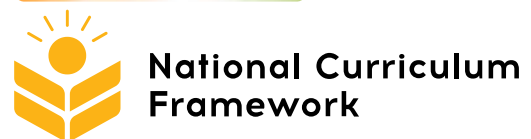


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SDG Activity Mapping with (NCERT/Kaushal Bodh/CBSE/SEWA)

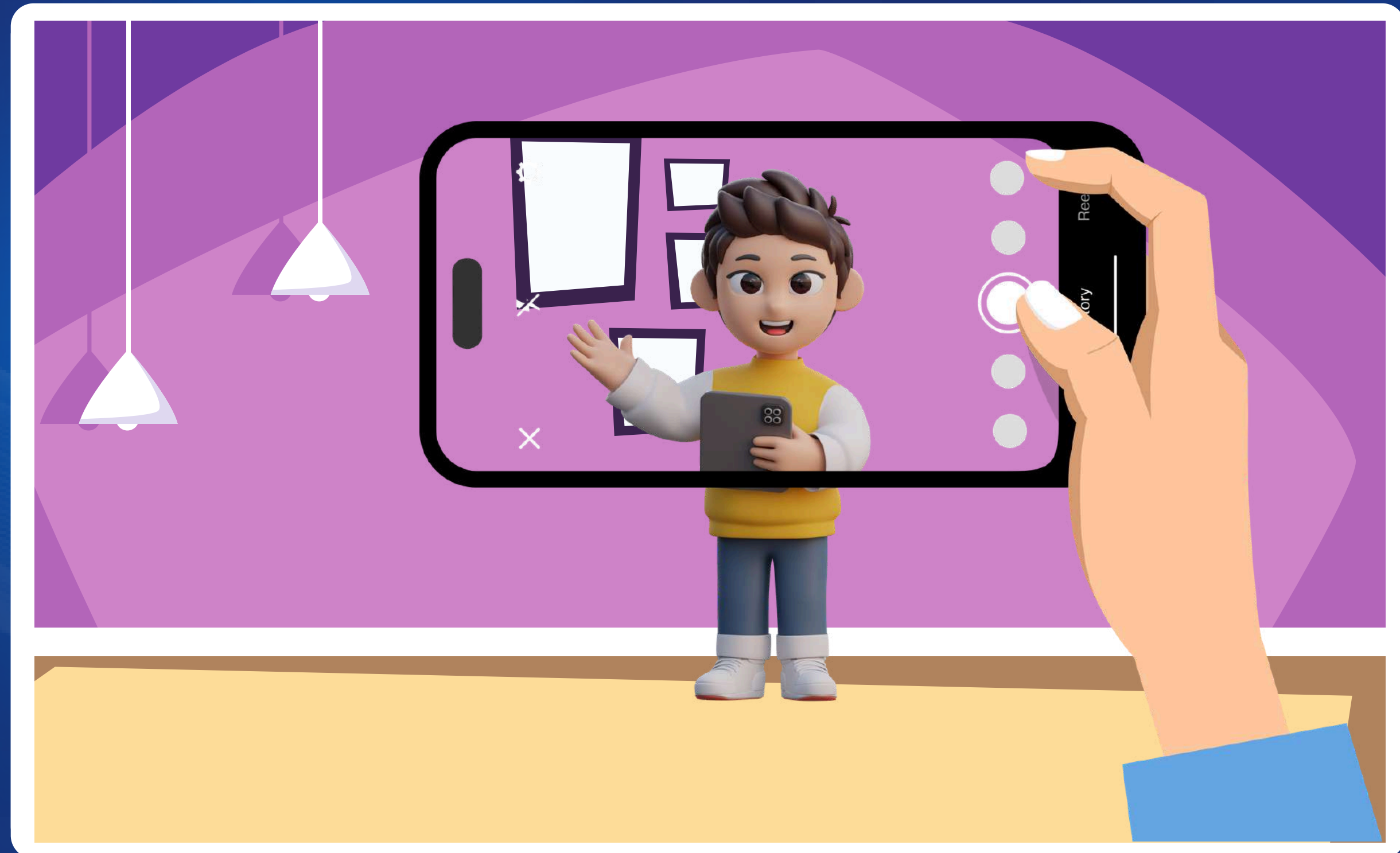
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EVIDENCE REPORTING

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	3	SHVR 2025-26: Safe Environment, CBSE Acad-28/2024: Project Shunya	NCERT - The World Around Us	Chapter 9	Activity 1	From Peel to Power – Make a Natural Cleaner!	13 CLIMATE ACTION
	7	World Food Safety Day	3	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 - The World Around Us	Chapter 4 Chapter 3	Activity 5 Activity 2 and Activity 3	Fresh Festival Fruit Bowl	2 ZERO HUNGER

INSTRUCTIONS FOR CONDUCTING ACTIVITY WORLD ENVIRONMENT DAY

[Info Video](#)

[Activity Video](#)

Name of Activity: From Peel to Power – Make a Natural Cleaner!

