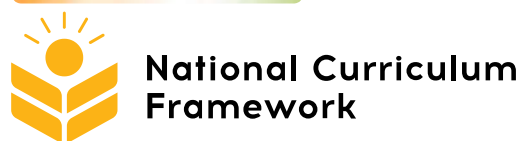




Aligned With



A Product of GoSharpener
Toolkit for Sustainability Activities
Vol- 3 to 5 | August 2026-27

MODEL DEMONSTRATION

STEPS TO FOLLOW

- 1 Gather your waste materials
- 2 Watch informational video to attempt the quiz
- 3 Watch activity video to attempt the activity
- 4 Complete the activity
- 5 Click photo & Upload on GoSharpener using the GoSharpener Calculator



EVIDENCE REPORTING

STEPS TO FOLLOW

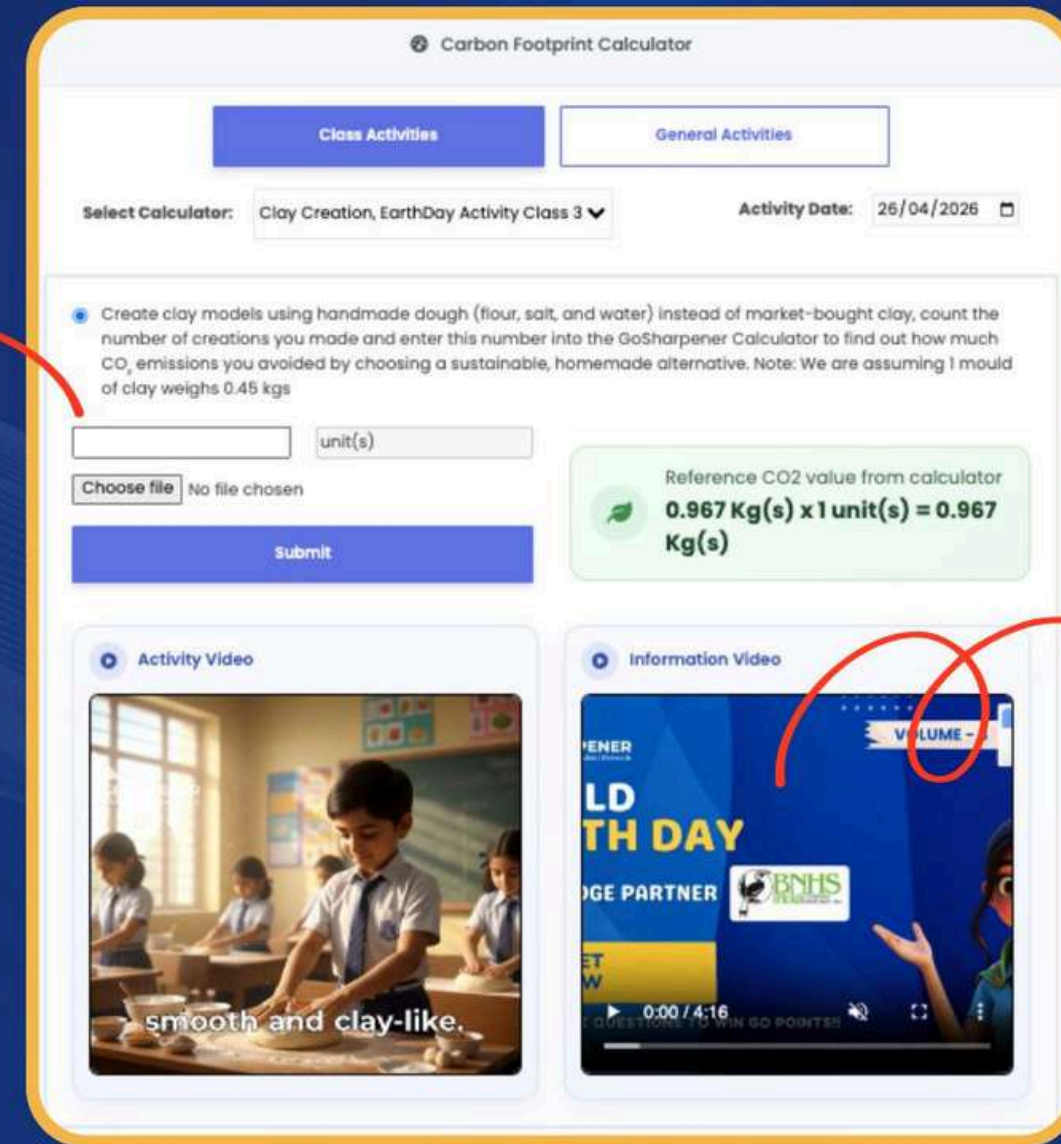
- 1 Download the App
- 2 Login
- 3 Select, "GoPoints Activity"
- 4 Upload Photo
- 5 Tag Class
- 6 Get Certificate

