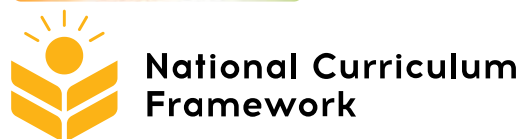




Aligned With



A Product of GoSharpener
Toolkit for Sustainability Activities
Volume 6 to 8 | October 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



Reference	Part & Project	Activity / Chapter	Activity Name & Description	Day & Date	SDG Day	SDG
KAUSHAL BODH	Part 2: Work with Machines and Materials / Project 3: Maker Skills	Activity 1: Simple machines in our surroundings, Activity 2: Using levers to make toys, Activity 3: Using a propeller to make toys, Activity 4: Using a wheel and axle to make toys, Activity 5: Using more than one simple machine to make toys, Activity 6: Simple machines in a bicycle	E-Waste Rescue Rover The "E-Waste Rescue Rover" activity has students build a rover from safe, reusable e-waste materials that demonstrates wheel-and-axle, lever, pulley, and propeller mechanisms working together, teaching basic machines through upcycled design.	International E-waste Day (14th October)	1	12 RESPONSIBLE CONSUMPTION AND PRODUCTION
SWACHH EVAM HARIT VIDYALAYA RATING	Handwashing with Soap	Does the school provide soaps for hand-washing before PM POSHAN (earlier Mid-Day Meal) / lunch?	DIY Natural Cleansing Wash The "DIY Natural Cleansing Wash" activity has students turn natural saponin sources like soapnuts, horse chestnuts, or oats into a plant-based cleansing liquid, exploring how organic waste can be repurposed into sustainable alternatives to commercial soap.	Global Handwashing Day (15th October)	2	3 GOOD HEALTH AND WELL-BEING

INSTRUCTIONS FOR CONDUCTING ACTIVITY
INTERNATIONAL E-WASTE DAY

▶ Info Video

▶ Activity Video

Name of Activity: E-Waste Rescue Rover

Students will create a simple E-Waste Rescue Rover using safe, reusable materials. The toy demonstrates a wheel and axle, lever, pulley, and propeller, helping students understand how different mechanisms can work together.

Materials Required

- Old, waste, thick cardboard or discarded plastic packaging
- 4 used bottle caps or old CDs for wheels
- 2 waste wooden skewers
- 2 discarded drinking straws
- A discarded ice cream stick or waste cardboard strip for the lever
- Waste thread/string
- An empty thread spool
- A small propeller from an old toy or a propeller made from waste paper/cardboard
- 2x AA battery holder and used batteries from remote controls (optional, for the motorised version)
- Small low-voltage toy motor (optional)
- Old wires/cable pieces
- Tape
- Safety Scissors

Step-by-Step Instructions

Step 1: Make the Rover Body

- Use a piece of thick cardboard or clean discarded plastic packaging to make the base of the rover.

Step 2: Add the Wheels

- Fix two straws underneath the body and pass wooden skewers through them. Attach four bottle caps or CDs to the ends to create the wheel-and-axle mechanism.

Step 3: Make the Lever

- Attach an ice-cream stick or cardboard strip to the front using a small pin or skewer so that it can move up and down around a pivot point.

Step 4: Add the Lifting Basket

- Attach a small bottle cap or cardboard scoop to the end of the lever. Students can use it to lift lightweight objects.

Step 5: Add the Pulley

- Attach an empty thread spool to the rover and pass a string around it. Connect the string to the lever so that pulling or winding the string moves the lever.

Step 6: Add the Propeller

- Attach a small propeller made from discarded plastic or cardboard to the back of the rover. Students can turn it by hand or use a small battery-powered motor under adult supervision.

Step 7: Test the Mechanisms

- Students will roll the rover, operate the lever to lift an object, and rotate the propeller to observe how each mechanism works.

Step 8: Identify the Mechanisms

- Students will identify the wheel and axle, lever, pulley, and propeller and explain how each one contributes to the working of their toy.

