

**CAS/SEWA Trip Report**  
**(18<sup>th</sup> – 20<sup>th</sup> October 2023)**  
**Camp Purple, Mukteshwar, Uttarakhand**

**Trip objective-** CAS is a vital component of IB Diploma Programme which is meant to be the journey to self-discovery. Being a part of the core, it makes CAS both compulsory and central to the philosophy of the Diploma Programme. Similarly, SEWA is a vital part of the IGCSE programme. It is a precursor to the IBDP CAS and is dealt in the same manner as CAS.

Both CAS and the SEWA initiative, encourage students to grow personally and socially. These programmes help students in developing skills such as communication, cooperation, problem-solving, conflict resolution, creative and critical thinking and explore their own identities. Students are encouraged to set challenging goals and develop the commitment and perseverance to achieve them.

IBDP's completion of CAS is based on the achievement of the seven learning outcomes with a reasonable balance between Creativity, Activity, and Service. This balance is visible most in the CAS trip organised for the students by the school. The students of IBDP Year 2, IGCSE Year 1 and IGCSE Year 2 went to Camp Purple at Mukteshwar where they experienced a number of activities which linked to the 7 Learning Outcomes of CAS.

**Procedure** - We initiated contact with several vendors who provided us with proposals outlining the suggested itinerary and cost per participant for a 2-night and 3-day excursion. Following extensive deliberations with the IGCSE and DP coordinators and a thorough assessment by our Sports Head, Ms. Deepika Mehndiratta, we ultimately approved the proposal submitted by AdventureMantra Pvt. Ltd.

**The activities of the trip were planned across 3 days-**

**Day 1 (Wednesday, 18<sup>th</sup> October 2023):**

Students reported to school at 03:30 hours sharp. We departed for the New Delhi Railway station at 04:00 hours using the school's transport to board the KGM Shatabdi Express (12040) at 06:20 hours and reached Kathgodam at 11:55 hours. It took us another 2 hours to reach Camp Purple at Mukteshwar.

The afternoon began with students freshening up, followed by the allocation of tents and a hearty lunch. The teams were then formed, and icebreakers were introduced, setting the stage for an action-packed evening of activities and bonding.

In the evening, the students dedicated time to reflect on their experiences. They then enjoyed a hot buffet-style dinner at the campsite, which was followed by a captivating bonfire session. The night was spent at the campsite, with students staying in tents.

## Day 2 (Thursday, 19<sup>th</sup> October 2023):

The day kicked off with a session of stretching and fun games to energize the students. Following this, the focus shifted to "Community Interaction and Social Service," providing the students with an insight into Kumauni Village life.

After breakfast, the group embarked on a hike to a nearby village for a project work experience. Here, they engaged in close interaction with local school children and painting a portion of the school premises.

Following the painting activity, the students were organized into groups, and each group had the assignment of hiking to a nearby village. They were given clues by the instructors to locate the house of a family allocated to them. Upon arriving in the village, each group successfully found and engaged with their assigned local family, enjoying a specially prepared lunch. Later in the evening, all the groups convened at a central meeting point, where they were guided by the families with whom they had spent the day.

In the evening, students gathered for a hot buffet-style dinner at the campsite, setting the stage for a memorable night of camaraderie around a campfire, accompanied by the enchanting tunes of folk music and singing. They spent the night at the campsite, resting in their tents.

## Day 3 (Friday, 20<sup>th</sup> October 2023):

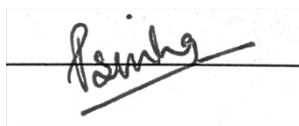
The day began with an early wake-up call and a morning warm-up session, preparing the students for the day's adventure. They then embarked on a short drive to Chauli Ki Jali for rappelling and rock climbing.

After a satisfying breakfast, the group proceeded to Kathgodam for a drive that would take them to the Kathgodam-New Delhi Shatabdi Express, departing at 15:10 hours. The train journey concluded with their arrival in Delhi at 21:00 hours.

Upon our arrival at the railway station, the school bus was waiting to pick us up, and we finally reached the school at 22:15 hours.



Mr. Suhail and I wish to express our sincere gratitude to Deepika Mehndiratta Ma'am for her invaluable assistance in organising this trip, and to our Director Ma'am for her steadfast support in ensuring that all essential arrangements were in place.

A rectangular box containing a handwritten signature in black ink. The signature appears to be 'Preeti Sinha' written in a cursive style. A horizontal line is drawn across the middle of the signature.

Preeti Sinha  
CAS/SEWA Coordinator  
Suncity School International Academia