KNOWLEDGE PARTNER-



How to Upload Your Activity on GoSharpener

Enter the required Quantity/Unit, then upload the relevant file



Click on "Activity Video"/"Information video" to learn how to perform the activity.

Month	Date	Day	Grade	Mapped with NCERT/Kaushal Bodh/ Kaushal Vikas/CBSE/SEWA	Chapter/ Part	Activity/ Project No.	SDG Day	Sustainable Practices	Name of the Activity	SDG
August	12	International Youth Day	3	NCERT - Our Wondrous World	—	—	1	Sustainable Actions	The Perfect Uniform Fold	
	20	Indian Akshay Urja Day	3	NCERT - Our Wondrous World/Mission Life (Save Energy)	—	—	2	Sustainable Actions	Sun-Gratitude Daylight Harvester	

INSTRUCTIONS FOR CONDUCTING ACTIVITY
INTERNATIONAL YOUTH DAY

Name of Activity: The Perfect Uniform Fold

Material Required

- One uniform shirt
- One pair of uniform trousers or skirt
- One flat surface

Step-by-Step Activity Flow

Step 1: Flatten the Shirt

- Lay the shirt face down on a flat surface.
- Smooth out all wrinkles with your hands.

Step 2: Fold the Sleeves

- Fold the right sleeve across the back horizontally.
- Fold the right side of the shirt inward slightly.
- Repeat this exact process for the left sleeve.

Step 3: Final Shirt Fold

- Fold the bottom third of the shirt upward.
- Fold the top section down to meet it.
- Flip the shirt over into a neat rectangle.

Step 4: Fold the Bottoms

- Fold the trousers or skirt in half vertically.
- Bring the bottom hem up to the waistband.
- Fold it in half once more for compactness.

Step 5: Stack and Organise

- Place the folded bottoms flat on your desk.
- Layer the folded shirt neatly on top.

Evidence: Upload a photo of yourself with the neatly folded uniform, on the platform using GoSharpener Calculator.

 [Info Video](#)

 [Activity Video](#)

INSTRUCTIONS FOR CONDUCTING ACTIVITY
INDIAN AKSHAY URJA DAY

Name of Activity: Sun-Gratitude Daylight Harvester

Material Required

- One large cardboard box
- Aluminium kitchen foil or clean silver wrappers
- Liquid glue
- A pair of child-friendly scissors (adult supervision required)
- A plastic card or school ruler (for smoothing)

Step-by-Step Activity Flow

Step 1: Prep the Frame

- Ask an adult to cut off the top lid of the box.
- Cut away one long front side of the box entirely.
- Keep the bottom floor, back wall and two side walls intact.

Step 2: Apply the Glue

- Spread liquid glue smoothly onto the inside back wall.
- Repeat the glue application on both inside side walls.
- Ensure the glue layer is thin and even across the cardboard.

Step 3: Line the Walls

- Press the aluminum foil or clean silver wrappers firmly onto the glued surfaces.
- Use a ruler to smooth out any air bubbles or wrinkles.
- Keep the foil/wrapper perfectly flat to prevent uneven light reflection.

Step 4: Set Up the Station

- Place your completed harvester on a desk next to a window.
- Turn the open front of the box to face you directly.
- Slide your textbook and notebook inside the silver cubicle.

