

INTERNATIONAL BACCALAUREATE

“CAS Diary”



CANDIDATE NAME: KUSHAL JAIN

CANDIDATE NUMBER: 002328 – 004

SCHOOL: CHOITHRAM INTERNATIONAL

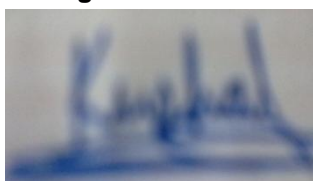
**CAS Advisor: Mr. Nixon Singh, Mr. Amit Kushwaha,
Mr. Rajneesh Tiwari, Miss Garima Tiwari.**

CAS Coordinator: Miss Garima Tiwari

Session: 2010 - 2012

BACKGROUND INFORMATION FORM**Name:** KUSHAL JAIN**Grade:** DIPLOMA PROGRAMME**Date of birth:** 27/07/1994**E- mail address:** KUSHALRONAK@GMAIL.COM**Languages spoken including vernacular:** ENGLISH AND HINDI**Details of the parents:****Father's Name:** MANOJ JAIN**Mother's Name:** DIMPLE JAIN**Occupation:** BUSINESS MAN**Occupation:** HOUSE WIFE**Contact details:** 9826032662**E-mail ID:** -----**E-mail ID:** -----**Phone no.:** 0731-2403064**Phone no.:** 0731-2402729**Mob. no.:** 9826032662**Mob. no.:** 9926618181**List your skills in the following areas:-****SPORTS****MUSIC****ART****DRAMA**

Table Tennis _____ DRUM _____ DRAWING _____ CAN ACT

Signature:

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

Candidate Name: KUSHAL JAIN

Activity/project: LONG TERM

Targeted Learning Outcomes: increase your awareness of your strengths and areas for growth

How to play Congo? I want to learn basic beats and also higher level beats. After learning I will try to perform in various functions.

Brief description of the activity/project:

I want to learn Congo because I like it and from childhood was interested in playing it.

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

Every Friday for 40 minutes I will play Congo. I will go to my supervisor to learn Congo and at home also I will practise.

Supervising Adult:

Name: Amit Singh Kushwaha

Address: 8. Kanadia main road, Indore.

Contact # or email: amit1.choithram@gmail.com

IB/CAS Proposal Form (action)**CHOITHRAM INETRATIONAL****Candidate Name:** KUSHAL JAIN**Activity/project:** LONG TERM**Targeted Learning Outcomes: developed new skills**

Learn how to bowl medium pace. I also want to learn some shots in batting. After learning I will try to represent school team and play in various tournaments.

Brief description of the activity/project:

I want to learn Cricket because from the childhood I was passionate about it.

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

On every Friday I will learn cricket for 1 hour at least.

Supervising Adult:

Name: Mr. Rajneesh Tiwari

Address: 5. Manik Bagh, Choithram International, Indore

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

IB/CAS Proposal Form (action)**CHOITHRAM INETRATIONAL****Candidate Name:** KUSHAL JAIN**Activity/project:** LONG TERM**Targeted Learning Outcomes:** developed new skills

I want to learn Badminton. In it I want to learn all types of service, smash and all other things.

Brief description of the activity/project:

I like this game that's why I want to learn it.

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

On every Friday I will learn Badminton for 1 hour at least. I will practise at my club.

Supervising Adult:

Name: Nixon Singh

Address: 5. Manik Bagh, Choithram International, Indore

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

IB/CAS Proposal Form (service)**CHOITHRAM INTERNATIONAL****Candidate Name:** KUSHAL JAIN**Activity/project:** LONG TERM**Targeted Learning Outcomes: shown perseverance and commitment on your activities**

In service I would like to serve destitute people. I will teach English to them and will create awareness about the importance of education in being self dependent. So that, I can give meaning to my existence and can lead meaningful life.

Brief description of the activity/project:

I always wanted to help poor people. Not only poor people but also to those people who are physically weak.

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

Every Saturday I can go to serve destitute.

Supervising Adult:

Name: Miss Garima Tiwari

Address: 5. Manik Bagh, Choithram International, Indore

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

My CAS PLANNING FORM

Name: Kushal Jain

SCHOOL CODE: 002328 - 004

CAS COORDINATOR'S NAME: Miss 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).

In creativity I want to learn how to play Congo. As from childhood I was interested in playing Congo but was not able to play. So through this I hope that at the end of two years I will learn how to play it.

Action (Planned activities and brief description of each).

In action I want to learn Badminton. I like this game. I hope at the end of 2 years I represent my school and can win something for them.

In action I will also do Cricket. I am very much passionate about the game and hope at the end of the session can represent the school team.

Service (Planned activities and brief description of each).

In service I would like to serve destitutes. I will take care of them and also teach them. I hope after 2 years they became a part of my life.

Signature:



Reflection;**Service:**

Activity: Destitute people

Date: 14/08/10

When going to “Arambh” (it’s a place where destitute children lives) I was really scared, how would they behave and how they would be like. As I reached there all my fear was gone by looking at them. They were very friendly and also well mannered. I interacted with them. First I introduced myself to them. Then we all went to play cricket. It was fun to play with them. Then we all had lunch together. I served them food. I also served them Idli which I made with the help of my mother. They all liked it.

It was a great full experience. I liked them and I enjoyed with them as they became my good friends.



Service:

Activity: Destitute people

Date: 21/08/10

Today, I was introduced to my buddy by my supervisor. As he was having his school, so I went with him to his school. I walked for 3-4 km to drop him to his school. While walking we both were talking about our life. I felt very bad or I was unhappy after listening to his life story.

Then I drop him to the school and came back to Arambh,

I was feeling sad by listening to his story and was thinking how could I help him.



All my class mates and me standing in front of Arambh

Service:

Activity: Destitute people

Date: 11/09/10

Today I have to again choose my buddy as he was having school on every Saturday. Therefore my advisor advises me to choose new buddy.



Today I was feeling scared as I will get new buddy. My buddy name was Chotu. He is of 5 years and is studying in grade 2. We both had a general chat in school bus as there was lot of noise in Aarambh. His main hobby is painting, therefore we both did some painting together. Then we both also shared some jokes. We both laughed a lot today and suddenly while laughing water came out from my eyes. I was feeling like I am sitting with my old friend and chatting with him. Chotu was not my buddy now he was more my friend who has touched my heart.

Service:

Activity: Destitute people

Date: 25/09/10

Today I planned that we will study English but when I told him, he started making faces. I got to know that he don't want to study that reminded me that even in our school classes we also make faces when we don't want to study.

Therefore to create his interest I took him outside the destitute place. There we had a healthy discussion. As he was not interested in studies so I thought first I should tell importance of studies. Then only he will be interested. I told him the importance of studies and English in daily life. While explaining him I also came to know various points. Which I was already knowing but never paid attention.

Then I taught him about or tell him English alphabets. I also explained him how to write it. He knew them but he was not able to write them. Hence I told him the way how to write? I also gave him some homework or I should rather say assignment so that he can practise it till I come next time.