Material Required

- Child arranges:
 - Orange and lemon peels
 - Small bowl
 - Warm water
 - Spoon
 - Old cloth

Steps to be followed

- 01 **Prepare the Citrus Mix**
 - Tear the peels into small pieces and place them in a bowl.
 - Add warm water and use a spoon to crush the peels by pressing and twisting.
 - Let the mixture sit for 5–7 minutes.
 - You will notice a light citrus-infused water forming.
- 02 **Step 2: Cleaning Action**
 - Dip the cloth into the citrus water.
 - Use it to gently wipe your desk area.
 - You will observe a mild, fresh fragrance, without using any chemical cleaners.
- 03 **Evidence:** Take a picture of your citrus cleaner and your cleaned workspace. Use the GoSharpener Calculator to explore how choosing natural cleaners helps reduce environmental impact.
- 04 Sometimes, the most powerful solutions are the ones we throw away. With every peel reused, you reduce waste, avoid chemicals and make your surroundings healthier. Because true cleanliness isn't just about shining surfaces... it's about caring for the world around you.

INSTRUCTIONS FOR CONDUCTING ACTIVITY WORLD FOOD SAFETY DAY

[Info Video](#)

[Activity Video](#)

Name of Activity: Fresh Festival Fruit Bowl

Material Required

- 3–4 fruits with strong smell (banana, orange, lemon, guava, apple)
- Small pre-cut fruit pieces
- Clean cloth for blindfold
- Small bowls or plates
- Spoons

Steps to be followed

- Fruit Smell Game**
Child is blindfolded using a clean cloth. A parent brings a whole fruit close to their nose.
- The Child tries to guess the fruit only by smelling it.
- Repeat the activity using cut fruit pieces. After the game, reflect together:
 - Which fruit was easier to identify?
 - Did cut fruits have a stronger smell?
 When fruits are cut, they release stronger aromas, making them easier to distinguish and enjoy.
- Prepare a Fresh Festival Fruit Bowl**
 - Child takes small fruit pieces and places them in a bowl.
 - Mix them gently using a spoon.
 - Add a few drops of lemon juice if available for extra freshness.
 - Arrange the fruits neatly to create a colourful, festive bowl, just like traditional offerings.
- Evidence:** Take a picture of your festive fruit bowl and upload it on the platform using the GoSharpener Calculator.
- Food is not just about taste... It's about experience. Through every colour, every fragrance and every bite, fruits remind us of nature's simple goodness. And today, your fruit bowl isn't just a dish, it's a celebration of health, tradition and mindful eating.

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	4	SHVR 2025-26: Safe Environment, CBSE Acad-28/2024: Project Shunya	NCERT - The World Around Us	Chapter 4	Let us reflect (page 68)	Healing Garden Creations	13 CLIMATE ACTION
	7	World Food Safety Day	4	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 - The World Around Us	Chapter 4 Chapter 6	Activity 4 Activity 2	Neem Guard for Grains	2 ZERO HUNGER

INSTRUCTIONS FOR CONDUCTING ACTIVITY WORLD ENVIRONMENT DAY

[Info Video](#)

[Activity Video](#)

Name of Activity: Healing Garden Creations

Material Required

Used cardboard pieces or old notebook covers (for base), Dried leaves from school ground, Small twigs or sticks, Used paper pieces, Bottle caps or small containers, Broken crayons or used sketch pens, Glue.

Steps to be followed

➤ **Discover Herbal Power**

Learn about common herbs we use in daily life and their benefits:

- Tulsi (Holy Basil) – helps in cough and cold
- Mint (Pudina) – supports digestion
- Coriander (Dhania) – used in cooking and adds nutrition
- Aloe Vera – beneficial for skin care

Students begin to see how everyday plants are actually natural healers.

➤ **Plan Your Garden Layout**

Child takes a cardboard base and designs sections for their herbal garden.

They label areas such as:

- Tulsi corner
- Mint patch
- Coriander bed
- Aloe vera corner

This becomes the blueprint of their healing space.

➤ **Build the Herbal Garden Model**

Now, creativity comes alive. Students use waste materials to construct their garden:

- Twigs to create pathways
- Dried leaves to represent plants
- Paper pieces to make labels
- Bottle caps to show plant pots

They draw or craft small herb visuals and place them thoughtfully.

Child includes one herb they like less and labels it, encouraging honest reflection.

Share and Reflect

➤ Child presents their garden and explains:

- Which herbs they included
- One herb and its health benefit

This connects creativity with real-life learning.

