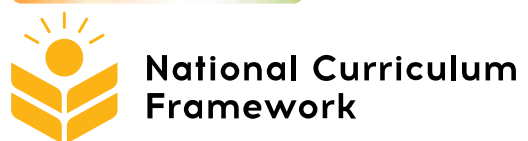




Aligned With



A Product of GoSharpener
Toolkit for Sustainability Activities
Vol- 11th & 12th | September 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



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	11	SEWA	—	Project 7: Study the Nutrition and Health Status of a Peer Group	1	Sustainable Actions	Trail Mix Pack	2 ZERO HUNGER
	7	International Clean Air for Blue Skies	11	SEWA	—	Project 6: Environment Conscious Citizens	2	Sustainable Actions	Dust-Fall Jar	13 CLIMATE ACTION

INSTRUCTIONS FOR CONDUCTING ACTIVITY
NATIONAL NUTRITION WEEK

▶ Info Video

▶ Activity Video

Name of Activity: Trail Mix Pack

According to the ICMR-NIN Dietary Guidelines (2024), late adolescence (ages 16–18 years) marks a critical physiological phase requiring heightened nutritional efficiency to sustain peak cognitive demands and rapid metabolic growth. The guidelines recommend a daily energy target of 3320 kcal for boys and 2500 kcal for girls, emphasizing that at least 30 g of mixed nuts and seeds should be consumed daily to provide essential polyunsaturated fatty acids (PUFAs), plant-based proteins, and vital fat-soluble micronutrients. Students will scientifically portion and assemble a high-performance snack using flexible ingredients already available in their home kitchens. This assembly requires absolutely no heat, cooking gas, or electrical appliances during school assembly.

Materials Required

- (Choose any available ingredients from your kitchen).
- Complex Carbohydrate Base (Choose 1 or 2 options available at home):
 - Roasted fox nuts (makhana) – high in magnesium and fiber
 - Roasted chickpeas (chana) – excellent source of low-GI carbohydrates
- Puffed rice (murmura) or roasted beaten rice (poha)
- Essential Lipid & Protein Layer (Choose whatever nuts are available at home):
 - Almonds or walnuts – rich in vitamin E and omega-3 fatty acids, Peanuts (groundnuts) or cashews – accessible source of healthy monounsaturated fats
- Micronutrient Seed Boost (Optional. Use if available at home):
 - Pumpkin seeds, Sunflower seeds, Watermelon seeds, Flaxseeds
- Antioxidant Sweet Layer (Choose 1 option available at home):
 - Dried raisins (kishmish) or chopped dates – natural iron and instant glycogen recovery, Dried cranberries or dark chocolate chips (70% cocoa or higher)
- Equipment: Clean steel plate or mixing bowl, Standard kitchen spoon (used as a volumetric part metric), Reusable airtight container, steel tiffin box, or cloth snack pouch
- Apron

Step-by-Step Instructions

Step 1: Quantify the Volumetric Proportions

- Take a clean steel plate or mixing bowl. Utilizing a standard kitchen spoon as your basic unit of measurement, portion out your home-available ingredients using the following exact nutritional balance ratios: 2 parts of your chosen carbohydrate base, such as 2 spoons of roasted chana or makhana
- 1 part of your available healthy nuts, such as 1 spoon of peanuts or almonds

- 1 part of any available seeds. If seeds are absent at home, substitute with an additional 1 part of available nuts
- ½ part of your chosen antioxidant sweet layer, such as half a spoon of raisins

Step 2: Homogenize the Mix

- Combine all your measured, home-sourced ingredients inside the mixing bowl. Use a clean spoon to thoroughly toss and stir the items together until the lipid-rich nuts, fibrous seeds, and complex carbohydrate bases are uniformly distributed throughout the mixture.

Step 3: Portion Control and Preservation

- Divide your final structural mix into individual serving sizes of approximately 30–40 g each (equivalent to one large, closed handful). Transfer this single portion directly into a clean, reusable steel tiffin box, airtight old glass jar, or an eco-friendly cloth snack pouch to protect the healthy fats from oxidising.

Step 4: Cognitive Performance Break

- Consume your measured portion during an intensive study break or right before a mentally demanding class activity.
- Observe: Track your satiety and focus levels over the next two hours. Note how this dietary combination provides stable blood glucose levels and sustained mental clarity, completely avoiding the rapid energy crash associated with refined sugar snacks.
- Important Nutrition Observation
- Maintaining stable glycemic index (GI) loads is vital for consistent academic performance. According to ICMR-NIN guidelines, replacing ultra-processed commercial snacks (which are high in trans-fats and sodium) with a self-assembled mix of legumes, seeds, and nuts optimises metabolic health. The dietary fiber slows down glucose absorption, while the combinations of plant proteins and healthy fats actively protects cellular health.

