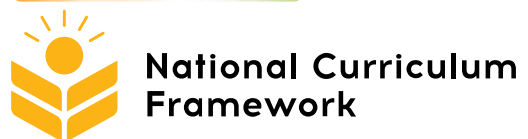




Aligned With



**A Product of GoSharpener**  
**Toolkit for Sustainability Activities**  
**Vol- 3 to 5 | 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<br>NCERT/Kaushal Bodh/<br>Kaushal Vikas/CBSE/SEWA | Chapter/<br>Part | Activity/<br>Project No. | SDG Day | Sustainable<br>Practices | Name of the<br>Activity               | SDG                                                                                                         |
|-----------|------|----------------------------------------------|-------|---------------------------------------------------------------|------------------|--------------------------|---------|--------------------------|---------------------------------------|-------------------------------------------------------------------------------------------------------------|
| September | 1-7  | National<br>Nutrition<br>Week                | 3     | NCERT - Our Wondrous<br>World                                 | —                | —                        | 1       | Sustainable<br>Actions   | Monsoon<br>Pomegranate<br>Chaat       | 2 ZERO<br>HUNGER<br>     |
|           | 7    | International<br>Clean Air for<br>Blue Skies | 3     | NCERT - Our Wondrous<br>World                                 | —                | —                        | 2       | Sustainable<br>Actions   | Seed Spice Air<br>Freshener<br>Sachet | 13 CLIMATE<br>ACTION<br> |

## INSTRUCTIONS FOR CONDUCTING ACTIVITY NATIONAL NUTRITION WEEK

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

**Name of Activity: Monsoon Pomegranate Chaat**

### Material Required

Pick materials that are readily available at home. There is no need to purchase anything new.

- Puffed rice (Murmura) or roasted foxnuts (Makhana) - ½ cup
- Fresh paneer (cottage cheese), cubed – ¼ cup
- Pomegranate pearls – ¼ cup
- Roasted peanuts, crushed – 1 teaspoon
- Fresh lemon juice – 1 teaspoon
- Roasted cumin (jeera) powder – a tiny pinch
- Rock salt – a tiny pinch
- Mixing bowl from kitchen
- Spoon from kitchen
- Clean plate from kitchen
- Apron

### Step-by-Step Activity Flow

#### Step 1: Clean

- Wash hands thoroughly with soap for at least 20 seconds.
- Rinse the outer surfaces of the pomegranate and lemon under clean running water and ensure that all utensils are clean.
- Students learn the importance of food hygiene, especially during the monsoon season.

#### Step 2: Measure the Puffed Rice

- Measure ½ cup of crisp puffed rice or roasted foxnuts (Makhana) and add it to the clean mixing bowl.

#### Step 3: Prepare the Fresh Paneer

- Take the finely cubed fresh paneer and add it directly to the mixing bowl with the puffed rice/roasted foxnuts.
- Learn that paneer is a rich source of protein and calcium that supports growth and bone health and can be safely eaten fresh without cooking.

#### Step 4: Prepare the Fruit

- Carefully open the washed pomegranate and collect the fresh pomegranate pearls in a clean bowl.
- Discard any pale or damaged seeds.
- Student observes the colour, texture and freshness of the fruit.

#### Step 5: Assemble the Chaat

- Combine the: Puffed rice (Murmura) or roasted foxnuts (Makhana), Paneer cubes, Pomegranate pearls in a mixing bowl.
- Drizzle 1 teaspoon of fresh lemon juice over the chaat.
- Student prepares a colourful chaat using nutrient-rich ingredients.

#### Step 6: Season and Serve

##### Sprinkle:

- A tiny pinch of roasted cumin powder
- A tiny pinch of rock salt
- Add 1 teaspoon of crushed roasted peanuts.
- Mix gently with a clean spoon and serve fresh on the plate.
- Student observes how different ingredients contribute flavour, texture and nutrition to the chaat.

#### Important Observation

- Different foods provide different nutrients:
- Puffed rice (Murmura) or roasted foxnuts (Makhana) provides energy and complex carbohydrates.
- Paneer provides high-quality protein and calcium.
- Pomegranate provides vitamin C and antioxidants.
- Roasted peanuts provide healthy fats and vitamin E.
- Lemon juice helps improve iron absorption.

Eating a variety of foods helps support growth, immunity and overall health.

