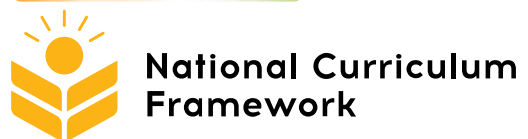




Aligned With



A Product of GoSharpener
Toolkit for Sustainability Activities
Volume 6 to 8 | 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	6	Kaushal Bodh Part 3: Work in Human Services	—	Project 6: Cooking without Fire	1	Sustainable Actions	Healthy Sandwich	2 ZERO HUNGER 
	7	International Clean Air for Blue Skies	6	Kaushal Bodh Part 1 - Work with Life Forms	—	Project 1: School Kitchen Garden	2	Sustainable Actions	Tulsi Air-Guardian Plant	13 CLIMATE ACTION 

INSTRUCTIONS FOR CONDUCTING ACTIVITY NATIONAL NUTRITION WEEK

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

Name of Activity: Healthy Sandwich

The sandwich provides mainly energy through bread and butter, contributing to daily calorie needs of around 2230 kcal for boys and 2060 kcal for girls, while offering a small amount of protein (about 6–10 g per serving) that supports growth but is not sufficient alone for the daily requirement of 76 g (boys) and 70 g (girls), so it should be paired with other protein-rich foods like pulses, milk or sprouts. Tomatoes and cucumbers also add vitamins, minerals and fibre for better digestion and overall health.

Please note: Milk should not be consumed along with a cucumber and tomato sandwich. Kindly ensure there is an appropriate gap between consuming milk and the tomato- cucumber sandwich.

Material Required

- Bread slices (preferably whole wheat) – 2 pieces
- Tomato – ½ piece (sliced)
- Cucumber – ½ piece (sliced)
- Butter – ½ tablespoon
- Rock salt – a tiny pinch
- Black pepper powder – a tiny pinch
- Fresh mint chutney (homemade) – 1 teaspoon (optional)
- Safe butter knife
- Clean plate
- Apron

Step-by-Step Instructions

Step 1: Prepare the Ingredients

- Wash the tomato and cucumber thoroughly under clean running water. Lay them out on a clean surface and slice them carefully using a safe butter knife or prep tools.

Step 2: Prepare the Bread Base

- Place the 2 bread slices on a clean plate. Spread the ½ tablespoon of butter using a butter knife evenly across the surface of both slices to form a base. If using fresh mint chutney, drizzle the 1 teaspoon over the buttered layer.

Step 3: Add the Vegetable Layer

- Arrange the fresh sliced tomatoes and cucumbers flat on top of one of the buttered bread slices. Sprinkle a tiny pinch of rock salt and a tiny pinch of black pepper evenly across the vegetable layer.

Observe: The vibrant colours and crisp textures of the fresh vegetables.

Step 4: Assemble the Sandwich

- Take the second bread slice and place it face-down over the seasoned vegetable layer. Press the sandwich together gently using clean hands to hold the layers firmly intact.

Step 5: Cut and Serve (Under adult supervision)

Use your safe butter knife to slice the sandwich diagonally into triangles or straight into squares. Place it neatly on your clean plate and serve fresh.

Evidence: Upload a clear photo of yourself holding your prepared Healthy Sandwich on the platform using the GoSharpener Calculator.

INSTRUCTIONS FOR CONDUCTING ACTIVITY INTERNATIONAL CLEAN AIR FOR BLUE SKIES

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

Name of Activity: Tulsi Air-Guardian Plant

Material Required

- Old plastic bottle or discarded food container
- Tulsi seeds (collected from dried flower spikes) or a healthy Tulsi cutting
- Small pebbles or broken brick pieces (collected from the ground for drainage)
- Garden soil
- Water
- Old spoon or reused stick (to dig and place soil)
- Apron

Step-by-Step Instructions

Step 1: Prepare the Upcycled Planter

- Thoroughly wash your used plastic bottle or discarded food container with water. Ensure an adult helps make a few small drainage holes at the bottom. Place a thin layer of small pebbles or broken brick pieces inside at the very bottom to keep the drainage holes clear.