I am very happy that I got a friend like Chotu as he listens to me. I was also happy because I taught something in my life to someone really needy.



teaching my buddy English

Service:

Activity: Destitute people

Date: 07/01/12

I was excited to meet my friend (buddy) as I was meeting after a long time like a month. Between September and December I went met him 2-3 times but not for long time. Therefore I met him for a long time. I planned various things for him. This time I also planned to see his progress. When we met we both were very happy. We both shared our things which we did in a month as there were lot of festivals like New Year and Christmas. On Christmas I met him for 10-20 min and gave a gift also. We both shared how we celebrated all the festivals. We also made the promise that next festival Sankranti we will celebrate together. At that time I notice that he has become a part of life. He also has come into the list of best friend.

I also noticed that he was nervous. I came to know that he was nervous because he had lost the note book in which we did all the work. At that time I was very angry and was disappointed that all my hard work failed. Any how I controlled my anger but my buddy also realised it. And he changed my anger into happiness by showing his progress. He was able to read. He read a story in front of me. I was very happy. That day I learnt two things, “every time your hard work gives result” and “no proof is required if you really have done it seriously.” I told this thing to my teacher and Chotu also read another story in front of him. He was also very happy.

I also think on that how our teacher would feel when we lost something and learn something.

Service:

Activity: Destitute people

Date: 21/01/11

Chotu is more interested in painting, so we started with a painting. We made few paintings. Then I checked the homework. He did it very nicely. I was feeling very proud after seeing his work.

Today we decided to do mathematics. We solved some sums and I taught him 2, 3 and 4 tables and also showed him some tricks how to learn them.

I was facing problem and very much difficulty to teach him as he was not having any base. I also got to know that to teach a small kid is more difficult than grown up. Today I was very much tired, as my head got crazy.



Service:

Activity: Cooking & serving to needy.

Date: 09/04/11

Today all my friends decided to make Poha. From western India, Poha, made from flattened rice, is an easy-to-cook, nutritious snack. It is often eaten for breakfast or brunch. I knew how to make Poha and was happy that I can show my cooking skills to everyone. I also took some tips for my mother to make Poha in large quantity. I brought a big utensils from home so everyone was asking me, why you are carrying this? I just told them we are making food for service. They told me we are proud of you and your school.

I chopped the onions and tears were running through my eyes because of chopping onions. I showed my skills and was feeling very proud. My teachers also appreciated me. After Poha was made we packed them and went to slum which was near to our school. When we served Poha , people where glad and cheerful. They also gave us blessings and were very thankful. I was very happy and excited to tell this thing to my parents also. In the end I was also very much tired. But today I understood the value of food by looking for those people.



Photo of slum people

Service:

Activity: Food distribution

Date: 16/04/11

As per the plan we started making sandwiches. This time we decided to make something of our own. Therefore we made a new type of sandwiches. This time we faced various problems but in the end we solved all our problems. Our toaster was not working, hence I went with my friend Hemant to his home to get toaster. That day I realised we should plan and bring things in advance and the more important thing is that we should check them. Another problem which we faced was that we were not having anything to pack. I used my brain and gave idea that we should use news papers for packing. We just packed them and took them in bag and went on streets for service. When we reached the slum we served the sandwiches. They were not able to eat it properly so I and some friends taught them how to eat sandwiches. That reminded me my childhood. How my mother taught me How to eat. While coming back to school I was thinking about the slum people like how they live? What is their life style? They don't have money but they still enjoy and are happy? And lot more question were came to my mind.

In the end I felt bad and was pity for them and decided to even help them in future.



Service:

Activity: Food distribution

Date: 23/04/11

This time service was very much interesting and painful and also dangerous for me. All unexpected things happened this time. As per the plan we brought all the things a day before. This time we were making bread Pakoda. I did not know how to make it? Therefore I followed instructions of my teacher carefully. She explained us what all precautions we should take while making Pakodas. To make Pokada is bit risky as we have to use hot oil this time. I was very much excited that today I will learn new thing and will also tell my parents.

I was totally involved in making the pakodas, at that time I just forget what was happening in rest of the world. While mixing besan with water, it fell on my shorts. I was embarrassed as everyone was looking at me. My shorts were also stinking so I was shy to go to anywhere. I did various things to prevent it. But still can't help myself. Then I decide it that let it be and lets continue making pakodas.

I was making the pakodas nicely, my teacher also appreciated me.

After some time when I was putting raw pakoda in hot oil, two three drops of hot oil just fell on my leg. It hurt me lot. It was very much painful, I literary would have cried but I controlled my emotions anyhow. My teachers helped me to remove the pain.

Than also I made the pakodas and went to slum for to serve them. I was feeling uncomfortable as I was not able to walk properly. Then after coming to home I put some ointment on it. Then I was feeling relax.

But over all I enjoyed a lot with some pain.

Service:

Activity: Food distribution

Date: 07/05/11

This time service was very much interesting and horrible too. This time service was interesting because this time our coordinator was with us. She taught us how to make cutlets and helped us to make them. This time I was very much careful, as in last service I messed up the things. This time I pre-planned that I have to do my best and have to give 100% potential. We started making the food for the slum people, this time it took lot of time to make food as we have to boil the potatoes. Then cool them, and mix all the things with it and have to fry it. As we fry the cutlets, so lot of oil was there in the cutlets. With the help of news papers we removed the oil. They smelt very good, I was thinking to have one of them. But I controlled myself and first served the cutlets to the people. When I served the cutlets all my hungriness just vanished by seeing their happiness. When I came back so my coordinator was having some more cutlets, she made for us. I was feeling so happy that she made cutlets for us.



Mashing up the potatoes

Service:

Activity: Old age home

Date: 13/08/11

I don't have any words for today's service. It was so much of fear and exciting as first time in my life I went to old age home. While going to old age home, lot many questions came into my mind like how would people over look like? What will be their behaviour? Will they feel good if we go over there? How the place will look like? And lot many questions came to my mind. I was scared a lot and was afraid to go over there.

When I entered the old age home I was relaxed, felt good because my half of the questions were answered. The place was very good, neat and clean and it was also having good infrastructure. I never expected that the old age home could be like that also. But I still was scared because I have not met people over there till now.

When I met people over there I was literary shocked? They were so nice that I was speechless, they were very good. They were also very well organised and having lots of experience. First an introductory session was there. We spoke to them what they used to do at that time. We had a general discussion and did lot of chatting. They shared lot of experiences.

Then time was over and we had to return to school. But I did not realise that 3 hours have been past.

In last I would like to say that today was feeling like I have met my grandparents.

Service:

Activity: Old age home

Date: 27/08/11

I was very much excited to meet to all of them. I was very attracted and attached by them in first meeting. When I entered the old age home first I went to manger and asked did they really like it when we came. He said, "Yes, they really liked it. They just want the love of society which they never got. I as a manger also request you that we don't want money but the thing which we want is love."

After hearing his I was very happy.

When I saw them I was feeling so happy, simultaneously they were also feeling happy. I just took their blessings by touching their feet. We had discussion about the Hobbies. I was literary shocked by listening to their hobbies. After that we played Carom with them. I was feeling so good after playing with them.

Creativity:

Activity: Congo

Date: 13/08/10

I was very excited as first time in my life I learnt how to play Congo. I was very happy as I was going to learn Congo. Today I learnt about the various parts of Congo and also about his history like where it was originated. My supervisor told me about the history of Congo. He also told me some beats.

