

**CAS PROPOSAL FORM – Part 1****Name: Yashvi Amit Maheshwari Year: 2020-22**

List all your potential CAS activities in the appropriate columns (there should be at least two in each category). You must participate in creativity, activity and service experiences monthly.

DATE	CREATIVITY	ACTIVITY	SERVICE
9.02.21-9.03.21			Community Service-teaching underprivileged kids
2.11.2020-17.11.2020		Fundraising for Covid	
7.03.2021-7.04.2021			Marketing for Cov-Wash: website selling masks, ppe kits, etc.
28.05.2021			Volunteered in a pad distribution drive
27.06.2021			Volunteered in a cleanliness drive
9.07.2020-24.08.2020			Worked to help the community during the first covid wave(Finance and Marketing at Spark)
24.05.2020-01.07.2020		Cofit- working out	Cofit- sharing workouts and spreading awareness
11.07.2020- 24.07.2021		Social Media manager at Exceller- managed posts and captions	
4.04.2021- Now		Social Media manager at Spectramile- managed posts and captions	
2018-2021	Drawing & Painting		
2018-Now	Photography	Photography	
2016-Now		Badminton	
2016-Now		Walking & Training	
April 2021-8.08.2021		The Veteran's Cup	The Veteran's Cup-football tournament,funds given to charity
March 2021-July 2021	The Dye House		The Dye House

### CAS PLANNING FORM:1

Use your experiences in CAS proposal and list them next to the learning outcomes below to make sure that you achieve all seven.

CAS Learning Outcomes	CAS Experience Description
Identify your own strengths and develop areas for growth.	Drawing, Painting, Photography, Walking and Training helped me identify both my strengths and weaknesses. My strengths being time management and consistency, whereas my weakness being the lack of motivation. Although, there were a few weaknesses, through these activities I could develop on my areas of growth.
Demonstrate that challenges have been undertaken, developing new skills in the process.	Drawing, Painting, Photography and learning to Tie Dye were a few of the activities that taught me newer things. I learned how to work with patience, and how even the tiniest of the detail matters. Additionally, initially there were many challenges I had to face, as I was not good at either of the activities, but with time I kept getting better at them.
Demonstrate how to initiate and plan a CAS experience.	Two of my initiatives, The Veteran's Cup and Cofit-19 helped me understand the stages of CAS in detail, and through these activities I learned how to initiate and plan a CAS experience since these two experiences were completely student-led, they helped me in learning how to plan and organise. Through these initiatives I understood how things in real life worked, as I had the opportunity to undertake all the experiences by myself.
Show commitment to and perseverance in CAS experiences.	The Veteran's Cup, The Dye House, Drawing, Walking & Training were a few activities that show commitment, because I have been doing these activities for the longest times, and they've also taught me how important commitment is in doing even the minutest of the activities. All my CAS activities show commitment, but these were a few of them that were completely based on commitment.
Demonstrate the skills and recognize the benefits of working collaboratively.	Collaboration is the key component of any successful campaign. It was evident, as the majority of my activities were group based and they've taught me how important working collaboratively is. The Veteran's Cup, Spectramile, Exceller, Spark and COv-Wash are just a few of the activities that have helped me demonstrate the skills of collaboration, and have also taught me the benefits of working together. By working together, we learn to respect people's opinions, look at things with different perspectives, improve motivation, and make the activity more fun to do. There is no scope for boredom, increasing the efficiency as well.

All CAS experiences must be approved prior to starting the experience.

CAS Planning Form: 2

**Candidate Name:** Yashvi Maheshwari    **Year:** 2020-22

**Name or description of experience/project:** Sanitary Pad Distribution Drive

In association with "Spectramile", I undertook this drive where we collected waste from houses of people and sold it to buy educational supplies for the underprivileged. We distributed over 700 pads, in 5 different localities and also spread awareness about the importance of menstrual hygiene.

**Date range of experience/project:** May 28, 2021

**Is this your long-term, group CAS Project?** NO

**Indicate the area(s) that the experience /project will encompass:(circle all that apply) CREATIVITY/ ACTIVITY/ SERVICE**

**Check one or more of the specific CAS learning outcomes you plan to meet through this experience**

Identify own strengths and develop areas for growth ✓

Demonstrate that challenges have been undertaken, developing new skills in the process ✓

Demonstrate how to initiate and plan a CAS experience ✓

Show commitment to and perseverance in CAS experiences ✓

Demonstrate the skills and recognize the benefits of working collaboratively ✓

Demonstrate engagement with issues of global significance ✓

Recognize and consider the ethics of choices and actions

#### **PREPARATION:**

- **Briefly describe your initial goals for this experience/project:**
  - To help the ones in need
  - To learn to work with others
  
- **Clarify roles and responsibilities for yourself and others:**
  - My role was to be a volunteer and collect all the pads, and ensure the smooth conduction of this drive.
  