Step 2: Add the Soil

- Use an old spoon or reused stick to fill your container with garden soil, leaving about an inch of space at the top. Gently press the soil down so it sits firm but remains loose enough for roots to grow easily.

Step 3: Plant the Tulsi

- If using a cutting: Use your reused stick to make a small hole in the centre of the soil. Gently place the stem cutting inside and press the soil around it to hold it steady.
- If using seeds: Sprinkle a few Tulsi seeds evenly across the soil surface. Use your fingers to cover them lightly with a very thin layer of dry soil.
- Water the container gently using a recycled water cup until the soil is damp.

Step 4: Care for your Air Guardian

- Place your upcycled planter in a bright, sunny spot like a balcony, terrace or windowsill where it can receive a few hours of natural sunlight every day. Check the container daily and water it only when the top layer of soil begins to feel dry to the touch.

Step 5: Observe the Growth

- Monitor your Tulsi plant over the next 2–3 weeks. Track and record any changes in its stem height, the appearance of new green leaves and its overall growth progress, noting how cultivating local plants increases green cover and improves our surrounding spaces.

Evidence: Upload a clear photo of yourself with your planted Tulsi Air-Guardian Plant, 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	7	Kaushal Bodh Part 3: Work in Human Services	—	Project 6: Family Health Handbook	1	Sustainable Actions	Homemade Protein Powder Mix	2 ZERO HUNGER 
	7	International Clean Air for Blue Skies	7	NCERT	—	—	2	Sustainable Actions	Acidic Micro- Nutrient Manure	13 CLIMATE ACTION 

INSTRUCTIONS FOR CONDUCTING ACTIVITY NATIONAL NUTRITION WEEK

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

Name of Activity: Homemade Protein Powder Mix

According to the ICMR–NIN Dietary Guidelines, a child aged 13–15 years undergoing rapid pubertal growth spurts requires approximately 2,860 kcal of energy daily for boys and 2,400 kcal for girls. To support lean muscle mass and bone development, the guidelines recommend a daily protein allowance of 46 g for boys and 42 g for girls. Students will assemble a Homemade Protein Powder Mix, a nutrient-dense energy snack made with whole plant proteins and healthy fats that contribute toward these milestone developmental needs.

Materials Required

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

- Roasted chana (sattu / roasted split chickpeas) – 4 tablespoons
- Mixed seeds (pumpkin, sunflower, melon and flax seeds) – 2 tablespoons
- Almonds – 6 to 8 pieces
- Jaggery powder – 1 tablespoon
- Cardamom pods (2 pieces) or cinnamon powder (a tiny pinch)
- Thick old cloth pouches
- Rolling pin or smooth wooden block (under adult supervision)
- Reusable spoons
- Clean steel plate or bowl
- Small reusable container
- Apron

Step-by-Step Instructions

Step 1: Measure the Ingredients

- Take a clean steel plate or bowl. Measure the 4 tablespoons of roasted chana, 2 tablespoons of mixed seeds and 6–8 almonds. Carefully peel the 2 cardamom pods and collect the inner seeds, discarding the outer husks.

Step 2: Crush the Ingredients Safely

- Transfer the measured roasted chana, mixed seeds and almonds into an old but clean thick cloth pouch. Use a rolling pin or smooth wooden block to firmly press and tap the bag, crushing the ingredients safely into a coarse powder under adult supervision.

Step 3: Add the Natural Flavouring

- Open the bag carefully. Add the 1 tablespoon of jaggery powder along with the collected cardamom seeds or the tiny pinch of cinnamon powder. Secure the bag a second time and shake it thoroughly to blend all ingredients evenly.

Step 4: Storage and Serving

- Pour your completed energy mixture into a clean, reusable container or steel bowl. This dry mix can be enjoyed immediately as a crunchy snack or stirred directly into a warm glass of milk or water.
- Observe: How dry, shelf-stable ingredients can be transformed into a convenient snack mix using mechanical pressure rather than cooking heat.

Evidence: Upload a clear photo of yourself holding your prepared Homemade Protein Powder Mix, on the platform, using the GoSharpener Calculator.