Important Safety Note

- Students should use only safe, clean, non-sharp e-waste. Do not dismantle chargers, phones, laptops, power supplies, or batteries. Any wiring, cutting of hard plastic, or motor connection should be done with teacher/adult supervision. Use only low-voltage battery power—never connect the toy to a wall socket.

Evidence: Upload a picture of yourself with the E-Waste Rescue Rover on the platform using the GoSharpener Calculator.

INSTRUCTIONS FOR CONDUCTING ACTIVITY
GLOBAL HANDWASHING DAY

▶ Info Video

▶ Activity Video

Name of Activity: DIY Natural Cleansing Wash

Students explore how naturally fallen, discarded, or common household plant materials can be repurposed into a natural cleansing solution, encouraging the reuse of organic waste and responsible consumption.

Materials Required

- Saponin Source: Clean, correctly identified horse chestnuts (conkers) or dried soapnuts (reetha) or common rolled oats
- Soothing Ingredient: Fresh aloe vera leaves or aloe vera gel or flaxseeds (linseeds)
- Water: Warm water
- Mixing Container: Clean glass bowl from the kitchen or a clean old reusable plastic bowl/container (such as a washed yoghurt tub)
- Storage Container: Clean reused glass jar/bottle or a thoroughly washed old plastic juice bottle
- Crushing Tool: Reused kitchen mortar and pestle or a rolling pin/smooth rock paired with a sturdy reusable zip-lock bag or clean old tea towel
- Cutting Tool: Reused kitchen knife and chopping board
- Straining Tool: Fine sieve from the kitchen or clean cotton cloth or clean old t-shirt/sock or reused coffee filter
- Stirring Tool: Reused kitchen spoon/wooden spoon or whisk
- Safety Gear: Reusable gloves
- Apron

Step-by-Step Instructions

Step 1: Collect and Gather the Materials

- Collect clean, naturally fallen horse chestnuts or aloe vera leaves removed during garden maintenance. If using kitchen staples, gather your soapnuts, oats, store-bought gel, or flaxseeds. Do not collect natural materials from roadsides, drains, or polluted areas.

Step 2: Clean the Materials

- Wash the horse chestnuts or soapnuts thoroughly with clean water to remove soil and dirt. Pat them dry using a clean cloth. (Skip this step if using clean kitchen oats).

Step 3: Cut or Prepare the Materials

- With adult supervision, place your material on a chopping board. Carefully cut the conkers into small pieces, or crack open the soapnuts. Smaller pieces will help the useful soap-like compounds mix more easily with the water. (If using oats, simply measure them out raw).

Step 4: Crush the Materials

- Place the cut pieces in a mortar and crush them using a pestle until they become a coarse mash.
- Alternative: If you do not have a mortar and pestle, place your cut materials inside a sturdy reusable plastic zip-lock bag or wrap them securely in a clean old tea towel. Crush them from the outside using a rolling pin or a smooth rock. Avoid touching the crushed material unnecessarily.

Step 5: Soak the Mixture

- Transfer the mash or oats into a clean reused glass bowl or old reusable plastic container. Add enough warm water to completely cover it and leave it to soak for approximately 2 hours. Stir the mixture gently every 30–40 minutes.
- Alternative for Flaxseed users: If you are using flaxseeds as your soothing ingredient instead of aloe vera, boil 1 tablespoon of flaxseeds in a cup of water for 5 minutes right now so it can cool down and form a gel.

Step 6: Strain the Cleansing Liquid

- Place a fine sieve, clean cotton cloth, old t-shirt fabric, or coffee filter over another clean reused bowl or container. Pour the soaked mixture through it and press the mash gently to collect the liquid. Discard the remaining solid material in the appropriate organic-waste bin.

Step 7: Prepare the Soothing Gel

- Prepare your gel component depending on what you have available:
- If using fresh aloe vera: Wash the leaf thoroughly. Carefully cut away the outer green skin and remove only the clear inner gel. Rinse the gel once with clean water.
- If using store-bought aloe vera gel: Measure out 1–2 teaspoons of the gel.
- If using flaxseeds: Strain the cooled, boiled flaxseed liquid through a cloth to separate the thick, clear gel from the seeds.

