experience : From: 31st Oct, 2019 to 31st Oct, 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 Romharsh Mittal

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: Romharsh Mittal

NAME OF CAS experience: HALLOWEEN VOLUNTEERING

SUPERVISOR: Neeta Prasad

LEARNING OUTCOMES ACHIEVED: LO 2,4,5,6 AND 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?

In Halloween, I was part of becoming the reason for the kid's fun. Basically, I had volunteered for the Halloween celebration which was organised and we had dress up as the monsters and conduct games for the small children. By helping the teacher to manage the kids and taking up the responsibility for their tricks in Halloween. It was not only me also but with me a group of 5 more classmates who volunteered and helped the teachers for the proposed task. I learnt how to stay positive in such situations where you are going to be the victim of the tricks of those small kids which I never did before. I learnt how to manage the kids and play with them and make them have fun and make myself realise the importance of Halloween. It was the first time also when I dressed up for Halloween so it was a pretty good experience for me also and I loved it a lot. I had to manage those kids and it also gave me an immense amount of joy and satisfaction. I also achieved some of the IB learnt profiles such as caring, knowledgeable, open-minded, balanced and reflective.

I faced an obstacles like the kids were going around and fighting with each other for the treats, and I had to stop them and teach them the importance of value and not engage in fighting activities. They were also going around and breaking the decoration, so I even had to explain them and distract them with few tricks. I overcame this by teaching them the importance of value and the festival and making them have more fun. As an overall result, I contributed to the service of school and made the day of a few sweet kids and helped the teachers with the volunteering service.

Candidate Signature: Romharsh Mittal Date: 1st November 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: _____

CAS Coordinator-Jinas Panicker

(jinas.panicker@gdgoenka.ac.in)

EVIDENCE

HALLOWEEN VOLUNTEERING



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: Romharsh Mittal

Date: 29th July, 2020

Proposed CAS experience : let's Sanitise India - (Mask and sanitiser Donation Project

Nature of CAS experience: Creativity / Activity / Service

Brief description of the CAS experience:

This will be a CAS project in which Mask and sanitiser donation drive are going to be held and will be donated to NGO, and I will be a part of it.

Targeted Learning Outcomes and goals to be achieved: **LO 5,6 AND 7**

Location of CAS experience: Gurugram.

Time Scheduled of CAS experience : From: 29th July, 2020 to 20th August, 2020

Name of Adult Supervisor/Advisor: Mr. Jinnas Panikkar Staff of GDGWS: Yes / No

Signature _____ Phone Number 9871556233 E-mail Jlnas.paniker@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 Romharsh Mittal

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: Romharsh Mittal

NAME OF CAS experience: let's Sanitise India - (Mask and sanitiser Donation Project)

SUPERVISOR: Mr. Jinnas Panikkar

LEARNING OUTCOMES ACHIEVED: **LO 5,6 AND 7**

Reflect on the following questions in the space provided

The world in the times of the pandemic was already suffering from so. We could best do stay at home and not increase the cases of the patience, we also sitting at home had to support the frontline workers who were working so hard for us day and night and fighting during this time, everyone had to be a mask and had to sanitise them often to stay safe and not catch the infection, so we all decided to start the project called let's Sanitise India. In the project, we thought we would prove sanitiser and mask to who we can, that help the people in taught times. We all had to stand together in this and fight for humanity. We started the project under the CAS domain of service that we will provide mask and sanitiser to the NGO, and the NGO will further provide it to the people in need. The only issue that came was the transportation of the items. We had only to overcome that, and our project would be successful, and we will be able to help hundreds of people, so we tackled the issue by talking to the NGO, they helped us with a car and all the items were called in that. Anyone followed no contact to keep safe. We in ourselves had to coordinate a lot to make this project successful, and this came out great at the end. We learnt that when all come together, there is nothing impossible and how important it was to come together as a country and support humanity in need. I also achieved some of the IB learns profile such as caring, knowledgeable, thinker and reflective. I want to advise my peers if there ever comes any project like this, please step forward and help with any small amount possible, a small change makes a difference.

