

DEAR STUDENTS

We are going to begin with **30 DAY SUSTAINIBILITY CHALLENGE** for all the students of classes 5 to 12.

**AIM:** To acquaint the students with **SUSTAINABLE DEVELOPMENT GOALS** and to develop them into environmentally responsible citizens so that together we can make this planet a happy, green and beautiful place to live in.

**WHAT NEEDS TO BE DONE?**

Each student under the guidance of his/her class teacher and parents will make sincere efforts to take up the challenge mentioned on each day. The challenge once taken up should be a part of child's routine.

**HOW TO MAINTAIN A RECORD?**

1. Each child will maintain the record of this 30-DAY CHALLENGE in a file. The students of classes 9 to 12 can keep a record of the initiatives taken by them, in their SEWA FILE itself.
2. THE FILE MUST INCLUDE-  
COVERPAGE (30 DAY SUSTAINIBILITY CHALLENGE)  
FIRST PAGE - INDEX  
SECOND PAGE- DETAILS OF THE STUDENT  
THIRD PAGE ONWARDS – RECORD OF INITIATIVES TAKEN

**EG. DAY 1**

- CHALLENGE: I WILL NOT RUN THE TAP WHILE BRUSHING MY TEETH
- INITIATIVE MADE BY ME: (FEW LINES to be written by the student)
- MY FEELINGS/ REFLECTIONS: (FEW LINES to be written by the student)
- EVIDENCE- PICTURES (original)
- ACKNOWLEDGEMENT BY THE TEACHER/ PARENTS

(NAME OF THE STUDENT) \_\_\_\_\_ has made sincere efforts to take up the challenge and is trying to make it a part of his/her routine. I appreciate his/her efforts.

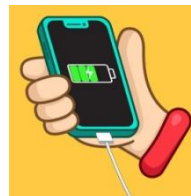
TEACHER/ PARENTS (TICK THE APPROPRIATE OPTION)

- \_\_\_\_\_  
(SIGNATURE)

3. The student who will be able to take up the 30-DAY CHALLENGE successfully will be awarded with the certificate and his/her efforts will be applauded by the school.

# DAV CENTENARY PUBLIC SCHOOL, PASCHIM ENCLAVE, NEW DELHI-110087

## 30 DAY SUSTAINABILITY CHALLENGE



<p><b>DAY 1</b></p> <p>I will not run the tap while brushing my teeth</p>	<p><b>DAY 2</b></p> <p>I will not waste food on my plate</p>	<p><b>DAY 3</b></p> <p>I will use both sides of paper, reuse papers used on one side</p>	<p><b>DAY 4</b></p> <p>I will not litter anywhere at any time</p>	<p><b>DAY 5</b></p> <p>I will switch off all devices, chargers at the wall, when not in use</p>
Winner	Winner	Winner	Winner	Winner
<p><b>DAY 6</b></p> <p>I will carry a handkerchief and not use tissue paper</p>	<p><b>DAY 7</b></p> <p>I will shift to an ink pen</p>	<p><b>DAY 8</b></p> <p>I will use a small mug &amp; bucket for bathing instead of using shower</p>	<p><b>DAY 9</b></p> <p>I will ask my parents to turn off the vehicles while waiting at traffic lights</p>	<p><b>DAY 10</b></p> <p>I will start carrying a cloth bag every time I step out</p>
Winner	Winner	Winner	Winner	Winner
<p><b>DAY 11</b></p> <p>I will inform my parents not to charge phone overnight</p>	<p><b>DAY 12</b></p> <p>I will plant a sapling today and nurture it for a year</p>	<p><b>DAY 13</b></p> <p>I will carry a reusable water bottle whenever I step out</p>	<p><b>DAY 14</b></p> <p>I will clean my vehicle using a wet cloth, not wash it with water</p>	<p><b>DAY 15</b></p> <p>I will reduce my internet usage by 1 hour from today</p>
Winner	Winner	Winner	Winner	Winner





<p><b>DAY 16</b></p> <p>I will always have healthy breakfast</p>	<p><b>DAY 17</b></p> <p>I will avoid any snack that is packaged in plastic</p>	<p><b>DAY 18</b></p> <p>I'll open windows to minimize fan &amp; light use</p>	<p><b>DAY 19</b></p> <p>I will learn the basics of waste segregation</p>	<p><b>DAY 20</b></p> <p>I will keep a bowl of water outside my house for birds</p>
<p>Winner</p> <p>.....</p>	<p>Winner</p> <p>.....</p>	<p>Winner</p> <p>.....</p>	<p>Winner</p> <p>.....</p>	<p>Winner</p> <p>.....</p>
<p><b>DAY 21</b></p> <p>I will not eat imported fruits, grains &amp; vegetables</p>	<p><b>DAY 22</b></p> <p>I will reuse my towel &amp; not wash it after every use</p>	<p><b>DAY 23</b></p> <p>I will play outdoor games daily</p>	<p><b>DAY 24</b></p> <p>I will switch off lights &amp; fans when not in use</p>	<p><b>DAY 25</b></p> <p>I will plan a field/zoo/biological park visit to know the local species of flora &amp; fauna</p>
<p>Winner</p> <p>.....</p>	<p>Winner</p> <p>.....</p>	<p>Winner</p> <p>.....</p>	<p>Winner</p> <p>.....</p>	<p>Winner</p> <p>.....</p>
<p><b>DAY 26</b></p> <p>I will never use single use plastic bags</p>	<p><b>DAY 27</b></p> <p>I will start segregating my waste</p>	<p><b>DAY 28</b></p> <p>I will finish all my food kept in my plate</p>	<p><b>DAY 29</b></p> <p>I will insist on using RO waste water for mopping/cleaning purposes</p>	<p><b>DAY 30</b></p> <p>I will minimize usage of AC &amp; keep it between 24-26°C</p>
<p>Winner</p> <p>.....</p>	<p>Winner</p> <p>.....</p>	<p>Winner</p> <p>.....</p>	<p>Winner</p> <p>.....</p>	<p>Winner</p> <p>.....</p>



**\*\*\* CHANGE YOUR HABITS, NOT THE CLIMATE \*\*\***