Step 5: Study and Save

- Start writing your homework under the enhanced natural daylight.
- Observe how the silver walls reduce your hand shadows.
- Keep the room lights off to save daily electricity.

Evidence: Upload a photo of yourself, sitting at the desk, actively using the completed Daylight Harvester box, on the platform using GoSharpener Calculator.

 [Info Video](#)

 [Activity Video](#)

Month	Date	Day	Grade	Mapped with NCERT/Kaushal Bodh/ Kaushal Vikas/CBSE/SEWA	Chapter / Part	Activity/ Project No.	SDG Day	Sustainable Practices	Name of the Activity	SDG
August	12	International Youth Day	4	NCERT - Our Wondrous World	—	—	1	Sustainable Actions	The Zero-Waste Portion Wheel	
	20	Indian Akshay Urja Day	4	NCERT - Our Wondrous World/ Mission Life	—	—	2	Sustainable Actions	Upcycled Snack-Wrapper Solar Cooker	

INSTRUCTIONS FOR CONDUCTING ACTIVITY INTERNATIONAL YOUTH DAY

[Info Video](#)
[Activity Video](#)

Name of Activity: The Zero-Waste Portion Wheel

Material Required

- One clean, dry, wide-mouth plastic bottle or jar
- Two pieces of thick waste cardboard
- One paper fastener (split pin)
- One marker pen
- A pair of child-friendly scissors (adult supervision required)
- Strong tape or liquid glue
- Dry kitchen grains (rice, pulses, cereal or seeds)
- One small cup or bowl

Step-by-Step Activity Flow

Step 1: Prep the Resource Container

- Clean and completely dry your discarded wide-mouth plastic jar or container.
- Fill the container halfway with your chosen dry grains.

Step 2: Trace the Cardboard Lids

- Place the open mouth of your container face down on the thick cardboard.
- Trace two separate circles around the mouth using your marker.
- Carefully cut out both cardboard circles with adult help.

Step 3: Cut the Pouring Windows

- Take the first cardboard circle and draw a small triangle near its outer edge.
- Cut out this triangle to create a window for the grains to pass through.
- Place this circle over the second one and trace the exact same triangle, then cut it out too.

Step 4: Assemble the Valve Wheel

- Place the first circle directly on top of the second circle.
- Push a paper fastener straight through the exact center of both discs.
- Open the metal legs of the fastener loosely so the top disc can spin easily over the bottom one.

Step 5: Seal the Dispenser

- Place your assembled double-disc wheel over the open mouth of your grain container.
- Tape the bottom disc securely to the rim of the jar so it cannot move.
- Ensure the top disc can still rotate freely without getting stuck on the tape.

Step 6: Mark the Control Switch

- Rotate the top disc until both triangular windows line up perfectly. Mark this spot OPEN.
- Rotate the top disc away until the solid cardboard blocks the window completely. Mark this spot CLOSED.

Step 7: Measure Your Portions

- Turn the wheel to CLOSED and turn your jar upside down over a bowl.
- Quickly rotate the wheel to OPEN to let some grains pour out, then switch it back to CLOSED.
- Pour those collected grains into your small cup and draw a line on the cup to mark ONE PORTION.

Step 8: Track Your Savings

- Use your new dispenser daily at home for seven days to measure out your food portions.
- Record in a notebook whether the wheel successfully prevents accidental spills and reduces food waste.

Evidence: Upload a photo of yourself holding the completed Portion Wheel jar upside down, on the platform using the GoSharpener Calculator.

INSTRUCTIONS FOR CONDUCTING ACTIVITY INDIAN AKSHAY URJA DAY

[Info Video](#)
[Activity Video](#)

Name of Activity: Solar Cooker

Material Required

- Cardboard box with lid
- Aluminium foil or clean silver-coated snack wafer wrapper
- Transparent plastic sheet (cling film/OHP sheet/clear plastic sheet)
- Black chart paper or black paint
- Glue or Fevicol
- Transparent tape
- Scissors/Cutter (with adult supervision)
- Wooden stick/skewer/straw (to support the lid)
- Old eraser (to use as a heat-safe handle for opening the lid)
- A small black cup or bowl containing water (for warming)

Step-by-Step Activity Flow

Step 1: Prepare the Box

- Paste black chart paper or paint the inside base of the box black.
- Let it dry completely.

