



## **International Baccalaureate** **Diploma Programme**

**CHOITHRAM INTERNATIONAL**

# **CAS Diary**



**Candidate Name: Amit Singhi**

**Candidate Number: 002328-009**

**CAS Advisor: Ms. Natasha Saxena,**

**Mr. Rajneesh Tiwari and Ms. Garima Tiwari**

**CAS Coordinator: Ms. Garima Tiwari**

**Session: 2010-12**

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**BACKGROUND INFORMATION FORM**

*Please write in BLOCK LETTERS*

Name: AMIT SINGHI

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Languages spoken including vernacular: ENGLISH AND HINDI

Details of the parents:

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List your skills in the following areas:-

Sports: CRICKET

Music: VOCAL MUSIC

**MY CAS PLANNING FORM****NAME:** Amit Singhi**SCHOOL CODE:** 2328**CAS COORDINATOR'S NAME:** Ms. Garima Tiwari

Please list your planned CAS activities at this point. This form simply gives us an idea of your plans for your CAS career.

**Creativity (Planned activities and brief description of each):**

I propose to learn Music especially the Classical Indian Music in this two years span. Music has always remained one of my passions but I was not lucky enough to learn the classical music, music that is sung and adored from time immemorial in India. I intend to understand the different *raga and taals* and apply them while singing different songs.

**Action (Planned activities and brief description of each):**

In the due course, I intend to understand the nuances of cricket and the different tactics important for playing the game decently and in the right manner. I am born and brought up in a country where Cricket is treated no less than a separate religion. But playing cricket especially with a hard leather ball is not easy. In these two years, I aim to be well-versed with it.

**Service (Planned activities and brief description of each):**

In order to help and serve the society, I intend to plan different activities in the due course. Some of them include visiting an orphanage and an old age home, teaching poor and needy school going children in order to aid their understanding and improve their mental abilities, providing different self-cooked food items etc. If any other way is sorted out that can benefit the society, I would try my level best to accomplish the task in these two years time.

**IB/CAS Proposal Form (creativity)****CHOITHRAM INTERNATIONAL**

**Candidate Name:** Amit Singhi

**Activity/project:** Vocal Music (Long term project)

**Targeted Learning Outcomes:** developed new skills & increase your awareness of your strengths and areas for growth

Being well-versed with the different *raga* and *taals* of music and being able to sing a song in proper rhythm and correct note are the two major learning outcomes that I have targeted to master in the two years time. Apart from that I believe I would learn the correct techniques of singing music including an appropriate pitch

**Brief description of the activity/project:**

Music would instil in me an ability to respect and judge art and would also establish a skill to appreciate different forms of arts in life. Such attributes would make me a balanced person and hopefully, I would find a new friend in music, a friend who would never leave me alone in my life.

**What is the specific schedule for this commitment? Detail the days of the week and hours you will be working on the project.**

I would like to learn music each week especially during the creativity classes (which would be planned by our CAS coordinator) where I would be spending two hours to understand and appreciate the art. Since I have a good musician in my neighbourhood, I would practice with him at an opportune time.

**Supervising Adult:**

Name: Ms. Natasha Saxena

Contact # or email: [natashasaxena.choithram@gmail.com](mailto:natashasaxena.choithram@gmail.com)

**IB/CAS Proposal Form (Action)****CHOITHRAM INTERNATIONAL**

**Candidate Name:** Amit Singhi

**Activity/project:** Cricket (Long Term Project).

**Targeted Learning Outcomes:** developed new skills & increase your awareness of your strengths and areas for growth

I believe that I would learn the different tactics of bowling and batting in these two years time. I would master my favourite shot “the straight drive” and gain confidence in bowling medium-fast as well as spin. Together with this, I would get the hang of playing cricket equivalent to what is played at national or international level with proper attire and cricket paraphernalia.

**Brief description of the activity/project:**

I would like to work on my batting skills during these two years especially the skills to time the shot properly and to play with a “straight bat”. In bowling too, the techniques of swing and spin using the leather ball’s seam would be the areas on which I would spend most of my time during the entire journey.

**What is the specific schedule for this commitment? Detail the days of the week and hours you will be working on the project.**

I would spend two hours to learn and play cricket every week during my action classes. Since I have a bunch of friends at home who love this sport, I would continue practicing it at my free-hours along with my friends.

**Supervising Adult:**

Name: Mr. Rajneesh Tiwari

Contact # or email: [rajneeshtiwari.choithram@gmail.com](mailto:rajneeshtiwari.choithram@gmail.com)

**IB/CAS Proposal Form (service)****CHOITHRAM INTERNATIONAL**

**Candidate Name:** Amit Singhi

**Activity/project:** Visit to the orphanage (Short Term Project).

**Targeted Learning Outcomes:** shown perseverance and commitment on your activities

This visit would make me understand the lives of the children who are bereaved of their parents and family. The toughness and the difficulties that they encounter every day would be properly analysed. This is more so because it would help me to gain the emotional power during my years at the university where I would spend time sans my close relatives and friends and perhaps the greatest of all, my own parents.

**Brief description of the activity/project:**

I would first of all try to understand the character and persona of the orphans and then I will work upon their inabilities and together with this I will teach them their areas of interest and weaknesses so as to make them independent and in a better state than what they currently are.

**What is the specific schedule for this commitment? Detail the days of the week and hours you will be working on the project.**

I would plan to stay there and work for four to five hours during Saturdays.

**Supervising Adult:**

Name: Ms. Garima Tiwari

Contact # or email: garimatiwari.choithram@gmail.com

**IB/CAS Proposal Form (service)****CHOITHRAM INTERNATIONAL**

**Candidate Name:** Amit Singhi

**Activity/project:** Provision of snacks to the poor (Short Term Project).

**Targeted Learning Outcomes:** shown perseverance and commitment on your activities & worked collaboratively with others

This unique way of distributing self prepared food to the poor and needy would give me mental satisfaction and would also give me an opportunity to improve my cooking abilities.

**Brief description of the activity/project:**

With the kind assistance of my classmates, I would prepare different Indian snacks and informal meals including sandwiches, *bread-pakoras* and *poha* and serve them to the needy and poor living in different areas off the city. The main target would be to cover as many people as possible so that they can relish these edible items which are limited to the rich and the middle class only.

**What is the specific schedule for this commitment? Detail the days of the week and hours you will be working on the project.**

The preparation and distribution of the snacks would be done on Saturday while planning would be done on Friday. The time dedicated to this service would depend upon the time for preparation of the food items.

**Supervising Adult:**

Name: Ms. Garima Tiwari

Contact # or email: garimatiwari.choithram@gmail.com



**IB/CAS Proposal Form (service)**  
**CHOITHRAM INTERNATIONAL**

**Candidate Name:** Amit Singhi

**Activity/project:** Visit to the old age home (Short Term Project).

**Targeted Learning Outcomes:** considered the ethical implications of your actions

This way of interaction with the elderly would give me a chance to decipher their lives, their needs, their values, their thoughts on the modern society and their wishes in life. This activity would bring me close to the understanding of the human life especially from the perspective of an old citizen.