#### Eat crisp and fresh

**Evidence:** Upload a picture of yourself with the prepared Monsoon Chaat, on the platform, using the GoSharpener Calculator.

## INSTRUCTIONS FOR CONDUCTING ACTIVITY INTERNATIONAL CLEAN AIR FOR BLUE SKIES

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

**Name of Activity: Seed Spice Air Freshener Sachet**

### Material Required

- Small pieces of old cotton cloth or discarded fabric scraps
- Leftover dried orange or lemon peels
- Whole cloves
- Leftover cinnamon pieces
- Leftover cardamom pods (optional)
- Leftover dried flower petals (optional)
- Reused jute thread or old cotton string
- Spoon from kitchen
- Safe scissors (if required)
- Do not use synthetic perfumes, aerosol sprays, glitter or new plastic decorative materials.

### Step-by-Step Instructions

#### Step 1: Collect Natural Fragrant Waste Materials

- Student collects naturally fragrant, leftover kitchen waste materials such as:
- Leftover dried orange or lemon peels
- Whole cloves
- Leftover cinnamon pieces
- Leftover cardamom pods (optional)
- Leftover dried flower petals (optional)

#### Step 2: Prepare the Fabric Pouch

- Spread the old cloth piece or discarded fabric scrap flat on the table. Fold it once to form a small pouch shape. If required, use safe scissors to trim the edges of the discarded fabric to make a neat square.

#### Step 3: Fill the Sachet

- Place one or two spoons of the leftover natural materials inside the old cloth pouch. Mix the discarded ingredients gently inside the pouch.

#### Step 4: Seal the Sachet

- Gather the open edges of the old cloth. Tie the pouch securely using reused jute thread or old cotton string. Ensure that the discarded contents remain safely inside.

#### Step 5: Test the Fragrance

- Gently squeeze the completed sachet and smell it.

#### Observe:

- Which leftover ingredient has the strongest fragrance?
- Which smells are sweet, spicy, or citrusy?
- How do discarded natural materials create pleasant scents?

**Evidence:** Upload a picture of yourself with the completed Sustainable Seed Spice Air Freshener Sachet made using discarded fabric scraps and leftover naturally fragrant materials, on the platform, using the GoSharpener Calculator.

| Month     | Date | Day                                          | Grade | Mapped with<br>NCERT/Kaushal Bodh/<br>Kaushal Vikas/CBSE/SEWA | Chapter/<br>Part | Activity/<br>Project No. | SDG Day | Sustainable<br>Practices | Name of the<br>Activity                  | SDG                                                                                                         |
|-----------|------|----------------------------------------------|-------|---------------------------------------------------------------|------------------|--------------------------|---------|--------------------------|------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| September | 1-7  | National<br>Nutrition<br>Week                | 4     | NCERT - Our Wondrous<br>World                                 | —                | —                        | 1       | Sustainable<br>Actions   | Protein Rich<br>Taco                     | 2 ZERO<br>HUNGER<br>     |
|           | 7    | International<br>Clean Air for<br>Blue Skies | 4     | NCERT - Our Wondrous<br>World/Mission Life (Save<br>Energy)   | —                | —                        | 2       | Sustainable<br>Actions   | Planting for<br>Environmental<br>Balance | 13 CLIMATE<br>ACTION<br> |

## INSTRUCTIONS FOR CONDUCTING ACTIVITY NATIONAL NUTRITION WEEK

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

Name of Activity: Protein Rich Taco

Material Required- (Gather from Home)

- Pre-prepared, fully cooked chapatimade from a 50% wheat and 50% gram flour (besan (taco base) – 1 piece
- Pre-boiled chana / black or white chickpeas (prepared ahead at home) – ½ cup
- Finely chopped vegetables (corn, tomatoes, cucumbers) – ¼ cup (combined)
- Tamarind chutney (homemade) – 1 teaspoon
- Grated cheese or crumbled fresh paneer – 2 tablespoons
- Cloth Napkins/tissue paper
- Clean eating space
- Apron

### Step-by-Step Instructions

#### Step 1: Understand the Nutrition Link

- Before starting, review these daily values:
- Daily Energy Needed: ~1710 Kcal
- Daily Protein Needed: ~23 g
- Keep these food group roles in mind while assembling your taco:
- Cereals give energy
- Pulses build strength
- Vegetables protect the body
- Dairy strengthens bones

#### Step 2: Prepare for Safe Cooking

Ensure:

- Hands are washed or sanitised (completely dry)
- The table is clean and dry
- All ingredients are clean and ready
- Each student has all required components

#### Step 3: Create the Energy Base (Chapati Shell)

- Take the 1 pre-prepared chapati. Gently curve it into a U-shape to form a taco shell.
- Observe: Flexibility of the chapati and how it can hold other ingredients.