INSTRUCTIONS FOR CONDUCTING ACTIVITY INTERNATIONAL CLEAN AIR FOR BLUE SKIES

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

Name of Activity: Acidic Micro-Nutrient Manure

Material Required

- Leftover dried lemon or orange peels (collected from kitchen waste)
- Recycled tray, old plate or discarded newspaper (for drying)
- Old mortar and pestle, to function as a safe tool to crush the peels (use under adult supervision)
- Measuring spoon
- Garden soil
- Any potted plant (such as an existing Snake Plant or Money Plant)
- Water
- Old newspaper scrap (optional, for making a waste-free pouch to share the manure)
- Do not use synthetic chemical fertilisers, brand-new plastic bags or electrical blending appliances during classroom assembly.
- Apron

Step-by-Step Instructions

Step 1: Collect the Citrus Waste

- Collect clean, leftover lemon or orange peels from your kitchen waste. Tear or break the discarded peels into tiny pieces using your fingers or a safe tool.

Step 2: Dry the Waste Peels

- Spread the leftover peel pieces flat across a recycled tray or an old newspaper. Place them in a sunny spot for 2–3 days until they become completely dry, crisp and brittle.

Step 3: Prepare the Upcycled Manure

- Place the dried, discarded peels into an old mortar and pestle. Crush them firmly into a coarse, flaky powder. Mix 2 tablespoons of this upcycled citrus powder with a small amount of garden soil inside a reusable cup under adult supervision.

Observe: How dry kitchen waste changes texture and breaks down easily under mechanical pressure.

Step 4: Feed the Plant

- Sprinkle the prepared leftover mixture evenly around the base of your potted plant's soil. Use a reused cup to water the soil lightly so the nutrients settle in.

Observe: How the natural aroma of the citrus powder refreshes the soil area.

Step 5: Track Plant Growth

- Care for your plant normally over the next 2–3 weeks. Monitor the soil and look for changes in leaf colour or new growth, noting how recycling organic kitchen waste helps nourish indoor greenery.

Step 6: Wrap and Share the Leftovers (Optional)

Fold a small pouch out of an old newspaper scrap. Pour any extra citrus manure into it to gift to your school gardener or a neighbour, preventing any organic material from going to waste.

Evidence: Upload clear pictures showing your prepared Sustainable Acidic Micro-Nutrient Manure and its application to your potted plant using the GoSharpener Calculator.

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September	1-7	National Nutrition Week	8	Kaushal Bodh Part 1: Work with Life Forms	—	Project 1: Hydroponics: Growing Plants without Soil	1	Sustainable Actions	Hydroponics - NFT Method	2 ZERO HUNGER 
	7	International Clean Air for Blue Skies	8	Kaushal Bodh Part 1: Work with Life Forms	—	Project 1: Hydroponics: Growing Plants without Soil	2	Sustainable Actions	Compost Tea	13 CLIMATE ACTION 

INSTRUCTIONS FOR CONDUCTING ACTIVITY NATIONAL NUTRITION WEEK

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

Name of Activity: Hydroponics - NFT Method

Material Required

- PVC pipe (76 mm diameter) – 1 metre long (OR 3–4 empty 2-litre plastic soda bottles securely taped together)
- 10–15 hydroponic net pots (50 mm height) (OR used plastic tea/coffee cups with small drainage slits at the bottom)
- Water tub or bucket (15–20 L capacity)
- Hand drill with hole-saw drill set (OR scissors/utility knife for cutting plastic bottles, under adult supervision)
- Heat gun with silicone glue OR waterproof duct tape/electrical tape for sealing (strictly to be carried out under adult supervision)
- Submersible pump (18 W) with a 1.5-metre hosepipe (OR plastic funnel and measuring cup for a manual gravity-fed system)

Step-by-Step Instructions

Step 1: Prepare PVC Pipe

- Use a PVC pipe of 3-inch (76 mm) diameter and 1 metre length.
- You can plant 6 to 7 plants in a metre-long pipe. You can make stacks of 4–5 pieces.

Step 2: Make Plant Holes (Under adult supervision)

- Make holes at equal intervals in the PVC pipe using a saw drill.

