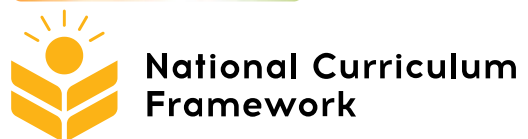




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Toolkit for Sustainability Activities
Vol- 9 & 10 | August 2026-27

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

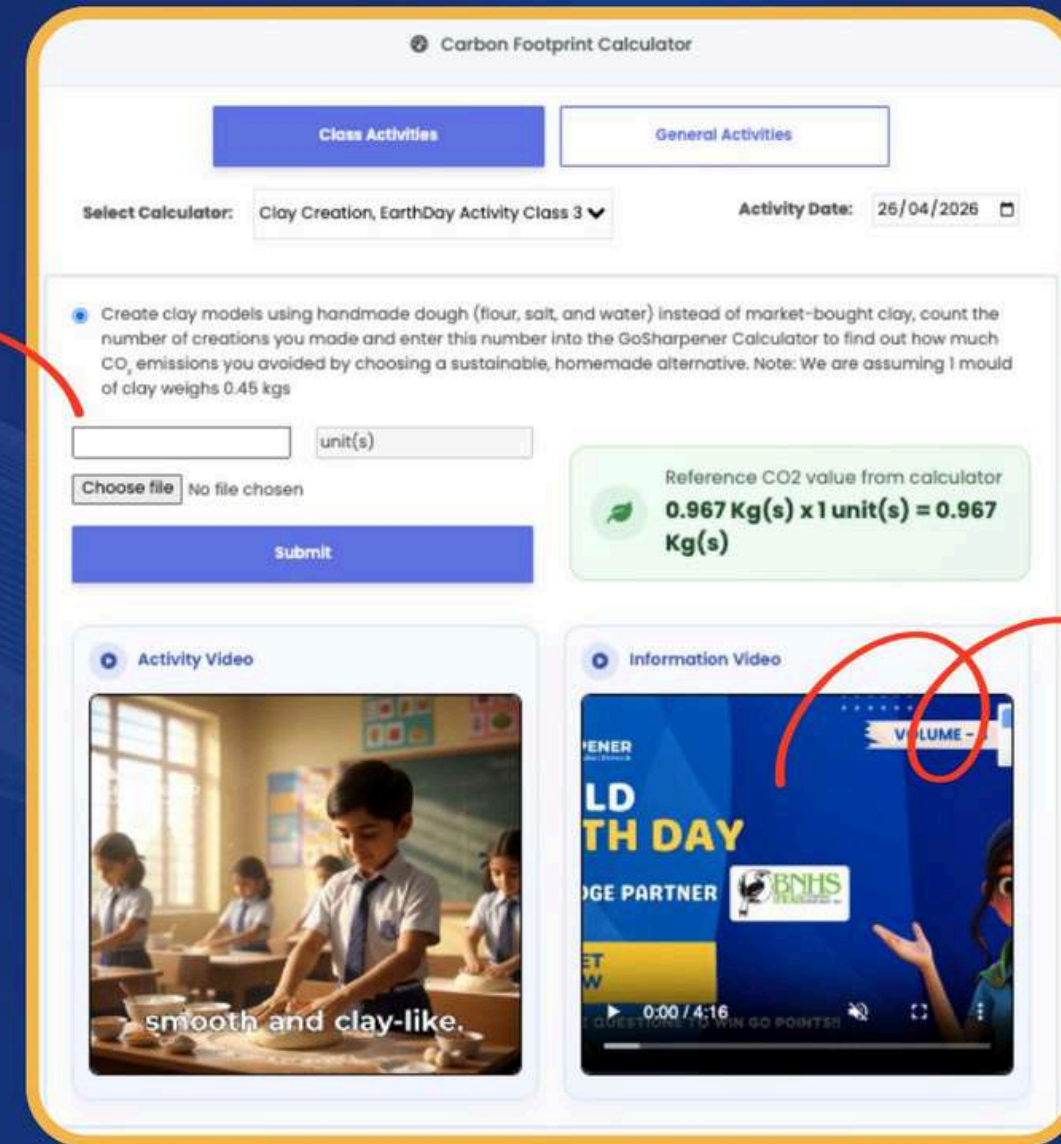
- 1 Download the App
- 2 Login
- 3 Select, "GoPoints Activity"
- 4 Upload Photo
- 5 Tag Class
- 6 Get Certificate