#### Step 4: Add the Protein Layer (Chana Foundation)

- Scoop 2–3 spoonfuls (approx. ¼ cup) of pre-boiled chana. Place it at the bottom center of the chapati.
- Observe: Texture and firmness of the chana and how it forms the main filling layer.
- Step 5: Add the Protective Veggie Layer
- Add ¼ cup of mixed chopped vegetables (corn, tomatoes, cucumbers) over the chana layer.

Observe: Colourful appearance and variety of textures.

#### Step 6: Add Flavour Enhancement (Chutney Drizzle)

- Take 1 teaspoon of tamarind chutney. Drizzle it lightly over the vegetable layer.
- Observe: Enhanced taste and aroma with a balanced flavour addition.

#### Step 7: Add Calcium Boost (Cheese/Paneer Layer)

- Sprinkle 2 tablespoons of grated cheese or crumbled paneer evenly on top.
- Observe: Final visual layer forming and soft texture addition.

#### Step 8: Fold and Enjoy the Power Taco

- Carefully fold the chapati into a taco shape. Hold it gently and take a bite.

Observe: Stability of the structure and the combined taste of all layers.

**Evidence:** Upload a picture of yourself holding the protein-rich taco and upload it on the platform using the GoSharpener Calculator.

## INSTRUCTIONS FOR CONDUCTING ACTIVITY INTERNATIONAL CLEAN AIR FOR BLUE SKIES

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

Name of Activity: Planting for Environmental Balance

Material Required

- Plastic container (such as an old plastic bottle, old coconut shell, or discarded food delivery box)
- Leftover Money Plant cutting (4–6 inches long with at least 2 nodes)
- Garden soil
- Water
- Spoon from kitchen or reused stick (to function as a small trowel to make the planting hole)
- Apron

### Step-by-Step Instructions

#### Step 1: Prepare the Pot

- Take your reused plastic container or discarded food box and ensure an adult helps make small drainage holes at the bottom. Fill the recycled planter with moist garden soil. Use your old spoon to make a small hole in the centre of the soil.

#### Step 2: Prepare the Money Plant Cutting

- Obtain a healthy 4–6 inch leftover Money Plant vine containing at least 2 nodes. Carefully snip it off and remove the leaves from the lower node while keeping the top leaves completely intact.

#### Step 3: Plant the Cutting

- Insert the prepared cutting straight into the hole made in your upcycled container so that at least one node sits buried completely under the soil. Gently press the soil around the stem using your fingers to hold it firmly upright.

#### Step 4: Water and Place the Plant

- Water the soil lightly using a reused water cup until the soil is evenly moist. Keep your recycled plastic planter in a bright, shaded indoor location that receives indirect sunlight.

- Step 5: Observe the Indoor Dust Barrier
- Care for your upcycled plant by watering it only whenever the top layer of soil begins to dry. After 2–3 weeks, gently wipe a leaf with a clean, old white cloth scrap and observe the dust collected. Note how the plant leaves help trap fine dust particles (PM2.5) to keep your indoor air cleaner.

**Evidence:** Upload a clear photo of yourself holding your newly planted Money Plant inside its recycled waste container on the platform using the GoSharpener Calculator.

| Month     | Date | Day                                          | Grade | Mapped with<br>NCERT/Kaushal Bodh/<br>Kaushal Vikas/CBSE/SEWA | Chapter/<br>Part | Activity/<br>Project No. | SDG Day | Sustainable<br>Practices | Name of the<br>Activity                     | SDG                                                                                                         |
|-----------|------|----------------------------------------------|-------|---------------------------------------------------------------|------------------|--------------------------|---------|--------------------------|---------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| September | 1-7  | National<br>Nutrition<br>Week                | 5     | NCERT - Our Wondrous<br>World                                 | —                | —                        | 1       | Sustainable<br>Actions   | Flavours of Fall -<br>Autumn Protein<br>Bar | 2 ZERO<br>HUNGER<br>     |
|           | 7    | International<br>Clean Air for<br>Blue Skies | 5     | NCERT - Our Wondrous<br>World/Mission Life (Save<br>Energy)   | —                | —                        | 2       | Sustainable<br>Actions   | Natural Bioshield                           | 13 CLIMATE<br>ACTION<br> |

## INSTRUCTIONS FOR CONDUCTING ACTIVITY NATIONAL NUTRITION WEEK

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

**Name of Activity:** Flavours of Fall - Autumn Protein Bar

### Material Required

Pick materials that are readily available at home. There is no need to purchase anything new.