**Brief description of the activity/project:**

I would take care of the elderly, would talk to them, would teach them things which they have never been able to learn and above all gain knowledge from their experiences.

**What is the specific schedule for this commitment? Detail the days of the week and hours you will be working on the project.**

I would meet them along with fellow mates on Saturdays and would spend three to four hours with them.

**Supervising Adult:**

Name: Ms. Garima Tiwari

Contact # or email: garimatiwari.choithram@gmail.com

**IB/CAS Proposal Form (service)**  
**CHOITHRAM INTERNATIONAL**

**Candidate Name:** Amit Singhi

**Activity/project:** Literacy day celebration (CAS Extended Project).

**Targeted Learning Outcomes:** planned and initiated activities, worked collaboratively with others and engaged with issues of global importance

With the responsibility of making and distributing bookmarks on the eve of literacy day, I would develop management skills which would later help me in taking up bigger challenges of controlling and managing programmes and conducting different meetings. I would attempt to discover the importance of literacy day and its need in the 21<sup>st</sup> century. Furthermore, I would develop the ability of teaching children more appropriately when I would be teaching children to further the celebration of Literacy day.

**Brief description of the activity/project:**

I along with my friends would be making bookmarks and distributing it to the students of PYP. We would also be giving a presentation on the 21<sup>st</sup> century literacy.

**What is the specific schedule for this commitment? Detail the days of the week and hours you will be working on the project.**

I would be working on the Literacy Day (8<sup>th</sup> September, 2011) and would be spending 2 to 3 hours for this purpose. Moreover, I would be coordinating with my teacher so that everything moves on smoothly.

**Supervising Adult:**

Name: Ms. Garima Tiwari

Contact # or email: garimatiwari.choithram@gmail.com

## Creativity-Action-Service Journals 2010-12

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### **Creativity-**

#### **Year 1 (2010)**

#### **MONTH – AUGUST (I FRIDAY OF THE WEEK)**

Music has always remained one of my passions. I am lucky that I have been gifted a good voice. I had planned nothing for my first music class as I was in a mood to learn what the teacher explains first and then plan and do things accordingly. To be honest, although being gifted with a good voice, I was nervous but excited.

My nervousness compounded when I was questioned to sing a song (in order to test my singing abilities), however, I sang with full confidence and proper rhythm. My singing was aided by musical instruments. It was interesting to see the nervousness slowly making a transition into confidence and excitement. At the end, when I was praised by everyone for my good singing, I realized that nervousness is a natural phenomenon associated with everyone and sometimes being nervous actually benefits the person by taming the over-confidence in him before any big event. I lost all my fear and went on singing without keeping in mind the duration of the period and that I have to back attend the next classes. Seeing my music teacher encouraging at every point of time, I recognized the fact that she actually wanted to improve my singing abilities using every bit of her potential. So I thought not to waste the creativity classes so that I can learn as much as possible from such a lovely teacher.

#### **AUGUST (II FRIDAY OF THE WEEK)**

Now I had planned everything, starting from learning my favourite areas of music to singing particular songs. I had even searched for some of my favourite songs and had taken their printouts, although I kept it for the last segment of my class, because I wished to sing those songs after I had learnt something. The things that I had learnt today were the background of the Indian classical music and the different “*taals*” and “*sargams*” associated with it. I comprehended the richness, depth and variety of such a treasure-some art.

**OCTOBER (I FRIDAY OF THE WEEK)**

This week prior to our CAS Trip to Haridwar, I wanted a rigorous music session with my music teacher. I informed her about my trip and also asked her to teach me some songs congenial to what can be sung in long journeys (especially those in trains and buses). I adhered to her suggestions and advices and just learnt the tactics as to how to sing the song especially how to tackle the uneven high and low notes. The same day at my home, I learnt the songs, went to the school the next day, gave my performance and got reviewed from my teacher. That was the day when I practiced things independently. It was perhaps a proud moment for me as I was demonstrating an important trait that usually comes when a person is devoted to his work and is hard-working, too.

**NOVEMBER (II FRIDAY OF THE WEEK)**

Since the annual function of the school was not far away, my music teacher was putting up her best efforts to make the event successful. Now I was confident enough to sing on the stage in front of hundreds of people. I wanted to communicate this to my teacher but luckily got a chance to perform at the gala event before even discussing this with her. I became a part of the school choir and started practicing the 'welcome song'. Another feather in the cap was that this very song "Mangalam.. Swagtam.." was built on the tones of the classical Indian music, which I avidly desired to learn during this precious time of two years. This song is a very beautiful and melodious song, whose opening words mean that we welcome you all in high spirits.

Though, it took time to learn and sing without seeing the text, nonetheless I now have become well-versed with it.

**DECEMBER (I FRIDAY OF THE WEEK)**

We continued practicing the song for about an hour and this time I was not alone. The entire school choir gathered in the music hall. One can imagine how beautiful it would



appear to listen to a group sing a very melodious song. As they say, practice makes a man perfect, so I decided to perfect my practice so that the song appears coherent and melodious.

A mere 3 days were left for the annual function. And now I am going to express something which anyone in my place would be surprised hearing it just before 36 hours of such an important event. I was offered a chance to sing a duet with one of my friends in the school, Hemaditya Choubisa. Although I accepted the offer but was panicking as I had very little time to prepare and be well-versed with it completely. But, this opportunity appeared very important for me. It gave me a crucial attribute that I am not going to lose in life now. It was hard to manage time but against all odds, I found techniques to tackle the problem. This sudden pressure kept me engaged throughout those three days and I learnt the cost of wasting time - Had I not accepted that challenge, I could not have utilized those three days productively!

## **Year II (2011)**

### **JANUARY (I FRIDAY OF THE WEEK)**

Everyone seemed geared up after a long winter break. I had practiced singing in the holidays and had even revised previous lessons with some of my friends at home. The Republic Day was approaching. The Indians celebrate it on every 26<sup>th</sup> day of January. It was collectively decided that we need to sing a patriotic song on the eve of the Republic Day. I was very happy to get a chance once again in the choir and to sing a melodious song for my

motherland whose opening words were “Yeh Chaaron Dishaye.”. Singing on such days fills my heart with pride that I am contributing something in order to glorify my nation. My teacher



briefed me about the song and I initiated our process to understand and learn the song. This song had similar “*alaps*” to the one which I had sung in the annual function. Before practicing the song, I always had problems to learn “*alaps*”, although after learning the song, I don’t know how but my tongue got accustomed to it. I now readily learn and sing “*alaps*” in front of my teacher.

### **JANUARY (II FRIDAY OF THE WEEK)**

I continued learning the song and moreover learned some of the beautiful tactics of music. It was a day full of learning. I learnt a song completely filled with high and a low



itches which come about alternatively. I have a habit of asking questions more than what I am required to and am always mocked for that. But this time, luckily, my endeavors were successful as I got to know the pattern of my diet, the remedy for a

sudden blockage of the nose (that results in uneven production of sound), etc. on the day of the performance.

