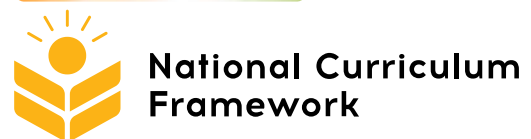


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SDG Activity Mapping with (NCERT/Kaushal Bodh/CBSE/SEWA)

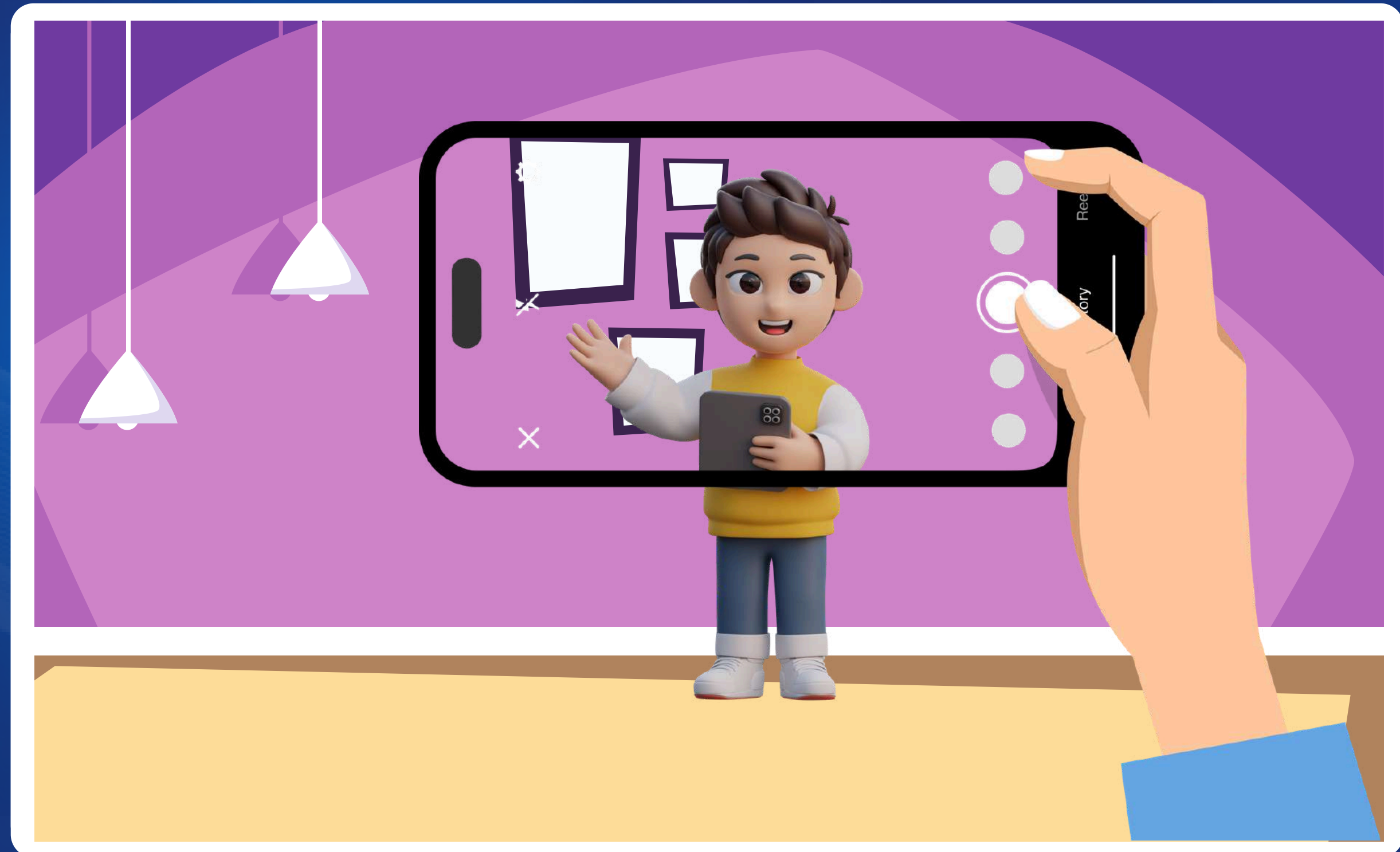
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EVIDENCE REPORTING

STEPS TO FOLLOW

- 1 Download the App
- 2 Login
- 3 Upload photo using the Gosharpener Calculator
- 4 Get Certificate