Step 8: Combine the Ingredients

- Add a small amount of your prepared aloe vera gel or flaxseed gel to the strained cleansing liquid. Mix the two ingredients slowly with a clean reused spoon or whisk until the gel is evenly distributed throughout the liquid.

Step 9: Check the Mixture

- Observe the colour, texture, and consistency of your mixture. Gently shake or whisk a small amount and observe whether it produces a light, soap-like lather due to the naturally occurring saponins in your plant material.

Step 10: Transfer and Label

- Pour the prepared mixture into a clean reused, labelled glass jar or old plastic bottle. Write "Natural Cleansing Wash – Demonstration Sample" on the label and note the date it was prepared.

Step 11: Dispose of the Materials Safely

- Do not keep the mixture for long periods because it contains fresh plant material and has no chemical preservatives. Dispose of the remaining mixture and plant waste appropriately after your demonstration.
- Safety: Horse chestnuts (conkers) are not edible and must never be consumed. Do not confuse conkers with edible chestnuts.
- Do not apply the prepared mixture to the eyes, face, or broken skin.
- This activity is strictly for demonstrating plant-based cleansing properties and does not replace regular hand soap.

Evidence: Upload a picture of yourself with the natural cleansing wash on the platform using the GoSharpener Calculator.

Reference	Part & Project	Activity / Chapter	Activity Name & Description	Day & Date	SDG Day	SDG
SWACHH EVAM HARIT VIDYALAYA RATING	Operation & Maintainance	How does the school dispose its non-biodegradable waste (dry waste)?	E-Waste Collection Drive The "E-Waste Collection Drive" activity has students gather safe, unused electronics from home and submit them to their Class Teacher for authorised recycling, reinforcing responsible e-waste disposal and the principle of Reduce, Reuse, Repair, Recycle.	International E-waste Day (14th October)	1	12 RESPONSIBLE CONSUMPTION AND PRODUCTION 
KAUSHAL BODH	Part 3: Work in Human Services / Project 6: Family Health Handbook	Activity 1: Factors Affecting Health, Activity 2: Framing Health Questions, Activity 4: Creating a First-Aid Kit (Hand sanitiser), Activity 5: Factors affecting health at different ages, Activity 6: Analysing data from the survey of family members, Activity 7: Making a plan to improve your and family's health, Activity 8: Preventing action related to environmental	DIY Alcohol-Based Hand Sanitiser The "DIY Alcohol-Based Hand Sanitiser" activity has students prepare their own hand sanitiser using isopropyl alcohol and aloe vera gel, building awareness around hand hygiene for Global Handwashing Day.	Global Handwashing Day (15th October)	2	3 GOOD HEALTH AND WELL-BEING 

INSTRUCTIONS FOR CONDUCTING ACTIVITY INTERNATIONAL E-WASTE DAY

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

Name of Activity: E-Waste Collection Drive

E-waste includes old, broken, or unwanted electronic and electrical items. Through this activity, students will collect safe e-waste from home and submit it at school for responsible recycling.

Materials Required

- Reusable bag or box
- Safe e-waste from home

Step-by-Step Activity Flow

Step 1: Collect E-Waste at Home

- With a parent/guardian's permission, look around your home for old, unused, or broken electronic items that are no longer needed.

Step 2: What to Collect

- Collect items such as old chargers, cables, earphones, computer mice, keyboards, remote controls, and small electronic accessories.

Step 3: What Not to Collect

- Do not bring leaking/damaged batteries, bulbs, large appliances, exposed wires, hazardous items, or anything that is still in use.

Step 4: Pack Safely

- Place the collected e-waste carefully in a reusable bag or box. Do not break, open, or dismantle any electronic item.

Step 5: Bring to School

- Bring the collected e-waste to school on the date announced by your teacher and carry it safely.