Ensure that:

- Hole size fits net pots
- Equal spacing between plants is maintained

Step 3: End Cap Setup

- Place end caps at both ends of the pipe (plastic bottle caps, small containers, tape etc.)
- Drill water inlet and outlet holes on the side of end caps under adult supervision
- Seal properly using silicone glue gun after fitting water pipe
- (You can take help from an expert like a metal fabricator or carpenter.)

Step 4: Structure Setup

- Build a support frame using:
- Wooden sticks / bamboo sticks / metal rack
- Place the PVC pipe securely on the structure (vertical or stacked design).

Step 5: Water System Setup

- Use a bucket or tub as water reservoir (15–20 L)
- Install submersible pump (18 watts)
- Connect hosepipe from pump to PVC pipe inlet
- Connect outlet back to reservoir

Step 6: Water Flow System

- Water flows continuously in a thin film through the pipe carrying nutrients.
- This ensures plant roots receive water + nutrients while exposed to oxygen.

Step 7: Optional Timer Setup

- You can attach an on-off timer to control water flow automatically at fixed intervals.

In this method:

- Plants do NOT grow in soil
- Roots are exposed to a thin flowing layer of nutrient water
- Uses less water compared to traditional farming
- Allows vertical farming and space saving

Evidence: Upload a picture of yourself with the Hydroponics - NFT system, on the platform, using the GoSharpener Calculator.

INSTRUCTIONS FOR CONDUCTING ACTIVITY INTERNATIONAL CLEAN AIR FOR BLUE SKIES

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

Name of Activity: Compost Tea

Material Required - (Gather from Home)

Time taken to complete the activity 2 to 3 days

- Ready-to-use compost or well-decomposed organic matter – 100 to 150 g
- Old cotton cloth or discarded muslin fabric scrap
- Old bucket (10–15 L capacity)
- Water – 10 L (Maintain an ideal pH of 6.0 to 7.0; if using tap water, let it sit uncovered for 24 hours to clear any chlorine)
- Leftover jaggery or sugar – 50 g
- Reused wooden stick (for stirring)
- Fine strainer or an old cloth scrap (for filtering)
- Recycled spray bottle or reused watering can
- Air-purifying potted plants (such as Spider Plant, Snake Plant or Peace Lily)
- Apron

Step-by-Step Instructions

Step 1: Prepare the Compost Bag

- Place the 100–150 g of ready-to-use compost into the centre of your old cotton cloth or discarded muslin fabric scrap. Gather the edges together tightly and tie them securely with a piece of old string to form a closed, compact compost tea bag.

Step 2: Brew the Liquid Nutrients

- Fill an old bucket with 10 litres of pH-balanced water. Submerge your prepared compost bag completely into the water. Add the 50 g of leftover jaggery or sugar to feed the beneficial microbes. Stir the liquid thoroughly using a reused wooden stick. Leave the mixture to brew in a shaded spot for 2–3 days, stirring it once each day to introduce oxygen. Keep the bucket loosely covered to prevent insects, debris, and contamination while still allowing gases to escape.

Step 3: Filter and Dilute the Mix

- Carefully lift the compost bag out of the bucket and squeeze out the remaining liquid. Strain the liquid through an old cloth scrap or fine strainer into a second container to remove any large floating particles. Mix 1 part of this brewed tea with 10 parts of plain water to dilute it safely before application.

Step 4: Feed the Plants

- Pour your diluted liquid fertiliser into a recycled spray bottle or a reused watering can. Gently apply the mix directly around the soil base of your indoor air-purifying plants (like Spider Plants or Snake Plants). You can also lightly mist it directly onto the leaves to serve as a foliar spray.

Step 5: Observe the Growth Results

- Care for your plants normally over the next 1–2 weeks, keeping them in their designated indoor or semi-shaded areas. Monitor them closely for improvements in leaf colour vibrancy, new shoots or overall plant health, noting how recycling organic waste supports natural growth.

Evidence: Upload a clear photo of yourself with your prepared Sustainable Compost Tea, on the platform, using the GoSharpener Calculator.