Evidence: Upload a clear photo of yourself holding your scientifically portioned Trail Mix Pack made, on the platform, using the GoSharpener Calculator.

INSTRUCTIONS FOR CONDUCTING ACTIVITY
INTERNATIONAL CLEAN AIR FOR BLUE SKIES

▶ Info Video

▶ Activity Video

Name of Activity: Dust-Fall Jar

Material Required

- Old wide-mouth glass jar (jam or pickle jar) or an old plastic bottle with the top cut off
- Used cooking oil (leftover from cooking)
- Discarded sticker backing paper (the slippery paper left after stickers are peeled off)
- Piece of old fine mesh cloth or a discarded onion mesh bag
- Old rubber band or leftover piece of string
- Used white paper (blank on one side)
- Old notebook or reused observation sheets
- Apron

Step-by-Step Instructions

Step 1: Prepare the Dust-Fall Jar

- Wash and dry an old wide-mouth glass jar or an old plastic bottle with the top cut off. Take a piece of discarded sticker backing paper that fits the bottom of the container. Smear a thin layer of used cooking oil onto the slippery side of the backing paper to make it sticky and place it oil-side up at the bottom of the container.

Step 2: Cover the Jar

- Place a piece of old fine mesh cloth or a discarded onion mesh bag over the mouth of the container. Secure it tightly with an old rubber band or a leftover piece of string. The mesh allows airborne dust to enter while preventing insects and leaves from falling into the container.

Step 3: Set Up the Monitoring Station

- Place the container in an open outdoor location such as a balcony, terrace, school courtyard or near a roadside. Leave it undisturbed for 7 days to allow dust particles to settle naturally and stick to the oily backing paper.

Step 4: Observe the Dust Deposition

- After one week, carefully move the container without disturbing the settled particles. Place it on a used white sheet of paper (blank on one side) and observe the layer of dust collected on the oily sticker backing paper at the bottom. Record the location, exposure time and your observations in an old notebook or on reused observation sheets.

Step 5: Analyse Your Findings

- Compare dust deposition from different locations, if possible. Discuss how nearby traffic, construction activity, vegetation and weather conditions may influence the amount of airborne dust in an area.

Evidence: Upload a clear photo of yourself with the Dust-Fall Jar 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	12	SEWA	—	Project 6: Environment Conscious Citizens	1	Sustainable Actions	Zero-Waste Mineral Broth	2 ZERO HUNGER 
	7	International Clean Air for Blue Skies	12	SEWA	—	Project 6: Environment Conscious Citizens	2	Sustainable Actions	Charcoal Pouch	13 CLIMATE ACTION 

INSTRUCTIONS FOR CONDUCTING ACTIVITY NATIONAL NUTRITION WEEK

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

Name of Activity: Zero-Waste Mineral Broth

Material Required

- Clean vegetable scraps (such as onion skins, garlic peels, carrot ends, potato peels or coriander stems)
- Boiling water – (Brought from home in an insulated thermos flask)
- Covered stainless steel container or insulated flask
- Fine strainer or an old cloth scrap (for filtering)
- Recycled glass bottle, mason jar or old plastic bottle (for storage)
- Old spoon or reused stick
- Note:** Strictly do not include any salt, pepper, oils or spices, as these chemicals can harm plant tissues and soil microbes.
- Apron

Step-by-Step Instructions

Step 1: Collect and Prepare the Waste Scraps

- Collect clean vegetable scraps over a few days at home. Wash them thoroughly under clean running water to remove dirt and avoid using any rotten or mouldy pieces. Store the cleaned scraps in your refrigerator until you have collected a handful.
- Observe: How everyday kitchen waste can be intercepted and saved as a valuable resource for nature instead of being discarded into landfills.

Step 2: Extract the Plant Nutrients

- Place your collected vegetable scraps into a covered stainless steel container or insulated flask. Carefully pour boiling water over the scraps until they are fully submerged. Close the lid tightly and allow the mixture to steep for 4–6 hours or overnight.
- Observe: How heat extracts vital micronutrients and minerals from the vegetable tissues into the liquid without requiring any continuous stove cooking.

Step 3: Strain and Cool the Mix

- Pour the mixture through an old cloth scrap or strainer into a recycled glass bottle or jar. Use an old spoon to press the scraps gently against the strainer to extract as much liquid as possible. Let the liquid cool down completely to room temperature before use.
- Observe: The colour change of the water as it transforms into a clear, nutrient-rich liquid fertiliser derived entirely from discarded kitchen scraps.

Step 4: Feed the Plants and Return the Waste

- Pour the cooled mineral broth directly onto the soil around the base of your house plants, potted herbs or garden area. Take the leftover strained vegetable scraps and put them into a compost bin or bury them directly into your garden soil.
- Observe: How this cycle forms a mini circular economy, where nutrients are recovered specifically to feed plants and organic matter is returned to enrich the earth.

