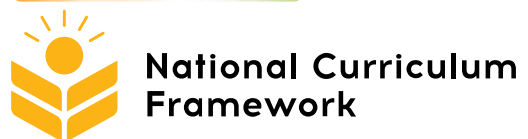




Aligned With



A Product of GoSharpener
Toolkit for Sustainability Activities
Vol- 9 & 10 | September 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



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
September	1-7	National Nutrition Week	9	Kaushal Vikas Unit 3	Chapter 10: Healthcare	—	1	Sustainable Actions	Traditional Wellness Drink	2 ZERO HUNGER 
	7	International Clean Air for Blue Skies	9	Kaushal Vikas Unit 1	Chapter 2: Rooftop Gardening	—	2	Sustainable Actions	Rooftop Garden	13 CLIMATE ACTION 

INSTRUCTIONS FOR CONDUCTING ACTIVITY

NATIONAL NUTRITION WEEK

- Info Video
- Activity Video

Name of Activity: Traditional Wellness Drink

According to the updated ICMR–NIN Dietary Guidelines, a child entering early adolescence aged 13–15 years requires a significant boost in essential micronutrients to sustain a rapid pubertal growth spurt. This age group has an estimated daily target of 2860 kcal of energy for boys and 2400 kcal for girls. To achieve optimal peak bone mass density, the guidelines heavily emphasise a daily intake of at least 400–500 ml of milk or curd to supply critical calcium and high-quality protein. Students will assemble a Traditional Wellness Drink, a health-promoting beverage that seamlessly incorporates functional spices into their daily dairy requirements.

Materials Required (Gather from home)

- Warm milk (brought from home in an insulated flask) – 1 cup (approx. 200 ml)
- Turmeric powder – ½ teaspoon
- Honey – 1 teaspoon (optional)
- Ground black pepper powder – a tiny pinch
- Clean cup and spoon
- Apron

Step-by-Step Instructions

Step 1: Gather Traditional Knowledge

- Speak to your parents, grandparents or elders at home before the activity. Document why turmeric milk is traditionally prepared in Indian homes, when it is most commonly consumed (during seasonal changes or recovery) and how it serves as a core pillar of time-tested home wellness practices.

Step 2: Measure and Pour

- Carefully pour the 1 cup of pre-warmed milk from your insulated flask into a clean cup. Measure and add the ½ teaspoon of turmeric powder directly into the milk. Add a tiny pinch of ground black pepper powder to enhance the natural absorption of the spice. If a sweeter profile is desired, add the 1 teaspoon of honey.

Step 3: Dissolve and Serve

- Stir the mixture thoroughly with a clean spoon until the golden turmeric, black pepper and honey (optional) dissolve completely into the liquid. Serve the wellness drink warm.
- Observe: The instant visual transformation as the white milk shifts to a rich, golden hue and note the earthy, soothing aroma profile of the active spices.

Important Nutrition Observation

- While milk provides an exceptional source of calcium and proteins for growing skeletal frames, adding turmeric introduces an active natural bio-compound called curcumin. According to ICMR–NIN recommendations, pairing turmeric with a tiny pinch of black pepper drastically improves curcumin absorption. Furthermore, replacing ultra-processed white sugars with small amounts of natural honey provides natural antioxidants, antimicrobial enzymes, and supports digestion.

Evidence: Upload a clear photo of yourself holding your prepared golden Sustainable Traditional Wellness Drink on the platform, using the GoSharpener Calculator.

INSTRUCTIONS FOR CONDUCTING ACTIVITY

INTERNATIONAL CLEAN AIR FOR BLUE SKIES

- Info Video
- Activity Video

Name of Activity: Rooftop Garden

Material Required

- Old plastic bottles, discarded buckets or reused food delivery containers with drainage holes
- Leftover vegetable or herb seeds (such as spinach, coriander, fenugreek or tomato seeds collected from kitchen waste)
- Dry leaf compost (or leftover cocopeat, if available)
- Garden soil
- Compost or vermicompost
- Water
- Old spoon or reused stick (to function as a small hand trowel)
- Apron

Step-by-Step Instructions

Step 1: Choose the Location

- Select a safe rooftop, terrace or balcony area that receives 5–6 hours of natural sunlight every day. Keep enough space between your reused containers for easy watering and plant care.