It was really a fun to play Congo. I enjoyed doing it and was very happy.



Creativity:

Activity: Congo

Date: 27/08/10

Today I practised the beats which my supervisor told me in last class. Today I learnt some more basic beats, which were very interesting. The beat was easy to play. After that my supervisor gave the demo of some more beats like Marwadi, Garba, Bangda.

In the beginning I thought that it would be very difficult to play Congo but it was quite easy. Today's class was very interesting.

Creativity:

Activity: Congo

Date: 10/09/10

Today's creativity was rocking. My advisor told me some new beats I practised it and was getting bored. Therefore my advisor started singing and he told to play the beat which he has told. And that beat was of song which he was singing.

Then I and my friends were thinking of songs which would match the beat. If we got the song then we started playing the beat and sang simultaneously.

This hour was fully of fun, entertainment, music and creativity. Before this I have not enjoyed this much in a CAS class.

Creativity:

Activity: Congo

Date: 17/09/10

This time I basically did the theory part. I got to know that Congo is very old instrument. I searched for various beats on internet. I also got to know the proper technique to play Congo. First I was

confused but my advisor solved the problem. This class was more of mentally than physically and was also peaceful.

Creativity:

Activity: Congo

Date: 15/10/10

I was alone in the class, only my advisor was with me. Therefore I was feeling bad. But today I was able to solve my personal doubts. I practised all the beats which I searched on internet. I was very much excited to know that which song will match this beat. My advisor did not tell me. He said first you should play these beats properly. I was unhappy and I was not interested in playing. I was feeling bored by playing the same beat.



Creativity:

Activity: Congo

Date: 12/11/10

Today before going to the creativity I planned that I will finish with previous beat. I was playing the beat properly but still something was missing in it. Then I got to know that my finishing is not proper. Therefore I just practised and practised but still I did not have the finishing touch. I was very much pissed off. I took a break and return to the room after relaxing my brain and hands.

I suddenly saw that I was able to play the beat properly and also giving the finishing touch. I was so happy that I started dancing. I told this thing to my advisor he was also very happy. We both decided that in next creativity class we both play the same beat on drum.

That day I learnt one more thing that we should do work with relaxed mind.

Creativity:

Activity: Congo

Date: 19/11/10

Today my advisor taught me the same beat on drum which he told me in previous class. I was getting problem in playing the beat because my hands and legs coordination was not properly there. I practiced and practised than finally I played the beat properly. Hence, I can say that practise makes man better.

Then he told different types of pace in this beat. I practised and with different songs. In the end my hands were paining badly and decided not to play.



Creativity:

Activity: Congo

Month: December.

This time I decided to write the reflection of whole month as this month annual function was there. Therefore I was totally involved in the practise; hence it was not possible to write daily reflection.

This month was full of entertainment and tiredness. We had very hectic schedule. As on 15 December my school annual function was there.

I was not allowed to take part in annual function, but I any how managed it to take part in it. I was very curious of my first presentation on the stage. Although I knew only few beats but then also my advisor supported me and allowed me play Congo. My advisor was also happy and told me good. This word gave me confidence and boosted my energy and heart.

I started with my practise but before it I revised all basic. I learnt 2-3 new beats like fox trot. Some of my peers also taught few beats. I was really surprised by looking change in me as I was able many beats. But that sufficient was not sufficient.

The beat which I had to play in function got stuck into my mind and I was able to play the beat. But the main problem which I was facing was that I was not able to play perfectly with school singer. As some time I was playing fast some time slow, and the pitch was not matching with the singers. I practised a lot and my eagerness and my advisor words helped me a lot to control my temper. But finally two days before the function I got everything right. That moment I was surprised when I first time played correctly.

On function day I was nervousness and scared. In front of large audience I was going to play first time. As I started playing, my nervous was also disappearing and confidence was building in me.

When my presentation was over, I heard loud applause. At that time I was very happy and my advisor congratulated me. This time my happiness just got doubled and I was not able to control my emotions. That was the happiest moment of mine.

Creativity:

Activity: Congo

Date: 14/01/11

Today class was a new start for me in the field of Congo. As I was more confident and today was the first creativity class after the New Year. Today was a new start for me because with the help of technology I learnt the new beats. It was an interesting class for me. With the help of software I got to know various tricks. Today's time was passed in learning the software but still it was interesting.

Today I realised that technology has advanced a lot in every field.

Creativity:

Activity: Congo

Date: 21/01/11

I did the same thing which I did in previous class. But this time I did more productive work. With the help of simulation option in the software I got to know that that with different pace we can create different beats. This class I was mostly working with my brain. With different pace of same beat I found the different songs. I was confused by finding the songs. My advisor helped me get out of the problem. I was happy that I got the songs. I enjoyed a lot on that day. Today I did lot of mental work but in the end I enjoyed it.

Creativity:

Activity: Congo

Date: 11/02/11

The beat which I saw on the simulation in last class I just practised them. I was excited to practise them on Congo. I was feeling problem to play it on Congo, than I again referred to the software and learn the beat properly. I also learnt how to play the beat with different pace. I told my CAS

coordinator about this and played 2-3 songs in front of her. She was very happy by seeing my progresses. She also started telling to other people also. I was feeling very much proud.



Creativity:

Activity: Congo

Date: 18/02/11

This time I was not able to play Congo very much as my advisor was also busy. I was getting bored and was confused what to do? So, just went into the dance room and started listening to loud music. There I started matching the beat to song. I did not care whether the beat was right or wrong. I was just playing and enjoying it. Hence, my mind was relaxed and was feeling good.

Creativity:

Activity: Congo

Date: 11/03/11

I got hurt in right hand so I was not able to play. I was feeling very bad that I was not able to play this class. But I was able to utilise this time by learning beat from video. I just practised them in my mind and I had some problems so I just asked my advisor. I was just feeling very bad as I was very much excited for the class. But what can I do?

Creativity:

Activity: Congo

Date: 18/03/11

I was very much excited for today's class. As from last 2 creative class, I did not do lot of stuff. I enjoyed a lot today. First I played all the beats which I learned through video. Today I learnt how to mix the beats and gave breaks to beats with the help of virtual DJ software. The software helped to analyse the beat.

The eagerness was increasing day by day in me. As whatever song I listen I just start playing it on the Congo. If I don't have Congo at that time, so I just start playing it on the table.

The best thing which happened today that when I was listening songs on my iPod at my home. I was also playing its beat on table. My father got bored and told me, "please my son, stop this and let me do my work." That time I realised that my mind is full with beats.

Creativity:

Activity: Congo

Date: 25/03/11

Before coming to the class I practised all my beats at my home. I used to practise daily at home but this time I practised all the things.

Today I was confused what to do? Then my advisor started telling me about the western beats. It was more interested in playing it then listening to it. I started playing it but was little confused regarding it. Than with the help of virtual DJ I started mixing the songs and beat. Slowly-Slowly I was becoming expert in it. I mixed it so well all were shocked by listening and were appreciating me. It seems to me like I have become professional in it.

