

"SEWA"
**(Social Empowerment
through Work Education
and Action)**

Project by CBSE



CERTIFICATE

Student's Name.....

Class.....

Roll No.

School.....

City.....District.....

*This is to certify that
the activities written in the index
have been performed by
the student during the academic year.....*

.....

Teacher's Signature

.....

Principal's Signature

Institution Stamp

Date.....

The integrated SEWA program helps to acquire the following learning skills:

- Plan, initiate and implement activities
- Learn to work in teams and collaborate through organizing activities/events in terms of skills, interest, motivation and professional growth
- Identify and nurture areas of strength and identify areas requiring further growth
- Engage with issues of social concern in the community, society, state and nation
- Develop new life skills and strategies and become lifelong learners.

Guidelines for Students

- Discuss how they can improve/impact the community/ environment/ health and fitness of the students and choose the focus area for the project.
- Brainstorm and create mind-maps on the chosen area
- Identify the causes they want to support and choose one/or more ways of carrying it forward.
- Outline the objectives of the projects they have chosen and present plans for the implementation as well as ways of measuring the success of the project.
- Assign roles to each member of the class community by consensus. Ensure each and every child is included.
- Learn to research on the chosen area of SEWA
- Seek guidance from the teacher when they need it.
- Learn how to plan, implement, review and take responsibility for their decisions.
- Examine the effect of their intervention and support for the causes they have chosen and present them to the rest of the class/school.
- Capture the hours spent as well as documents as evidence wherever required in the student Portfolio/dossier
- Share the impact of the SEWA work undertaken as Power Point with the school community and as part of a special exhibition at the end of the year, clearly highlighting the role of each student in the class.

My SEWA Promise

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 the 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: IX Sec _____

Brief Description of the Activities:

- Distribution of Sanitary Napkins and Importance of hygiene during menstrual cycle.
- Collection of Newspaper and making bags.
- Awareness about mosquito bites and impact of diseases
- Visit to old age home (Clothes, Food)
- Green Bin and Blue Bin (in Lobby)
- Cleanliness Month (Poster in class)
- Collection of video from You tube and research about articles on Cleanliness.
- Hand-Wash presentation for Junior Students.
- Council Members (Teacher's Day and Investiture Ceremony)
- Support Staff (Personal Hygiene)
- Small gifts to Support Staff on Christmas
- Interview (Eng/Hindi)- Support Staff/ MCG Vans, Workers/Sweepers of MCG about personal life, Occupational problems.

Duration (Days & Time) _____ Estimated Hours _____

Name of Mentor Teacher _____

Student's Signature _____ Date _____

Parent's Signature _____ Date _____

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Student's Name _____ Class: X Sec- _____

Brief Description of the Activities:

- Special assembly to generate awareness among the students on the topic "Dignity of Labour"..
- Providing questionnaire to student groups to find out about the people in such professions.
 - ✓ The distribution of groups will be as follows:
 - ✓ Interaction with maid, construction work, gardener, driver, sweeper & peon.
- Organize a discussion in class where people were victimized due to their profession and how Human Rights were violated in such situation.
- Discussion sessions will be organised to have a better understanding of Human Rights.
 - ✓ Celebration of World Human Rights Day (10th December) through:
 - ✓ Creative art i.e.; Poster Writing, Slogan Making.
 - ✓ Street Play.
- To understand the importance of Knowing how to work with the hands.
 - ✓ White washing a site of library wall.
- The support staff who cleans the classroom will be relieved for 2 hours and students will undertake their responsibilities.
- Giving home-made food to support staff and spend some time with them.

Duration (Days & Time) _____ Estimated Hours _____

Name of Mentor Teacher _____

Student's Signature _____ Date _____

Parent's Signature _____ Date _____

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Student's Name _____ Class: XI Sec- _____

Brief Description of the Activities:

- Cleanliness drive will be conducted in the school campus which will include
 - a) Dusting of doors and windows.
 - b) Cleaning of cobwebs.
 - c) Hand picking of litter.
- Cleanliness Drive (Classrooms & ground)
- Creating awareness among people regarding Bio-degradable & Non- Biodegradable waste in the vicinity through rally.
- Distribution of cloth bag and paper bag in the Sadar Bazar and nearby residential area.
- Cleaning the water cooler.
- Preparation of PPT that is to be demonstrated in the classes.

Duration (Days & Time) _____ Estimated Hours _____

Name of Mentor Teacher _____

Student's Signature _____ Date _____

Parent's Signature _____ Date _____

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Student's Name _____ Class: XII Sec- _____

Brief Description of the Activities:

- Making of Biodegradable dustbins (Blue & Green).
- Cleanliness Drive (Classrooms & ground)
- Making of posters, slogans, banners
- Rally (Distribution of small dustbins made by students using handmade sheets)
- PowerPoint presentation for junior students.

Duration (Days & Time) _____ Estimated Hours _____

Name of Mentor Teacher _____

Student's Signature _____ Date _____

Parent's Signature _____ Date _____

Mentor's Observation

Attendance: _____

Involvement: _____

Regularity : _____

Commitment : _____

Additional Comments _____

The activity / project was (circle appropriate response)

Satisfactorily completed

Not Satisfactorily completed

Activity/ Mentor's signature

Name:

Seal of School

SEWA Self Appraisal Form

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?

SEWA Hourly Schedule

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