Step 6: Submit the E-Waste

- Submit your collected e-waste to your Class Teacher or Class CR at the designated collection point.

Step 7: Count and Record

- With the help of your teacher/Class CR, count the items collected and observe how much e-waste your class has gathered.

Step 8: Recycle Responsibly

- The school will send the collected e-waste to an authorised e-waste recycler for safe and responsible recycling.

Important Observation

- E-waste should never be mixed with regular waste. Reduce, Reuse, Repair and Recycle electronic products whenever possible.

Evidence: Upload a picture of yourself with the e-waste you collected on the platform using the GoSharpener Calculator.

INSTRUCTIONS FOR CONDUCTING ACTIVITY GLOBAL HANDWASHING DAY

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

Name of Activity: DIY Alcohol-Based Hand Sanitiser

Students will prepare a simple alcohol-based hand sanitiser under teacher supervision and learn about the importance of proper hand hygiene, especially when soap and water are not readily available.

Materials Required

- 70% isopropyl alcohol – ¾ cup
- Aloe vera gel – ½ cup
- Clean old reusable bowl
- Old Measuring cup from your kitchen
- Old reusable Spoon
- Funnel from the kitchen
- Clean old reusable pump bottle
- Label/sticker
- Apron

Step-by-Step Instructions

Step 1: Measure the Ingredients

- With the adult/teacher's supervision, students will measure ¾ cup of 70% isopropyl alcohol and ½ cup of aloe vera gel.

Step 2: Mix the Ingredients

- Pour the alcohol and aloe vera gel into a clean bowl and gently mix until they are evenly combined.

Step 3: Transfer to the Bottle

- Using a clean funnel, carefully transfer the mixture into a pump bottle and close it tightly.

Step 4: Label the Sanitiser

- Label the bottle "Alcohol-Based Hand Sanitiser – For External Use Only" and mention the date of preparation.

Step 5: Learn the Correct Amount

- The adult/teacher will demonstrate how to apply enough sanitiser to cover all surfaces of the hands and fingers.

Step 6: Rub Hands Properly

- Students will rub their palms, backs of hands, between their fingers, fingertips, and thumbs until their hands are completely dry.

Safety Note

- Alcohol is highly flammable. Preparation must be carried out under teacher supervision, away from flames, heat, and sparks. Do not add extra water or other ingredients, as this can reduce the alcohol concentration and effectiveness.

Evidence: Upload a picture of yourself with the hand sanitiser on the platform using the GoSharpener Calculator.

Reference	Part & Project	Activity / Chapter	Activity Name & Description	Day & Date	SDG Day	SDG
SWACHH EVAM HARIT VIDYALAYA RATING	Operation & Maintainance	How does the school dispose its non-biodegradable waste (dry waste)?	E-Waste Collection Drive The "E-Waste Collection Drive" activity has students gather safe, unused electronics from home and submit them to their Class Teacher for authorised recycling, reinforcing responsible e-waste disposal and the principle of Reduce, Reuse, Repair, Recycle.	International E-waste Day (14th October)	1	12 RESPONSIBLE CONSUMPTION AND PRODUCTION 
GOSHARPENER ACTIVITY	Handwash Hygiene	—	Natural Loofah – Grow Your Own Sponge The "Natural Loofah – Grow Your Own Sponge" activity has students sow and care for loofah seeds in the school garden, learning how this plant offers a renewable, biodegradable alternative to synthetic cleaning sponges.	Global Handwashing Day (15th October)	2	3 GOOD HEALTH AND WELL-BEING 

INSTRUCTIONS FOR CONDUCTING ACTIVITY
INTERNATIONAL E-WASTE DAY

 [Info Video](#)

 [Activity Video](#)

Name of Activity: E-Waste Collection Drive

E-waste includes old, broken, or unwanted electronic and electrical items. Through this activity, students will collect safe e-waste from home and submit it at school for responsible recycling.