Candidate Signature: Romharsh Mittal Date: 21st August 2020

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



Apex Women's Club

Sangaria

Reg. No. 216

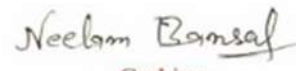
CERTIFICATE OF DONATION

PARTICIPATION IN SOCIAL SERVICE

This is to certify Romharsh Mittal for donating in CAS project - Let's Sanitise India initiated by Raghav Verma in collaboration with Apex Club, Sangaria. We truly appreciate your donation and thank you from core of our heart.


President
Neelam Soni


Secretary
Nishu Garg


Cashier
Neelam Bansal



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: Romharsh Mittal

Date: 10th Nov, 2019

Proposed CAS experience : PLANT PLANTATION

Nature of CAS experience: Creativity / Activity / Service

Brief description of the CAS experience:

As for the well being the society, tree plantation drive will be undertaken to help the environment and fulfil the basic ethics as a human being.

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

Location of CAS experience: Camp Baghicha, Ramgarh near Nainital

Time Scheduled of CAS experience : From: 10th Nov, 2019 to 13th Nov, 2019

Name of Adult Supervisor/Advisor: Mr. Jinnas Panikkar Staff of GDGWS: Yes / No

Signature _____ Phone Number 9871556233 E-mail Jlnas.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 Romharsh Mittal

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: Romharsh Mittal

NAME OF CAS experience: PLANT PLANTATION

SUPERVISOR: Mr. Jinnas Panikkar

LEARNING OUTCOMES ACHIEVED: **LO 2,3,4,5,6 AND 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?

During the CAS expedition on which we were taken to Nainital, many of us were given the great opportunity of adding value to the society and give it back value what it has been offering the whole human civilisation since the start. So there I was given a plant which I could plant into our Mother Earth and Cherish the joy of the happiness which I got by doing that task. We were divided into teams of two and by our supervisor who instructed us the proper way of planting that plant carried out the job. Planting a plant is not just putting it into the soil. The plant doesn't have legs like us homo sapiens with which it can move around, once I plant it would remain there for the rest of its life.

So with overcoming obstacles of finding the right and best place for the plant in the hilly terrain and digging the soil was a learning outcome I could come up with that we need to give our time in putting the plant into the soil and transfer all the positive energy from us to them because those are gonna give back to our next generation and to the generations after that. I learnt the value which we are adding to society and the importance of planting a tree to the planet. I became much more evolved as I grew a greater understanding of our world and also contributed back to it. I also achieved some of the IB learns profile such as caring, knowledgeable, thinker and reflective. I also felt excellent after doing the activity, and I don't consider it as an activity but a responsibility which every human should take up for a Better Tomorrow. I would advice my peers to be equipped with the right set of tools before they start.

Candidate Signature: Romharsh Mittal Date: 14th November 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: _____

CAS Coordinator-Jinas Panicker

(jinas.panicker@gdgoenka.ac.in)

EVIDENCE

PLANT PLANTATION



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.	At least 2 experiences approved to begin this September, both of which are well-planned and supervised. At least 1 of 3 CAS strands met.	At least 2 experiences approved to begin this September, both of which are well-planned and supervised. At least 2 of 3 CAS strands met.	At least 3 experiences approved to begin this September, all of which are well-planned and supervised. At least 2 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 proposals 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.