KNOWLEDGE PARTNERS-



Month	Date	Day	Grade	References	NCERT/Kaushal Bodh/CBSE/SEWA Mapping	Chapter / Part	Activity/Project No.	Name of the Activity	SDG
June	5	World Environment Day	6	SHVR 2025-26: Safe Environment, CBSE Acad-28/2024: Project Shunya	Kaushal Bodh	Part 1 - Work with Life Forms	Project 1: Kitchen Garden, Activity 3	Vermicompost for the School Kitchen Garden	13 CLIMATE ACTION
	7	World Food Safety Day	6	SHVR 2025-26: Kitchen Garden, Mission LiFE: Sustainable Food Systems, SHWP: Nutrition, NCERT's Bagless Days: Visit to a Dairy Farm, SEWA Project 9: Participating in the community health programmes	Kaushal Bodh	Part 3: Work in Human Services	Project 6: Cooking without Fire, Activity 1-5, Activity 7-10	Zero-Waste Mini Food Mela	2 ZERO HUNGER

INSTRUCTIONS FOR CONDUCTING ACTIVITY WORLD ENVIRONMENT DAY

Info Video

Activity Video

Name of Activity: Vermicompost for the Kitchen Garden

Material Required Mostly Waste Materials

- Old plastic bucket / large used container / old paint bucket
- Small stones or broken brick pieces
- Dry leaves or shredded newspaper
- Vegetable peels from home (fruit/vegetable waste)
- Garden soil
- Earthworms (arranged by parents beforehand)
- Small stick or spoon for mixing

Steps to be followed

- 01 ➤ **Prepare the Container**
Take an old bucket or container. Ensure it has small holes at the bottom for drainage (parents-assisted).
- 02 ➤ **Add the Base Layer**
Place small stones or broken bricks at the bottom. This helps with airflow and prevents water from collecting.
- 03 ➤ **Add the Dry Layer**
Add dry leaves or shredded newspaper as the first layer. This helps absorb extra moisture and balance the compost.
- 04 ➤ **Add Organic Waste**
Add vegetable peels or fruit waste collected from home. Ensure only biodegradable waste is added.
- 05 ➤ **Add Soil and Earthworms**
Sprinkle a thin layer of soil. Gently place earthworms into the container. These earthworms will break down the waste into rich compost.

- 06 ➤ **Cover and Place**
Cover the top with dry leaves or paper. Keep the container in a shaded area near the garden. Observe the changes over the next few weeks as compost forms. Complete your learning by answering the questions given in Kaushal Bodh:
 1. Which materials did you use to make the vermicompost?
 2. What types of food scraps did you add to the bin?
 3. What changes did you notice in the compost bin over a period?

Evidence: Take a picture of your vermicompost setup and upload it on the platform using the GoSharpener Calculator.

INSTRUCTIONS FOR CONDUCTING ACTIVITY WORLD FOOD SAFETY DAY

Info Video

Activity Video

Name of Activity: Zero-Waste Mini Food Mela

Material Required

(2 tablespoons jaljeera powder, 4 cups cold water, 1 tablespoon lemon juice, 1 tablespoon finely chopped mint leaves, 1 tablespoon finely chopped coriander leaves, Large jug or bowl, Spoon for mixing, Reusable glasses or steel tumblers)

Step-by-Step Instructions

- 01 ➤ **Prepare the Fresh Flavour Base**
Take a large jug. Add:
 - Chopped mint leaves
 - Chopped coriander leaves
 - Jaljeera powder
 - Lemon juice
 Mix well so the flavours begin to blend.
- 02 ➤ **Add Water and Mix**
Pour 4 cups of cold water into the jug. Stir quickly until all ingredients mix evenly. If available, the parents may use a blender for smoother mixing.
- 03 ➤ **Serve the Jaljeera**
Pour the mixture equally into reusable glasses or steel tumblers. Stir gently once more before serving.
- 04 ➤ **Mini Food Mela**

- Child presents their jaljeera and shares:
- Why jaljeera is refreshing
 - Which ingredient gives it natural flavour
 - How using reusable glasses makes the activity zero-waste
- Complete your activity by answering the following questions given by Kaushal Bodh:
1. What beverage did you prepare?
 2. List the ingredients and their quantities used. Estimate how many people you could serve.
 3. Did you notice any difference in taste between childs? (Yes/No)
 4. Did you give or receive any suggestions? If yes, how did you improve your drink?
 5. Describe the amount of waste generated during the activity.

Evidence: Take a photo with your jaljeera and upload it on the platform using the GoSharpener Calculator.

