

Sangharsh: A CAS demonstration

by the IBDP -2 (2018-20)



This was one of the most memorable CAS experiences of IBDP-2.

The Sangharsh experience was unlike the other CAS projects that the IBDP-2 students had. It was a perfect amalgamation of fun, good planning, and great collaborative efforts.

Sangharsh-Sahyog is an NGO that caters to differently-abled children. We, the students of Nahar International School, helped them organize a sports day for their children at our school.

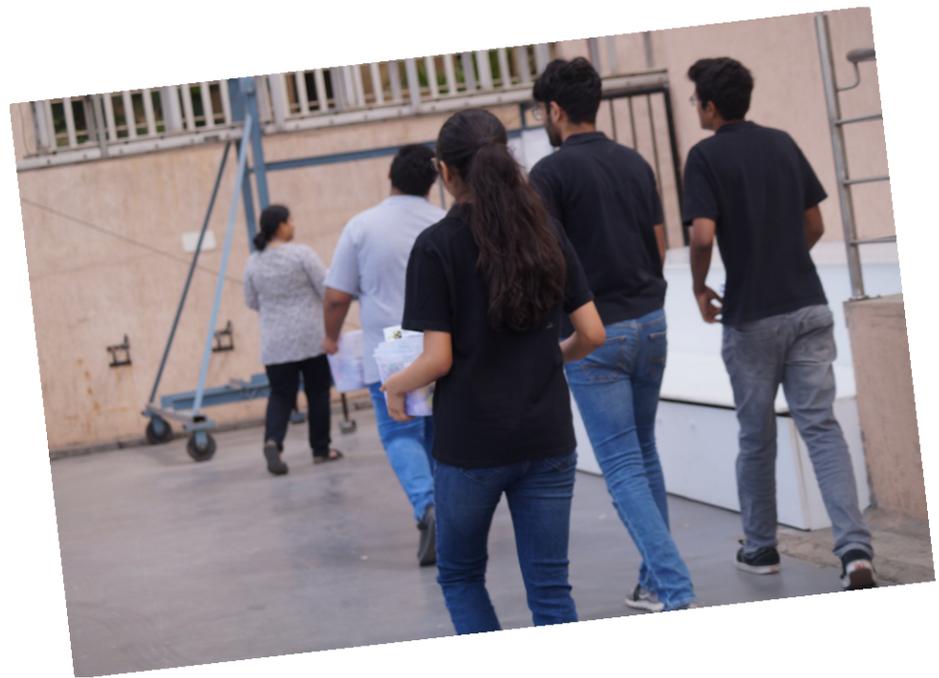
For our CAS project, we wanted to give back to society in any way that we could, and when we were given the opportunity to meet the kids of Sangharsh and possibly do a project with them, we jumped at it.



We met the children and staff of Sangharsh at their center in Kurla. Although it was a small visit, it led to a big learning experience. When we reached there, we decided to split up into groups so that we could interact with as many children as possible. After the interaction, we met with a coordinator at Sangharsh who told us that she would love to organize the sports day of Sangharsh in collaboration with our school. The opportunity to work with them sounded wonderful to us, and we took it up right away!

In order to base the event properly, we needed to plan it out well. Along with the members of their staff, we carried out multiple sightings of our school ground and checks on our sporting equipment, so that the setup for the Sports day would go according to the plan.

We also had other duties that we had to cater to, in terms of planning for the event. It was important that we had all our work done well. The members of Sangharsh had already formed a list of activities that they wanted to conduct on their Sports day and we held meetings with them, to discuss how and where each race could be carried out. Additionally, we also had meetings with various administrators of our school who helped us plan out the seating arrangement, first aid, refreshments, and transport.