CAS Project Form

CAS project form

Student project leader(s)	DEV KAPOOR		
Members	Dev Kapoor, Ravi Singh, Romharsh Mittal, Rajil, Jivitesh Kohli, Suraj Anand, Abdullah Abidi, Akarsh Agarwal, Niharika Singh		
Title of project	BE PAPER WISE		
Focus of project	Recycling the used papers left thrown as waste , that were no longer in use of anyone .		
How we are following the CAS stages	For each CAS stage, describe either what has been done or what you plan to do.		
• Investigation	Students had identified and confirmed the needs of the project through research and consultation with the respective CAS advisers and the CAS coordinator.		
• Preparation	Students had designed a plan appropriate to the identified needs with clarification of roles and responsibilities, resource requirements, & the timelines to successfully implement the plan.		
• Action	Students in the group implemented the first phase through research, advocacy. The second phase includes the visit to NGO for donating the collected paper for recycling.		
• Reflection	Students had reflected on their experience of the first phase in blog and their forms spread awareness through posters.		
• Demonstration	Students would make explicit what and how they learnt and what they have accomplished, by sharing their creativity and service experience through their CAS portfolio.		
Name of organization the project is organized with or for, if applicable	GREEN O BIN		
Contact person at organization, contact phone and email, if applicable			
Teacher or other external supervisor, if applicable	Jinas Panicker, 9871556233		
Anticipated dates of CAS project	AUGUST 2019		
Risk assessment required?	Yes/No	Risk assessment completed?	Yes/No
Student signatures	Dev Kapoor, Ravi Singh, Romharsh Mittal, Rajil, Jivitesh Kohli, Suraj Anand, Abdullah Abidi, Akarsh Agarwal, Niharika Singh		
CAS supervisor/adviser signature/date			
Principal signature (if required)/date			

Supervisor's Email: jinas.panicker@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.

Be Paper Wise

One of the objectives of my CAS is to address the Planning and Initiate Outcome. Through this objective, understudies are approached to design activities with others and have an individual contribution to their turn of events. This objective was another test for me; I've never had functioning info or taken choices for a foundation or school/network occasion, I tended more to be a working hand more than the brain for something. I needed to leave my truly agreeable air pocket of merely following others, to be a pioneer or dynamic organizer for something.

My first approach was the Be Paper Wise Project. In this occasion, I and my gathering were necessary for the gathering waste papers for reusing and making scratchpad through the reused papers and giving it to the mass; something I had never done. I for one aided in the advancement of the occasion in the school and gathering paper for the reusing part and starting the venture with my companions, for instance by making mindfulness inside the school of the parting with all the waste papers and books which they didn't utilize and to mastermind the equivalent by the companions, family, etc. This undertaking profited the nearby network as well as the worldwide network. This is because we showed the understudies and individuals around us about how to be earth neighbourly.

The occasion was amazingly useful in demonstrating to me how much exertion and work is placed into these virtual gifts drives and the coordination that should exist between the group and the part for them to occur. It has changed my point of view on the paper and everything which we use in our everyday life and how they appear; it is genuine, regular employment that requires a great deal of arranging, and doing. I'm happy I got the opportunity to get familiar with this at GD Goenka World School.

My other significant 'Arranging and Initiative' work is my association with the Be Paper Wise Project and arrangements. I have likewise accomplished the fourth learning outcome " worked cooperatively with others", during the action, I needed to work with partners to make an introduction just as complete the entire venture. Another learning result I accomplished is the 6th " drew in with issues of worldwide importance" because Sustainability is a global issue that should be tended to. I have a place of obligation and need to put others considerations and wishes before my ones, on what they feel and by what method can our venture be better and more helpful. Thus, I, in a real sense, must be mindful that I'm speaking to myself as well as being a genuine individual from this venture and individuals required at GDGWS.

Undertaking another test, Working agreeably, Showing determination and duty, And developing new capacities were all critical for the learning cycle during the task. To wrap things up, I should assume that regardless of the way that this Project inferred a massive load of challenges, a lot of centring and even a couple of mishaps, it was utterly advocated, notwithstanding any difficulty for the tremendous heaps of fun that we had, and for that brilliant data that we crushed many primers that we set out to wrap up.

Candidate Signature ROMHARSH MITTAL Date 1st December 2019

Rubric for CAS Project Proposal/Completion

Student Name: ROMHARSH MITTAL **Advisor Name:** Jinas Panicker

Does my CAS project involve service? Y/N

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

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

NO 2. **Indirect service:** students do not see the recipients of project, but the community benefits.

NO 3. **Advocacy:** students speak/present/perform for a cause to promote action in community.

NO 4. **Research:** students collect/analyze data, report on a topic to influence policy and practice.