- Rolled or instant oats – ¾ cup (increase for energy base)
- Soft dates (pitted) – 8 to 10 pieces (increase for binding)
- Peanut butter – 4 to 5 tablespoons
- Roasted chana (powdered or crushed) – ½ cup (increase for protein layer)
- Ripe banana – ½ piece
- Roasted peanuts (chopped) – 3 tablespoons
- Pumpkin or sunflower seeds (optional) – 1.5 tablespoons
- Rock salt – a tiny pinch
- Large mixing bowl
- Fork
- Spoon
- Butter knife
- Butter paper (parchment paper) or clean plate
- Small tray or square container
- Apron

### Step-by-Step Instructions

#### Step 1: Prepare the Sweet Binder

- Peel the ½ ripe banana and place it in a large mixing bowl. Mash the banana with a fork until completely smooth. Add the 8-10 pitted soft dates and mash them thoroughly into the banana to form a thick, sticky paste. Mix in the 4-5 tablespoons of peanut butter until well combined.

#### Step 2: Add the Protein and Crunch

- Add the ¾ cup of oats, ½ cup of powdered roasted chana and a tiny pinch of rock salt to the sticky mixture. Fold in the 3 tablespoons of chopped roasted peanuts and optional seeds. Mix thoroughly with a spoon until a very firm, dense dough forms.

#### Step 3: Shape the Protein Bars

- Observe: How pressing the larger mixture firmly helps the denser dough compact and stick together effectively.

#### Step 4: Set and Cut the Bars (Under adult supervision)

- Allow the mixture to rest on the tray for 15-20 minutes to firm up. Once the dough is set and completely stable, use a safe butter knife to carefully cut the layer into rectangular protein bars.
- Observe: How the texture changes after resting, making the dense bar clean and easy to slice.

**Evidence:** Upload a picture of yourself with the prepared Autumn Protein Bar on the platform, using the GoSharpener Calculator.

## INSTRUCTIONS FOR CONDUCTING ACTIVITY INTERNATIONAL CLEAN AIR FOR BLUE SKIES

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

**Name of Activity:** Natural Bioshield

### Material Required

- Reused plastic container (such as an old plastic cup, old coconut shell, or discarded food container)
- Leftover garlic cloves – 3 to 4 pieces (separated from a discarded garlic bulb core)
- Dry leaves – A small handful (collected from fallen leaves outside)
- Garden soil
- Water
- Old spoon or reused stick (to function as a small tool to mix the soil)
- Apron

### Step-by-Step Instructions

#### Step 1: Prepare the Upcycled Planter

- Take your reused plastic container or discarded food cup and ensure an adult helps make small drainage holes at the bottom. Fill the container with garden soil. Mix a few crushed dry leaves into the soil with an old spoon to make it light and fertile.

#### Step 2: Prepare the Garlic Cloves

- Separate 3-4 leftover garlic cloves from a garlic bulb core. Keep the thin, papery skin intact on each discarded clove. Identify the flat root base and ensure that the pointed end faces upward.

#### Step 3: Plant the Garlic

- Push each garlic clove about 2-3 cm deep into the soil inside your upcycled container with the pointed end facing up. Leave a small gap between each clove. Gently press the soil around the cloves using your fingers to hold them firmly upright.
- **Step 4: Water and Place the Planter**
- Water the soil lightly using a reused water cup until it is evenly moist. Place your recycled plastic planter on a sunny classroom windowsill where it can receive a few hours of natural sunlight each day.

#### Step 5: Observe the Natural Bioshield

- Care for your upcycled plant by watering the soil whenever the top layer begins to dry. Watch the green shoots grow over the next 1-2 weeks. Note how growing greenery indoors from leftover kitchen scraps helps create a fresher, more nature-friendly classroom environment.

**Evidence:** Upload a clear photo of yourself with the Garlic Natural Bioshield made using an upcycled container and leftover garlic cloves, on the platform, using the GoSharpener Calculator.