Creativity:

Activity: Congo

Date: 08/04/11

Today I did lot of things in my creative class. I basically learnt how to play the beat peaceful and at low amplitude and pitch. The more the soft we play the beats it looks good in hearing. More it is peaceful our mind gets relax fast. So I worked on it. I faced lot of problem while doing so. My advisor gave me some tips how to play it? I listened to that tips carefully. Hence was successful in playing all the beats peaceful. All the beats were appearing so pleasant. It was so great moment that I don't have any words for it.

I was very much happy and my advisor was also happy. I was so much excited I told this to everyone.....



I have Congo at my home. I daily practise at home for at least 15 min. Whichever beat I learnt at my school I practise at my home. As I practise all the beats so it helps me to learn beats and also help me to present the beat nicely. This helped me lot in school as I learnt the new beats in school because I have already practise the previous beat. I felt very much proud when my advisor says, “Kushal plays beat very well.” But this compliment I got after lot of practise.

Action:

Activity: Badminton

Date: 13/08/10

Today was my first Badminton class and I was really excited about my first Badminton lesson. I was mentally and physically prepared for the class. But my eagerness was over and finished when I came to know that my advisor will not come today.

Then I started with the shadow practise and wall practise. After doing this my CAS coordinator joined me and my eager, excitement came into my heart and mind. I was enjoying action with my coordinator and we also played match. Whole action class was full of fun and entertainment. I enjoyed it and my heart also got pleasure after playing it.

After playing knock I was very much tired.



Action:

Activity: Badminton

Date: 27/08/10

I was really happy after seeing my advisor. Today I was not feeling well and the first thing my advisor told me to do warm up. The energy and eagerness in me boosted up and I was ardent to play with my coach.

We played a knock and then match. I lost the game. Then he told me some tips like how to hold racket. I was listening to him carefully. The important thing which he told was that, “first you have to play game with your brain and then with your hands and legs.

These words were stuck into my mind and I was applying them while playing. The whole lesson I was just concentrating on the words of my advisor. I also got hurt while playing but all though I enjoyed a lot. At the end I was swatting lot and my body was painning also.

No gain if No pain.

Action:

Activity: Badminton

Date: 10/09/10

Today's action class was very much creative. Today my advisor and I decided that from now onwards we will practise on individual skills. Therefore we started with practising on my serve. My advisor taught me two serves long and short serve. But we were basically working on short serve. My coach told me different techniques to do short serve and to confuse my opponent.

I was very much happy and I enjoyed a lot today.



Action:

Activity: Badminton

Date: 17/09/10

Today first we practised short serve. My advisor showed me different styles to do short serve. I was shocked by his styles. Then we started with long serve. I was facing lot of problem in it. My serve was going out of the court. So my coach then told me how to control pace and power of the racket. Then with lot of practise I was on right track but still my serve was not going right. In the end I was frustrated because of the same.

Action:

Activity: Badminton

Date: 15/10/10

This time I basically did the theory part. On YouTube I and my advisor searched for different videos regarding long serve. I learnt various tips and proper technique regarding same. Then I searched for different style to do short serve. But it was very confusing so I just left it and started working on proper technique for long serve in sports room. This class was more of mentally than physically and was also peaceful.

Action:

Activity: Badminton

Date: 12/11/10

I was feeling bad that I was only student in the badminton and had to always have to play with advisor. My interest was also losing out as from last 2-3 classes we are just practising services and services. When I told this thing to my advisor he told that in badminton the most important thing is to

serve. We can take more than half of the points in serve. I understood why my coach is focusing on service.

After all this we played a match in which I lost with large margin. Then we again started working on long serve. This time I was doing with proper technique and hence my servicing was going right. I was very happy and the entire boring thing vanished from my mind.

Action:

Activity: Badminton

Date: 19/11/10

Today's class was very much enjoyable. I enjoyed very much as we played 4-5 match. I lost all the matches except one but still I was very happy as I was giving fight to my coach. He also appreciated me. He was also proud of me.

Then my advisor taught me new thing that is smash. Although I knew it that what does it mean? We practised on smash. It required lot of strength and power if we want to smash the shuttle. My hand was paining a lot in end and also after the school.

Action:

Activity: Badminton

Month: December.

This time I decided to write the reflection of whole month as this month there were lot of holidays and annual function was there. Therefore I was totally involved in the practise; hence it was not possible to write daily reflection.

As this month I did not play much with my action advisor due to annual function in the school. As I daily go to club I played badminton over there. This month I practised on each and every thing which

my coach taught me. I also worked on my weakness especially backhand. I daily went to club around 7 in evening. After 24 days when I saw my weight it was 5 kg reduced. It was very happy moment for me as my tummy was not there.

In holidays I also went to CWG badminton stadium for my extended essay. The stadium was very beautiful and was also well maintained. I wished that one day I will play there on that court.

Action:

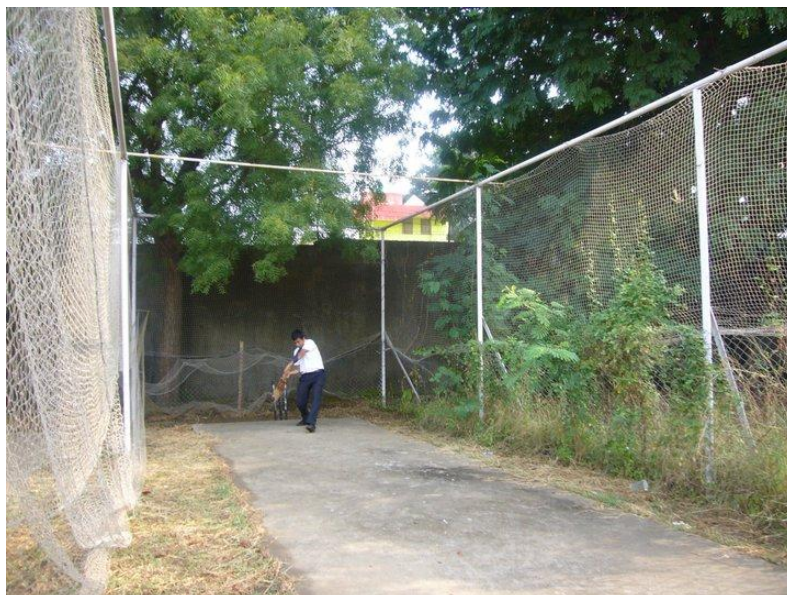
Activity: Cricket

Date: 14/01/11

Today class was a new start for me in the field of action. As I have changed my activity from badminton to cricket. Today was my first Cricket class. Therefore my advisor introduced to all the equipments.

My advisor told me today that I will not tell you anything. You have to play your own cricket. First I did not understand it. But my friend explained me that we have to play without restriction. First I started with bowling. I was not able to bowl properly because I was playing cricket after long time. I was feeling very bad and specially in front of my coach as I have not impressed him.

Then I did bating I played good shots and with proper technique and style. I was feeling very happy and proud. My teacher also appreciated me.



Action:

Activity: Cricket

Date: 21/01/11

Today my advisor taught me how to bowl. He told me different techniques to bowl like to in-swing and out-swing. He also told me that number of steps while bowling is very important. He also changed my bowling action and also told me that I should do over the wicket and not round the wicket as I am a left-hander. In the beginning I was facing problem to bowl. But after some time I was able to bowl but not properly. Then also I was very happy as I move ahead in cricket. I was also feeling bad that this time I did not bat.