- **Develop a plan of actions to be taken to accomplish this experience:**
  - I initially associated with "Spectramile", and made sure to volunteer in all their activities.
  
- **Identify specified resources needed and timelines to accomplish this experience:**
  - Sanitary Pads
  - Once
  
- **Identify skills you may need to develop to engage in this CAS experience:**
  - Principled
  - Communication
  - Collaborative

CAS Coordinator signature for approval: Nijana Date: \_\_\_\_\_  
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CAS Planning Form: 2

**Candidate Name:** Yashvi Maheshwari **Year:** 2020-22

**Name or description of experience/project:** Volunteer at Spark

Spark – a student-led organisation selling masks, was another organisation where I worked as a volunteer. As a part of community service in the most difficult times in 2020, after the lockdown relaxed a bit, I participated to help them sell more masks and I majorly handled the organisation.

**Date range of experience/project:** July 7, 2020 to October 10, 2020

**Is this your long-term, group CAS Project?** NO

**Indicate the area(s) that the experience/project will encompass:(circle all that apply)** CREATIVITY/ ACTIVITY/ SERVICE

**Check one or more of the specific CAS learning outcomes you plan to meet through this experience**

Identify own strengths and develop areas for growth ✓

Demonstrate that challenges have been undertaken, developing new skills in the process ✓

Demonstrate how to initiate and plan a CAS experience

Show commitment to and perseverance in CAS experiences ✓

Demonstrate the skills and recognize the benefits of working collaboratively ✓

Demonstrate engagement with issues of global significance ✓

Recognize and consider the ethics of choices and actions

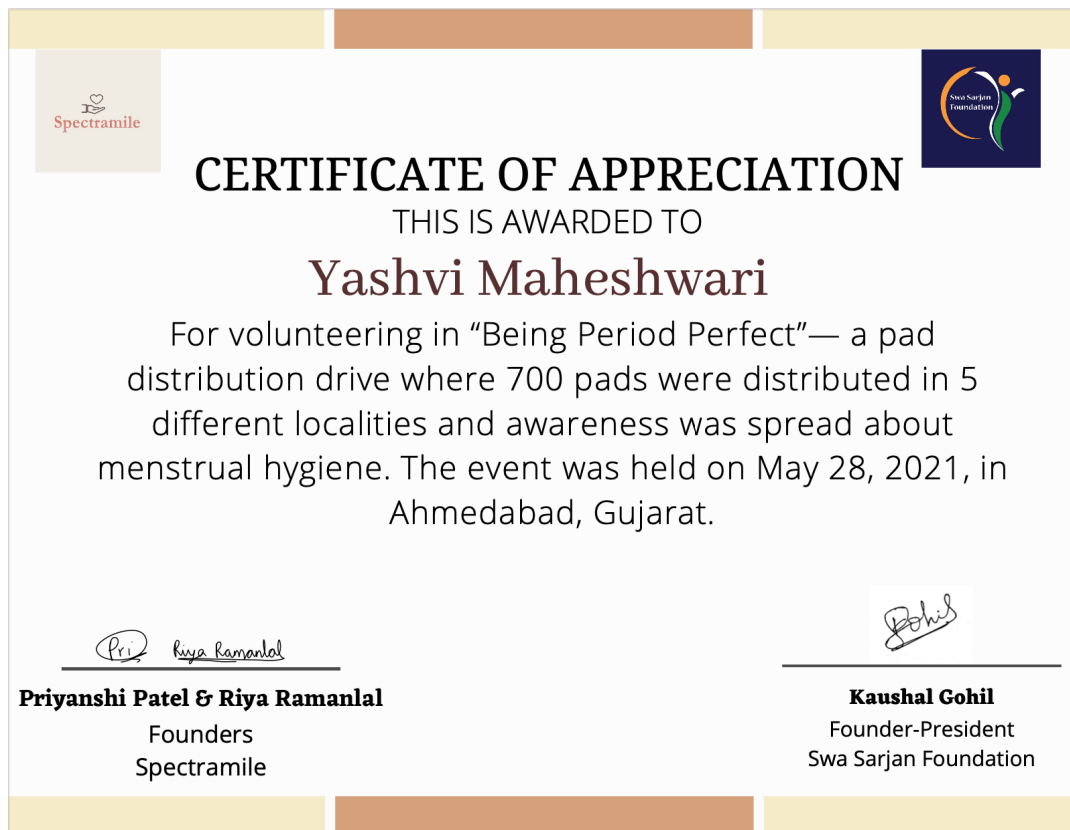
#### PREPARATION:

- **Briefly describe your initial goals for this experience/project:**
  - To help the ones in need
  - To develop organization and communication skills
- **Clarify roles and responsibilities for yourself and others:**
  - My role was to be a volunteer and handle the operations of the organization.
- **Develop a plan of actions to be taken to accomplish this experience:**
  - I was asked if I would like to volunteer, and I was very much interested in the activity so did it.
- **Identify specified resources needed and timelines to accomplish this experience:**
  - Social media apps, Communication platforms
  - Regularly
- **Identify skills you may need to develop to engage in this CAS experience:**
  - Principled
  - Communication
  - Collaborative

CAS Coordinator signature for approval: Nijana Date: \_\_\_\_\_

## 4. Sanitary Pad Distribution Drive

Strand: Service



The absence of sanitation drives and menstrual hygiene in India prompted me to launch this campaign in collaboration with Spectramile. As a female, I realise the significance of menstrual hygiene in the lives of all girls, thus for this project, we travelled to five different neighbourhoods in my city and educated the girls and their parents about menstruation and menstrual hygiene. They were thrilled and eager to learn more about it, which motivated us to assist them in the same way. We also provided over 700 pads while instructing them how to use them and emphasising their value. This service not only made me realise how fortunate we are to have all of these privileges, but it also showed me how difficult their lives were and how they had to face it every month simply because they were less fortunate. The happiness they had when we were conversing with them was all that mattered to us, and I was delighted I could make a difference in the life of a girl since, after all, I am a girl too!



CAS Planning Form: 2

Candidate Name: Yashvi Maheshwari Year: 2020-22

Name or description of experience/project: Badminton

Badminton is a racquet sport played using racquets to hit a shuttlecock across a net. Although it may be played with larger teams, the most common forms of the game are "singles" and "doubles".

Date range of experience/project: Throughout the academic year 2020-22

Is this your long-term, group CAS Project? NO

Indicate the area(s) that the experience/project will encompass:(circle all that apply) CREATIVITY/ ACTIVITY/ SERVICE

Check one or more of the specific CAS learning outcomes you plan to meet through this experience

1. Identify own strengths and develop areas for growth ✓
2. Demonstrate that challenges have been undertaken, developing new skills in the process ✓
3. Demonstrate how to initiate and plan a CAS experience
4. Show commitment to and perseverance in CAS experiences ✓
5. Demonstrate the skills and recognize the benefits of working collaboratively
6. Demonstrate engagement with issues of global significance
7. Recognize and consider the ethics of choices and actions

PREPARATION:

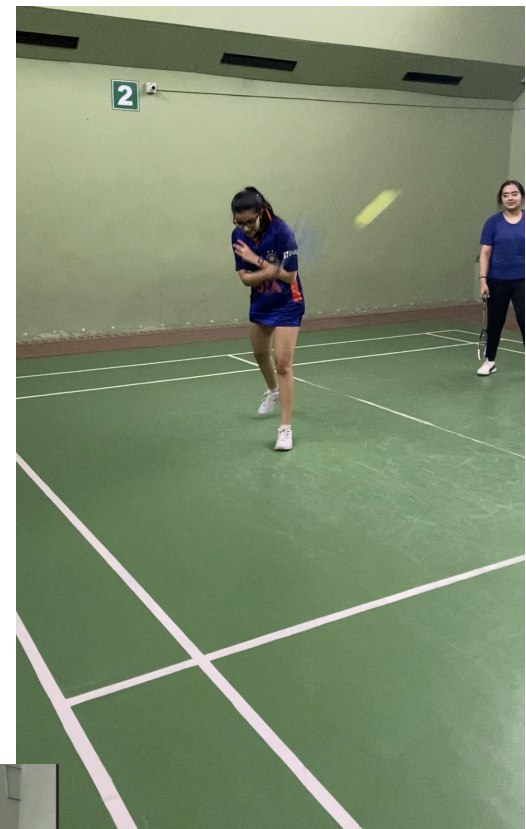
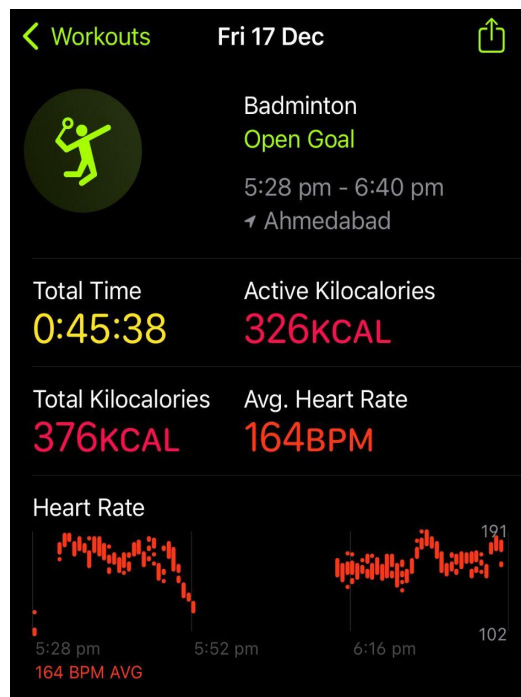
- Briefly describe your initial goals for this experience/project:
  - Physical Fitness
  - Improving mind and body coordination
  - Improving Reflexes
  - Building stamina
- Clarify roles and responsibilities for yourself and others:
  - My role was of a badminton player, and to be an honest and focused sportsman throughout.
- Develop a plan of actions to be taken to accomplish this experience:
  - I initially found an academy which taught squash, and made sure to participate in all the competitions there as I didn't want to take it to a professional level.
- Identify specified resources needed and timelines to accomplish this experience:
  - Badminton Racquets, Shuttlecocks, Shoes
  - Regularly, around thrice a week for one hour each.
- Identify skills you may need to develop to engage in this CAS experience:
  - Principled

CAS Coordinator signature for approval: Nijana Date: \_\_\_\_\_

All CAS experiences must be approved prior to starting the experience.

## 10. Badminton

Badminton is a game that may be played both inside and outside. I prefer it to be played inside. I enjoy the sport because it is a game of speed and accuracy. With my friends, I enjoy playing badminton, as it enhances a sense of competition and stimulates the winning feeling. I enjoy the sense of improving my skills in the game. Badminton is a sport that demands a lot of practice and precision. After a lengthy practice, my arms are heavy, but I enjoy how powerful I feel. It has taught me a lot, patience, precision, focus are some of the things that I've learnt through badminton.





CAS Coordinator signature for approval: Nijanani Date: \_\_\_\_\_  
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CAS Planning Form: 2

**Candidate Name:** Yashvi Maheshwari **Year:** 2020-22

**Name or description of experience/project:** Photography

Photography is the art, application, and practice of creating durable images by recording light, either electronically by means of an image sensor, or chemically by means of a light-sensitive material such as photographic film.

**Date range of experience/project:** Throughout the academic year 2020-22

**Is this your long-term, group CAS Project?** NO

**Indicate the area(s) that the experience /project will encompass:(circle all that apply)** CREATIVITY/ ACTIVITY/ SERVICE

**Check one or more of the specific CAS learning outcomes you plan to meet through this experience**

1. Identify own strengths and develop areas for growth ✓
2. Demonstrate that challenges have been undertaken, developing new skills in the process ✓
3. Demonstrate how to initiate and plan a CAS experience
4. Show commitment to and perseverance in CAS experiences ✓
5. Demonstrate the skills and recognize the benefits of working collaboratively
6. Demonstrate engagement with issues of global significance
7. Recognize and consider the ethics of choices and actions

#### **PREPARATION:**

- **Briefly describe your initial goals for this experience/project:**
  - Creativity
  - Organisation
  - Improve technical skills
- **Clarify roles and responsibilities for yourself and others:**
  - My role was to be a photographer, and capture the beauty of the tiniest of details..
- **Develop a plan of actions to be taken to accomplish this experience:**
  - I learnt photography from youtube videos, and I always had a passion for photography, so I just had to brush up my skills as there is nothing wrong or right on how you click a photo, it's different for people with different perspectives.
- **Identify specified resources needed and timelines to accomplish this experience:**
  - Camera
  - Whenever found something interesting
- **Identify skills you may need to develop to engage in this CAS experience:**
  - Creative
  - Disciplined