Materials Required

- Reusable bag or box
- Safe e-waste from home

Step-by-Step Activity Flow

Step 1: Collect E-Waste at Home

- With a parent/guardian's permission, look around your home for old, unused, or broken electronic items that are no longer needed.

Step 2: What to Collect

- Collect items such as old chargers, cables, earphones, computer mice, keyboards, remote controls, and small electronic accessories.

Step 3: What Not to Collect

- Do not bring leaking/damaged batteries, bulbs, large appliances, exposed wires, hazardous items, or anything that is still in use.

Step 4: Pack Safely

- Place the collected e-waste carefully in a reusable bag or box. Do not break, open, or dismantle any electronic item.

Step 5: Bring to School

- Bring the collected e-waste to school on the date announced by your teacher and carry it safely.

Step 6: Submit the E-Waste

- Submit your collected e-waste to your Class Teacher or Class CR at the designated collection point.

Step 7: Count and Record

- With the help of your teacher/Class CR, count the items collected and observe how much e-waste your class has gathered.

Step 8: Recycle Responsibly

- The school will send the collected e-waste to an authorised e-waste recycler for safe and responsible recycling.

Important Observation

- E-waste should never be mixed with regular waste. Reduce, Reuse, Repair and Recycle electronic products whenever possible.

Evidence: Upload a picture of yourself with the e-waste you collected on the platform using the GoSharpener Calculator.

INSTRUCTIONS FOR CONDUCTING ACTIVITY
GLOBAL HANDWASHING DAY

 [Info Video](#)

 [Activity Video](#)

Name of Activity: Natural Loofah – Grow Your Own Sponge

Students will grow natural loofah (luffa) in the school garden and learn how plants can provide a biodegradable alternative to synthetic cleaning sponges. The activity connects gardening with hand hygiene, cleanliness, and sustainable choices.

Materials Required

- Loofah (luffa) seeds
- Garden soil
- Compost/vermicompost
- Small pots or garden bed
- Watering can
- Reusable gloves
- Old bamboo sticks or discarded wooden sticks for support
- Plant labels
- Apron

Step-by-Step Instructions

Step 1: Learn About Natural Loofah

The teacher will show students a natural loofah and explain that it comes from the dried fruit of the luffa plant and can be used as a biodegradable cleaning sponge.

Step 2: Connect It to Handwashing

Discuss how soap, clean water, and proper handwashing help maintain hygiene, while choosing reusable and biodegradable materials can reduce waste.

Step 3: Prepare the Soil

Students will loosen the soil and mix it with compost to create a nutrient-rich, well-drained growing area.

Step 4: Sow the Seeds

Make small holes about 2-3 cm deep, place the loofah seeds inside, cover them lightly with soil, and water gently.

Step 5: Label the Plant

- Students will place a label showing the plant name and date of sowing so they can track its growth.

Step 6: Provide Water and Sunlight

- Water the seeds regularly without overwatering and ensure the plants receive adequate sunlight for healthy growth.

Step 7: Provide Climbing Support

- As the plant grows, students will carefully guide the vine onto a bamboo trellis or other sturdy support.

Step 8: Observe and Continue Caring

- Students will regularly observe and record the plant's growth, leaves, flowers, and fruits and continue caring for it until the loofahs mature.

Important Observation

- Students learn that good hand hygiene and sustainable choices can go together. Growing natural loofah introduces students to a renewable, biodegradable material while reinforcing the importance of keeping hands and surroundings clean.

Note: Natural loofah fruits take several months to mature, so harvesting will be conducted as a follow-up activity once the fruits are fully mature and dried.

Evidence: Upload a picture of yourself with the Natural Loofah plant sown on the platform using the GoSharpener Calculator.