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	9	Kaushal Vikas	Chapter 9: Personal & Lifestyle Services	—	1	Sustainable Actions	Swachh Abhiyaan	
	20	Indian Akshay Urja Day	9	Kaushal Vikas	Chapter 1: Introduction to Agricultural Practices	Task: Make your own Meteorological Lab	2	Sustainable Actions	Dry-Wet Bulb Thermometer	

INSTRUCTIONS FOR CONDUCTING ACTIVITY INTERNATIONAL YOUTH DAY



Name of Activity: Swachh Abhiyaan

Material Required

- Pair of reusable rubber or cloth hand gloves
- Two or three large upcycled waste collection bags
- Long broom (optional)
- Mild soap and water (for washing hands)

Step-by-Step Process

- Step 1: Identify and Survey
- Choose a nearby trash-prone area such as a park corner or roadside.
- Inspect the location safely before starting, observe the types of litter present and wear your reusable hand gloves.

Step 2: Set Up Waste Categories

- Label your collection bags clearly.
- Assign separate bags for dry recyclable waste, wet or organic waste and non-recyclable waste.

Step 3: Collect Litter Safely

- Walk through the selected area and collect litter such as plastic bottles, wrappers and paper.
- Use broom when needed to avoid touching sharp or unsafe objects and place each item into the correct collection bag.

Step 4: Final Clean-up Check

- Sweep any remaining small debris if required.
- Inspect the area to ensure no visible litter remains, then securely tie the filled collection bags.

Step 5: Dispose and Wash Up

- Dispose of the sorted waste in the appropriate municipal wet and dry waste bins.
- Remove your gloves, wash your hands thoroughly with soap and appreciate your cleaner surroundings.

Evidence: Upload a before-and-after photo collage showing yourself actively cleaning and segregating waste, with the final clean neighbourhood spot visible behind you, using the GoSharpener Calculator on the platform.

INSTRUCTIONS FOR CONDUCTING ACTIVITY INDIAN AKSHAY URJA DAY



Name of Activity: Dry-Wet Bulb Thermometer

Material Required

- Two standard laboratory thermometers
- One empty plastic bottle
- A pair of safety scissors
- Cotton gauze pad or cloth wick
- Thread and adhesive tape
- Clean water

Step-by-Step Activity Flow

Step 1: Create the Wet Bulb

- Take one of the laboratory thermometers.
- Wet the cotton gauze or cloth wick thoroughly with clean water.
- Wrap it securely around the thermometer bulb and tie it loosely with thread.

Step 2: Mount the Thermometers

- Place the empty plastic bottle on a flat surface.
- Tape the dry thermometer to one side and the wet-bulb thermometer to the opposite side, ensuring both temperature scales face outward and are clearly visible.

Step 3: Attach the Spin Thread

- Cut a long piece of strong thread and tie it securely around the neck of the bottle.
- Check that the knot is firm and leave enough thread to hold the apparatus safely while spinning.

Step 4: Spin for Cooling

- Hold the thread firmly and carefully spin the bottle in an open area for about one minute.
- Allow the moving air to increase evaporation from the wet gauze, cooling the wet-bulb thermometer.

Step 5: Record and Compare

- Stop spinning and immediately record the readings from both thermometers.
- Compare the temperatures to determine the humidity level, smaller differences indicate more humid air, while larger differences indicate drier air.

Optional: Hang your completed Dry-Wet Bulb Thermometer in a shaded, well-ventilated location such as a balcony, verandah, school garden or near a window. Record the temperature difference over several days to observe how local humidity changes with the weather.

Evidence: Upload a photo of yourself holding the mounted bottle apparatus by its thread, with both the dry-bulb and wet-bulb thermometer readings clearly visible, using the GoSharpener Calculator on the platform.