Step 2: Prepare the Upcycled Containers

- Take your old plastic bottles or discarded buckets and ensure an adult helps make small drainage holes at the bottom. Fill each container with a lightweight potting mixture made of equal parts garden soil, compost and dry leaf compost. Use an old spoon to mix the layers evenly.

Step 3: Sow the Seeds

- Use your old spoon or reused stick to make small, shallow holes in the potting mix. Sow your leftover vegetable or herb seeds at the recommended depth, leaving enough space between them for healthy growth. Cover the seeds lightly with soil and water gently using a recycled water cup.

Step 4: Care for the Plants

- Water your upcycled containers regularly without overwatering. Remove any unwanted weeds by hand as they appear. Add a small amount of extra compost whenever needed to keep the soil fertile and ensure excess water drains out easily from the bottom holes.
- [Use water with an ideal pH of 6.0 to 7.0 for best growth.]

Step 5: Observe and Harvest

- Observe your plants over the next 2–3 weeks. Record seed germination, plant height and the number of leaves. Once your homegrown vegetables or herbs are ready, harvest them carefully, noting how growing food in recycled waste containers increases green cover and utilises unused spaces.

Evidence: Upload a clear photo of yourself with your prepared Rooftop Garden made using upcycled containers and leftover seeds on the platform, using the GoSharpener Calculator.

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
September	1-7	National Nutrition Week	10	SEWA	—	Project 7: Study the Nutrition and Health Status of People	1	Sustainable Actions	Spiced Sattu-Buttermilk Cooler	2 ZERO HUNGER 
	7	International Clean Air for Blue Skies	10	SEWA	—	Project 5: Being Safe and Responsible	2	Sustainable Actions	3-Layer Hybrid Mask	13 CLIMATE ACTION 

INSTRUCTIONS FOR CONDUCTING ACTIVITY

NATIONAL NUTRITION WEEK

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

Name of Activity: Spiced Sattu-Buttermilk Cooler

According to the updated ICMR–NIN Dietary Guidelines (2024), adolescents aged 16–18 years require precise nutritional support to match their peak physiological growth and high metabolic demands. This age group has an estimated daily allowance of 2800 kcal of energy for boys and 2200 kcal for girls. To support muscle synthesis and bone structure, the guidelines recommend a daily crude protein target of 45.3 g for boys and 42.9 g for girls, along with a daily dairy intake of at least 400 ml of milk/curd. Students will assemble a Spiced Sattu-Buttermilk Cooler, a nutrient-dense, gut-friendly beverage that combines plant protein and high-calcium dairy to support daily requirements.

Materials Required (Gather from Home)

- Roasted chana flour (sattu) – 3 tablespoons
- Fresh curd (yogurt) – ½ cup (approx. 100-120 g)
- Chilled water – 1 glass (approx. 250 ml)
- Lemon juice – 1 teaspoon
- Black salt (kala namak) – ½ teaspoon
- Roasted cumin (jeera) powder – ½ teaspoon
- Fresh mint and coriander leaves – a few sprigs
- Finely chopped green chilli and ginger (optional) – a tiny pinch
- Reusable steel glass or eco-friendly tumbler
- Reusable spoon (for stirring and mixing)
- Apron

Step-by-Step Instructions

Step 1: Prepare the Fresh Ingredients

- Wash the fresh mint and coriander leaves thoroughly under clean running water. Finely chop or tear the leaves into small pieces. Slice a fresh lemon and squeeze 1 teaspoon of juice into a small bowl, ensuring no seeds remain.

Step 2: Smooth the Curd Base

- Place the ½ cup of fresh curd directly into your reusable steel glass or tumbler. Use your reusable spoon to beat and press the curd against the sides of the glass for about 30 seconds until it is completely smooth, creamy, and free of lumps.

Step 3: Blend the Dry Ingredients

- Add the 3 tablespoons of sattu, ½ teaspoon of black salt, and ½ teaspoon of roasted cumin powder into the smoothed curd. Use your spoon to mix them thoroughly into the curd until a thick, uniform paste forms.
- Tip: Blending the sattu into the thick curd first prevents lumps from forming later.