Thanks to my memory, I was able to sing the whole song without looking at the lyrics into the paper for the first time after practicing it for such a short time.

### **FEBRUARY (I FRIDAY OF THE WEEK)**

I learned a new song “*Tujhe Bhula Diya..*” sung by one of the most illustrious playback singer of the Indian Film Industry, ***Mohit Chauhan***. I frequently listened to the song at home whenever I wanted to take a period of recreation after my studies so as to fresh myself again to continue my work. Hence, I had a yearning to learn this song in the school and that was the day when my wish came true. I learned the song completely on the very day only. It was complete fun as some of my other friends also hopped in to sing along with me. I got to know the fact that if one likes the song, then he/she learns it quickly and easily. In this fact was hidden a lesson that whenever I have to prepare a song, I will have to fall in love with the song; I will have to appreciate its lyrics, its tone, its music and more importantly its message. The above listed properties are the key to ascertaining any song that is unheard and has difficult notes.

### **FEBRUARY (II FRIDAY OF THE WEEK)**

I started my creativity class by practicing the previously learnt song once again. Thereafter, since I wanted a short break from singing (because I was suffering with bad throat), I asked my teacher to throw light on some of the great Indian musicians and singers. I was amazed to know that she had personally met quite a lot of those illustrious personalities. That day went on with our talks and I got to know various traits and attributes of those renowned personalities.

## **Action**

### **Year 1 (2010)**

#### **MONTH – NOVEMBER (I FRIDAY OF THE WEEK)**

Living and growing up in a country where the sport “Cricket” is treated as a religion along with the spectators being its devotees, my natural desire was to understand and learn the game and play it using a leather ball (with which the cricketers play). Today I played it the first time and I am proud that I stood well on wickets. I not only played with a leather ball, but this was my first and foremost experience of playing the game with cricket pads, gloves and a helmet. The first day of learning went by, as I appreciated the way of holding the bat, wearing different cricket paraphernalia and the different actions of bowling. I was very glad not for the reason that I would now learn cricket which I wished long ago, but that I got a chance to hit the ball and play a shot (and with an original cricket leather ball!).

#### **MONTH – NOVEMBER (II FRIDAY OF THE WEEK)**

I commenced and continued my batting drill after a small warm-up exercise. My coach today taught me the different ways of holding the bat and how to move legs and hands while playing a shot. Furthermore, I got an opportunity to bowl, too. I understood the fact that bowling is as difficult as batting and one should choose either of the two to get a good expertise of the subject. Though there is no harm in comprehending both the fields, however



one should master his subject rather than having paltry knowledge and sometimes poor understanding of a single area. While batting, my favourite shot is straight drive, which I always intend to



refurbish during my batting practice session.

### **MONTH – DECEMBER (I FRIDAY OF THE WEEK)**

I learned batting in my first two sessions, although was anxiously waiting to bowl and learn different bowling tactics. For this reason, I watched some of the videos teaching the types of bowlers, different bowling techniques and using the seam to swing or spin the ball etc. so that I would be a little ahead of a mere beginner for whom



learning initially is a tough business. Today Rajneesh sir, my supervisor and coach asked me to show him my bowling action so that he would suggest bowling techniques suitable to me and would also advise for any alteration (if required) in my action.

### **Year II (2011)**

#### **MONTH – JANUARY (I FRIDAY OF THE WEEK)**

As we all had a wholesome winter break in December, I personally was waiting for my next cricket session relentlessly. During the holidays I also met some of my friends and played a good amount of cricket although informally. That is why I was desirous to resume formal cricket again under the supervision of my teacher. After a very long time I dressed myself in sports uniform, wore hand gloves, put on the pads and the helmet. I felt happy to

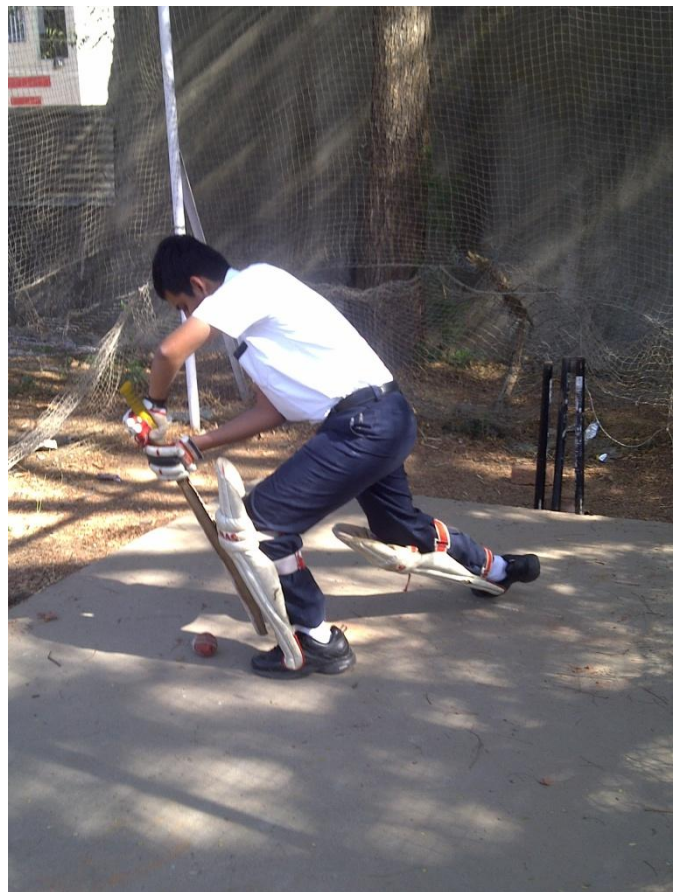
gear myself up again. It was a rich and fruitful day as I got to know some very important batting techniques to face spin bowling as well as fast bowling especially when the conditions are not suitable for the batsmen.

### **MONTH – JANUARY (II FRIDAY OF THE WEEK)**

I resumed the practice of the batting tactics which learned in my previous session and continued practicing it for half the time. Thereafter I replaced my batting with bowling and gradually built up my understanding of the importance of the seam in the cricket bowl and how it could be useful in swinging as well as spinning the bowl.

### **MONTH – FEBRUARY (I FRIDAY OF THE WEEK)**

It was time for a competition. After having enough practice, it was a time to test our skills and abilities as well as what we learnt in these seven months. The students along with the sports officials of our school decided unanimously to organize a cricket match to be played between the two houses of our school, i.e. Takshashila House and Nalanda House. I was appointed as the captain of the Takshashila House. Since any kind of competition hones a person's competitive abilities, team spirit and motivational capabilities, this tussle between



the two houses was necessarily required for all of us. A day before the match, I just practiced a bit to polish up my skills and also met my tutor.

