



FORM-3- 2023

**DIRECTORATE OF SMART- WCSC**

2/428, Vethathiri Nagar, Collectorate (po), Dindigul-624004, TamilNadu, India

Cell: 94427 35656, 94889 47444 E-mail : [wpsc.smart@gmail.com](mailto:wpsc.smart@gmail.com)**ASSISTANT PROFESSOR / PROFESSOR SELF ASSESSMENT REPORT****I Quarter**

Apr-June

**II Quarter**

July-Sept

**III Quarter**

Oct - Dec

**IV Quarter**

Jan-Ma

1. NAME: \_\_\_\_\_ MOBILE NO: \_\_\_\_\_

2. REG.NO

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**Details of course conducted by the Applicant**

S.No	Course Name	Time	Points	Details of subjects taken as per SMART Master Guide (few example)
1	Foundation Course (Per Class )	2hours	2	First day first session: Introduction, physical exercises, nadi suddhi, etc..
2	Introspection (Per Class )	2hours	2	Intro - 1, session -1 physical exercise,, Suryanamashkaram, benefits of introspection etc....
3	Kayakalpam - Public / College	2Hours	2	Philosophy of KayaKalpam, Explanation, practice.
4	Kayakalpam - School Student	1Hours	1	Philosophy of KayaKalpam, Explanation, practice.
5	Special Discourse ( Wife'sday, World Peace day, ZRC, MRC, BG, A/N, APT)	Per Class	4	Mention the Topic given
6	Aliyar service (All Training Classes)	One day	2	Attach the photo copy of Volunteer Batch issued by Aliyar
7	Admitting a student - DIPOMA, BA, MA (Form - 3B)	Each Person	10	Counter Signed by Managing Trustee or Secretary (Incentive category)
8	Admitting a trainee-FC (Form - 3B)	Each Person	2	Counter Signed by Managing Trustee or Secretary (Incentive category)
9	Sky Centre / Trust Vision Diploma, BA, MA Class	2Hours	2	Attach the photo copy of Attendance
10	ZRC- Attendance	1 day	5	Points will be allotted as per attendance of Zone. Masters need not mention in SAR
11	MRC- Attendance	3 days	10	Points will be allotted as per attendance of Aliyar. Masters need not mention in SAR
12	ZOOM Class (Aliyar, SMART, Other countries)	Per hour	1	(Except Pre-recorded repeating program) Mention the actual date
13	Karuvile Thiruvudaiyaraathal Course (ANC) / Children Course	1Hour	1	Attach the photo copy of Attendance
14	Mounam	Per day/ half day	2	Attach the photo copy of Attendance
15	VSP Teachers	6Months	150	Mention the name of the Village (One SAR is enough per village)
16	Yoga Teacher working at School, (fulltime)	Per Week (6 days)	2	Attach the School Time Table
17	Sky Centres - Exercise, Food for Thought Routine Class Daily	10 Days	2	Attach the photo copy of Attendance
18	Service only at Sky Centres (YYE at School, FC, Intro, )	2 hour	1	Attach letter from Managing Trustee.

Date	Nameof the Trust/Centre/ Institution	Place	Number of Participa nts	Duration of classes (From-to)	Course Details: Intropection/KayaKalpam/PD C/Special Disclourse/Vision Course/Aliyar Course etc...	Points use of SMART Office only

The above particulars are true to the best of my knowledge and belief.

Place:

Signature

Date:

Asst.Professor/ Professor

**Note**

1. Specify the subjects in detail, taken in FC, YYE, YHE, Introspection in all session. Classes should be conducted based on the SMART Masters Guide only.
2. Points will not be given to the SAR which is not legible and proof attached.
3. Photo copy of Attendance should be enclosed along with SAR, wherever necessary.
4. For Admission of students in YHE, FC.Etc. Form3B should be authorized by Managing Trustee/ Centre incharge.
5. If you have any doubt in the instructions, please contact SMART Co – coordinator in office hours.  
Cell: 9442735656, 9488947444.