# EVIDENCE REPORTING

## STEPS TO FOLLOW

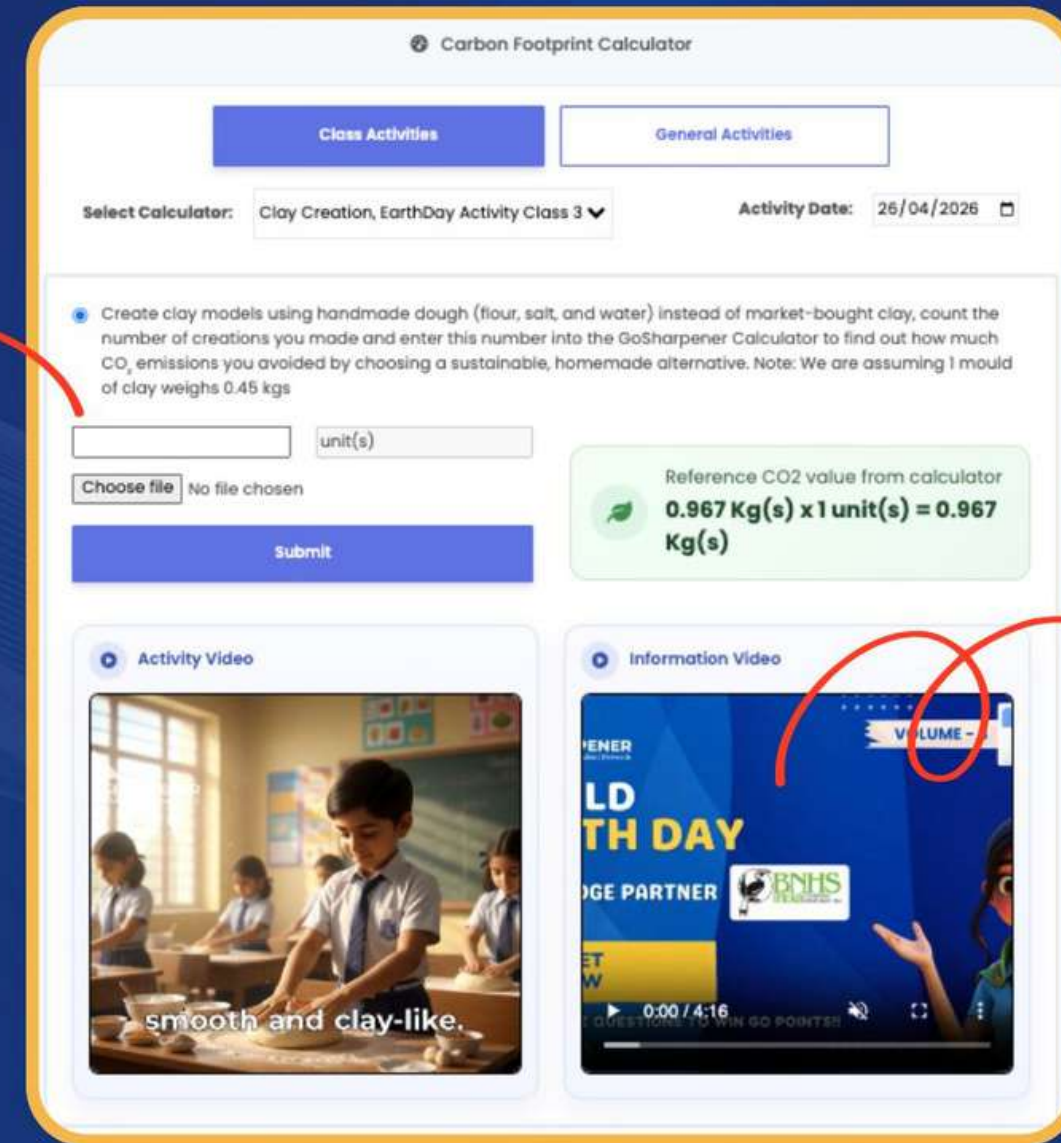
- 1 Download the App
- 2 Login
- 3 Select, "GoPoints Activity"
- 4 Upload Photo
- 5 Tag Class
- 6 Get Certificate

## 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 | <b>9</b> INDUSTRY, INNOVATION AND INFRASTRUCTURE<br> |

## 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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Toolkit for Sustainability Activities  
Vol- 3 to 5 | September 2026-27



Aligned With