EVIDENCE REPORTING

STEPS TO FOLLOW

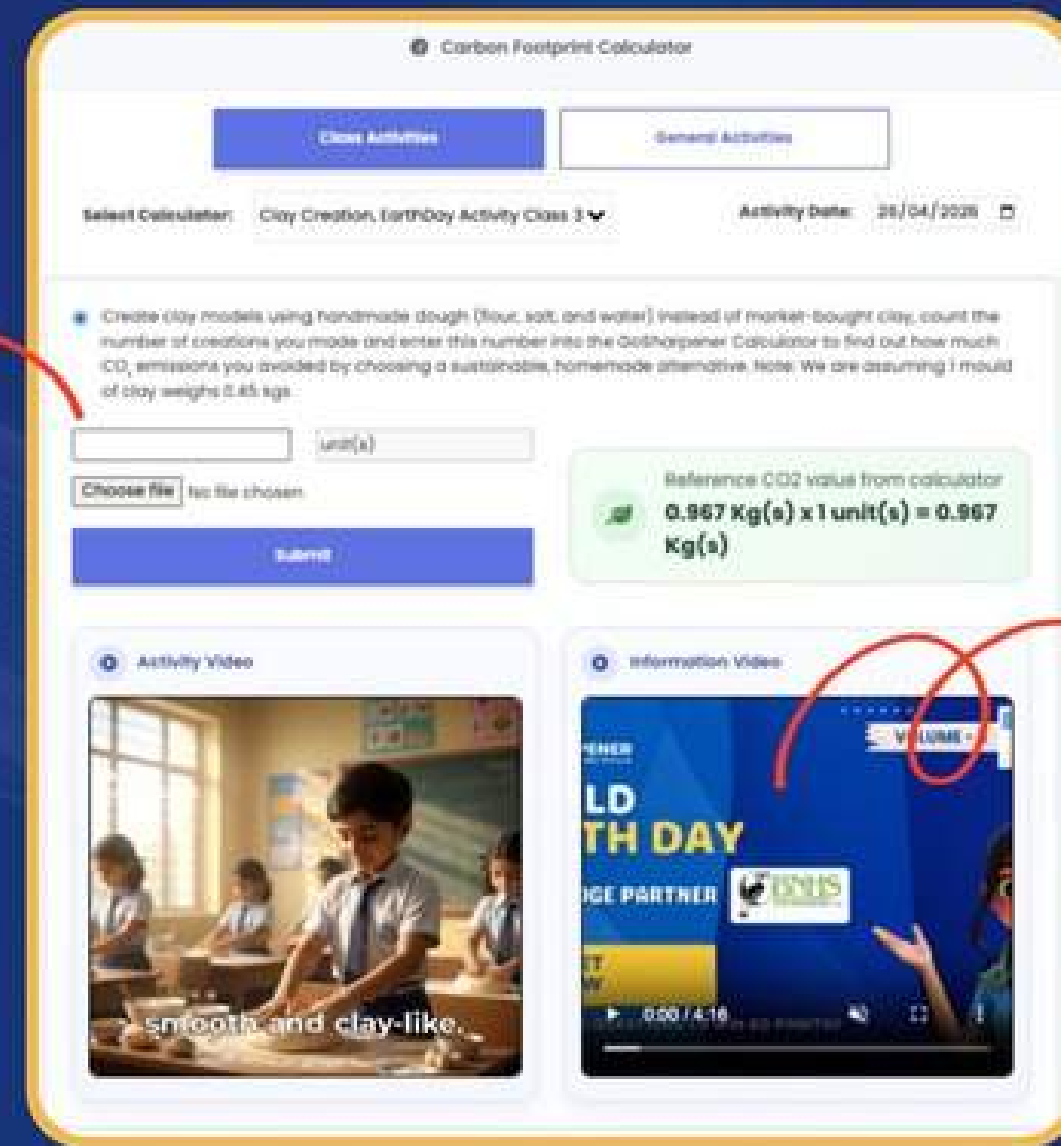
- 1 Download the App
- 2 Login
- 3 Select, "GoPoints Activity"
- 4 Upload Photo
- 5 Tag Class
- 6 Get Certificate

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
October	Global Handwashing Day	3rd to 12th	3 GOOD HEALTH AND WELL-BEING 

INSTRUCTIONS FOR CONDUCTING SPOTLIGHT ACTIVITY
GLOBAL HANDWASHING DAY



Name of Activity: DIY Natural Cleansing Wash

Students explore how naturally fallen, discarded, or common household plant materials can be repurposed into a natural cleansing solution, encouraging the reuse of organic waste and responsible consumption.