CAS Coordinator signature for approval: Nijanani Date: \_\_\_\_\_  
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CAS Planning Form: 2

Candidate Name: Yashvi Maheshwari Year: 2020-22  
Name or description of experience/project: Walking

Date range of experience/project: Throughout the academic year 2020-22  
Is this your long-term, group CAS Project? NO

Indicate the area(s) that the experience /project will encompass:(circle all that apply) CREATIVITY/ ACTIVITY/ SERVICE

Check one or more of the specific CAS learning outcomes you plan to meet through this experience

- Identify own strengths and develop areas for growth ✓
- Demonstrate that challenges have been undertaken, developing new skills in the process ✓
- Demonstrate how to initiate and plan a CAS experience
- Show commitment to and perseverance in CAS experiences ✓
- Demonstrate the skills and recognize the benefits of working collaboratively
- Demonstrate engagement with issues of global significance
- Recognize and consider the ethics of choices and actions

#### PREPARATION:

- Briefly describe your initial goals for this experience/project:
  - Physical Fitness
  - Improving mind and body coordination
  - Improving Reflexes
  - Building stamina
- Clarify roles and responsibilities for yourself and others:
  - My role was of a focused athlete.
- Develop a plan of actions to be taken to accomplish this experience:
  - I used to go for a walk in the common garden of my residential premises.
- Identify specified resources needed and timelines to accomplish this experience:
  - Shoes
  - Regularly, around an hour everyday.
- Identify skills you may need to develop to engage in this CAS experience:
  - Principled

CAS Coordinator signature for approval: Nijanani Date: \_\_\_\_\_  
All CAS experiences must be approved prior to starting the experience.

### 13. Photography

Photography is the art, application, and practice of creating durable images by recording light, either electronically by means of an image sensor, or chemically by means of a light-sensitive material such as photographic film. I learnt photography from youtube videos, and I always had a passion for photography, so I just had to brush up my skills as there is nothing wrong or right on how you click a photo, it's different for people with different perspectives. This also helped me organise my thoughts in a clearer way, and hence I could apply it to my real life as well. To showcase this art of mine, I also made a vsco account where I put pictures that I had clicked.





All CAS experiences must be approved prior to starting the experience.

CAS Planning Form: 2

**Candidate Name:** Yashvi Maheshwari    **Year:** 2020-22

**Name or description of experience/project:** The Veteran's Cup

This was a football tournament that I organized with a few of my friends. It was completely student led and the sums of money that we earned were donated to the charity.

**Date range of experience/project:** April 2021 to August 7 and 8, 2021

**Is this your long-term, group CAS Project?** YES

**Indicate the area(s) that the experience /project will encompass:(circle all that apply) CREATIVITY/ ACTIVITY/ SERVICE**

**Check one or more of the specific CAS learning outcomes you plan to meet through this experience**

- Identify own strengths and develop areas for growth ✓
- Demonstrate that challenges have been undertaken, developing new skills in the process ✓
- Demonstrate how to initiate and plan a CAS experience ✓
- Show commitment to and perseverance in CAS experiences ✓
- Demonstrate the skills and recognize the benefits of working collaboratively ✓
- Demonstrate engagement with issues of global significance ✓
- Recognize and consider the ethics of choices and actions

#### **PREPARATION:**

- **Briefly describe your initial goals for this experience/project:**  
-To communicate with sponsors, ground owners, do the bookings, handle social media, get teams, players.
- **Clarify roles and responsibilities for yourself and others:**  
-It was my responsibility to manage, organise all the stuff. I also managed the social media where I had to document our entire event and post photos and videos from it.
- **Develop a plan of actions to be taken to accomplish this experience:**  
-We started the initiative, and took it forward.
- **Identify specified resources needed and timelines to accomplish this experience:**  
-Regularly
- **Identify skills you may need to develop to engage in this CAS experience:**  
-Principled  
-Communication  
-Collaborative

CAS Coordinator signature for approval: Nijanai                      Date: \_\_\_\_\_



## 14. The Veteran's Cup

This was an initiative undertaken by six of my friends and I. As a part of community service and activity, we organised a football tournament, by taking sponsorships from renowned organisations, and the funds that we owned via over 70 registrations, were all donated as charity. We also bought food packets using these funds for the underprivileged, and this initiative helped us improve our communication skills, collaborative skills, and organisation skills.