Step 4: Dilute and Serve

- Slowly pour the 1 glass of chilled water into the glass while stirring continuously with your spoon until the paste dissolves completely. Stir in the prepared mint leaves, coriander leaves, 1 teaspoon of fresh lemon juice, and the optional tiny pinch of ginger or green chilli. Give it a final, vigorous stir with the spoon and serve.
- Observe: How the thick curd and dry flour blend smoothly into a uniform, refreshing emulsion using a simple spoon.

Important Nutrition Observation

- This traditional beverage serves as an excellent functional food for adolescents. According to ICMR-NIN guidelines, combining dairy (curd) with roasted legume flour (sattu) creates a high-biological-value protein blend that delivers essential amino acids, calcium, and active probiotics. This provides a superior, low-glycemic hydration alternative to ultra-processed commercial energy drinks or sodas.

Evidence: Upload a clear photo of yourself holding your prepared Spiced Sustainable Sattu-Buttermilk Cooler on the platform, using the GoSharpener Calculator.

INSTRUCTIONS FOR CONDUCTING ACTIVITY

INTERNATIONAL CLEAN AIR FOR BLUE SKIES

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

Name of Activity: 3-Layer Hybrid Mask

Material Required

- Old clean cotton fabric from a washed-out T-shirt, pillowcase, or bedsheet (for the inner and middle layers)
 - Clean, washed synthetic fabric scrap from an old polyester garment or discarded clothing (for the outer layer)
 - Old clean elastic bands or soft cloth strips salvaged from unused clothing (for ear loops or ties)
 - Blunt-ended craft scissors or child-safe scissors
 - Measuring scale
 - Needle and thread – to be used under adult supervision
 - Clean table or work surface
- Safety Note:** Use only clean, washed, dry fabric scraps that are free from stains, mould, dust, chemical residue, loose fibres or sharp attachments such as hooks, pins, metal pieces or broken zippers. Do not use fabric taken from waste bins, dirty clothing, medical waste or unknown discarded materials.

Step-by-Step Instructions

Step 1: Select and Prepare the Waste Fabric

- Collect clean, washed fabric scraps from old clothing or household textiles. Choose two pieces of cotton fabric and one piece of clean synthetic fabric. Ensure all materials are dry, clean, and free from stains, mould, loose threads or attached sharp objects.

Step 2: Cut the Fabric (Under adult supervision)

- Measure and cut two pieces of clean cotton fabric and one piece of clean synthetic fabric into equal rectangles measuring approximately 15 cm x 20 cm. Use blunt-ended or child-safe scissors carefully.

Step 3: Arrange the Functional Layers

- Place the three fabric pieces one over another to create the mask structure:
- Inner Layer (touches your face): Soft cotton fabric
- Middle Layer: Additional cotton fabric
- Outer Layer (faces the environment): Clean synthetic fabric such as polyester
- Ensure that all three layers are properly aligned before stitching.

Step 4: Stitch the Mask Structure

- With adult supervision, use a needle and thread to stitch around all four sides of the stacked fabric pieces to hold the three layers securely together.
- Fold the two shorter edges inward by approximately 1 cm and stitch them down to create small loops on both sides.

Step 5: Attach the Reused Loops or Ties

- Thread the old clean elastic bands or soft cloth strips through the side loops to create ear loops or ties. Secure them firmly so that they do not come loose during use.

Step 6: Check the Fit

- Try the completed mask on carefully and adjust the loops or ties as needed. The mask should sit comfortably over the nose, mouth and chin without causing discomfort or leaving large gaps around the sides.

Step 7: Wash and Maintain the Mask

- Wash the completed fabric mask thoroughly before use. Allow it to dry completely before wearing it. Wash the reusable mask after each use and store it in a clean, dry place.
- Important Safety Note
- This activity is intended to demonstrate upcycling, textile reuse, and basic fabric-layer construction. A handmade fabric mask should not be treated as a substitute for medically approved protective equipment when such equipment is required.
- Do not share a used mask with another person. Replace the mask if the fabric becomes damaged, heavily worn or difficult to clean.

