

HILLWOODS SCHOOL, GANDHINAGAR

HEALTH AND PHYSICAL EDUCATION

My SEWA Promise Form (illustrative)

Dear Student,

SEWA is a firm step to prepare you for life. It is a voluntary project experience. You have to complete **My SEWA Promise Form** and obtain prior approval for the activity/project. Selection of a SEWA activity, development, implementation of the proposal and evaluation of the activity is the responsibility of each student. Signature of the parent indicates review and approval of this proposal.

Student's Name: _____ Class: _____

(Print or Type)

Brief Description of the Activity:

Duration (Days and Time): _____ Estimated Hours: _____

Name of Mentor Teacher: _____

Students Signature: _____ Date: _____

Parent Signature: _____ Date: _____

SEWA Hourly Schedule (illustrative)

Hour Count	Date and Day	Proposed Activity Plan
Hour 1		
Hour 2		
Hour 3		
Hour 4		
Hour 5		
Hour 6		

SEWA Hour Log (illustrative)

STUDENT NAME: _____

PROJECT: _____

DATE	ACTIVITY	HOURS	MENTOR'S SIGNATURE

MENTOR'S OBSERVATION (SUGGESTIVE)

Attendance: _____

Involvement: _____

Regularity: _____

Commitment: _____

Additional Comments: _____

The activity/project was (circle appropriate response):

Satisfactorily completed

Not Satisfactorily completed

Activity/Project Mentor's Signature

Name

Seal of School

SEWA Self Appraisal Form (illustrative)

The following questions should be addressed at the end of each activity/project. These are guiding questions. Candidates can either answer on this form or write a reflective, continuous text incorporating responses to these questions.

My Name _____

My Activity/Project _____

My Commitment towards the Project/activity

This Activity/Project has been a great learning experience because

I initially felt that the project could not have achieved its outcome because

The project has definitely changed me as a person in terms of behaviour, attitude and life skills because

The details of beneficiary(ies). Any significant comment received from them; please quote

The challenges I faced and the things I might do differently next time so as to improve?