➤ **Evidence:** Take a photo of your completed herbal garden model and upload it on the platform using the GoSharpener Calculator.

➤ A garden doesn't have to be large to be powerful. Even a small space, real or imagined, can hold the wisdom of generations. Today, you didn't just build a model... you reconnected with nature's way of healing. Because sometimes, the simplest plants hold the strongest power.

INSTRUCTIONS FOR CONDUCTING ACTIVITY WORLD FOOD SAFETY DAY

[Info Video](#)

[Activity Video](#)

Name of Activity: Neem Guard for Grains

Material Required

- A small bowl of rice, wheat, or lentils
- Fresh or dried neem leaves
- Old jar/lunchbox / recycled container
- Paper and pencil for labeling

Steps to be followed

➤ **Prepare the Container**

Child takes a clean, reused container or jar. This will act as your grain storage unit.

➤ **Add the Grains**

Pour a small quantity of rice, wheat, or lentils into the container.

➤ **Add the Neem Guard**

Place 3–4 neem leaves inside the grains. Gently mix them so the leaves spread throughout the container.

➤ **Seal and Label**

Close the container properly. Add a small label mentioning the grain type and date.

➤ **Evidence:** Take a photo holding your grain containers with neem leaves and upload it on the platform using the GoSharpener Calculator.

➤ Sometimes, the smartest solutions are the oldest ones.

A few neem leaves can protect food, reduce waste and avoid harmful chemicals, quietly and naturally. Today's activity is a reminder that sustainability doesn't always need something new... sometimes, it just needs us to remember

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	5	SHVR 2025-26: Safe Environment, CBSE Acad-28/2024: Project Shunya	NCERT - The World Around Us	Chapter 2	Activity 7	Build Your Earthquake Protective Head Cushion Band	13 CLIMATE ACTION
	7	World Food Safety Day	5	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 - The World Around Us	Chapter 3	Activities 1 and 4	Smart Food Innovators	2 ZERO HUNGER

INSTRUCTIONS FOR CONDUCTING ACTIVITY WORLD ENVIRONMENT DAY

Info Video

Activity Video

Name of Activity: Build Your Earthquake Protective Head Cushion Band

Material Required

- Scrap cloth, Old newspapers, Old elastic band or ribbon

Steps to be followed

01 **Create the Cushion Pad**

Fold newspaper multiple times to form a thick, soft pad. This will act as the protective layer.

02 **Wrap with Cloth**

Cover the folded newspaper with scrap cloth. Wrap it neatly so the cushion stays in place and feels comfortable.

03 **Make the Head Band**

Attach an elastic band or ribbon to both sides of the cushion. Tie or adjust it so it fits securely around the head.

Evidence: Take a photo holding your protective head cushion bands and upload it on the platform using the GoSharpener Calculator.

Safety doesn't always come from expensive equipment.

Sometimes, it comes from awareness, creativity and being prepared.

Today, you didn't just make a band, you built a small layer of protection and a big step toward staying safe when it matters most.

INSTRUCTIONS FOR CONDUCTING ACTIVITY WORLD FOOD SAFETY DAY

Info Video

Activity Video

Name of Activity: Smart Food Innovators

Material Required

- Red cabbage leaves
- Warm water
- Used white paper strips
- Bowl

Part 1: Smart Shopping

Before buying mangoes, observe like a pro:

- ✓ Smell – A fresh, sweet aroma
- ✓ Firmness – Not too hard, not too mushy
- ✓ Colour – Natural, even ripening
- ✓ No cuts or holes – Avoid damaged surfaces
- ✓ No artificial shine – Could indicate chemicals
- ✓ Check weight – Heavier often means juicier

These simple checks help you choose better, healthier fruits.

Part 2: Make a Natural pH Indicator

Why Red Cabbage?

Red cabbage contains a natural pigment called anthocyanin.

Steps to be followed

01 **Extract the Colour**

Crush red cabbage leaves in warm water. Watch as the water turns deep purple.

02 **Create Indicator Strips**

Dip paper strips into the purple liquid. Remove and let them dry. Now you have your own natural pH indicator strips.

03 **Test the Fruit**

Gently rub the strip on the mango surface or press it near a slightly damaged area.

Observe the change:

- If it stays purple → Fresh/neutral
- If it turns pink/red → Increased acidity → early spoilage

Evidence: Take a photo holding your red cabbage pH indicator strips 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

WORLD HEALTH DAY BONUS

KNOWLEDGE PARTNER **see saw** **ZEISS**

SPOTLIGHT

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

WIN REWARDS

WATCH NOW

3 GOOD HEALTH AND WELL-BEING

SHARP ACTION

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