Safety Warning

- NOT FOR HUMAN CONSUMPTION:** This mineral broth is formulated strictly for plant care and soil nourishment. Do not taste, drink or use this liquid in any food preparation.

Evidence: Upload a clear photo of yourself holding your prepared Zero-Waste Mineral Broth for Plants on the platform, using the GoSharpener Calculator.

INSTRUCTIONS FOR CONDUCTING ACTIVITY INTERNATIONAL CLEAN AIR FOR BLUE SKIES

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

Name of Activity: Charcoal Pouch

Material Required

- Old clean cotton sock or piece of cotton/jute fabric
- Small pieces of wood charcoal (barbecue or cooking charcoal; avoid charcoal briquettes with additives)
- Scrap string or thread
- Scissors (if using fabric)
- Enclosed space such as a cupboard, drawer, bookshelf or storage box
- Apron

Step-by-Step Instructions

Step 1: Prepare the Charcoal

- Collect a few pieces of clean wood charcoal.
- With adult supervision, break the charcoal into small pebble-sized pieces to increase its exposed surface area.

Step 2: Make the Charcoal Pouch

- Fill the cotton sock or fabric pouch with the charcoal pieces.
- Tie the open end securely using scrap string or thread to prevent the charcoal from spilling.

Step 3: Place the Pouch

- Keep the charcoal pouch inside an enclosed space such as a classroom cupboard, study drawer, bookshelf, wardrobe or storage box.
- Leave it in place for 1–2 weeks.

Step 4: Observe the Results

- Compare the enclosed space before and after using the pouch.
- Record observations about any changes in moisture, musty odours or freshness.
- Discuss how activated carbon and charcoal have porous surfaces that can adsorb certain odours and some airborne chemicals, making them useful in many filtration applications.

Step 5: Reuse the Pouch

- After about 2 weeks, place the charcoal pouch in direct sunlight for 2–3 hours to help remove absorbed moisture.
- Reuse the pouch in another enclosed space and continue observing its performance.

Evidence: Upload a clear photo of yourself with the prepared Charcoal Pouch using the GoSharpener Calculator.

EVIDENCE REPORTING

STEPS TO FOLLOW

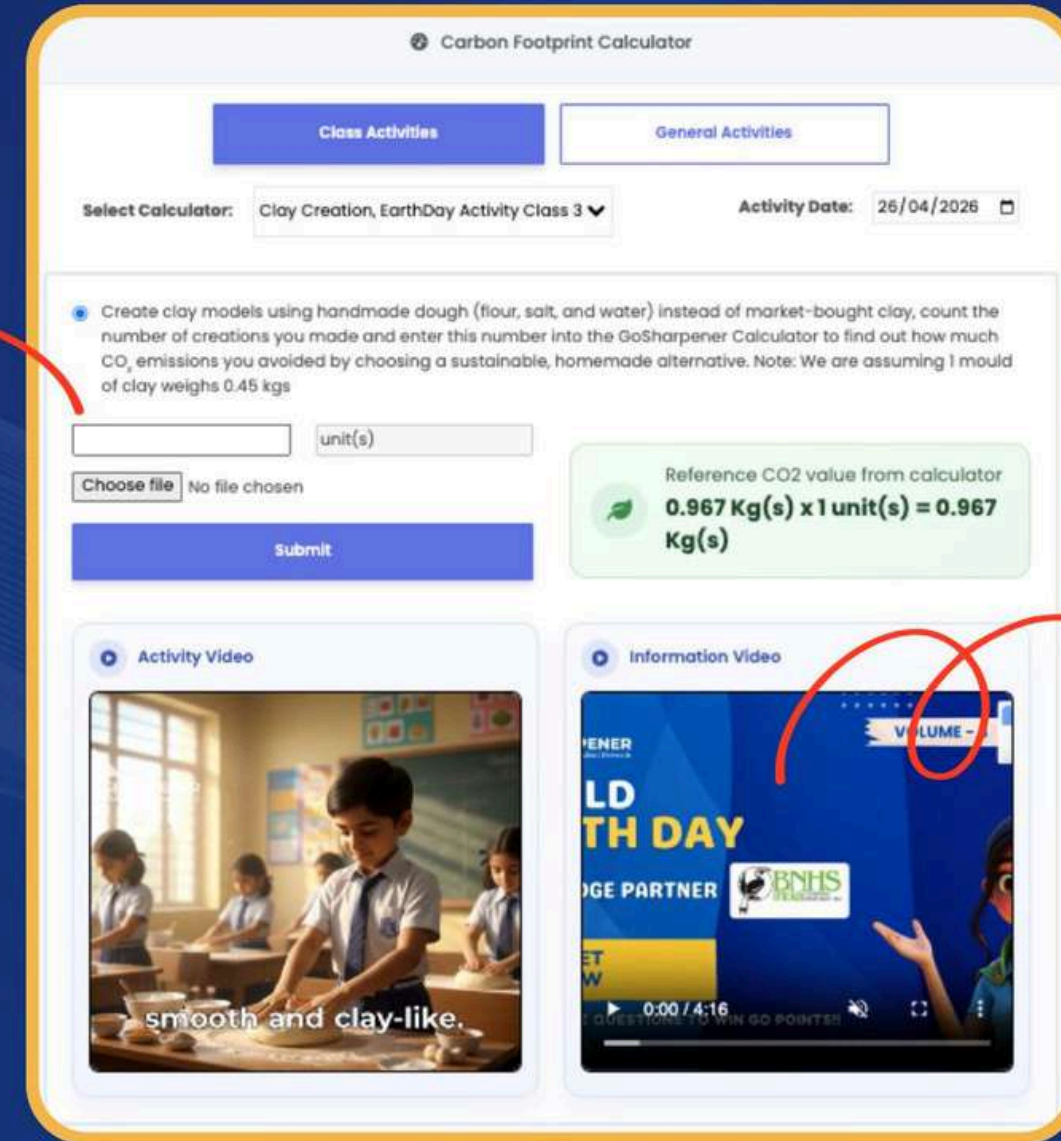
- 1 Download the App
- 2 Login
- 3 Select, "GoPoints Activity"
- 4 Upload Photo
- 5 Tag Class
- 6 Get Certificate