Step 2: Cover the Reflector

- Cover the inside of the lid with aluminium foil or a clean silver snack wrapper.
- Ensure the shiny side faces outward.
- Smooth the surface to reflect maximum sunlight.

Step 3: Make a transparent cover by fixing a clear plastic sheet onto a cardboard frame. Place this frame over the opening of the box so that it fits between the lid and the cooking chamber. This transparent cover traps heat inside.

- Seal all edges using transparent tape.
- This layer helps trap hot air inside the cooker (greenhouse effect).

Step 4: Attach the Handle

- Fix an old eraser to the outer side of the lid using strong glue or tape.
- This acts as a simple handle and makes it easier to lift the lid without touching the heated surface.

Step 5: Place the Water

- Open the lid and place a small black cup or bowl filled with water inside the cooker on the black base. Close the lid.

Step 6: Position the Cooker

- Keep the cooker in direct sunlight.
- Use a stick or straw to keep the lid open at an angle so that sunlight reflects into the box.
- Adjust the angle whenever required for maximum sunlight.

Step 7: Observe

- Leave the cooker in direct sunlight for about 1 to 2 hours, depending on the weather. Carefully check whether the water has become warmer than its initial temperature. Record your observations.

Evidence: Upload a photo of yourself holding the Solar Cooker, on the platform using the GoSharpener Calculator.

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August	12	International Youth Day	5	NCERT - Our Wondrous World	—	—	1	Sustainable Actions	Emergency Kit	
	20	Indian Akshay Urja Day	5	NCERT - Our Wondrous World	—	—	2	Sustainable Actions	Design your Green Space	

INSTRUCTIONS FOR CONDUCTING ACTIVITY
INTERNATIONAL YOUTH DAY

Info Video

Activity Video

Name of Activity: Emergency Kit

Material Required

- One large piece of scrap cotton cloth or an old bedsheet: Used as a durable, zero-waste wrapping bundle to tie and carry the kit.
- 1 item for Hydration: A sealed, full water bottle or 2–3 packets of Oral Rehydration Salts (ORS) to instantly treat dehydration.
- 1 item for Hygiene: A fresh bar of soap, a sealed bottle of hand sanitizer or a small pack of wet wipes to prevent the spread of diseases.
- 1 item for Shelter & Warmth: An old clean blanket, a thick dry towel or un-torn winter clothes to protect against cold weather.
- 1 item for First Aid or Utility: A clean cotton handkerchief (for emergency bandages), a small functional flashlight or a pack of adhesive band-aids.

Step-by-Step Activity Flow

Step 1: Gather and Assign Survival Needs

- Lay out all your collected household items on a clean table or floor.
- Separate them into clear survival categories.
- You must have exactly one item for Hydration (e.g., sealed water/ORS), one for Hygiene (e.g., soap) and one for Shelter/Warmth (e.g., blanket).
- Remove any random items that do not serve an immediate, critical survival purpose. These items will be donated to a househelp, sanitation worker, security guard, driver, construction worker or any person in need in your community."

Step 2: Run a Quality Audit

- Inspect the Hydration item: If using a commercial water bottle, verify the factory seal is unbroken. If using ORS packets, check that they are completely dry, tightly sealed and well within their expiry date.
- Inspect the Shelter item: Ensure the clothes or blankets have no major tears, missing buttons or damp spots.
- Inspect the Hygiene item: Ensure the soap bar is sealed or the sanitizer cap is screwed on tightly so it cannot spill onto other items.

