

CAS – Creativity, Activity, Service

The aim of all IB programmes is to develop internationally minded people who, recognizing their common humanity and shared guardianship of the planet, help to create a better and more peaceful world. CAS gives you the opportunity to explore these ideas in real life situations. IB learners strive to be:

- **Inquirers:** They develop their natural curiosity. They acquire the skills necessary to conduct inquiry and research and show independence in learning. They actively enjoy learning to become lifelong learners.
- **Knowledgeable:** They explore concepts, ideas and issues that have local and global significance. They acquire in-depth knowledge and develop understanding across a broad and balanced range of disciplines.
- **Thinkers:** They apply critical thinking skills creatively to recognize and approach complex problems and make reasoned, ethical decisions.
- **Communicators:** They understand and express ideas and information confidently and creatively in more than one language and in a variety of modes of communication. They work effectively and willingly in collaboration with others.
- **Principled:** They act with integrity and honesty, with a strong sense of fairness, justice and respect for the dignity of the individual, groups and communities. They take responsibility for their own actions and the consequences that accompany them.
- **Open-minded:** They understand and appreciate their own cultures and personal histories, while accepting the perspectives, values and traditions of other individuals and communities.
- **Caring:** They show empathy, compassion and respect and have a personal commitment to service, they act to make a positive difference in the lives of others and in the world around us.
- **Risk-takers:** They approach unfamiliar situations and uncertainty with courage and forethought; they explore new roles, ideas and strategies independently and collaboratively and face challenges with conviction.
- **Balanced:** They understand the importance of intellectual, physical and emotional balance to achieve personal well-being for themselves and others.
- **Reflective:** They give thoughtful consideration to their own learning and experience. They are able to assess and understand their strengths and limitations in order to support their learning and personal development.

Introduction to CAS

CAS is at the heart of the Diploma Programme. With its holistic approach, CAS is designed to strengthen and extend a student's personal and interpersonal learning. CAS is organized around the three strands of creativity, activity and service defined as follows:

Creativity - exploring and extending ideas leading to an original or interpretive product or performance.

Activity - physical exertion contributing to a healthy lifestyle.

Service - collaborative and reciprocal engagement with the community in response to an authentic need.

A meaningful CAS programme is a journey of discovery of self and others. For many, CAS is profound and life-changing. Each individual student has a different starting point and different needs and goals. A CAS programme is, therefore, individualized according to student interests, skills, values and background.

CAS DURING PANDEMIC AT ADITYA BIRLA WORLD ACADEMY

Creativity, Activity and Service (CAS) experiences have long been associated with the outdoor space, especially for Activity and Service. This is why the pandemic which forced us all to remain within the confines of our homes proved to be very challenging for our students to continue with their regular CAS experiences. However, our students challenged this very idea and engaged with many CAS experiences especially during the summer break.

These are some of the CAS experiences and projects done by our students during the pandemic summer holidays:

[Ishika Tulsian's 'Spectrum' Art Reference Book:](#)

As a passionate and talented art student, Ishika's active engagement with the Art department has been commendable. Along with her raising funds during school auctions with her paintings, helping organise auctions, and her interest in art, Ishika spent the lockdown finding ways to help current art students with their portfolio work, who could not have physical interaction with teachers at school. As a previous IGCSE art student, Ishika knew the importance of references and guidelines when creating a portfolio, and thus compiled a book with her previous and current artwork to give to the Art Department. With the impending uncertainty of the pandemic, Ishika created this book to help art students at home, making a valuable difference to the Art department. Her reference book named 'Spectrum' contains artwork from various projects and portfolios, themed 'Inside Out', 'Merging Forms' and her fundraising auction paintings, along with her photography to help the Art department and future batches as well as current art students at school.

An excerpt from her preface – *'My artwork has always had a deep message pertaining to it - with my topic of Inside Out, I play with the literal and metaphorical meaning of it as I relate it to mental health and visualising realising emotion within one. The topic of Merging Forms relates to the harmony between man and nature, as I portray the importance of animal lives by using the endangered tiger and merging that with a human to compare and convey how important they are to our ecosystem.'* **Please click on the link below to access Ishika's art book:** <https://www.paperturn-view.com/?pid=MTE119373>

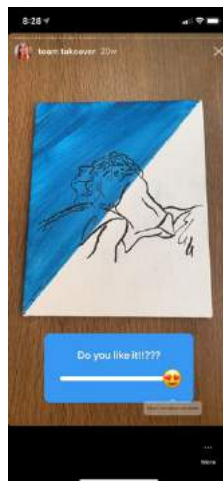
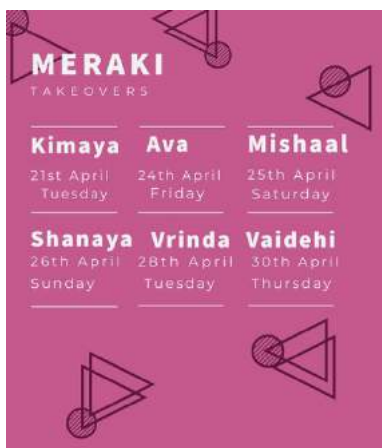


[Meraki by Ananya, Ayesheh, Janine and Zobia:](#)

“Meraki” - to do something with soul, creativity and love; to put an essence of yourself in your work.