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

9 INDUSTRY, INNOVATION AND INFRASTRUCTURE



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:

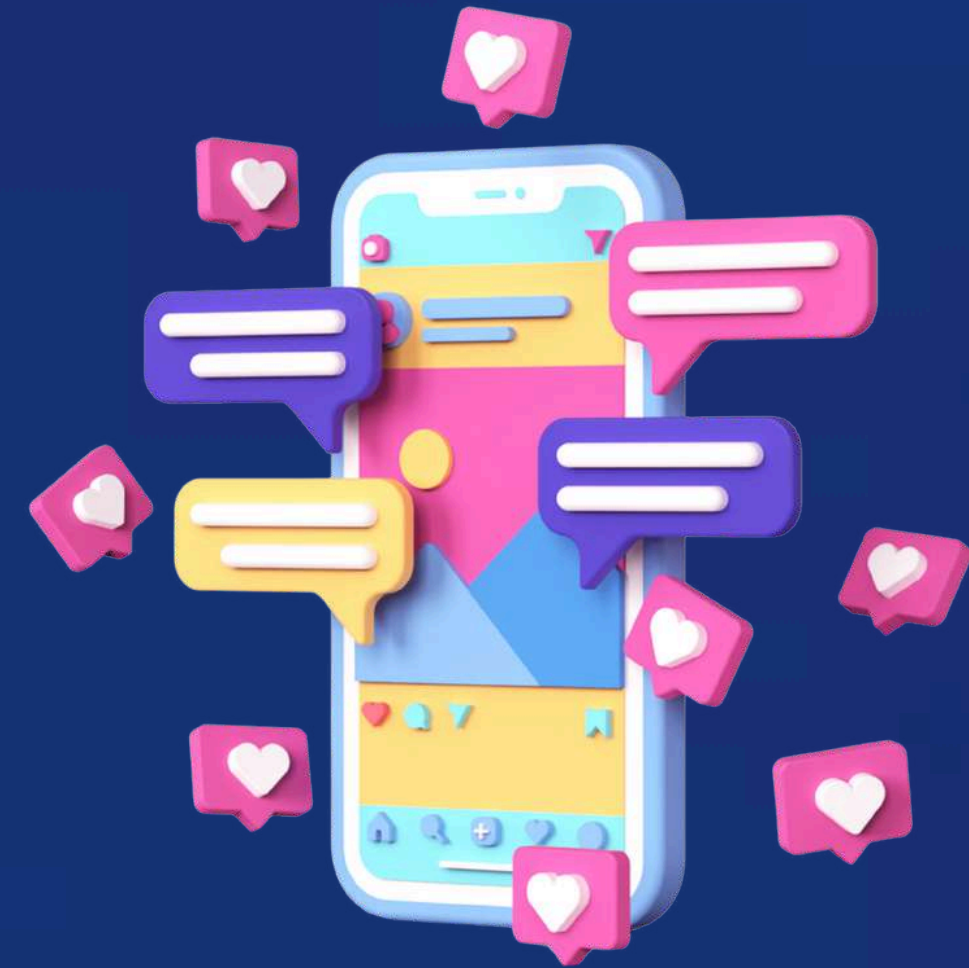
Log in to the platform and report your sustainable action today!

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

A Product of GoSharpener

Toolkit for Sustainability Activities
Vol- 11th & 12th | September 2026-27



Aligned With