Evidence: Upload a clear photo of yourself holding or wearing your completed upcycled 3-Layer Hybrid Mask on the platform, using the GoSharpener Calculator.

EVIDENCE REPORTING

STEPS TO FOLLOW

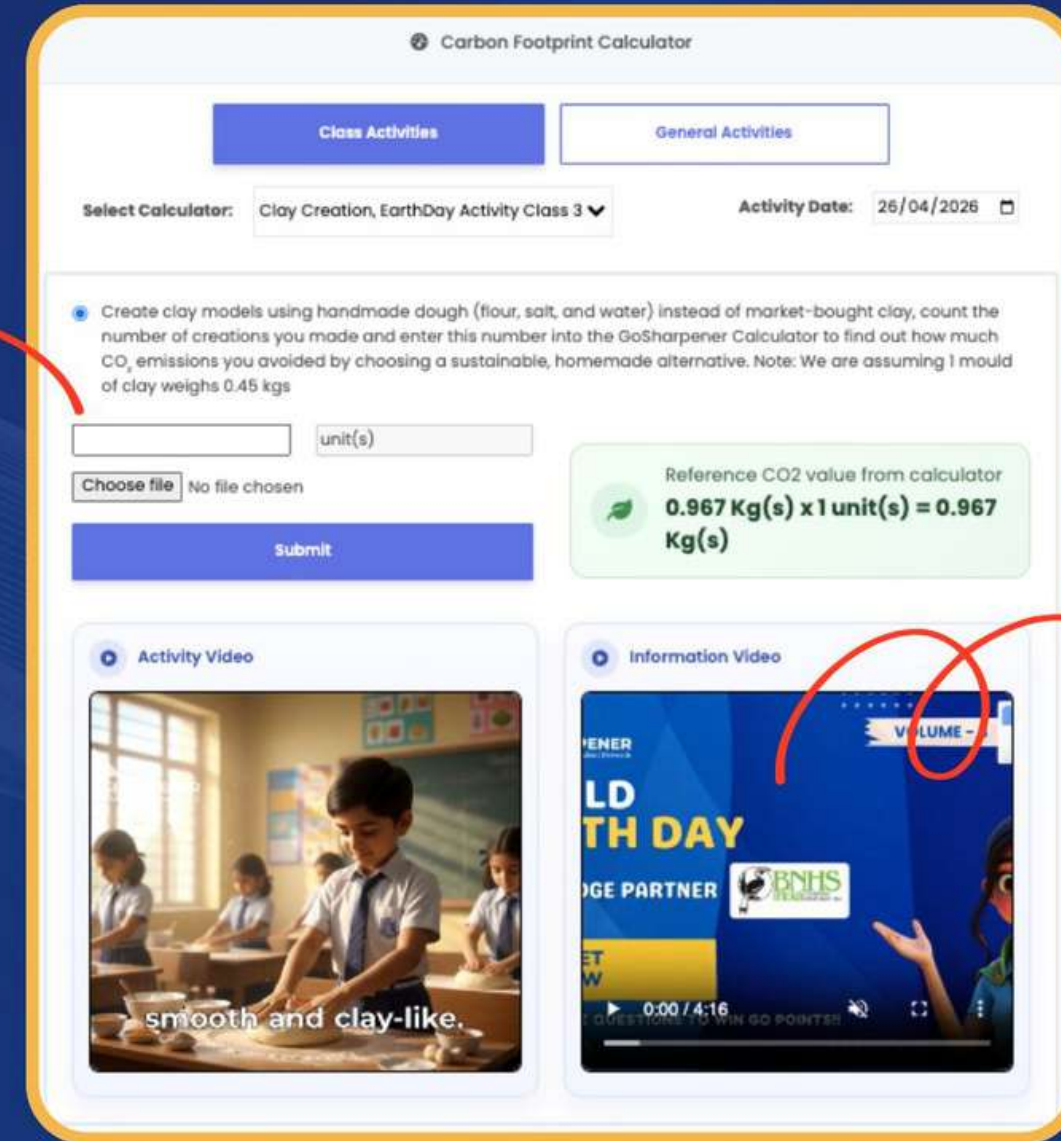
- 1 Download the App
- 2 Login
- 3 Select, "GoPoints Activity"
- 4 Upload Photo
- 5 Tag Class
- 6 Get Certificate