- Only donate clean, safe and usable items that you would be comfortable using yourself.
- Step 3: Layer the Bundle Base
- Spread your large scrap cotton cloth or old bedsheet completely flat on the floor.
 - Place your largest and softest item, the Shelter item (like a folded blanket or jacket), directly flat in the center of the cloth. This soft base acts as a protective cushion for the other items.
- Step 4: Stack the Utility Items
- Neatly place your Hydration item (the sealed water bottle or ORS packets) and your Hygiene item (the soap) right on top of the folded blanket.
 - Keep them clustered closely together in the center so the bundle stays balanced when carried.
- Step 5: Wrap and Tie the Knot
- Grab two opposite diagonal corners of the bedsheet, pull them tightly over the items and tie them together into a secure double knot.
 - Take the remaining two opposite corners, pull them firmly over the first knot and tie them into a second tight double knot.
- EMERGENCY CARE KIT LABEL
- | | |
|---------------------------|---------------------|
| Prepared by: _____ | Item: _____ |
| Class/Grade: _____ | Expiry: __/__/__ |
| Date of Packing: __/__/__ | Shelter & Warmth |
| Contents Checklist | First Aid / Utility |
| Hydration | Item: _____ |
| Item: _____ | Expiry: __/__/__ |
| Expiry: __/__/__ | |
| Hygiene | |
- Safety Check: Gently lift the bundle by the knots. Ensure no small items like ORS packets can slip out of the open folds at the sides.
- Evidence: Upload a photo showing yourself holding your tied cloth-wrapped Emergency Kit using the GoSharpener Calculator on the platform.

INSTRUCTIONS FOR CONDUCTING ACTIVITY
INDIAN AKSHAY URJA DAY

Info Video

Activity Video

Name of Activity: Design your Green Space

Step-by-Step Activity Flow

Step 1: Scan for Sunlight

- Look around your classroom or home during the daytime.
- Locate the spots where the brightest sunlight streams inside.
- Pay close attention to areas near large windows or glass doors.

Step 2: Identify Your Study Area

- Observe whether your desk or study space already receives natural daylight.
- If it is possible, move closer to a brighter area.

Step 3: Optimise Your Position

- Position your notebook and books where the daylight falls most clearly.
- Adjust your sitting position to reduce shadows on your work.
- Ensure the sunlight comfortably illuminates your reading and writing area.

Step 4: Use Natural Light

- If additional lighting is not required, keep electric lights switched off where appropriate and permitted.
- Rely on the available natural daylight to illuminate your workspace.
- Observe how sunlight helps you read and write clearly.

Step 5: Study under the Sun

- Complete your reading, writing or homework using natural daylight.
- Continue working comfortably while making the best use of available sunlight.

Evidence: Upload a photo showing yourself studying in a naturally lit area, with sunlight illuminating your books or notebook, using the GoSharpener Calculator on the platform.

INFOGRAPHICS



International Youth Day

#InternationalYouthDay26



**Today's Youth.
Tomorrow's Sustainable Leaders.**

Young people make up nearly **16%** of the **world's population**, with over **1.2 billion** people aged **15-24**.
By investing in **education, skills, innovation, and leadership**, we empower youth to drive **climate action** and create a more **sustainable future**.
Every sustainable action counts.

Here's How You Can Help: Log in to the platform and report your sustainable action today!



Indian Akshay Urja Day

#IndianAkshayUrjaDay26



Powering India with Clean Energy

Over 50% of India's installed power generation capacity now comes from **renewable energy** sources (including large hydro).

Expanding **clean energy** reduces carbon emissions, **strengthens energy security**, and powers a **greener, more resilient future**.

Be part of the change.

Here's How You Can Help: Log in to the platform and report your sustainable action today!

PLEASE PLACE THESE INFOGRAPHICS IN STRATEGIC LOCATIONS TO SPREAD AWARENESS

INFOGRAPHICS



Guardians of Nature. Keepers of Wisdom.

Indigenous Peoples make up only **6%** of the **world's population**, yet they help protect nearly **80%** of the Earth's remaining biodiversity.

Their traditional **knowledge, sustainable practices**, and deep connection with nature are essential for conserving **ecosystems, protecting wildlife, and building a more sustainable future.**

Here's How You Can Help: Log in to the platform and report your sustainable action today!



Equality Empowers Everyone

Women make up nearly half of the **world's population**, yet many continue to face **barriers in education, employment, and leadership.**

Advancing **gender equality** builds **stronger economies, healthier communities**, and a more inclusive, **sustainable future** for all.

Make equality a daily action.

Here's How You Can Help: Log in to the platform and report your sustainable action today!

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SHARP ACTION

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