

1st DAY

Always wash hands before meals using soap and clean water



2nd DAY

Sweep and mop the home floor daily to keep surroundings dust-free



3rd DAY

Dispose waste in pits or dustbins, avoiding open dumping



4th DAY

Help parents in kitchen gardening for fresh vegetables



5th DAY

Clean water storage pots



6th DAY

Wash utensils immediately after use



7th DAY

Participate in family cleaning drives around the home



8th DAY

Learn basic composting from kitchen waste for gardens



9th DAY

Take care of personal hygiene



10th DAY

Take care of pet or livestock animals



11th DAY

Check and refill handwashing soap regularly



12th DAY

Keep toilet clean or report issues to teachers



13th DAY

Share cleaning responsibilities



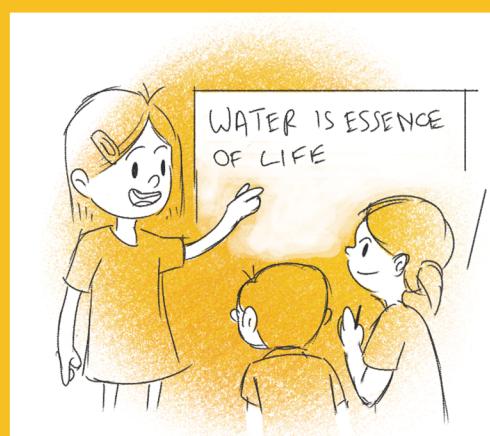
1st DAY

Read a story aloud daily to build confidence



2nd DAY

Teach your learnings of school to your siblings



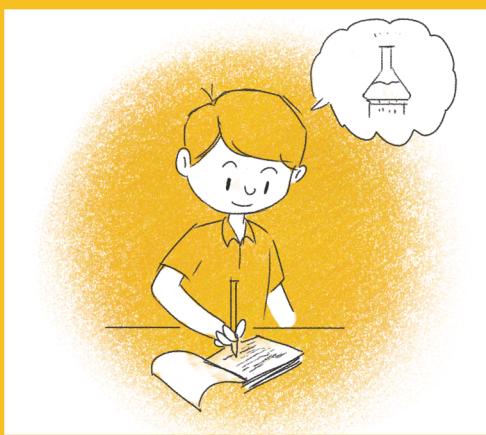
3rd DAY

Participate in Bal Sansad meetings at school



4th DAY

Write a daily journal on learnings



5th DAY

Quiz friends on various subjects weekly



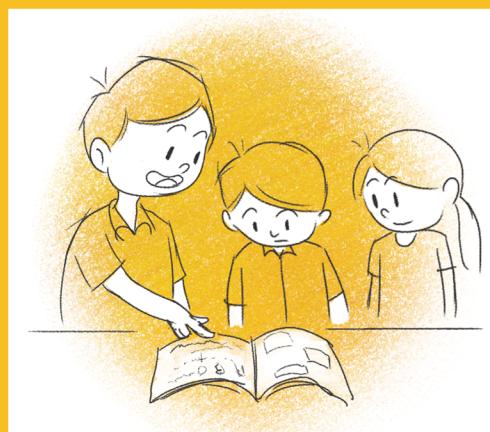
6th DAY

Explore child rights in group discussions



7th DAY

Help peers with doubts and homework after classes



8th DAY

Visit library or borrow books for home reading



9th DAY

Present a topic in class assembly



10th DAY

Track your own attendanace at school weekly



11th DAY

Organize study sessions for weaker peers



12th DAY

Debate school improvements in groups



13th DAY

Pledge to continue learning with full discipline



1st DAY

Plant a tree sapling in school/home yard



2nd DAY

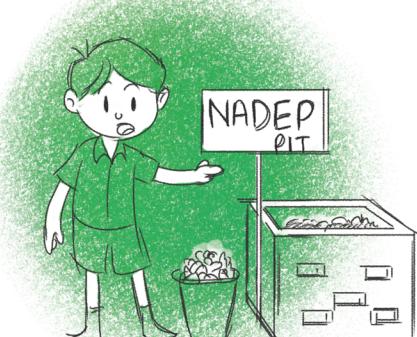
Segregate plastic/wet waste at home

3rd DAY

Be a Climate Ambassador for a week

4th DAY

Build NADEP pits for organic compost



5th DAY

Avoid plastic bags; use cloth alternatives

6th DAY

Clean local water deposits to avoid mosquitoes

7th DAY

Learn rainwater harvesting basics



8th DAY

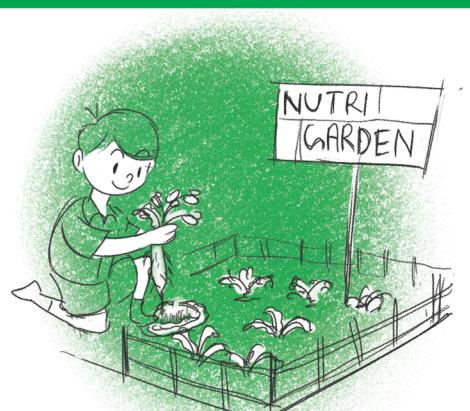
Grow vegetables in school nutri-garden

9th DAY

Practice Safe Saturday for understanding disaster management

10th DAY

Promote energy saving: lights off when unused



11th DAY

Understand protected forest area and spread the word in community



12th DAY

Campaign against deforestation locally



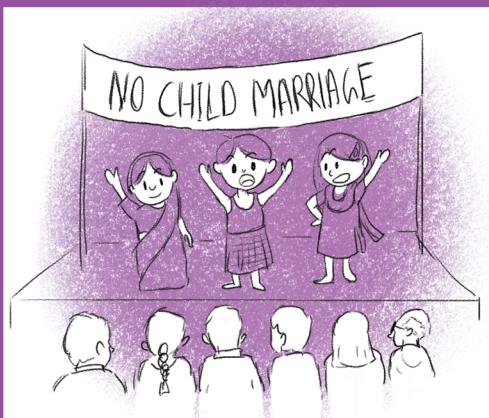
13th DAY

Pledge eco-friendly daily habits



1st DAY

Say no to child marriage in discussions and organize plays



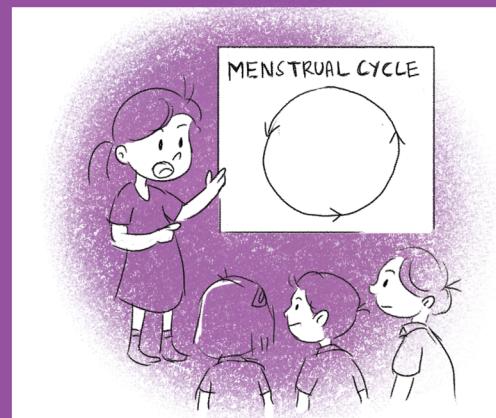
2nd DAY

Share household chores equally without gender stereotypes



3rd DAY

Educate peers on menstrual hygiene



4th DAY

Respect and promote girls' right to schooling



5th DAY

Raise voice against bullying in school and inform teacher



6th DAY

support girls in sports and leadership roles



7th DAY

Celebrate girls' achievements equally



8th DAY

Discuss humanities and call for action against child labour



9th DAY

spread awareness about pad banks and its usage



10th DAY

Challenge gender stereotypes in family talks



11th DAY

Promote Meena Manch activities



12th DAY

Help elderly/disabled neighbors equally



13th DAY

Pledge gender-equal, human rights in group