Action:

Activity: Cricket

Date: 11/02/11

This time I batted first and hit the ball very hard. Once I cut the bowl so hard with proper technique that it went inside the jungle. We all were practising for the inter house match today. Today I did all the things from batting, fielding to bowling. In bowling today I was only doing basics because of the match. I was really excited for the coming match and was hoping to win it.

Action:

Activity: Cricket

Date: 18/02/11

Today was an exciting day as I was having inter - house cricket match. Before the match I just thought that whether I will win or lose but I have to put my best and prove myself. My team was batting first. It was an amazing start by both the openers but we lost wickets. Then I came and batted for whole innings by understanding the situation. I was playing the match with calm, when runs were required I scored them. I scored 39 runs in 10 over game.

In bowling my captain didn't trust me this much that in batting. I did 3 overs in whole match and took 2 wickets. First two overs I did economical bowling gave 8 runs. Therefore my captain trusted me from the last over in which only 3 runs were required. I was very happy that my captain trusted me. At the same time I was feeling very much nervous. We lost the match on the last ball hence in the end I was not happy.



Action:

Activity: Cricket

Date: 11/03/11

I did lot of bowling today and my confidence level was also increased due to the match. Today I was properly bowling. I also started bowling the yorkers. Once the batsman understood that I will bowl yorker so he came ahead so I bowled shot pitch delivery on his body. He was shocked by that delivery

and didn't know what to do. Any how he touched the bowl and got rid of that ball. I also got frightened with that delivery but all started laughing and I also joined then. Then I was relaxed as nothing happened to him. After that ball he suddenly came out of the nets.

Action:

Activity: Cricket

Date: 18/03/11

I was really excited to bat but I did not get chance today. Hence I was not interested in doing anything which my coach told. I was just throwing the ball and ball to batsman. Today's class I did not find interesting and I was also getting bore.

Action:

Activity: Cricket

Date: 25/03/11

I did lot of batting today I played more than 10 overs today. I took all my last class frustration today. By taking out that I lost two balls and broke a bat also. I was scared that my coach will say something to me as I broke his bat. He told me to play properly. After that I played with proper technique and power.



Evaluation Form:

IB

**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: Kushal Jain

Class of 2010 - 2012

Name of Activity: Action

Name of Organization: Choithram International

Date(s) of Activity: August 2010 to December 2011 Approximate # of Hours: more than 50 hrs

Length of Activity (weeks / days): Every Friday at least 1 hour.

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.


Student's Signature

Date

04.02.12

Revised: April 2008

Evaluation Form:**IB****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: Kushal Jain**Class of** 2010 - 2012**Name of Activity:** Action**Name of Organization:** Choithram International**Date(s) of Activity:** August 2010 to December 2011 **Approximate # of Hours:** more than 50 hrs**Length of Activity** (weeks / days): Every Friday at least 1 hour.**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.
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- ☒ (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.


Student's Signature04.02.12
Date

Revised: April 2008

IB

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

Print Student Name: Kushal Jain

Class of 2010 - 2012

Name of Activity: Action CRICKET

Date(s) of Activity: August 2010 to December 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.	X				
Evidence of initiative, planning, organization.		X			
Amount of effort and commitment to the activity.		X			
Personal achievement and development, taking into account the student's skills/attitudes at the start of the activity.			X		

Comments: Kushal is a hard-working student, always
ready to walk that extra yard.

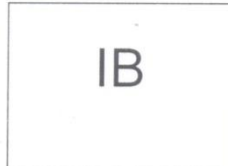
RAJNEESH TIWARI
(Print) Supervisor's Name

+91 9589090906
Phone #

Rajneesh
Supervisor's Signature

30-01-2012
Date

Revised: April 2008

Evaluation Form:

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

Print Student Name: Kushal Jain

Class of 2010 - 2012

Name of Activity: Action

Date(s) of Activity: August 2010 to December 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.	X				
Evidence of initiative, planning, organization.		X			
Amount of effort and commitment to the activity.		X			
Personal achievement and development, taking into account the student's skills/attitudes at the start of the activity.		X			

Comments: Kushal is a good and sincere student.
He has improved his badminton skills.

K. NIXON SINGH
(Print) Supervisor's Name

999 308 7417
Phone #

[Signature]
Supervisor's Signature

04.02.12
Date

Revised: April 2008

IB

**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: Kushal Jain

Class of 2010 - 2012

Name of Activity: Creativity

Name of Organization: Choithram International

Date(s) of Activity: August 2010 to December 2011 Approximate # of Hours: more than 50 hrs

Length of Activity (weeks / days): Every Friday at least 1 hour.

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.


Student's Signature

Date

27/01/2012

Revised: April 2008

Evaluation Form:

IB

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

Print Student Name: Kushal Jain

Class of 2010 - 2012

Name of Activity: Creativity

Date(s) of Activity: August 2010 to December 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: Kushal is a good Rhythm player, there are
lots of expectations from him. Expecting even better in future.
Keep it up.

Amit Singh Kushwaha
(Print) Supervisor's Name

9009976814
Phone #

[Signature]
Supervisor's Signature

27/01/12
Date

Revised: April 2008

CAS trips: Learning Outcome : undertaken new challenges

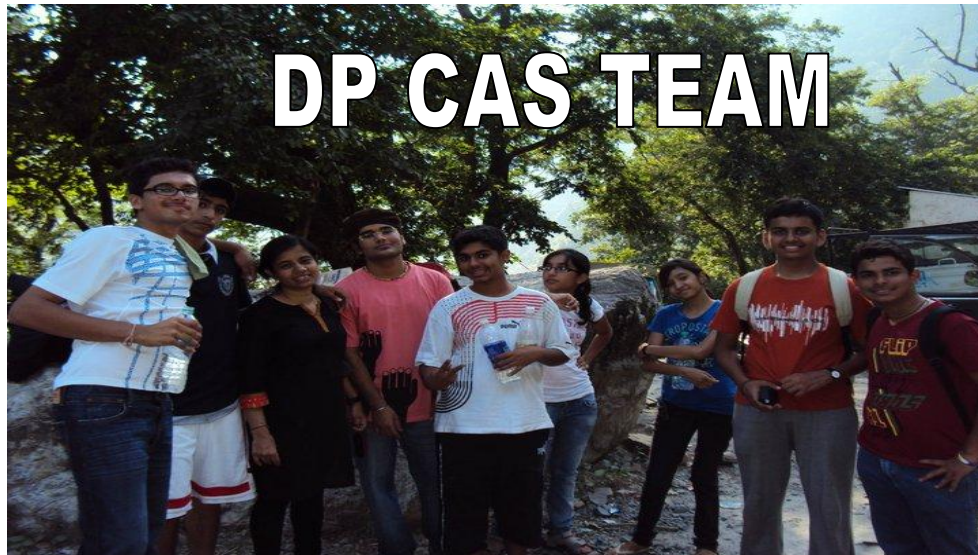
Haridwar, Rishikesh, Delhi was my first CAS trip. I went with my friends and CAS Coordinator to Haridwar, Rishikesh and Delhi. I was really excited from the time I heard about it. I was excited because of many reasons. As first time in my life I was going with my friends to Haridwar, Rishikesh and Delhi. One more reason was that I am not going with my parents. All though I have gone various places without parents but I have not gone to places with my friends. Also the adventurous sports created excitement in my heart. I made plans regarding the trip, which I accomplished with the help of my friends.