## **The Match Day**

What a day it had been for all of us! On my debut, I certainly learnt a lot of things. Precisely, I can say that I discovered myself in a new manner. The match made us learn to believe in the team and the team members, to remain positive and confident throughout and to always motivate and uphold the team's morale so as to get the best out of every team member. I even learnt that it is not important to boast about the team's performance when it is doing good or upbraiding the members, in between the match when they display improper cricketing skills. But it is important to keep a note of their strength and weaknesses so as to beef up their capabilities and gradually minify their weaknesses. At the end, our team won emerged victorious which also boosted the spirits of all of us.

## **Service**

**Year I – 2010**

**Month – AUGUST (1 FRIDAY)**

All the classmates unanimously decided to organize a service programme to care the uncared, i.e. to meet and serve the orphans. I along with my friends geared up for the task and visited an all boys orphanage and an NGO called "Aarambh", which is under the scrutiny of UNICEF. I was especially very eager to visit those children and understand their lives. And to my knowledge, I found them more mentally fit since they had seen the hardships of life quite early in life and at a very premature stage. I got to know how hard it is for a child to remain away from his parents for such a long time and not be able to get the love, affection and support from none other than the parents. "Aarambh" caters to boys of age group 5-13 who are either orphans or are deserted by their families. Since we visited a day before the Independence day of India, i.e. 14<sup>th</sup> August, I shared a lot of things with those children on the history of India's struggle for freedom. It was interesting to see children sitting beside me and

listening to my words carefully as if its a part of their syllabus. I made some good friends on my first visit and even promised to re-visit them whenever I get chance.

I along with my fellow-mates planned the visit meticulously and in an organized way. Each of us brought some edible goods which we first offered them and then ate along with them. We played cricket (an all time favourite game of Indians) and even interacted with them. It was a day completely dedicated to them. Although facing various challenges and also being isolated from their families, they seem happy in the institution.

### **AUGUST (II FRIDAY OF THE WEEK)**

The visit to the orphanage “Aarambh”, the second time, seemed more constructive and positive. Today, we all went with an objective to teach the children the things that they would not easily gain from anybody and that too at this tender age. In order to ease the process, we decided to make buddies so that we all can give attention to them individually and can understand their strong and weak points. My buddy was a 7 years old small boy, Nitesh, a meticulous and a meritorious boy.

I wanted to take the maximum advantage of the limited time we were allotted to teach the children so I taught all the subjects, namely, English, Hindi (the second language) and Mathematics. I commenced my teaching by taking Mathematics



and asked my buddy to write numbers from 1 to 25 in English as well as in Hindi, which he, with no difficulty presented me the same decorously and without any fault. Through this, I



wanted to know whether he knows the basic numbers or not. After this, I gave him couple of simple mathematics sums of addition, subtraction, multiplication and division to solve.

He accomplished his task very well and by my assessment, I found him as a keen learner and a sharp boy. It was time to move on to a different subject, English. I thought of



teaching him “**speaking skills**” to aid his speaking abilities. The first lesson in it was to teach him what to speak when anybody arrives at his house, be it his friend, relative or anyone. I must say I was happy with the performance of my pupil and myself, as it was my first

attempt to teach anybody, and I have so far been only a student!!.

My buddy, took interest in what I taught him. Enthusiastically, when the first lesson was concluded, he asked me to teach the names of the months of a year and the days of the week in English. Thereafter, an idea struck my mind and I thought to make him learn the same by playing a game. In no time, he acquired the knowledge by playing small games and started speaking the months and the days like easy tongue twister. Moreover, I advised him to keep repeating them every day so that he remembers them forever.

Half an hour was left and we, all the school mates decided to play music and make all the children dance. We deciphered, they were all fans of Salman Khan, an illustrious cine-actor of the Indian film industry. They danced congenially imitating Salman Khan on one of the songs of his film.

Our trip concluded with a smile on the faces of all of us. We learnt about them and they learnt more than us. Although the things that we taught them might not be so important

for us, however they were precious things for them. Seeing my buddy's background, I should say that he learnt these things at the right time and at the right age.

### **Year II – 2011**

### **Month – MARCH (I FRIDAY OF THE WEEK)**

#### **Provision of Sandwiches**

We were all dwelling as to in what manner can we serve the needy and the destitute? I came out with an idea to provide grilled sandwiches to the poor so that they can relish things that are limited to the upper strata of the society. I always have been a good cook. At my home too, I help my mother prepare snacks, tea and other stuff that usually is uncommon to the students of my age-group. And to my surprise, everyone accepted the idea at the very instant (which is unusual as my class debates and continues sometimes for long but I must say the outcome that results from such critical analysis is beneficial for everyone) and decided to do the same. To make the preparation of sandwiches fair, everyone was asked to bring an ingredient instead of asking a single student to bring all the required items. Unfortunately, the next day was a holiday and I did not know about that. I travelled 24 kms from my home to the school and planned everything ranging from chopping vegetables and cutting bread slices to packing the sandwiches, but all my plans went to no avail. I was simply heartbroken. But I kept my spirits high. I learnt something very important that day. You cannot receive everything as per your wishes. Sometimes, you have to make sacrifices. All my learning experiences, thus, were gradually making me a man from a boy.

But the next week, when everyone assembled at the school, I found something odd. Instead of trying to make as many sandwiches as possible so that maximum possible poor in a locality can be covered, some of my friends were trying to feed themselves as much as possible. Nonetheless, I found a way out to solve the problem. I was the only person in the class to bring a camera in order to record things. I clearly made my statement that the photograph of the person will be



deleted who consumes the sandwiches from that point. Since no one had the facility to record the evidences, they all had no option but to heed my warning.



We all went to a near-by small slum and distributed the sandwiches to the needy. While studying Economics, one comes to know about the scarce resources and the infinite wants of the selfish human being. The distribution of the sandwiches was a perfect

example of it. Even though some people had been given their share of the sandwiches, they consumed it in no time and came again to savour it again. I imagined myself to be at their place whenever I do the same silly things at my home in front of my mother. It took out a kind person out of me who initially was fed up at those poor for their selfishness. Overall, it was a successful task.

**MONTH – APRIL (I FRIDAY)**

Provision of the favourite breakfast “Poha” to the poor and the destitute -

In tandem with our previous activity of providing sandwiches to the poor, today, we all prepared *poha* or pounded paddy (a well relished and cherished Indian breakfast) and distributed it to all the needy as a part of our service campaign. Once again, it was my idea to prepare the stuff to which all of my classmates agreed unanimously. This time we all went along to the same place but targeted different people so that a large section of the needy population can be benefited from our initiation. Poha making was



a little difficult in comparison with the preparation of sandwiches. Since we had to make it in bulk and probably everyone was new to this, everyone found it hard to add the spices in the right proportion, to mix the spices thoroughly so that the taste remains uniform and to mix it carefully so that the small paddy-granules do not fall off the container. Nevertheless, the task was performed in a very good manner and we succeeded in our attempt.