Month	Date	Day	Grade	References	NCERT/Kaushal Bodh/CBSE/SEWA Mapping	Chapter / Part	Activity/Project No.	Name of the Activity	SDG
June	5	World Environment Day	7	SHVR 2025-26: Safe Environment, CBSE Acad-28/2024: Project Shunya	Kaushal Bodh	Part 1: Work with Life Forms	Project 1: Plant Nursery	Little Nursery Makers	13 CLIMATE ACTION
	7	World Food Safety Day	7	SHVR 2025-26: Kitchen Garden, Mission LiFE: Sustainable Food Systems, SHWP: Nutrition, NCERT's Bagless Days: Visit to a Dairy Farm, SEWA Project 9: Participating in the community health programmes	NCERT - Science	Chapter 6 and Chapter 9		Make a Digestive Health Recipe	2 ZERO HUNGER

INSTRUCTIONS FOR CONDUCTING ACTIVITY WORLD ENVIRONMENT DAY

[Info Video](#)

[Activity Video](#)

Name of Activity: Little Nursery Makers

Material Required

- Used milk packets (cleaned and dried)
- Soil from school garden (or cocopeat if available)
- Dry leaves or coconut coir
- Seeds (coriander, spinach, tomato or seasonal vegetables)
- Small sticks or ice-cream sticks (for plant labels)
- Scrap paper for recording observations

Steps to be followed

- 01 ➤ Prepare Mini Seedling Trays
 - Take a clean, empty milk packet
 - Cut the top open to create a container
 - Make small drainage holes at the bottom (parents-assisted)
 - Fill with soil mixed with dry leaves or cocopeat
 Your milk packet now works like a mini seedling tray cell.
- 02 ➤ Sow the Seeds
 - Make small holes in the soil using a finger or stick
 - Place 1-2 seeds in each hole
 - Cover lightly with soil
 - Sprinkle water gently
 - Add a label with seed name and date
- 03 ➤ Support Germination
 - Keep the containers lightly covered (with paper or cloth) for 1-2 days
 - Place them under the shade structure you created earlier
 This protects seeds while they begin germinating.
- 04 ➤ Grow and Care for Seedlings
- 04 ➤ Once seedlings appear:
 - Remove the cover

- 05 ➤ Ensure light watering daily
- 05 ➤ Provide sunlight (not harsh heat)
- 05 ➤ Observe and Record Growth
 - Over the next few weeks, observe:
 - First leaf appearance
 - Plant height
 - Number of leaves
- 06 ➤ Record observations on scrap paper regularly.

Understand the Cost

Item	Cost
Used milk packet	₹0
Soil/cocopeat	₹0
Dry leaves	₹0
Seeds	₹5-₹10

Students realise that growing plants can be done with almost no cost using reuse and natural resources. After completing the activity, answer the following questions given by Kaushal Bodh:

1. Which method did you use for sowing the seeds? (If you have used more than one method, please mention all of them.)
2. What steps have you taken to provide optimal conditions for the growth of seedlings?

Evidence: Take a photo planting seeds in milk packets and placing them under the nursery shade and upload it on the platform using the GoSharpener Calculator.

INSTRUCTIONS FOR CONDUCTING ACTIVITY WORLD FOOD SAFETY DAY

[Info Video](#)

[Activity Video](#)

Name of Activity: Make a Digestive Health Recipe

Material Required

- Brings 2-3 digestive-friendly ingredients such as:
- Roasted cumin powder (jeera)
 - Sprouts
 - Cucumber / carrot
 - Coriander leaves
 - Lemon
 - Black salt

Step-by-Step Instructions

- 01 ➤ Understand Digestive-Friendly Foods
 - Parents explains how certain foods help digestion:
 - Fibre-rich foods like sprouts and vegetables help smooth digestion
 - Spices like cumin improve digestion naturally
- 02 ➤ Create Your Digestive Recipe
 - Prepare a simple dish that is, Sprout chaat.
 - Mix boiled sprouts with chopped cucumber and carrot
 - Add roasted cumin powder and black salt
 - Squeeze fresh lemon juice
 - Garnish with coriander
 - Mix gently in a bowl and prepare your dish.
- 03 ➤ Share and Reflect
 - Present your dish and share:
 - Ingredients used
 - Which ingredient helps digestion
 - Why the recipe is healthy

Evidence: Take a photo of the prepared digestive-health dish and upload it on the platform using the GoSharpener Calculator. Good health doesn't always come from big changes, it often begins with small, smart choices on your plate. Today, you didn't just prepare a recipe, you learned how to care for your body from within. Because when your digestion is strong, your whole body feels the difference.