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.	At least 2 experiences approved to begin this September, both of which are well-planned and supervised. At least 1 of 3 CAS strands met.	At least 2 experiences approved to begin this September, both of which are well-planned and supervised. At least 2 of 3 CAS strands met.	At least 3 experiences approved to begin this September, all of which are well-planned and supervised. At least 2 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 proposals 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.

CAS Project Form

CAS project form

Student project leader(s)	Kanishka Taluja, Romharsh Mittal		
Members	Kanishka Taluja, Romharsh Mittal, Rehaan Chibber, Sparsh, Manya Jain, Nandini Kapoor, Harshvardan		
Title of project	THE ART SHACK		
Focus of project	Collecting Art work through Online Competition and later printing them on tshirts and providing the needy in the NGO.		
How we are following the CAS stages	For each CAS stage, describe either what has been done or what you plan to do.		
• Investigation	Understudies had distinguished and affirmed the necessities of the undertaking through exploration and discussion with the individual CAS counsels and the CAS facilitator.		
• Preparation	Understudies had planned an arrangement proper to the recognized necessities with explanation of jobs and duties, asset prerequisites, and the timetables to effectively actualize the arrangement. .Get all the arrangement for the competition.		
• Action	Students in the group implemented the first phase conduction of the competition. The second phase includes the printing of thee tshirts and donating to the NGO.		
• Reflection	Understudies had considered their experience of the first stage in quite a while and online entrances and the structures spread mindfulness through online banners.		
• Demonstration	Students would make express what and how they realized and what they have achieved, by sharing their imagination and administration experience through their CAS portfolio.		
Name of organization the project is organized with or for, if applicable	The Earth Saviour Foundation (NGO)		
Contact person at organization, contact phone and email, if applicable			
Teacher or other external supervisor, if applicable	Jinas Panicker, 9871556233		
Anticipated dates of CAS project	JUNE 2020		
Risk assessment required?	Yes/No	Risk assessment completed?	Yes/No
Student signatures	Kanishka Taluja, Romharsh Mittal, Rehaan Chibber, Sparsh, Manya Jain, Nandini Kapoor, Harshvardan		
CAS supervisor/adviser signature/date			
Principal signature (if required)/date			

Supervisor's Email: jinas.panicker@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 recognize 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.

The Art Shack

So... This, at last, occurred also. Our CAS Project is done, the class is at a relative straightforwardness once more, with just the IA-s and the tests to stress over. In any case, before that, we have an assignment to finish, in particular, to think about our activities and the experience that we got.

Most importantly, our CAS Project, which called The Art Shack and was an Art Competition with T-shirts gift drive in the hours of the pandemic, comprised of the Service and Creativity strands of CAS. Our first test was to choose the points for the Art Competition, that we as a whole did in the arranging stage. A significant problem was the members for the competition, but with some marketing, we managed to get around 170 participants. Due to the lack of people, we needed something that could be a challenge at the start, and at the same time, it should have been attractive to for all to take part in it. After much consideration we came up with the idea of something, similar to an Online Art competition and the winner's art would indeed get a chance to feature in the donated T-shirts.

For this choice, we additionally needed some support from the art instructor. Another issue was that we began creation for T-shirts printing all in all too late, as the seller was not free, by with time he figured out how to finish our creation at a decent second. We began our undertaking around July, and starting there on we continued arranging with the vast majority of us present at each Meeting. We figured out how to a decent number of members and proceeded with the creation of the T-shirts.

In the process, I and my group needed to figured out how to work together with one another, and to deal with our time viably, not leaving essential choices to the latest possible time. We likewise got some pretty fun aptitudes in knowing various types of art. During the CAS venture, I accomplished the third learning outcome " arranged and started activities" as the entire CAS venture is tied in with organising and running exercises, for example, the opposition and introductions of in no way different and completing the T-shirts.

We didn't experience a lot of moral issues during our Project, the sole thing, that I could consider is presumably the inquiry. The pressure and the enthusiasm of the moving toward cut off time to a great extent added to this because of the creation of T-shirts.

Our objective with this task was to have a fruitful gift drive to help the poor, and I am happy to state that we excellently accomplished this. We gave around 100 T-shirts to the needy in the hours of a pandemic where everybody was taking a stab at endurance. After effective consummation, we all wound up feeling euphoric, from beating this test.