EVIDENCE REPORTING

STEPS TO FOLLOW

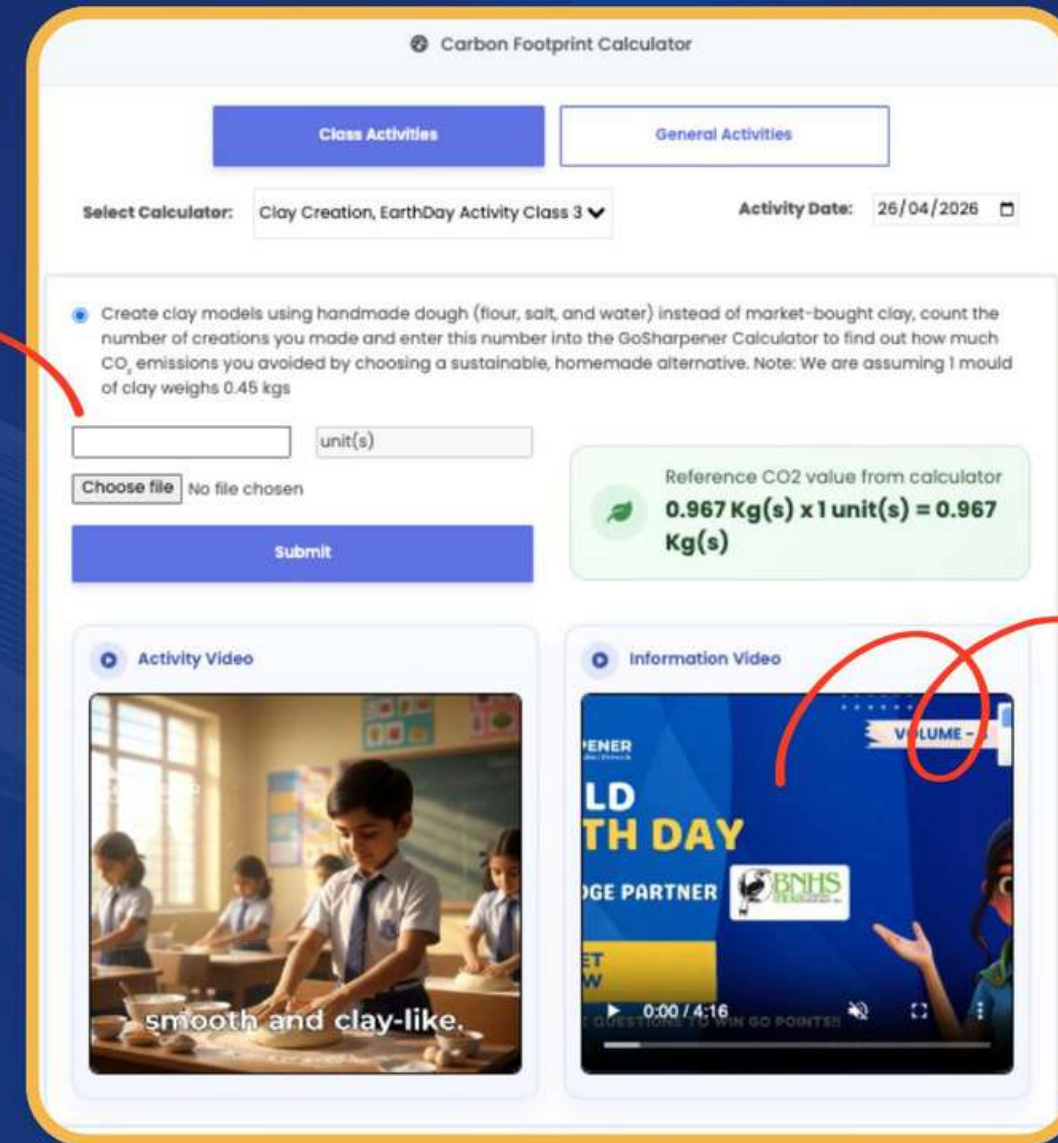
- 1 Download the App
- 2 Login
- 3 Select, "GoPoints Activity"
- 4 Upload Photo
- 5 Tag Class
- 6 Get Certificate

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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