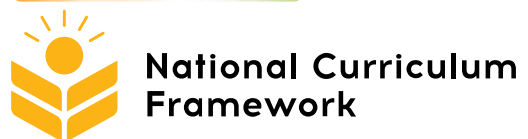




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A Product of GoSharpener
Toolkit for Sustainability Activities
Vol- 11th - 12th | August 2026-27

- 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

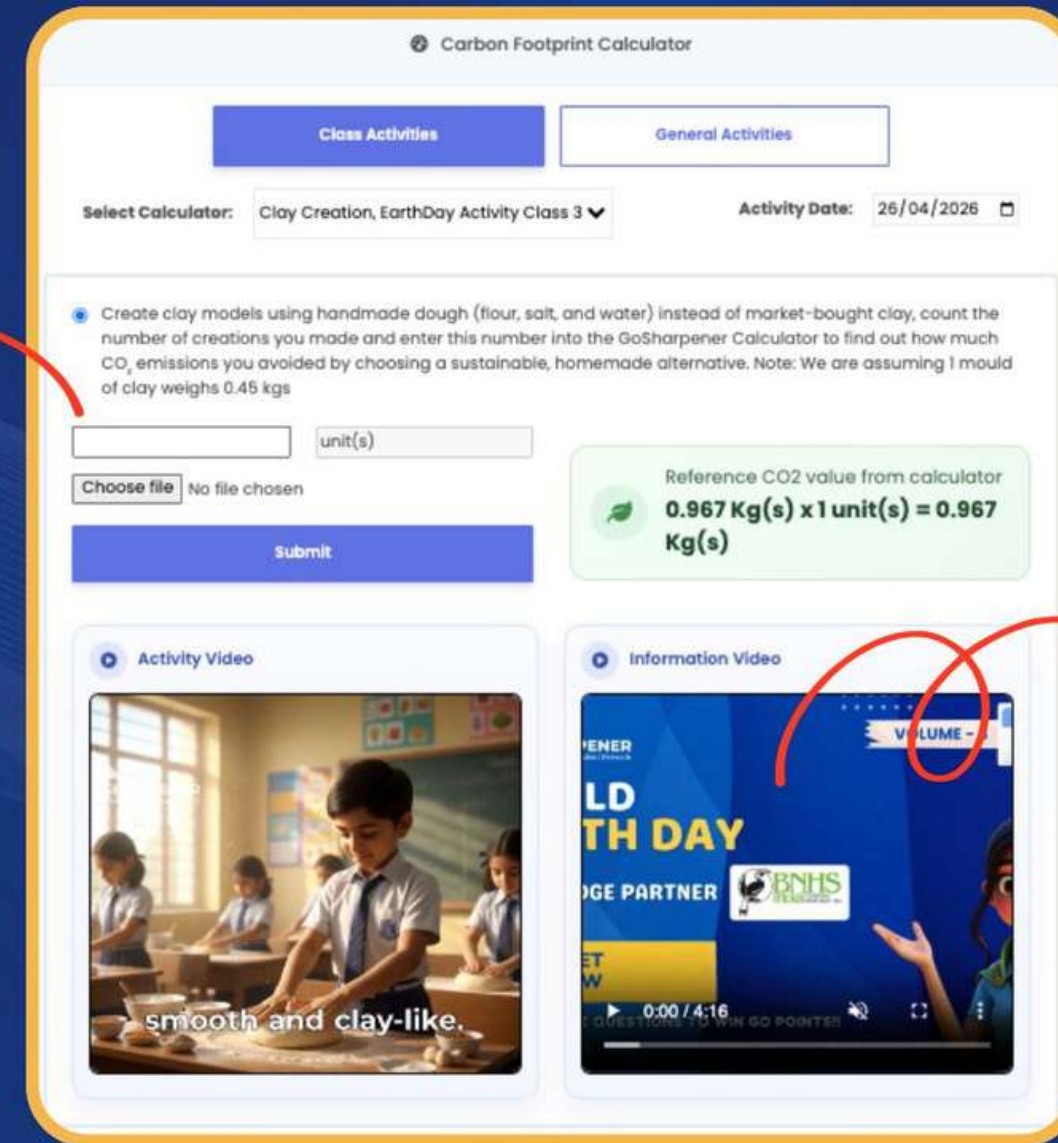
- 1 Download the App
- 2 Login
- 3 Select, "GoPoints Activity"
- 4 Upload Photo
- 5 Tag Class
- 6 Get Certificate

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	11	SEWA Project	—	SEWA Project 5: Being Safe and Responsible	1	Sustainable Actions	Active Pause Challenge	
	20	Indian Akshay Urja Day	11	SEWA Project	—	SEWA Project 6: Environment Conscious Citizens	2	Sustainable Actions	Window Venturi Jet Array	

INSTRUCTIONS FOR CONDUCTING ACTIVITY INTERNATIONAL YOUTH DAY

Name of Activity: Active Pause Challenge

Step-by-Step Activity Flow

Step 1: Learn Desk Stretches

- Stand beside your desk and practice simple stretches such as gentle neck rolls, overhead arm stretches and ankle rolls while seated.