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	Day	Grade	SDG
September	World Space Day	3rd to 12th	9 INDUSTRY, INNOVATION AND INFRASTRUCTURE 

INSTRUCTIONS FOR CONDUCTING SPOTLIGHT ACTIVITY WORLD SPACE DAY



Name of Activity: **BEFORE WE COULD SEE THE UNIVERSE**

- **Step 1:** Form Your Space Crew- Work in teams of 3–4 students and assign everyone a role.
- **Step 2:** Gather Your Mission Tools- Collect a cardboard tube, black paper, rubber band, pushpin, and flashlight.
- **Step 3:** Build the Projector- Cover one end of the tube with black paper and secure it with a rubber band.
- **Step 4:** Create the Constellation- Carefully poke tiny holes following a constellation pattern such as Orion or the Big Dipper.
- **Step 5:** Project Your Stars- Dim the lights and shine the flashlight through the tube to project your constellation.
- **Step 6:** Observe and Learn- Identify your constellation, compare it with your classmates, and celebrate your discovery.



SPOTLIGHT VIDEO



WORLD SPACE DAY

KNOWLEDGE PARTNER 

SPOTLIGHT
BEFORE WE COULD SEE THE UNIVERSE

WIN REWARDS
WATCH NOW



INFOGRAPHICS



National Nutrition Week

#nationalnutritionweek26

Eat Smart. Live Strong.

A balanced and nutritious diet is the foundation of good health. Healthy eating helps prevent malnutrition and can reduce the risk of several non-communicable diseases.

Every healthy choice you make today builds a healthier tomorrow.

Take Action: Choose fresh, nutritious foods, reduce food waste and eat mindfully.

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



International Day of Clean Air for Blue Skies

#internationaldayofcleanairforblueskies26

Breathe Clean. Live Healthy.

Air pollution is responsible for nearly 7 million premature deaths every year. Around 99% of the world's population breathes air that exceeds safe pollution limits.

Clean air is not a luxury—it is essential for healthy people and a healthy planet.

Take Action: Walk, cycle, use public transport, save energy and avoid unnecessary burning.

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



www.gosharpener.com





International Day for the Preservation of the Ozone Layer

#internationaldayforthepreservationoftheozonelayer26

September 16

13 CLIMATE ACTION

Protect the Ozone. Protect Life.

The ozone layer acts as Earth's protective shield, blocking harmful ultraviolet (UV) radiation from reaching us. Global action through the **Montreal Protocol** has put the ozone layer on a path towards recovery by the middle of this century.

Take Action: Choose ozone-friendly products and spread awareness about protecting our atmosphere.

Here's How You Can Help:

Log in to the platform and report your sustainable action today!



www.gosharpener.com





Zero Emissions Day

#zeroemissionsday26

September 21

13 CLIMATE ACTION

Imagine a Cleaner, Low-Carbon Future.

The energy sector contributes nearly **75% of global greenhouse gas emissions**. Our everyday choices can help reduce emissions and create cleaner communities.

Take Action: Walk, cycle, carpool, use public transport, conserve electricity and choose renewable energy where possible.

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

STAY CONNECTED. STAY INSPIRED.

FOLLOW GOSHARPENER TO EXPLORE HOW SCHOOLS ACROSS THE COUNTRY ARE TURNING LEARNING INTO MEANINGFUL ACTION. DISCOVER STUDENT-LED INITIATIVES, INSPIRING SCHOOL STORIES, EXPERT INSIGHTS, SUSTAINABILITY ACTIVITIES!

SCAN. FOLLOW. BE PART OF THE **CHANGE**.



Monthly Toolkit training will be held as per the given details on Google Meet for Educators

Day	Timings	Classes
Mondays	5pm to 5.30pm	3-5
Tuesdays	5pm to 5.30pm	6-8
Wednesdays	5pm to 5.30pm	9-10
Thursdays	5pm to 5.30pm	11-12

Kindly contact the Account Manager to block your seat in advance!

SHARP ACTION

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