The trip was full of action, adventure, fear and also risk was there in the whole trip. Besides all these things I enjoyed the trip. In this CAS trip I did the things which I never thought of or imagine it like river rafting. This trip has made me stronger and also told me near death experience. As I did all the adventures sports first due to which all my fears are gone because to do a thing first, which you have not done it before really scares you.

Day One:

17-10-10 was our day one to a CAS trip and it was Sunday on that day. All trip members gathered at school at 1:30 pm with our luggage. Then we all left for station. At the station we boarded our train, "**Indore-Dehradun express (4317)**". Its departure time was 3:15. My father told me to take care of my luggage at the station. So I was keeping my eyes on my luggage.

As my CAS coordinator told me check my ticket with the Reservation Chart and then to board the train. Then I chained up and locked my luggage under my seat in the train. Then we all came to know that are seats are not in group, so I helped my teacher to arrange the seats in group. In the train we met a small and very good family. The family consist of a baby and her parents. First for 2-3 hours we all played with the baby. I was feeling very happy while playing with the baby; it seems to me that I was playing with my brother. Then we played UNO cards but I was not enjoying it. Then I played Chess and checkers with my friends. The family was so good that when we were facing problem regarding the dinner in the train, that family arranged the dinner in the train. After taking the dinner we all were talking and till the time I was having energy I talked then I went to the bed.

**Day two:**

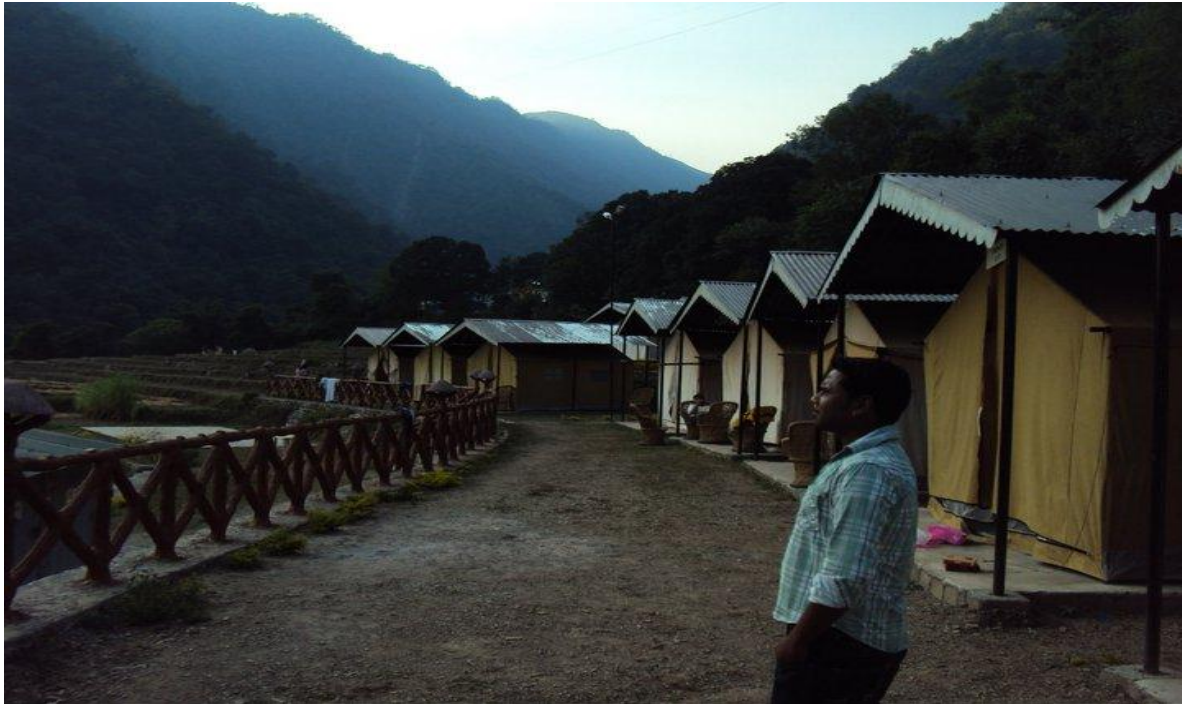
I woke up around 7:30 but still was feeling sleepy. Then I took my brush and went near wash room and there I saw train's door and there I stand for quiet time and there I enjoyed the beauty of nature. As the cold winds were hitting me. These cold wind freshen me up and I was feeling good and all my sleep went with the wind. Second day was same as first day only difference was that the family left us and that day we discussed on various topics like on our school, nature, cars, about our aim and little bit about global warming.

Our stoppage point was at Haridwar. We arrived Haridwar at 04:50 evening and left for our camp by a Tavera Car. Our luggage was not fitting in Car. I remember how people adjust their luggage in Bus. So I used that technique with my friends and the luggage was fit in the car. We reached our camp around 7:40 pm. On the way to camp I saw various things which were different from my state like greenery, animals, dust and etc. I liked UK (Uttarakhand) because of its greenery. There was lot of greenery and the size of animals was big then in our state MP. The dust and pollution was also less. The special thing I like in the way was that I saw my holy river "Ganga". I was feeling very much happy when I saw it, my heart was pulling me to take bathe in the river.

We stayed in "Feel Factor" camp which was located on the Rishikesh-Devprayag road. It was in Kaudiyala, 36 km drive from Rishikesh. All these places were located on mountains and our camp was also located on the hills. As it was located on the hill, we carried our luggage and walked 250 m. When we reached the camp staff welcomed us with drinks. Then we all kept our luggage in the tent. The tents and the whole camp were really good. As there was a swimming pool in the camp, so some friends and I decided to swim and other decided to dance. Then we took dinner and all went to bed but I was talking to the staff members. They were



really good and some of them became my friends also like Vijay and Raju. And in night I also meet our tour guide Raju. Then I went to bed.



Day three:

I woke up early and went outside the tent. The place was looking many times better than the night. The scenery was beautiful. I was enjoying the camp, as there was greenery and beauty all around and also pollution free.

In the morning I realised that we all are not very much great height from the ground level. It was cold in the morning therefore I and some friends (including the staff member) decided to play volleyball to warm the body. No one of us knows how to play it? Then we tried to learn and really enjoyed it. Then we took breakfast and went to river rafting sight.

There we first filled the form regarding the river rafting. I was excited about it very much. On the sand beach I saw the rafts, paddles, life jackets and also instructors created more excitement, energy, power to go for river rafting. We wear all the safety things and took the things which were required to do rafting. Our instructor Mr. Deepak and Mr. Teeku told us about description of various equipments including the raft. They both gave us the instructions regarding how to move a raft. Then we boarded the raft. It was looking like as we all are going on war. We all were having energy like soldiers. I was in the front and I was really shocked when the first rapid “Good morning” came. Suddenly all cold water came and I was shrunken and also shocked but after some time I realised that it was fun to do. Then I did all the rapids nicely. Some of the rapids were Golf course, roller coaster, black money, T little and etc. I liked the name of



the rapids they are very innovative. The best rapid which I like was Golf course. In this rapid I was feeling that I will fall from the raft.