### **MONTH – JULY (II FRIDAY OF THE WEEK)**

We were all in high spirits after being patted by all the teachers. So we decided to continue our trend of distributing snacks to the needy and the poor. Our plan this time was to distribute “Bread-pakora” which is again one of the most relished dishes in the Indian society. It was a tedious process. Since I was assigned the task of frying the pakoras, certainly I got to know more about the techniques of frying and the caution with which frying should be done. This



was perhaps the best made snack as we came very close to the correct proportion of spices, the content of water mixed in the gram-flour and all this was done without the formation of lumps in the batter. I also got to know the ways of proper handling of hot food, proper packaging of food so that it remains hot for long were the things as we performed the activity. Our attempts bore fruit.

## MONTH AUGUST (II FRIDAY OF THE WEEK)

### Visit to the old age home –

After making so many delicious snacks for the poor, we all thought to do serve the society in a different way. We all had a rigorous discussion on this matter and the conclusion



was to visit an old age home. This was perhaps my best experience in this whole journey of two years. The elderly were extremely delighted to see all of us. This might be because they do not frequently see children and are not lucky enough to have their

grandchildren. I was filled with contempt on hearing the brutal repression and oppression on them by their children. Most of them were either forcefully ejected out of the house or were not catered completely by their children when the officials and administrators of the old age home found them within the different territories of the region. Their stories touched our hearts. But, they even entertained us with their anecdotes. I was relieved to see the luxurious facilities and good food available to all the elderly. We sang some *bhajans*, which made the atmosphere pure and divine. I could see some of them connecting with the almighty. Never in these two years did I find something so touching and so divine which can pull me away from

this materialistic world and put me to some other world. At last, when we were departing from the institution, we all saw two elderly, for whom walking was a tedious task, came into the balcony especially to bid us adieu (the scene I would never forget!!).



### MONTH – AUGUST (III SATURDAY OF THE WEEK)

Our second visit to the old age home gave us a deep insight into the characters of the elderly living there. First of all, I along with my friend **Hemant** asked a few of the aged to sit beside us so that we can teach them how to play chess. We explained them the different components of chess, its rules and regulations and we even asked them to observe minutely each and every step of the game as we both played a small game in front of them. After this, I taught an elderly as to how to read time from a wrist-watch and his devotion in learning transformed my willingness of teaching him into the eagerness to accomplish that task with full dedication. At last, I learnt about their original background, their life and the rituals that they have to perform everyday and also got a chance to know their likes and dislikes.

## CAS Trips

**Learning Outcome: undertaken new challenges and worked collaboratively with others**

### Trip to Haridwar-Rishikesh-Delhi

**DATE: 17<sup>TH</sup> OCTOBER, 2010**

Towards a very adventurous trip, in the company of the best friends and a supportive teacher, we were all extremely delighted for our first CAS trip. We all reached the school at

1.30 in the afternoon. Our train was to depart at 3.05 PM from Indore Railway Station, towards that we moved in School Bus from the School. We boarded the train settled ourselves and the train departed on time. All the school-mates were in jovial mood enjoying every moment of the journey and making friends with the fellow passengers. Having travelled previously along with my family members, I had little experience of the entire process of the train journey. I was glad to pass on information about the upcoming stations, the travelling ticket examiner (TTE) to my fellow friends. Suddenly, on checking we realized that the Pantry car in the train is not available and as such we may not get food to eat for the dinner. There was a moment of confusion. A fellow passenger offered to help, as he was travelling to Guna, where his brother resides. He called by way of mobile to his brother and organized food packets for us to be delivered at station. It was an excellent arrangement and all of us thanked him. Technology and fellowship both helped. We enjoyed a good very good meal and slept.

**DATE: 18<sup>TH</sup> OCTOBER, 2010**

We were all excited and set to move on to the very first CAS trip to Haridwar, Dehradun and Rishikesh. A train journey is always loved for two reasons- it is economical and secondly, you get to know many people, you can spend time with your friends, play with them and above all can have complete fun all the time. The whole train journey offered memorable experiences and glimpses of the countryside of Madhya Pradesh and Uttar Pradesh. We passed through the New Delhi area in mid afternoon and reached our target destination-Haridwar at 5.35 PM. We were thrilled to see the holy and sacred river Ganges. Instead of staying at Haridwar, we moved to our camp station at Kodyala, which is further app. 60 Km away. We reached the camp at 8:30 p.m. We were tired, so did not plan any outing on that day. Rather after having snacks, we switched on the music player and danced on the rhythms and beats. We had our dinner at 9 PM and then slept in our respective tents.

**DATE: 19<sup>TH</sup> OCTOBER, 2010**

I was the first to wake up at 5.30 AM was thrilled to see the beautiful scenes around.

It was delight to see the rising Sun and disappearing moon at the same time. The view was very scenic and touched my heart. I longed to stay there for ever. All gradually woke up and I shared by moments with them. All completed their morning rituals



and got ready for breakfast, which we all enjoyed. Then, we proceeded for River Rafting. It was one of the best experiences of the tour. No one could imagine that we would travel 25 KMs by way of Rafting.





**DATE: 20<sup>TH</sup> OCTOBER, 2010**

After having such fun and action filled sports, we were yet to meet another exciting sporting event- none other than (the toughest of all perhaps) – mountain rappelling. We had to climb up and down the steep mountain using a single rope. It was very hard to climb up the steep



mountain without any prior experience. Though the activity was filled with fun, but everyone was injured here or there after completing the whole task. I learnt to be patient and to find a way out in odd situations like this. Being calm is the key to the fulfilment of any such physical and mental task successfully. After taking a short nap, we all got ready to bid the camp and trainees adieu and to set out for Haridwar again.

**DATE: 21<sup>TH</sup> OCTOBER, 2010**

We had to catch our train to Delhi at 5:00 in the morning. All the activities till now

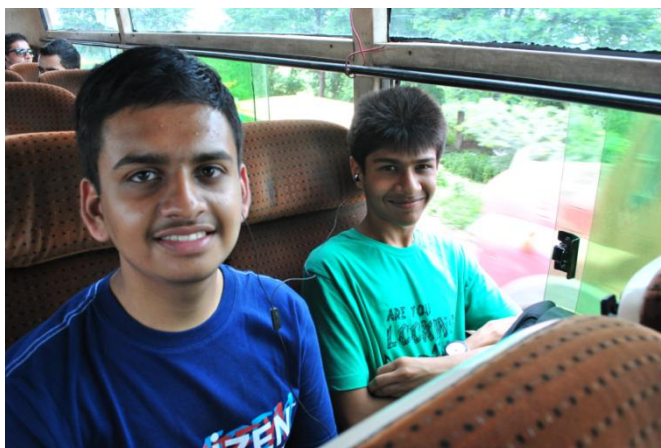


had made me totally exhausted and I wanted a good sleep. Despite my fatigue, I got up at 4.00 in the morning, performed my morning rituals quickly (so that others can also get ready comfortably) and planned to get

a good nap in the train in order to compensate for the early rise. Delhi was amazing. We visited some of the popular sites such as Connaught place, India gate, Palika Bazar; bought something for us as well as our family and enjoyed the hustle-bustle and the fast life of the metro. I did not even think of such a wonderful trip and that too for the very first time.