Step 2: Practice Movement Breaks at Home

- Set a timer during your study sessions and take a short movement break every hour.
- March in place for one minute and gently shake your hands to relax your wrists and improve circulation.

Step 3: Plan Your Home Lesson

- Choose a family member who sits for long periods.
- Explain the importance of regular movement breaks and select three simple stretches to teach them in a safe, open space.

Step 4: Commit to Daily Pauses

- Take regular movement breaks during screen time or study.
- Remind yourself to stretch whenever you feel stiff and build a healthy daily movement habit together.

Evidence: Upload a photo of yourself demonstrating a desk stretch, using the GoSharpener Calculator on the platform.

[Info Video](#)

[Activity Video](#)

INSTRUCTIONS FOR CONDUCTING ACTIVITY INDIAN AKSHAY URJA DAY

Name of Activity: Window Venturi Jet Array

Material Required

- 3 identical plastic bottles (1-litre or 2-litre)
- A flat cardboard panel (cut to fit your specific window opening)
- Safety scissors
- Standard packing tape or strong duct tape
- A pen or marker (for tracing)

Step-by-Step Activity Flow

Step 1: Fabricate the Nozzles

- Remove all labels and caps from your 3 plastic bottles. Squeeze the middle of a bottle slightly to flatten it, make a small snip with your safety scissors and then cut all the way around the center. Keep only the top, funnel-shaped halves.

Step 2: Trace the Matrix Board

- Measure the exact width of your window gap. Cut your cardboard panel to match this size using your scissors. Lay your 3 bottle funnels down in a straight row. Trace the wide rims onto the cardboard with your marker.

Step 3: Cut the Cardboard Holes

- Poke a hole in the center of each traced circle using the pointy end of your safety scissors. Insert the scissor blade into that center hole and cut outward like wheel spokes, then trim away the cardboard triangles. Check that the bottle funnels fit snugly.

Step 4: Assemble the Array

- Push the wide end of each bottle funnel into the cardboard holes from the back side. Make sure all 3 narrow bottle necks are pointing perfectly straight in the same direction. Seal tightly around the edges with packing tape to block any gaps.

Step 5: Install and Feel the Cooling Effect

- Place your completed 3-bottle array into the open window frame.
- Crucial positioning: Ensure the wide funnels face outside to catch the breeze and the narrow bottlenecks point inside toward your room. Use scrap cloth or paper to plug any remaining gaps around the cardboard frame. This forces the incoming air directly through your nozzles.
- Observe how the incoming breeze is channelled through the bottle necks, creating faster-moving air inside the room.

Evidence: Upload a photo of yourself standing beside your installed Window Venturi Jet Array, with the bottle nozzles clearly visible, using the GoSharpener Calculator on the platform.

[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	12	SEWA Project	—	SEWA Project 5: Being Safe and Responsible	1	Sustainable Actions	Ergonomic Desk-Setup Challenge	
	20	Indian Akshay Urja Day	12	SEWA Project	—	SEWA Project 6: Environment Conscious Citizens	2	Sustainable Actions	Upcycled Multi-Tier Solar Seed Dryer & Bank	

INSTRUCTIONS FOR CONDUCTING ACTIVITY
INTERNATIONAL YOUTH DAY

 [Info Video](#)

 [Activity Video](#)

Name of Activity: Ergonomic Desk-Setup Challenge

Material Required

- Thick textbooks or sturdy cardboard boxes
- Your laptop, tablet or textbook
- Your study desk and chair

Step-by-Step Activity Flow

Step 1: Check Your Current Posture

- Sit comfortably at your study desk.
- Observe whether your neck bends downward while reading or using your device and keep your back straight and relaxed.

Step 2: Gather Raising Materials

- Collect thick textbooks or sturdy cardboard boxes with a flat, stable surface.
- Place them securely on your desk.
- Arrange your books with a balanced setup! Place five books facing upward and five facing downward to help maintain stability and balance.

Step 3: Elevate to Eye Level

- Place your laptop, tablet or textbook on top of the stack.
- Adjust the height by adding or removing books until the top of the screen or book is at eye level.