We all jumped when the river was still (not moving with strong force) from the raft by taking permission of the instructor. The water was cold and was like my legs were not working. Then also I jumped three times. Holding the rope I was sleeping in river.

Then few of us did the cliff jumping, I was the first one to do and I was really scared by



looking at the height, then also I did. I did successfully but during that I felt that I will die. I did it three times.

Then we went to stoppage point I didn't realise that we had covered 30 Km of rafting I was thinking that I have done only 5-6 km and spent only 30 min but I actually spent more 3 hours.

Then we went to camp and we all were tired. Therefore first I took the lunch and then went for a

shower. I was tired so decided to take rest. I woke up then took snacks and did a little bit of dance and then got ready for night trekking,

We went for it, all tour guide were scaring us, but I was not scared because the more I will scared they will scare more and I am not a child that will scare from ghost and all other type of these things. In night never in my life I did night trekking but I was confident enough that I can do it. The trekking was not easy as the passage was not straight. All the time there were curves in path and branches were also there in the way so we have to remove it by the stick. Four times my leg slipped but I managed all the time I felt that I am near to death. Then we crossed a small stream of river and boarded the car and went to camp and then to bed after the dinner.



Day four:

As this was the last day in the camp, so I woke up early and packed up all the things, after it I

did little bit of swimming. After the swimming activity I took breakfast and got ready for rock climbing. We all went to our climbing sight. As I went there suddenly a feeling came into my heart that this is the difficult part. I went to the sight, there our instructor told about the description of various equipments. He told us how to do rock climbing and rappelling? This was the first time to do the rock climbing. I was not scared this time because all my fear was gone during cliff jumping. I easily did the rock climbing but only faced problem in the end but any how I managed it to do. My whole body was in sweat as that was very hot. When I was doing rappelling suddenly my foot slipped from a stone. I was falling in the air like a superman but rope handled me. That time I felt little bit scared but as soon as the rope handle me the confidence was again built. Then remaining rappelling I did nicely. After coming down I felt relaxed. Then my friends did the same thing and learnt my mistake by seeing them. Then the instructor also did the commando rappelling. I enjoyed doing it but I was feeling uneasy also because my whole body was in sweat.

After everyone did rock climbing we all went to the camp. As soon as I reached the camp first thing I did to take shower. After taking shower we took lunch and left the camp. I hugged my new friends and promised to be in contact. Then we left for Haridwar. Our driver was changed, new driver name was Naresh. He was again and again was cracking the jokes. Because of his good sense of humour and nature's beauty I enjoyed the journey and reached Haridwar.

Then we kept our luggage in the hotel and got ready to go to **Har ki Pauri**. It's a ghat from where the Ganga flows. At **Har ki Pauri** I purchased some empty bottles and collected some water in it for my father (he is very religious). I also did some pooja near the river and also visited various temples. I was feeling very happy; I don't have words to express it. I was also feeling like some burden has been removed. First time in my life I did some religious thing without my parents.

Then we did little bit of shopping in nearby area and also tasted local things. Then we went to hotel take dinner and watched the cricket match with my friends. It was first time in my life I watched match with my friends. I loved this time. Then we went to bed.

Day five:

Today we all woke up at 4.00 a.m.y because we had to catch the train to Delhi by **KALINGAUTKAL expresses (8478)** and our train was at 6 o'clock morning. As yesterday we all were watching match so all were feeling sleepy, therefore all took a good sleep in the train. Afterward some of us were passing jokes in the train.

We reached Delhi at 1 pm. I was excited about this place from the starting of trip. As I was in capital of India so was looking what is the difference between my city and Delhi. Recently Common wealth games held in Delhi, so I was just looking at the infrastructure of the city that what changes government has made for CWG. We all made plan to go Connaught Place its huge shopping market consists 8 or 9 blocks. We all were allotted the shopping time.

There first I ate something and then I was just searching what to shop? Then I saw my friend buying Indian cricket team jersey and I was also interested in it, therefore I also purchased it. I was feeling very patriotic when I purchased the jersey that “yes I am an Indian”. At Connaught place alone I did little bit of shopping. Then I went to “Pallika Bazar”, my family members told me to not take so much of things from that bazaar and if you take so do bargaining over there, so I was aware of that thing. I purchased some things which were looking original and of good quality. I bargained so much I bought a Ferrari perfume for Rs 200 only and its original cost was around Rs 4000 something and 9000 rupees watch in 150 rupees. I bargained a lot in Pallika bazaar. But in this game you need lot of patience.

Then we all met at a point and then went to “India Gate”. It was very great and giant. By looking at I was feeling proud to be an Indian. A fire, power, energy was created in whole body by looking at it. Soldiers name on the gate and “Amar jioth” created a power, energy and fire in my whole body.

Then we straight went to station took our dinner near the station and boarded our train

Intercity Ex at 22:40 .

Day Six:

This day was same as day two and CAS Coordinator gave me her advises on my career. We all reached Indore by 1 pm and from station, I straight went to my home. As soon as reached home my mother hugged me and she was very happy.....

This was the end of amazing, full of action and adventures trip.

Conclusion:

I have learnt many things from this trip as this trip was a great experience for me. From this trip I have become more self dependent, stronger, got more confidence and fear has also gone from my mind. I learnt how to stay without any electronic items also. For me this trip was excellent. It has become good because of the support of my Principal, DP coordinator and main person beyond all was my CAS coordinator. Thanks to all for arranging such a wonderful trip.

Flame of the forest

Flame of the forest was short adventurous trip. Flame of the forest was an adventurous camp situated in Punjapura that is in Devas district, MP. I was very much excited about the trip as I did the transport arrangement. We all left our school around by 1 o'clock and reached the camp by 4.15 PM. Till that we chat about our school life and played games in the bus and did lot of fun in the bus.

When we reached, I noticed that it was such a pleasant weather. I felt the cold winds touching my face. We were allotted the camps and we changed the cloths and return for some action.

All were excited and boosted up for the action. Then the camp coordinator divided all of us in groups. We had several activities on that day and all were challenging like treasure hunt in the jungle, boating, night trekking, even different games were there which increased team spirit, active listening and thinking skills.

Next day we had physical activities, all were organised by retired army officer. We have learnt a lot like how to be physically fit, proper coordination and prompt.

It was really good experience, as we have learnt many things. I would like to thank my CAS coordinator – Miss Garima Tiwari, DP coordinator – Miss Jasmine Nanavati and our Principal Sir Mr. Dilip Vasu.



PRINT NAME: Kushal Jain

CLASS OF 2012

DUE ON 08/08/2011

IB CAS

EXTENDED
PROJECT

(MINIMUM 75 HOURS)

Student name: Kushal Jain

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 – Choithram International

Proposed dates for this Project: 08/08/11-08/09/11

What learning outcomes to 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?

The project is to celebrate literacy day in our school. We decide this as our CAS project because it's a global issue and we wanted to create awareness of it. In this project I will handle technology department and organizing a competition for kids to make awareness of literacy.