- Materials Required**
- Saponin Source: Clean, correctly identified horse chestnuts (conkers) or dried soapnuts (reetha) or common rolled oats
 - Soothing Ingredient: Fresh aloe vera leaves or aloe vera gel or flaxseeds (linseeds)
 - Water: Warm water
 - Mixing Container: Clean glass bowl from the kitchen or a clean old reusable plastic bowl/container (such as a washed yoghurt tub)
 - Storage Container: Clean reused glass jar/bottle or a thoroughly washed old plastic juice bottle
 - Crushing Tool: Reused kitchen mortar and pestle or a rolling pin/smooth rock paired with a sturdy reusable zip-lock bag or clean old tea towel
 - Cutting Tool: Reused kitchen knife and chopping board
 - Straining Tool: Fine sieve from the kitchen or clean cotton cloth or clean old t-shirt/sock or reused coffee filter
 - Stirring Tool: Reused kitchen spoon/wooden spoon or whisk
 - Safety Gear: Reusable gloves
 - Apron

Step-by-Step Instructions

- Step 1: Collect and Gather the Materials**
- Collect clean, naturally fallen horse chestnuts or aloe vera leaves removed during garden maintenance. If using kitchen staples, gather your soapnuts, oats, store-bought gel, or flaxseeds. Do not collect natural materials from roadsides, drains, or polluted areas.
- Step 2: Clean the Materials**
- Wash the horse chestnuts or soapnuts thoroughly with clean water to remove soil and dirt. Pat them dry using a clean cloth. (Skip this step if using clean kitchen oats).
- Step 3: Cut or Prepare the Materials**
- With adult supervision, place your material on a chopping board. Carefully cut the conkers into small pieces, or crack open the soapnuts. Smaller pieces will help the useful soap-like compounds mix more easily with the water. (If using oats, simply measure them out raw).
- Step 4: Crush the Materials**
- Place the cut pieces in a mortar and crush them using a pestle until they become a coarse mash.
 - Alternative: If you do not have a mortar and pestle, place your cut materials inside a sturdy reusable plastic zip-lock bag or wrap them securely in a clean old tea towel. Crush them from the outside using a rolling pin or a smooth rock. Avoid touching the crushed material unnecessarily.

- Step 5: Soak the Mixture**
- Transfer the mash or oats into a clean reused glass bowl or old reusable plastic container. Add enough warm water to completely cover it and leave it to soak for approximately 2 hours. Stir the mixture gently every 30–40 minutes.
 - Alternative for Flaxseed users: If you are using flaxseeds as your soothing ingredient instead of aloe vera, boil 1 tablespoon of flaxseeds in a cup of water for 5 minutes right now so it can cool down and form a gel.
- Step 6: Strain the Cleansing Liquid**
- Place a fine sieve, clean cotton cloth, old t-shirt fabric, or coffee filter over another clean reused bowl or container. Pour the soaked mixture through it and press the mash gently to collect the liquid. Discard the remaining solid material in the appropriate organic-waste bin.
- Step 7: Prepare the Soothing Gel**
- Prepare your gel component depending on what you have available:
 - If using fresh aloe vera: Wash the leaf thoroughly. Carefully cut away the outer green skin and remove only the clear inner gel. Rinse the gel once with clean water.
 - If using store-bought aloe vera gel: Measure out 1–2 teaspoons of the gel.
 - If using flaxseeds: Strain the cooled, boiled flaxseed liquid through a cloth to separate the thick, clear gel from the seeds.
- Step 8: Combine the Ingredients**
- Add a small amount of your prepared aloe vera gel or flaxseed gel to the strained cleansing liquid. Mix the two ingredients slowly with a clean reused spoon or whisk until the gel is evenly distributed throughout the liquid.
- Step 9: Check the Mixture**
- Observe the colour, texture, and consistency of your mixture. Gently shake or whisk a small amount and observe whether it produces a light, soap-like lather due to the naturally occurring saponins in your plant material.
- Step 10: Transfer and Label**
- Pour the prepared mixture into a clean reused, labelled glass jar or old plastic bottle. Write “Natural Cleansing Wash – Demonstration Sample” on the label and note the date it was prepared.
- Step 11: Dispose of the Materials Safely**
- Do not keep the mixture for long periods because it contains fresh plant material and has no chemical preservatives. Dispose of the remaining mixture and plant waste appropriately after your demonstration.
 - **Safety:** Horse chestnuts (conkers) are not edible and must never be consumed. Do not confuse conkers with edible chestnuts.
 - Do not apply the prepared mixture to the eyes, face, or broken skin.
 - This activity is strictly for demonstrating plant-based cleansing properties and does not replace regular hand soap.
- Evidence:** Upload a picture of yourself with the natural cleansing wash on the platform using the GoSharpener Calculator.