Month	Date	Day	Grade	References	NCERT/Kaushal Bodh/CBSE/SEWA Mapping	Chapter / Part	Activity/ Project No.	Name of the Activity	SDG
June	5	World Environment Day	8	SHVR 2025-26: Safe Environment, CBSE Acad-28/2024: Project Shunya	Kaushal Bodh	Part 2: Work with Machines and Materials	Project 3: Working with Wood and Bamboo	Wooden Plant Holder	13 CLIMATE ACTION
	7	World Food Safety Day	8	SHVR 2025-26: Kitchen Garden, Mission LiFE: Sustainable Food Systems, SHWP: Nutrition, NCERT's Bagless Days: Visit to a Dairy Farm, SEWA Project 9: Participating in the community health programmes	NCERT - Science	Chapter 3		Seasonal Ayurvedic Immunity Snack	2 ZERO HUNGER

INSTRUCTIONS FOR CONDUCTING ACTIVITY WORLD ENVIRONMENT DAY

[Info Video](#)

[Activity Video](#)

Name of Activity: Wooden Plant Holder

Material Required

- Ice cream sticks or wooden craft sticks
- Small twigs from the school ground
- Wooden stirrers or small wooden scraps
- Glue / Fevicol
- Small reused container or clay cup (for plant)

Step-by-Step Activity

➤ **Understand the Prototype**

Explains that a prototype is the first model of a product used to test an idea before making the final version.

Students understand that today they are not just making a craft—they are designing a product.

➤ **Plan the Design**

- Student quickly plans their plant holder structure
- Think about:
 - How will it stand?
 - Where will the plant sit?
 - How will it stay balanced?

Basic idea:

- 4 vertical sticks as legs
 - Horizontal sticks to connect them
 - A support platform in the middle
- Students sketch their idea briefly on rough paper.

➤ **Build the Wooden Plant Holder**

- Place four wooden sticks upright to form legs
- Glue horizontal sticks between them to create a square frame
- Add extra sticks in the middle to form a platform
- Place a small clay cup or reused container on top

After completing the activity, answer the following questions given by Kaushal Bodh:

- Which object are you going to make?
- Sketch the object you plan to make with dimensions.
- Write down the process you followed in making your object. Which tools did you use to make your object?
- Did you face any difficulties while making it and how did you overcome them?
- What did you do to make the product look attractive?

Ensure the structure is stable and balanced.

Evidence: Take a photo holding your mini wooden plant holder and upload it on the platform using the GoSharpener Calculator.

INSTRUCTIONS FOR CONDUCTING ACTIVITY WORLD FOOD SAFETY DAY

[Info Video](#)

[Activity Video](#)

Name of Activity: Seasonal Ayurvedic Immunity Snack

Material Required

- Seasonal fruit pieces (banana/apple/guava)
- Grated coconut
- Roasted peanuts or roasted chana (small quantity)
- Small pieces of jaggery (optional, small amount)
- Small bowls or steel plates
- Spoons for mixing

Step-by-Step Instructions

➤ **Understand Summer Foods**

Parents explains:

- Summer foods should be cooling and hydrating
 - Fruits and coconut help the body stay fresh
 - Heavy, oily or overly sweet foods should be limited
- Students identify which ingredients in their bowl are cooling.

➤ **Prepare the Summer Snack**

Students prepares a simple, refreshing mix:

- Add seasonal fruit pieces to a bowl
- Add grated coconut
- Add a small amount of roasted peanuts or chana
- Add a few small jaggery pieces (optional)
- Mix gently

This creates a light, energy-giving and cooling snack.

➤ **Share and Reflect**

Students presents their bowl and shares:

- Which ingredient helps cool the body
- Why this snack is suitable for summer
- How it is healthier than packaged snacks

Evidence: Take a photo of your refreshing summer snack bowl and upload it on the platform using the GoSharpener Calculator.

Month	Day	Grade	SDG
June	World Health Day Bonus	3rd to 12th	<p>3 GOOD HEALTH AND WELL-BEING</p>

INSTRUCTIONS FOR CONDUCTING SPOTLIGHT ACTIVITY
THE WORLD HEALTH DAY BONUS



Name of Activity: Blink and Reflect: Eye Health as Your Self-Awareness Superpower

- **Step 1:** If need be, visit your nearest optician with your parents/guardians for a routine eye check-up.
- **Step 2:** Get your eyes tested and understand the best options for clear and comfortable vision.
- **Step 3:** Click a picture after your eye test or in your new frames and upload it on the GoSharpener App. And win rewards
- **Step 4:** Complete the activity by 30 June 2026.

Healthy vision helps you learn, play, and grow with confidence.
 Participate in “Hey, Result Aaya Kya? 3.0 – Pass Your Vision Test” Campaign

SHARPENER The School Student Network

SPOTLIGHT VIDEO

3 GOOD HEALTH AND WELL-BEING

WORLD HEALTH DAY BONUS

KNOWLEDGE PARTNER

SPOTLIGHT

BLINK AND REFLECT: EYE HEALTH AS YOUR SELF-AWARENESS SUPERPOWER

WIN REWARDS

WATCH NOW

SHARP ACTION

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