Step 4: Align Your Arms and Posture

- Rest your hands comfortably on the desk and keep your elbows bent at about 90 degrees.
- Relax your shoulders and maintain a comfortable, upright sitting posture.

Step 5: Test and Maintain

- Read, write or type using your new desk setup.
- Keep your chin parallel to the floor and continue using this ergonomic posture during your daily study sessions.

Evidence: Upload a side-profile photo of yourself sitting upright at your ergonomic desk setup, with your screen or book raised to eye level using books or boxes, using the GoSharpener Calculator on the platform.

INSTRUCTIONS FOR CONDUCTING ACTIVITY
INDIAN AKSHAY URJA DAY

 [Info Video](#)

 [Activity Video](#)

Name of Activity: Upcycled Multi-Tier Solar Seed Dryer & Bank

Material Required

- One 2-litre plastic bottle or a long cardboard tube
- Discarded cotton T-shirt or cloth rag piece
- Raw, dry rice or plain wood charcoal pieces or chalk (natural desiccants)
- Small plastic bottle caps or cardboard tabs (to hold seeds)
- Safety scissors (for poking holes)
- Washed fruit or vegetable seeds (Capsicum core or Tomato guts)

Step-by-Step Activity Flow

Step 1: Harvest Your Capsicum Seeds:

- Take a discarded capsicum core from your kitchen scraps. Use your fingers to gently pluck the seeds directly off the core. Since capsicum seeds are naturally clean and have no slimy coating, they are ready to go straight into your dryer trays immediately!

Step 2: Cut the Outer Tube

- Take your clean 2-litre plastic bottle or cardboard tube. Squeeze the middle slightly to flatten it, make a small snip with your safety scissors and cut it horizontally into two equal halves. Keep both sections.

Step 3: Fill the Desiccant Chamber

- Fill the bottom half of your container with dry rice or crushed charcoal pieces or chalk. This layer forms a natural low-humidity trap that pulls moisture out of the air.

Step 4: Install the Fabric Barrier

- Stretch your piece of old cotton cloth tightly over the desiccant layer. Secure it firmly around the rim so your seeds stay safely separated from the rice or charcoal while still letting dry air pass through.

Step 5: Add the Seed Trays and Vents

- Poke tiny airflow holes into your small plastic bottle caps or cardboard tabs using a pin or the tip of your safety scissors. Place your freshly plucked capsicum seeds inside these trays and rest them on top of the fabric barrier. Slide the top half of your container back over the base. Poke small ventilation holes near the very bottom and the very top cap of your completed unit.

Step 6: Deploy to Dry

- Place the unit near a warm, shaded window area (out of direct, burning sunlight). Within 48 hours, the passive airflow combined with the desiccant will gently dry your capsicum seeds, preserving them for future planting.
- If you want to try this with an overripe tomato, you need to add an extra cleaning step first because tomato seeds are covered in a slippery gel sac that traps mold:
- Scoop: Squeeze the seeds and slime from an overripe tomato into a small jar.
- Ferment: Cover with a cloth and let it sit at home for 2 to 4 days until a thin layer of mold forms on top. This mold safely eats away the sticky gel!
- Rinse & Dry: Stir in water. The healthy seeds will sink to the bottom. Pour off the floating pulp and mold, rinse the clean seeds through a strainer and tap them onto your dryer trays.

Evidence: Upload a photo of yourself holding your assembled Upcycled Multi-Tier Solar Seed Dryer, using the GoSharpener Calculator on the platform.

EXPERIENTIAL FIELD VISITS FOR BUILDING POWER PROFILE

1 Goonj Centre Visit – Student Learning Experience

- **Location:** Goonj Centre, New Delhi
- **Visit Date:** 19 August 2026 (World Humanitarian Day)
- **Seats Available:** 60 Students (First Come, First Served)
- **Eligibility:** Students from Classes 8–12
- **Objective:** Experience Goonj's innovative work in circular economy, community development, resource management, and sustainable living through an immersive centre visit.
- **Registration Details:**
<https://forms.gle/aeZcUSpNIEarWFrM9>



2 Clean Air Dialogues by Raahgiri – Student Participation Opportunity

- **Location:** New Delhi (Details to be shared with selected participants)
- **Tentative Date:** 3 August 2026
- **Seats Available:** 25 Students (First Come, First Served)
- **Eligibility:** Students from Classes 9–12
- **Objective:** Engage with leading policymakers, researchers, and environmental experts in an interactive dialogue on air quality, sustainability, and climate action.
- **Registration Details:**
<https://forms.gle/WnJVd3sF8i7Hvd8k7>



INFOGRAPHICS



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!



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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