### CAS Trip to “The Flame of the Forest” camp site

On the 5<sup>th</sup> day of August, we headed off to “The Flame of the Forest”, a camp site near Punjapara in Madhya Pradesh. My initial reaction to the trip was a loud and clear “no” as I was previously very tired and wanted some rest along with some time to



complete my other works. But as the date for the trip came closer, my interest gradually increased and I felt why not peep out of the daily life to take a short pause and hit hard once again with a fresh mind. It was a very different trip from what I expected. Every hour was



systematically utilised and went into framing our bodies similar to what the mountaineers, the soldiers and the athletes have. We were challenged with different activities, including treasure hunt, mountain rappelling, trekking, solving

a murder mystery, ball and rope game, measurement game and last but not the least, the different obstacle courses. The very first activity, my favourite included the task to find through clues the different flags which were hidden in the woodland (as we were provided the locations of different flags which we had to infer from different clues provided to us). Since in my previous adventure trip (to Haridwar-Rishikesh) I learnt as to how to row a raft and eventually rowed the raft along with my class-fellows in order to cross the lake. I thus became a small expert on that part and so whilst carrying out the first activity (of finding the flags), I explained to my new friends as to how to propel the oars of the boat to row the boat correctly.

The biggest plus point was that I got to know how a team works, and how to work with a team in order to achieve optimum results. I learnt to bear patience and optimism whilst accomplishing any task, not worrying about other team's success without initiating the task. I also learnt as to how to cheer the team members and try keeping them motivated all along the



task so as to keep their spirits up.

I found out that winning is not the ultimate goal and if we lose because of our folly, we should accept it with an open heart and praise other team's efforts at reaching the correct point. The small injuries, wounds and cuts

(always inevitable in such adventure-filled activities) were the souvenirs that we received which reminded us of our hard and fruitful work.

NAME: Amit Singhi

CLASS OF 2010

DUE ON: 8<sup>th</sup> February, 2012

## IB CAS

EXTENDED  
PROJECT

(MINIMUM 75 HOURS)



**Student Name:** Amit Singhi

### **Project Requirements**

- You must have your project approved **BEFORE** you begin your project.
- You must complete a **minimum** of 75- hours.
- The project must take place over an extended period of time – **no less than 4 weeks**.
- The project must incorporate at least two of **CREATIVITY, ACTION, and SERVICE**.
- During the project you must **work collaboratively with others** and **plan an initiate** some of the activities in your project.
- You must have a **supervisor sign this packet** to verify completion of the project. The supervisor may not be a relative.
- You must keep a **time log** for project hours.
- You must include **photos of you and your project**.
- You must complete a **reflective essay about your project experience**.

### **PROJECT PROPOSAL**

**Organization/Location of this Project:** School Campus

**Proposed dates for this Project:** 8<sup>th</sup> July 2011 – 8<sup>th</sup> September, 2011

**What learning outcomes do you expect to obtain? planned and initiated activities, worked collaboratively with others and engaged with issues of global importance**

**Description of this project: What benefits will you gain from this experience?**

Being the manager and coordinator of the whole programme, I would transform my personality and hone my management, coordination, planning and execution skills. Since it would be a project related to the dissemination of knowledge to the younger generation, I would gather knowledge about different fields related to education and would also evaluate the quality of education delivered in my country and the benefits of being an IB student. Being successful in the project requires taking correct decisions in an environment filled with immense pressure. Pressure of completing the planning and preparing the proposal of the project and meeting the deadlines would certainly help my decision making process. I would develop team spirit and in the due course will also learn how to work with people so that at the end of the day I do not harbour unsound relationships with other people that cannot be mended again.

This proposal must be agreed to and signed by an adult supervisor. The supervisor agrees to supervise this student as he/she performs a minimum of 75 hours of service over a minimum of a 4 week period. Please keep a time sheet for this student to verify the hours served.

**Supervisor's/Coordinator's name**

**Date:** 7<sup>th</sup> July, 2011

Ms. Garima Tiwari

Supervisor Contact Number: +91-9589090907

**IB Extended Project Time Log**

<b>DATE</b>	<b>TIME IN</b>	<b>TIME OUT</b>	<b># HOURS</b>
8/07/2011	3:30 pm	4:30 pm	2
9/07/2011	10:00 am	12:00pm	2
11/07/2011	3:30 pm	4:30 pm	1
12/07/2011	3:30 pm	4:30 pm	1
13/07/2011	3:30 pm	4:30 pm	1
14/07/2011	3:30 pm	4:30 pm	1
15/07/2011	3:30 pm	4:30 pm	1
16/7/2011	10:00 am	12:00pm	2
18/07/2011	3:30 pm	4:30 pm	1
19/07/2011	3:30 pm	4:30 pm	1
20/07/2011	3:30 pm	4:30 pm	1
21/07/2011	3:30 pm	4:30 pm	1
22/07/2011	3:30 pm	4:30 pm	1
23/07/2011	10:00 am	12:00pm	2
25/07/2011	3:30 pm	4:30 pm	1
26/07/2011	3:30 pm	4:30 pm	1
27/07/2011	3:30 pm	4:30 pm	1
28/07/2011	3:30 pm	4:30 pm	1
29/07/2011	3:30 pm	4:30 pm	1
30/07/2011	10:00 am	12:00pm	3
01/08/2011	3:30 pm	4:30 pm	1
02/08/2011	3:30 pm	4:30 pm	1

<b>DATE</b>	<b>TIME IN</b>	<b>TIME OUT</b>	<b># HOURS</b>
09/08/2011	10:00 am	12:00pm	2
11/08/2011	3:30 pm	4:30 pm	1
12/08/2011	3:30 pm	4:30 pm	1
13/08/2011	3:30 pm	4:30 pm	1
14/08/2011	3:30 pm	4:30 pm	1
15/08/2011	3:30 pm	4:30 pm	1
16/08/2011	10:00 am	12:00pm	2
18/08/2011	3:30 pm	4:30 pm	1
19/08/2011	3:30 pm	4:30 pm	1
20/08/2011	3:30 pm	4:30 pm	1
21/08/2011	3:30 pm	4:30 pm	1
22/08/2011	3:30 pm	4:30 pm	1
23/08/2011	10:00 am	12:00pm	2
25/08/2011	3:30 pm	4:30 pm	1
26/08/2011	3:30 pm	4:30 pm	1
27/08/2011	3:30 pm	4:30 pm	1
28/08/2011	3:30 pm	4:30 pm	1
29/08/2011	3:30 pm	4:30 pm	1
30/08/2011	10:00 am	12:00pm	2
01/09/2011	3:30 pm	4:30 pm	2
02/09/2011	3:30 pm	4:30 pm	2
03/09/2011	3:30 pm	4:30 pm	2