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The Veteran's Cup

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REGISTER NOW

**CATEGORIES:**  
Boys: U16/U18/OPEN  
Girls: OPEN

**CUT-OFF DATES:**  
U16: 21/2021  
U18: 21/2021

Registration Link in Bio!  
Last date for registration: August 5, 2021

**RULES AND REGULATIONS**

**THE VETERAN'S CUP**

RS. 7,500 PRIZE POOL CATERED



The IB's CAS program is really an enlightening one. I should concede that, it troubled somewhere near three higher level classes, my target towards the start of the program was just to meet all necessities. Nonetheless, as I became charmed with every one of the various activities I was doing, I understood that I didn't do CAS to fulfill the IB necessities, and that I did it for the sake of it. Consequently my objectives changed as I turned out to be more productive and had the option to accomodate more exercises into my work-weighty timetable.

Checking on the year and a half of doing Creativity, Activity and Service, I think the most remunerating thing was not the credit I acquired from doing those things, yet a feeling of satisfaction and an acknowledgment that I had the option to affect the local area and have an effect, even in little ways.

At first, I was persuaded that the program was pointed toward working on one's extracurricular accreditations. Be that as it may, I tracked down the individual rewards considerably more huge throughout this program. Self-awareness was certainly something prodded through the program. I observed that it was successful at working on my social, communication and physical capacities.

I participated in what I consider to be a vast array of CAS activities. I attempted to perform a balanced amount of each category. Therefore, for service I envisioned and implemented fundraising at the Alpha Urbane Project. This campaign not only taught me how to persuade people to donate significant sums of money to aid those impacted by the pandemic, but it also taught me how small sums, as well as large ones, may make a big difference. It also improved my communication skills because I had to interact with newer people who were not my age and persuade them to assist me raise donations for this cause. Additionally, I also undertook various drives such as sanitation pad drives, cleaning drives and book donation drives. Not only did these drives help the underprivileged, but also taught me how to be satisfied with what I have, because there are people who have less than what we have.

I accept that the various exercises I took an interest in for CAS really assisted me with fostering my persona in an unexpected way. The improvement is a positive one. For instance, my community service at Karma Foundation, where I taught underprivileged students for the longest times, and played games with them to give them a break from their routine life. All things considered I accept that I fostered a newly discovered charitable character and my register to others is edging increasingly close to that of a decent samaritan. All things considered, the targets that I set off to myself before each CAS activity weren't met 100% of the time. This isn't because of individual absence of will, yet rather, uncontrollable conditions that obstructed my arriving at these goals. For instance, as one of my Creativity exercises,

I intended to figure out how to dominate the areas of drawing and painting and I made a rundown of testing paintings which I guaranteed myself I would learn before the month's over. Tragically, it was the period of May and the exam season was before long starting. I was in this manner incapable of becoming familiar with these paintings and my goal was just half satisfied. Beside this confined episode, I accept that a large portion of my CAS goals were satisfied before the finish of the actual action.

The CAS Program likewise offered me chances to put together and plan exercises too. Before this program, I had little trust in what an individual could do in the grand scheme of things. The program discredited me by showing that associations and how willing individuals will function with enthusiastic understudies, for example, in my CAS Project, which included planning a football tournament, the revenue of which was donated for charity. In that interaction, I experienced moral problems, for example, when I requested that everybody show up sooner than they should to guarantee timeliness. However strenuous and genuinely requesting as it might have been for me, the prize for the persistence was found in the outcomes. However it was a little local area based task, it was specifically satisfying, instructive and featured the significance and benefits of administration.

I believe that the CAS activity is an excellent method by which to create conscientious students. Conscientious of their societies, their environment and themselves. Without a compulsory program like this one, the limited time that an IB student does get would potentially be wasted in leisurely activities. Thusly, the IB is guaranteeing a group of people yet to come of incredibly time-productive understudies. I'm fit for offsetting scholarly prerequisites with CAS exercises and get-togethers.

My overall CAS experience has been enriching with new experiences that have molded me into the person I am today. I use skills and my enhanced worldview in any difficult situations I encounter. I have participated in dozens of fun activities through CAS that have developed my personality.