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	10	SEWA Project	—	SEWA Project 2: Dignity of Labour	1	Sustainable Actions	Comfort Back Roll	
	20	Indian Akshay Urja Day	10	SEWA Project	—	SEWA Project 6: Environment Conscious Citizens	2	Sustainable Actions	Upcycled Solar Bio- Waste Dehydrator	

INSTRUCTIONS FOR CONDUCTING ACTIVITY INTERNATIONAL YOUTH DAY

 [Info Video](#)

 [Activity Video](#)

Name of Activity: Comfort Back Roll

Material Required

- 2–3 old bath towels or large fabric scraps
- Stiff cotton thread or wool or elastic rubber bands
- A thick marker or sketch pen
- A sheet of scrap paper (for a small instruction note)

Step-by-Step Activity Flow

Step 1: Flatten and Layer

- Spread one old towel flat on a clean surface.
- Place the second towel directly on top and smooth out all wrinkles to create an even layer.

Step 2: Roll Firmly

- Starting from the shorter edge, roll the layered towels tightly into a firm, compact cylinder.
- Ensure the roll is even and does not feel loose or squishy.

Step 3: Tie and Secure

- Tie the rolled towel securely using three pieces of stiff cotton thread or wool or elastic rubber bands.
- Fasten one tie at the centre and one near each end to keep the roll firmly in place.

Step 4: Make the Instruction Note

- Write a simple instruction on a sheet of scrap paper using a marker.
- Instruction: "Place this roll horizontally against your lower back while sitting."
- Attach the note securely to the completed back roll.

Step 5: Gift and Demonstrate

- Gift the Comfort Back Roll to a community worker or someone who sits for long hours.
- Demonstrate how to position it against the lower back to help support comfortable sitting posture.

Evidence: Upload a photo of yourself gifting the completed Comfort Back Roll to a community worker, using the GoSharpener Calculator on the platform.

INSTRUCTIONS FOR CONDUCTING ACTIVITY INDIAN AKSHAY URJA DAY

 [Info Video](#)

 [Activity Video](#)

Name of Activity: Upcycled Solar Bio-Waste Dehydrator

Material Required

- One old/waste standard shoebox with its lid
- Clear plastic food wrap (or a clean, clear plastic bag cut open flat)
- Black newspaper pages (with heavy black ads) or charcoal from a barbecue/fire pit
- Clean toothpicks or thin wooden twigs collected from outside
- **Adhesive tape**
- A pair of safety scissors

Step-by-Step Activity Flow

Step 1: Prepare the Lid Window

- Mark the centre of the shoebox lid and cut out a large rectangle, leaving a 2 cm cardboard border around the edges.

Step 2: Apply the Plastic Glazing

- Stretch the clear plastic wrap tightly over the opening and tape it securely to create a transparent window that allows sunlight to enter.

Step 3: Blacken the Interior Floor

- Line the inside base of the shoebox with black newspaper or rub crushed charcoal over it until the entire floor is black to absorb more solar heat. If you are using charcoal, rubbing it directly on the cardboard can sometimes create a messy powder that flies around. It is cleaner to line the floor with scrap paper first, rub the charcoal onto that paper outside, blow off the loose dust and then place it inside.

Step 4: Create Cross-Ventilation Holes

- Make three small air holes on one lower side of the box and three small holes on the opposite upper side to allow cool air to enter and warm air to escape.

Step 5: Build the Drying Racks and Dehydrate

- Insert clean toothpicks or thin wooden twigs horizontally through the box to form drying racks.
- Suspend thin slices of tomatoes, apple rings, mint leaves or other food items on the racks, close the lid and place the dehydrator in direct sunlight.

Evidence: Upload a photo of yourself standing beside your active Upcycled Solar Bio-Waste Dehydrator under the sun, with the suspended food pieces clearly visible through the transparent window, 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!

PLEASE PLACE THESE INFOGRAPHICS IN STRATEGIC LOCATIONS TO SPREAD AWARENESS

SHARP ACTION

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