04/08/2011	3:30 pm	4:30 pm	1
05/08/2011	3:30 pm	4:30 pm	1
06/08/2011	3:30 pm	4:30 pm	1
07/08/2011	3:30 pm	4:30 pm	1
08/08/2011	3:30 pm	4:30 pm	1
COLUMN TOTAL			33

04/09/2011	3:30 pm	4:30 pm	2
05/09/2011	3:30 pm	4:30 pm	2
06/09/2011	3:30 pm	4:30 pm	2
07/09/2011	3:30 pm	4:30 pm	3
08/09/2011	3:30 pm	4:30 pm	5
COLUMN TOTAL			44

**Total hours: 77**

**IB-EXTENDED PROJECT****Literacy Day Programme**

Literacy Day was an extraordinary experience, something very special for me. It was a collective success and I always relive those moments with amusement. Since it was performed together with the participation of every member of my class, it honed my team management skills. However, the journey was not easy as at every step I encountered an obstacle, which required grit, perseverance and determination to overcome it completely. I was in charge of providing the bookmarks to the students of the PYP and so was asked by my coordinator to collect at least two bookmarks from each member of my class. In a similar manner to the way we receive



deadlines for our assignments, a deadline was given to all the fellow-mates of my class so that the execution of the rest of the planned activities goes smooth without impeding the pace. But as they say about the great ever changing human behavior which goes on procrastinating things to the best possible level, I found the same happening in my school. Some of my classmates crossed the deadline by three to four days. Not only this but the preparation of the activities including drawing and painting competition that was assigned to one of my friends was not done responsibly. It was my duty to take care of the progress of all the activities and I failed in it but somehow was able to manage it by putting pressure on my fellow mates. That day, I realized the importance of setting up of deadlines. Deadlines from my point of view are put up in order to drive us towards our work and it is the duty of every student to follow the

deadline similar to how one follows his/her religion. You never know it might just extract out something better than what is expected.

We also had something interesting in the lot to make Literacy Day more interesting, fun-filled, exciting and intellectual. It was my friend Shiva Baweja's idea to organize a skit to teach the small children different real life aspects which they generally do not find in course books. Although, not being lucky enough to participate in the skit because of my poor acting abilities, I somehow managed to find the job of a photographer/videographer.

On 8<sup>th</sup> September, I was a bit nervous and tensed before the commencement of the programme. I wished my friends success in their respective tasks and took on my job of photography. I thank my junior Abir Jain for helping me improve my photography skills on that lovely occasion. I must say my classmates even though were lazy and did not respond well by procrastinating things but they certainly accomplished their tasks in a way that they can receive a pat on their back. It gives a feeling of contentment when you receive good remarks for your work and when the audience lauds your endeavor.

### **Buddy Reading**

We all came up with the idea of teaching buddies so as to increase the celebration of Literacy day. Thanks to our CAS coordinator, Ms. Garima Tiwari, whose valuable advice to teach the children of the school's maids worked perfectly. I was given the opportunity to teach *Pratibha* and *Prachi*, both studying in class 9. *Pratibha* had some physical impairments as she had slight deafness and was unable to speak



clearly. I took the challenge of teaching her because I wanted to understand her and be a little proficient in handling such people. On the very first day, I marked some of her abilities and planned to find out an interesting and powerful way to teach her. Catering to such students is not an easy job. Pratibha's pronunciation was something that no one in my class could easily understand. Add to this her aural malfunctioning. I literally had to write full sentences in my notebook to explain her things clearly. Honestly speaking, I was unsuccessful in my initial attempts. Nevertheless, gradually after some time, I was able to teach some mathematical skills including simple arithmetic questions, spatial reasoning and modeling questions. On the other hand, teaching Prachi was not an arduous task as she was an intelligent girl and performed reasonably well in academics. Although, I tried to improve her language skills and even took her to various parts of my school such as the technology lab, music room, dining hall, art room and asked her to identify the different components that together build up every section. And I must tell, she is a sharp girl as she showed extra-ordinary skills after some initial hiccups in learning even complex terms. We all had our lunch with our buddies and tried to acquire as far as possible their likes and dislikes, their choice studying different subjects and also their latent desires which usually do not come true because of their parent's fragile and weak financial positions.

On my next meeting, I planned something interesting for the duo – Pratibha and Prachi. I wanted them to have a taste and experience of the current technology. Although Pratibha could not receive the benefit because of her absence, however, I made the family tree of Prachi. It certainly



gave me mental satisfaction seeing her happiness. It also gave me an opportunity to learn





about her family. After that I initiated another planned activity – teaching Prachi “cursive writing”. I had learnt some lessons on cursive writing before and so I planned to teach Prachi the same. I taught her the basic lesson of writing the letter “O” as the tutors usually start with that since the other

components involve the same tactics of writing used to write letter “O”, then came on to letters “A”, “B”, “C” and so on till “Z”. Because of the limitation of time, I wrote the letters in her notebook and asked her to complete the exercise at home itself. I was delighted to see her doing the task with complete dedication and devotion.

### **Volunteering a teaching programme at Gyanodaya School**

To spread the message of importance of literacy and to assist the volunteers in their service, I, upon the call of my mathematics teacher at home, worked under the aegis of an NGO “Care for Uncared” and spent time with them to offer assistance in teaching Mathematics and English. I was with the NGO for more than a week and catered to the needs of the teaching organization. It was an altogether different experience, and I must say it would not have been possible for me to do something really special like this, had I



not been a part of the IB community. I found the students of the school somewhat different from other students springing from a poor background. Unlike notorious students, they were intelligent and sharp. They were obedient and had respect for their teachers. We all neglect the poor children just for the sake that they are poor. However, some students are very sharp and can easily defend smart students of their comparable age when it comes to problem solving, sports and even in other fields.

On the very first day, my sir and I decided to decipher their understanding level and



the level of their problem solving so that we could plan out the successive activities accordingly. We interacted with some of the students, made them write multiplication tables and even the English alphabets ABC... We performed

all such activities and made more challenging for them such as asking students to write the alphabets of English in a reverse manner such as ZYX... and so on. I prepared different simple mathematics and arithmetic problem sheets for the students that included questions on addition, multiplication, division and subtraction.

On my successive visits, I along with my mathematics guru, taught simple sentences in English and exercises in mathematics. We conducted oral sessions too. And not only this, all these activities were coupled with daily tests set on the basis of the work done on the previous day. I gave them incentives such as that of giving a chocolate to the best performer of the day so as to extract the best output from them so that they can learn as much as possible when they have been given such facility. Moreover, I thought that if I can give them a strong platform, it will boost their morale which will give them self-assurance to continue further studies after they complete their high school. It was a good learning experience for me



to see the motivation and commitment of the students towards their work and a desire to learn something more.



