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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:_____

Student Signature: _____ Date:_____

Parent Signature: _____ Date _____

5.13 SEWA Hourly Schedule (illustrative)

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

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SEWA Hour Log (illustrative)

STUDENT NAME: _____

PROJECT: _____

Date	Activity	Hours	Mentor's Signature

5.15 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 outcomes 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?

_____

_____