In this I will make invitation cards for teacher, student and parents. I will also organise caricature competition for grade 4 and 5. The topic of caricature competition is, "21st century literacy." I decided the caricature competition because it's an interesting way of creating awareness. For the competition I will make invitation cards for judges, arrangement of drawing sheets and score sheets. For the project I will learn how an event is organized, things required for an event, various department required for the event and get experience, so that if I organize some event individually this can help me. We also planned buddy reading for the school maid kids. To teach them computers and English and make it really meaningful every Saturday for 2 hrs.

Please keep a time sheet for this student to verify the hours served.

(Print) Supervisor's name Miss. Garima Tiwari

Supervisor Contact Number 9589090907

CAS Coordinator's Signature

Date

IB –TIME LOG

DATE	TIME IN	TIME OUT	# HOURS
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
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

DATE	TIME IN	TIME OUT	# HOURS
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
04/09/2011	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

33

COLUMN TOTAL

44

Total Number of Hours: 77

Evidence for my project

Score sheet of the caricature competition:

CHOITHRAM INTERNATIONAL
CARICATURE COMPETITION
(Score Sheet)

Date:- 8th September 2011

Directions:- Grade the students according to the criterions mentioned below with a maximum marks of 10 in each criteria.
Grade:

Judge 1 :- Mrs. Anushka
Mrs. Meghna

S.No.	Name	Depiction of subject (Theme) (Max- 10)	Line work (Force and edge) (Max-10)	Neatness of work (Max-10)	Expression (Max-10)	TOTAL (Max-40)
1	Aditya Singh	8	4	5	2	12
2	Anusudha Singh	8	5	5	2	24
3	Anu Kulkarni	7	5	5	3	21
4	Anshika K.	6	5	5	3	22
5	Aishwarya	5	5	5	3	21
6	Naman Patil	5	5	5	3	16
7	Ronak	2	5	5	4	15
8	Sarthak Jain	8	6	5	4	23
9	Shreyas	5	5	5	4	19
10	Tanvi	5	5	5	4	21
11	Sanskrit	8	8	7	4	32
12	Ashwini	6	5	5	4	21
13	Adarsh	7	5	5	4	18
14	Asli, Mohammad	5	6	6	5	22
15	Anshika Patil	3	5	5	5	19
16	Chirag Jain	3	5	5	5	19
17	Tan	7	8	5	5	31
18	John Chavala	7	5	5	5	22
19	Khushi Jain	3	5	5	5	18
20	Rahul	5	5	5	5	20
21	Shreya	4	5	5	5	13
22	Soupreet Patel	5	5	5	5	18
23	Kushi Chavala	6	5	5	5	21
24	Utkarsh	6	5	5	5	23
25	Yaksha	6	5	5	5	21

Anushka Singh

CHOITHRAM INTERNATIONAL
CARICATURE COMPETITION
(Score Sheet)

Date:- 8th September 2011

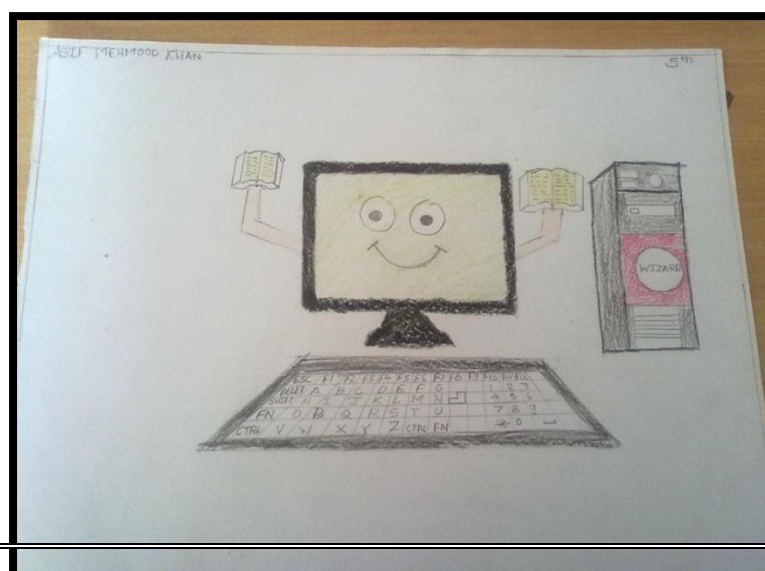
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5	Aishwarya	5	5	5	3	21
6	Naman Patil	5	5	5	3	16
7	Ronak	2	5	5	4	15
8	Sarthak Jain	8	6	5	4	23
9	Shreyas	5	5	5	4	19
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11	Sanskrit	8	8	7	4	32
12	Ashwini	6	5	5	4	21
13	Adarsh	7	5	5	4	18
14	Asli, Mohammad	5	6	6	5	22
15	Anshika Patil	3	5	5	5	19
16	Chirag Jain	3	5	5	5	19
17	Tan	7	8	5	5	31
18	John Chavala	7	5	5	5	22
19	Khushi Jain	3	5	5	5	18
20	Rahul	5	5	5	5	20
21	Shreya	4	5	5	5	13
22	Soupreet Patel	5	5	5	5	18
23	Kushi Chavala	6	5	5	5	21
24	Utkarsh	6	5	5	5	23
25	Yaksha	6	5	5	5	21

Meghna
11.09.11

Caricatures of the students:





IB-EXTENDED PROJECT

REFLECTIVE ESSAY

Literacy day

Literacy day is an international day celebrated all over the world on 8th September. Our class decided to celebrate this global day as we wanted to make awareness about it. We decided this day as our project because of many reasons; one of them is that the literacy rate of India. We all wanted to make awareness in interesting way therefore we decided the theme, "21st century literacy." We decided to celebrate this day on a large scale. Therefore we started to work on this task two months before.

On 8th July our first meeting was held. In that we all decided all the things to do on that day and also the timings for the preparation. We decided that we will organize a skit, caricature, slogan competition and will also make book marks and donate books to people.

We organized the skit competition and the topic was literacy in 21st century. We won the competition and received lots of applause. Several other activities were also organised like slogan, caricature competition for the PYP.

I organized the caricature competition for the grade 4 and 5. The topic of caricature competition was "21st century literacy." I decided the caricature competition because it's an interesting way of making awareness. For the competition I made invitation cards for judges, arrangement of drawing sheets and score sheets. The competition was very much successful and everyone praised me.

The project was very much interesting and I enjoyed a lot in doing it. As I did various things like made invitation cards for students, teachers and parents. I used by ITGS knowledge to do all this. From this I also learned how to invite a person for an event.

These all things helped me to improve my skills like communication, coordination. From the event I also learned how to plan, distribute work, organize and conduct an event. I also got the knowledge of how an event is organized, things required for an event, various departments required for the event and get experience. These all things will help me in future in organizing an event and in communication and coordination also.

On that day we also distributed handmade bookmarks made by us. As soon as we decided to take literacy day as our project, we also decided to teach English and computers to the kids of our school maids and peons. We declared to teach English and computers to the kids of our school maids and peons on literacy day. We took that as a service and we thought them every Saturday. This also was our contribution to help society in development.

All though the event was success full but it was due to our hard work and school contribution which made it.

I enjoyed a lot as I was active member and actively contributed my role. I learned many things from this project and will remember this project life time.