**IB  
CAS****INTERNATIONAL BACCALAUREATE  
CAS ACTIVITY EVALUATION FORM  
(for Class of 2010 and thereafter)**

Complete a copy of this form for each CAS Activity. Attach REFLECTION STATEMENT describing the activity and how you accomplished the learning outcomes.

Student Name: Amit Singhi Class of 20 12

Name of Activity: Action (Cricket)

Name of Organization: Choithram International

Date(s) of Activity: Aug. 2010 - Dec. 2011 Approximate # of Hours: 55 hrs.

Length of Activity (weeks / days): every friday 1hr.

This Activity is (check all that apply): Creative: ☐ Action: ☒ Service: ☐

Indicate which of the LEARNING OUTCOMES you feel are achieved with this activity:

- ☒ (1) Increased my awareness of my own strengths and areas of growth.
- ☒ (2) Undertaken new challenges.
- ☒ (3) Planned and initiated activities.
- ☒ (4) Worked collaboratively with others.
- ☒ (5) Shown perseverance and commitment in this activity
- ☐ (6) Engaged with issues of global importance.
- ☒ (7) Considered the ethical implications of my actions.
- ☒ (8) Developed new skills.

Amit  
Student's Signature

04.02.12.  
Date

Revised: April 2008

IB  
CAS

INTERNATIONAL BACCALAUREATE  
CAS ACTIVITY EVALUATION FORM  
(for Class of 2010 and thereafter)

Student Name: Amit Singhi Class of 20 12

Name of Activity: Action (Cricket)

Date(s) of Activity: Aug. 2010 - Dec. 2011

ACTIVITY SUPERVISOR EVALUATION

Thank you for your leadership of this activity. Please rate the volunteer's performance using an X under the appropriate level.

CRITERIA	OUTSTANDING	GOOD	AVERAGE	BELOW AVERAGE	NOT OBSERVED
Attendance, Punctuality and time spent on the activity.		✓			
Evidence of initiative, planning, organization.		✓			
Amount of effort and commitment to the activity.		✓			
Personal achievement and development, taking into account the student's skills/attitudes at the start of the activity.	✓				

Comments: Amit is a good student, well-mannered & disciplined. He is a quick learner.

RAJNEESH TIWARI  
(Print) Supervisor's Name

9589090906  
Phone #

Rajneesh  
Supervisor's Signature

04.02.12.  
Date

Revised: April 2008

**IB  
CAS****INTERNATIONAL BACCALAUREATE  
CAS ACTIVITY EVALUATION FORM  
(for Class of 2010 and thereafter)**

*Complete a copy of this form for each CAS Activity. Attach REFLECTION STATEMENT describing the activity and how you accomplished the learning outcomes.*

Print Student Name: Amit Singhi

Class of 2010 -12

Name of Activity: Vocal MusicName of Organization: Choithram InternationalDate(s) of Activity: Oct. '10 - Dec '11 Approximate # of Hours: 60.Length of Activity (weeks / days): One hour every Friday (excluding the holidays)This Activity is (check all that apply): Creative: ☒ Action: ☐ Service: ☐

Indicate which of the LEARNING OUTCOMES you feel are achieved with this activity:

☒ (1) Increased my awareness of my own strengths and areas of growth.☒ (2) Undertaken new challenges.☒ (3) Planned and initiated activities.☒ (4) Worked collaboratively with others.☒ (5) Shown perseverance and commitment in this activity☐ (6) Engaged with issues of global importance.☐ (7) Considered the ethical implications of my actions.☒ (8) Developed new skills.Amit

Student's Signature

5 March 2012

Date

Revised: April 2008

**IB  
CAS**

**INTERNATIONAL BACCALAUREATE  
CAS ACTIVITY EVALUATION FORM**  
(for Class of 2010 and thereafter)

Print Student Name: Amit Singhi Class of 2010-12

Name of Activity: Music (Vocal)

Date(s) of Activity: Oct. '10 - Dec. '11

**ACTIVITY SUPERVISOR EVALUATION**

Thank you for your leadership of this activity. Please rate the volunteer's performance using an X under the appropriate level.

CRITERIA	OUTSTANDING	GOOD	AVERAGE	BELOW AVERAGE	NOT OBSERVED
Attendance, Punctuality and time spent on the activity.	✓				
Evidence of initiative, planning, organization.		✓			
Amount of effort and commitment to the activity.	✓				
Personal achievement and development, taking into account the student's skills/attitudes at the start of the activity.		✓			

Comments: Amit is interested in music. He has got a good voice. He can improve his singing skills by regular practise.

Natasha Saxena  
(Print) Supervisor's Name

98938-37768  
Phone #

Natasha  
Supervisor's Signature

03/03/12  
Date

Revised: April 2008



**IB  
CAS****INTERNATIONAL BACCALAUREATE  
CAS ACTIVITY EVALUATION FORM  
(for Class of 2010 and thereafter)**

Complete a copy of this form for each CAS Activity. Attach REFLECTION STATEMENT describing the activity and how you accomplished the learning outcomes.

Student Name: Amit Singhi Class of 20 10-12

Name of Activity: Service

Name of Organization: Choithram International

Date(s) of Activity: Aug' 10 - Jan' 12 Approximate # of Hours: more than 50 hrs.

Length of Activity (weeks / days): Two-three hrs. every Friday.

This Activity is (check all that apply): Creative: ☐ Action: ☐ Service: ☒

Indicate which of the LEARNING OUTCOMES you feel are achieved with this activity:

- ☒ (1) Increased my awareness of my own strengths and areas of growth.
- ☒ (2) Undertaken new challenges.
- ☒ (3) Planned and initiated activities.
- ☒ (4) Worked collaboratively with others.
- ☒ (5) Shown perseverance and commitment in this activity
- ☒ (6) Engaged with issues of global importance.
- ☒ (7) Considered the ethical implications of my actions.
- ☒ (8) Developed new skills.

Amit  
Student's Signature

04.02.12  
Date

Revised: April 2008

**IB  
CAS****INTERNATIONAL BACCALAUREATE  
CAS ACTIVITY EVALUATION FORM**  
(for Class of 2010 and thereafter)Student Name: Amit Singhi Class of 20 10-12Name of Activity: Chaitram InternationalDate(s) of Activity: Aug'10 - Jan'12**ACTIVITY SUPERVISOR EVALUATION**

Thank you for your leadership of this activity. Please rate the volunteer's performance using an X under the appropriate level.

CRITERIA	OUTSTANDING	GOOD	AVERAGE	BELOW AVERAGE	NOT OBSERVED
Attendance, Punctuality and time spent on the activity.	✓				
Evidence of initiative, planning, organization.		✓			
Amount of effort and commitment to the activity.	✓				
Personal achievement and development, taking into account the student's skills/attitudes at the start of the activity.	✓				

Comments: Amit is an outstanding student. He is  
a very good human being ~~also~~ as well.GARIMA TIWARI  
(Print) Supervisor's Name9589090907  
Phone #Garima  
Supervisor's Signature04.02.12  
Date

Revised: April 2008