SHARPENER
The School Student Network

SPOTLIGHT VIDEO

October
15

3 GOOD HEALTH AND WELL-BEING

GLOBAL
HANDWASHING DAY

KNOWLEDGE PARTNER 

SPOTLIGHT
DIY NATURAL
CLEANSING WASH

WIN REWARDS
WATCH NOW 



Month	Day	Grade	SDG
October	World Food Day	3rd to 12th	2 ZERO HUNGER 

INSTRUCTIONS FOR CONDUCTING SPOTLIGHT ACTIVITY
WORLD FOOD DAY



Name of Activity: Cucumber Strawberry Yogurt Crunch

Materials Required

- Cucumber – 1 medium, finely chopped
- Thick plain curd/yogurt – ½ cup
- Strawberry – 3–4, finely chopped
- Roasted makhana – ½ cup, lightly crushed
- Mint leaves – 4–5, finely chopped
- Lemon juice – ½ teaspoon
- Roasted cumin powder – ¼ teaspoon
- A small pinch of black salt

Steps

1. Wash the cucumber, strawberries and mint thoroughly.
2. Chop the cucumber and strawberries into small bite-sized pieces.
3. Whisk the curd until smooth and creamy.
4. Add cucumber, strawberries and mint.
5. Add lemon juice, cumin powder and a tiny pinch of black salt.
6. Mix gently.
7. Add crushed roasted makhana right before serving for the crunch.

The result: creamy yogurt + juicy cucumber + sweet strawberry + crunchy makhana, with just a tiny tangy twist.

Evidence: Upload a picture of yourself with the Cucumber Strawberry Yogurt Crunch on the platform using the GoSharpener Calculator.



SPOTLIGHT VIDEO

October 16

2 ZERO HUNGER

WORLD FOOD DAY

KNOWLEDGE PARTNER epigamia

SPOTLIGHT

CUCUMBER STRAWBERRY YOGURT CRUNCH

WIN REWARDS

WATCH NOW



INFOGRAPHICS



Around **1 in 8** people globally live with a mental health condition.
Prioritising mental well-being, seeking support, and creating inclusive communities helps everyone thrive.

Here's How You Can Help: [Log in to the platform and report your sustainable action today](#)



The world generates over **62 million tonnes** of **e-waste** every year, but only about **22%** is formally collected and recycled.
Responsible e-waste disposal helps recover valuable materials and protects the environment.

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



Sustainable living means meeting today's needs without compromising future generations.

Small actions like **conserving energy**, **reducing waste**, and **choosing sustainable products** create lasting positive impact.

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



Reusing everyday items reduces waste, conserves **natural resources**, and lowers carbon emissions.

Extending **the life of products** is one of the **simplest ways to support a circular economy**.

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!



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Toolkit for Sustainability Activities
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Aligned With