Thinking back on the Project it shocked me, how much learning results were associated with it;

- Undertaking a new challenge
- Working collaboratively
- Showing perseverance and commitment
- And developing new skills

all assumed a huge part we would say, that endured from July till December.

To wrap things up, I would like to conclude that although this Project meant a lot of challenges, quite a bit of stressing and even some setbacks, it was all worth it for the tons of fun that we had, and for that satisfying knowledge that we overcame a major trial that we set out to complete.

Candidate Signature ROMHARSH MITTAL Date 1st December 2020

Rubric for CAS Project Proposal/Completion

Student Name: ROMHARSH MITTAL **Advisor Name:** Jinas Panicker

Does my CAS project involve service? Y/N

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

NO 1. **Direct service:** involves direct student interaction with people, the environment or animals.

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

NO 3. **Advocacy:** students speak/present/perform for a cause to promote action in community.

NO 4. **Research:** students collect/analyze data, report on a topic to influence policy and practice.

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: _____

G D GOENKA WORLD SCHOOL

CAS Progress Form



[To be filled in together with the CAS Coordinator]

Name: **Romharsh Mittal** Class of **2021**

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

CAS Coordinator-Jinas Panicker

(jinas.panicker@gdgoenka.ac.in)

Signature: _____

G D GOENKA WORLD SCHOOL



Student CAS Completion Form

There is evidence that Romharsh Mittal 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	✓	Annual Day Choir, Summer School, La Revolution – Mun, Website Designing, Book Authoring, Rope Activities, Trekking, Horse Riding, Gym
Demonstrate that challenges have been undertaken, developing new skills in the process	✓	Annual Day Choir, Summer School, La Revolution – Mun, Website Designing, Book Authoring, Rope Activities, Trekking, Horse Riding, Gym, Plant Plantation, Halloween Volunteer
Demonstrate how to initiate and plan CAS experiences	✓	Summer school, Book authoring, Rope activities, Trekking,
Show perseverance and commitment in their experiences	✓	Summer School, La Revolution – Mun, Website Designing, Book Authoring, Rope Activities, Trekking, Horse Riding, Gym
Demonstrate the skills and recognize the benefit of working collaboratively	✓	Annual Day Choir, Summer School, La Revolution – Mun, Book Authoring, Rope Activities, Trekking, Horse Riding, Gym, Plant Plantation, Halloween Volunteer, Andan, Let's Sanitise India
Demonstrate engagement with issues of global significance	✓	La Revolution – Mun, Plant Plantation, Andan, Let's Sanitise India
Recognise and consider the ethics of choices and actions	✓	Annual Day Choir, Website Designing, Book Authoring, Rope Activities, Trekking, Gym, Plant Plantation, Halloween Volunteer, Andan, Let's Sanitise India

FOR OFFICIAL USAGE ONLY

CAS Program Completion- YES/NO

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

CAS Coordinator-Jinas Panicker

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

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		Yes
Regular commitment over at least 18 months to CAS		Yes
Understanding and ability to use the CAS stages when planning CAS experiences		Yes
Balance between creativity, activity and service		Yes
At least one planned project undertaken over at least one month		Yes
Evidence of achieving all seven learning outcomes		
Evidence of identification of strengths and areas for personal growth (LO1)		Yes
Evidence of undertaking new challenges and developing new skills in the process (LO2)		Yes
Evidence of initiating and planning a CAS experience (LO3)		Yes
Evidence of commitment and perseverance in CAS experiences (LO4)		Yes
Evidence of demonstrating the skills and recognizing the benefits of working collaboratively (LO5)		Yes
Evidence of engagement with issues of global significance (LO6)		Yes
Evidence of recognizing and considering the ethics of choices and actions (LO7)		Yes
Reflections completed on significant CAS experiences		Yes
Supervisor reports supplied where necessary		Yes
CAS interview 1 completed		Yes
CAS interview 2 completed		Yes
CAS interview 3 completed		Yes
CAS portfolio completed		Yes