“Meraki” initially started off as a fundraising open-mic event led by a group of 4 girls in October 2019. They hoped to spread love and happiness through the two most beautiful forms of expression: music and poetry. The event provided young artists, like themselves, a safe space for self-expression and an evening full of passion. Meraki was held in collaboration with the Jai Vakeel Foundation which is an institute for differently-abled yet exceptionally talented students. After months of rehearsing and spending time with the students from Jai Vakeel, they performed at the event along with the girls and truly left the audience in awe. In order to further this unique initiative, the proceeds collected by the end of the night were donated to the Jai Vakeel Foundation.

However, the uncertainty with the pandemic impeded the possibility of hosting the second edition of Meraki. Instead, it encouraged the girls to continue raising awareness about the need for inclusion and the creation of safe spaces for artists through social media platforms. They conducted live sessions, Instagram takeovers and also acknowledged each performer by posting their work. The versatility of social media allowed Meraki to reach out to a larger audience and continue to display the beauty of free-expression and inclusion through various forms of art.

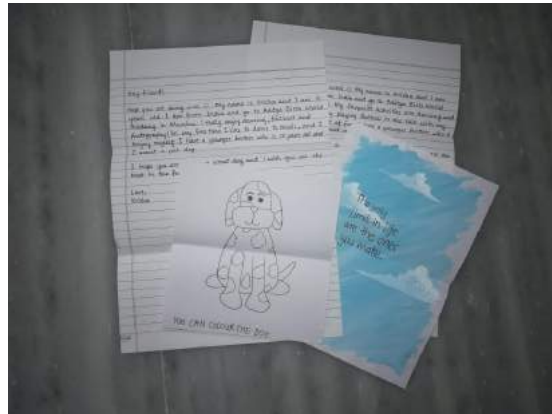


[Paper Bridges by Anushka, Krisha, Nayana, Anaya, Mabel:](#)

Paper bridges is a non-profit organization dedicated to helping the mental and emotional development of orphans around the world through empowering the community to take action. Paper Bridge Chapters are groups of students looking to create a positive impact on the lives of orphans. They will be implementing various projects such as sending letters, putting together care packages, creating educational material, planning visits if possible and many more.

Our school's students have been paired with an orphanage and they are working with closely with them to help the orphans. They have worked with the British School in Jakarta, Indonesia for the Bukaleba Project in Uganda and sent out 58 letters, origami, and bracelets. After gathering all the people interested in taking Paper Bridges up as a project, the students made a group to start planning the project. However, they did not receive a response for quite some time from them and therefore decided to tie up with and send letters to another organisation: Bahay Tuluyan organisation in Manila, Philippines. Bahay Tuluyan was founded by Fr John

Gallagher, an Irish Colombian priest, in the year 1987. This organisation aims at working to prevent and respond to abuse and violence against children. For the month of October, their goal is to write letters and scan and send them to the organisation by the end of the month.



Fight the Bite by Devashree Goenka:

“A few years ago, I had suffered from dengue. I was weakened to my bones. I felt so miserable. I was grateful that I was not hospitalized or did not have to bear any major consequences. But it was still so shocking to see what a small bite can do. When I did some more research on the incidence of mosquito borne diseases all over the world, especially in my home country, India, I was appalled. India recorded 89% of total malaria incidence in South East Asia in 2016. Thus, I felt this immense responsibility to act upon it, starting with my own city Mumbai. Therefore, I started Fight the Bite”, says Devashree Goenka. She started with spreading awareness in school. She visited grades 3 to 5, both the divisions. All the children were asked to make posters that were later put up in the municipal schools. Before she could go to the municipal schools, conduct similar presentations there and put up these posters, the nation-wide lockdown was imposed due to the COVID-19 virus. However, that did not mean that the advancement of my project had to stop!

During the lockdown, she decided to collaborate with Kavach, an NGO that works towards women empowerment by raising awareness about female hygiene and health. She decided to distribute mosquito nets to the children borne to COVID patients. The mosquito nets were to be distributed with Kavach’s maternal kits Over her summer break, she contacted different wholesalers of mosquito nets and worked on her website (www.fightthebite.org).She decided to raise funds for the nets through the selling of paintings-of different artists-on the website. She also got the CSR funds of various corporate businesses.She bought 200 nets from the funds. The nets are also being distributed to Adivasis and other isolated communities that have low hygiene and are prone to mosquito diseases. There are also volunteers working on the project to increase the reach of this project! Please click the link below to know more about Fight The Bite: www.fightthebite.org