Sangharsh Sports Day 2020							
Sr. No	Time	Item	Group	No of Children participating in the race	Participants Race Distribution	Volunteers needed for race	Props needed
1	9:30 am to 9:35 am 9:35 am to 10:15 am	Welcome Racing					
2			All Group	Total 32 kids will be divided into two teams accordingly	For Racing in Functional Group 3 student will be racing at the one time and for Pre-Primary and transitional 4 students will be racing at the one time	8 (Ania, AC, AK, Amishi, Vardaan, Shantanu, Devanshu)	Whistle & 2 small size wheelchair .
3	10:15 am to 10:50 am	Parents Racing	All parents	32	5 Parents race at one time	10 (Ania, AC, AK, Amishi, Vardaan, Shantanu, Devanshu)	Timer, whistle
	10:50 am to 11:10	Lemon & Spoon	Transition + Functional		For Racing in Functional & Transition group 4 will run at a time		
4				15 (8+7)		4 (Devanshu, Vardaan, AC, AK)	
		Passing the Ballons	Pre-primary +Homebased	17 (12 +5)	2 Group race (Number will be depend on Pre Primary group and Homebased student number ex - If present number are 16 so group will be 8-8	4 (Ania, Shantanu, Tabish, Dev)	Ballon packet - blow the ballons and keep, Chairs we will buy
	11:10 am to 11:20 am		Break				
5	11:20 am to 11:40 am	Sorting Game (cereals - Functional group and stationary sorting- Pre- primary/Transition group)	All Group	Total 32 kids	Total 4 student will be in pairs and compete with each other	4 (Shantanu, Amishi, Devanshu, Vardaan)	We will make the arrangements for this
6	11:40 am to 12:00 pm	Bucket Ball Game(Archery Twist - Bulls would need to put into a basket)	Transition + Functional	17 (8+7)	4 students at one time	4 (AC, AK, Devanshu, Tabish)	2 Plastic Bucket
		Hit the target (Archery Twist - Towers will need to be dropped down by throwing balls on it.)	Pre-primary+ Homebased	17 (12 +5)	2 Students at one time	4 (Shantanu, Dev, Amishi, Ania)	We will make the arrangements for this
	12:00 pm to 12:20 pm	Glass tower making	Transition + Functional	17 (8+7)	Total 4 student (2-2 students Pair)	2 (Amishi, Vardaan)	Plastic Glass 30, Timer & Whistle, table
		Toy sorting game	Pre-primary+ Homebased	17 (12 +5)	2 students at one time		
10	12:20 am to 12:35 pm	Prize Distribution				5 (AC, AK, Vardaan, Shantanu, Devanshu)	1 Table
11	12:35 pm to 1:00 pm	Snacks					
		Requirements from the School					
		Committee Incharge			RESPONSIBILITIES AS PER COMMITTEE- You need to assign one student who will head the committee and ensure the requirements mentioned below are taken care of. They are detailed , it is the responsibility of the students heading the committee to assign the task among the peers and make sure it is arranged on the day of the event . One staff member from Sangharsh will also be assigned for each committee whom the student can reach for clarity on any of the requirements .		

We arrived early on the day of the event to help out with last-minute arrangements. The children from Sangharsh arrived in buses and were welcomed by the representatives from our school. Once the parents of these children were seated, and the children were taken to the field for the races, the actual fun began. It was as though a bond had formed between the children from Sangharsh and us.



The list of activities had a lot of running races for the children and for their parents too. These races were fun to watch and assist. Our representatives stood at the start and finish line of each race, to guide the children back to their seats after they had finished each race. Some of the other activities included races like the balloon popping race and the lemon and spoon race.

Due to the hot weather, we had to move to our auditorium to conduct the rest of the events. These included building pyramids and other sorting games too.



To wrap up this incredible CAS experience on a high note, an awards ceremony was conducted towards the end where the children were appreciated for their efforts during the races. This gift-giving ceremony brought finality to the event our IBDP class had been preparing so long for. After handing out gifts to the children, they were given refreshments and then led back to their buses where we said goodbye.



Besides planning this event, we were able to demonstrate the skills and benefits of working collaboratively, as we were all a team on this project. Throughout the experience, we were able to recognize and consider the ethics of our choices and actions.

Students from Sangharsh were the highlight of this event. Their resilience, and their infectious enthusiasm, left a lasting impression on us. Truly, it was one of the most wholesome experiences of the academic year.

