









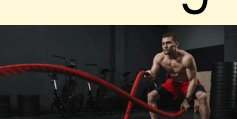






















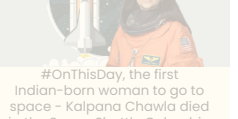
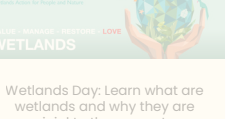


2023

SUSTAINABLE
DEVELOPMENT
GOALS



January

2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p>  <p>Write down at least two resolutions you want to achieve this year</p>	<p>2</p>  <p>Discuss at home about food waste, its causes and how it can be prevented.</p>	<p>3</p>  <p>DECLUTTER your personal space and donate reusable items</p>	<p>4</p>  <p>Revisit the discussion on food waste and understand how it affects our planet Earth</p>	<p>5</p>  <p>Help your family shop locally for vegetables and fruits and grains</p>	<p>6</p>  <p>#FoodForAll: Use the hashtag to share your message about food security for all</p>	<p>7</p>  <p>FRESH VEGETABLES Reflect: What are some of the locally grown foods in Karnataka and their health benefits</p>
<p>8</p>  <p>Prepare a motivational handmade poster on any of your new year resolutions</p>	<p>9</p>  <p>Make an exercise plan for the next 21 days and follow through</p>	<p>10</p>  <p>Go on a morning walk, observe, and take notes of interesting activities that you see.</p>	<p>11</p>  <p>Discussion prompt: Why are local foods and seasonal foods important in our diet?</p>	<p>12</p>  <p>Feed street animals and build a simple bird feeder</p>	<p>13</p>  <p>Quiz for Kids: Organise a fun and friendly quiz on any subject</p>	<p>14</p>  <p>Makar Sankranti Celebrate Sankranti with children by preparing pongal and flying kites</p>
<p>15</p>  <p>Go green in your diet: Include at least 3 leafy green vegetables in your meals</p>	<p>16</p>  <p>Learn to make a protein snack for you and your family</p>	<p>17</p>  <p>End Poverty in All its Forms Everywhere Reading prompts: What is SDG 1 (No Poverty) and why is the goal important?</p>	<p>18</p>  <p>Educate yourself and others about proper waste segregation and waste management</p>	<p>19</p>  <p>Did you know? The UN 17 SDGs have 169 targets that all UN members have agreed to achieve by 2030</p>	<p>20</p>  <p>Make a list of different plants and trees that you see around your house</p>	<p>21</p>  <p>Start a nutri kitchen garden at home: grow at least 2 plants (eg: dill, mint, spinach, coriander, brahmi)</p>
<p>22</p>  <p>Make a 30 second video on your kitchen garden and share it with your contacts and social media</p>	<p>23</p>  <p>Reflect on the importance of outdoor activities for children and adults</p>	<p>24</p>  <p>Celebrate the Day of Education by answering 'Who is your role model from the field of education and why?'</p>	<p>25</p>  <p>Voters Day: Enrol yourself to vote! Learn about voting rights in India</p>	<p>26</p>  <p>India at 74: Learn about the Constitution of India and its importance</p>	<p>27</p>  <p>#DinnerTogether: With gadgets away, dine with your family and engage in healthy conversations</p>	<p>28</p>  <p>Kitchen Safety Tips Children, help parents declutter the kitchen. Parents, teach children about kitchen safety.</p>
<p>29</p>  <p>#GetNurturedByNature: Spend the day outdoors by hiking or trekking, carry your own reusable water bottle</p>	<p>30</p>  <p>What comprises Nutritious food? Make a unique recipe that can be prepared without cooking</p>	<p>31</p>  <p>21 DAY FITNESS CHALLENGE You have completed 21 days of exercise! Reflect on how it has helped and how you can improve?</p>	<p>1</p>  <p>#OnThisDay, the first Indian-born woman to go to space - Kalpana Chawla died in the Space Shuttle Columbia Disaster</p>	<p>2</p>  <p>Wetlands Day: Learn what are wetlands and why they are crucial to the ecosystem</p>	<p>3</p>  <p>Sketch a family tree; help children understand family history</p>	<p>4</p>  <p>WORLD CANCER DAY World Cancer Day: Create awareness online about lifestyle habits and organise health screening camps</p>

2023

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15 LIFE ON LAND

2 ZERO HUNGER



3 GOOD HEALTH AND WELL-BEING



12 RESPONSIBLE CONSUMPTION AND PRODUCTION



5 GENDER EQUALITY



February

2023

Sun

Mon

Tue

Wed

Thu

Fri

Sat

29



#GetNurturedByNature: Spend the day outdoors by hiking or trekking, carry your own reusable water bottle

30



What comprises nutritious food? Make a unique recipe that can be prepared without cooking

31



21 DAY FITNESS CHALLENGE
You have completed 21 days of exercise! Reflect on how it has helped and how you can improve?

1



#OnThisDay, the first Indian-born woman to go to space - Kalpana Chawla died in the Space Shuttle Columbia Disaster

2



Wetlands Day: Learn what are wetlands and why they are crucial to the ecosystem

3



Sketch a family tree; help children understand family history

4



WORLD CANCER DAY
4 FEBRUARY
World Cancer Day: Create awareness online about lifestyle habits and organise health screening camps

5



Distribute free food to the homeless

6



Future Plan
Write a few points on how you imagine the future and what we can do to make our actions sustainable

7



Write a short speech on the importance of education if you were the President of India

8



Teach your children the art of origami and make a simple origami object

9



Organise an awareness campaign on alcohol abuse and drug dependency

10



World Pulses Day: Make local pulses part of your everyday diet

11



Day of Women and Girls in Science: Create a magazine highlighting women in Science

12



Discussion prompt: What are climate resilient agricultural practices and how can we implement them?

13



Radio Day: Learn how All India Radio reaches even the remotest locations in India

14



Discuss how we can make the State fully inclusive for persons with disabilities

15



Write a short note on why we must include women in Science

16



Reading prompts: What is SDG 2 (Zero Hunger) and why is the goal important?

17



Raise awareness about tele-medicine and how it helps people access medical care?

18



Happy Maha Shivratri
What comprises nutritious food? Make a unique recipe that can be prepared without cooking

19



Identify black spots in your locality and report to the municipal authority

20



Day of Social Justice: How can we ensure we leave no one behind on the path to progress?

21



Mother Language Day: Plan activities in schools to promote language diversity

22



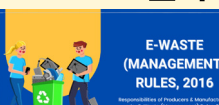
Teach kids about WASH

23



Organise a talk on community issues

24



Read about E-Waste Management Rules, 2016

25



Donate old usable laptops and phones to schools in rural Karnataka

26



Teach an elderly person about digital payments and general rules of banking

27



Crowdfund to sponsor a child's education

28



Reflect on what you achieved this month and plan for the coming month

1



Zero Discrimination Day: Learn about racial and gender discrimination across the world and how we can combat it

2



Assist your domestic helpers with information about government schemes and benefits

3



World Wildlife Day: Make children draw their favorite wildlife animal in Karnataka

4



Learn about the first woman in your family who studied formal education

2023

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March

2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>26</p>  <p>Teach an elderly person about digital payments and general rules of banking</p>	<p>27</p>  <p>Crowdfund to sponsor a child's education</p>	<p>28</p>  <p>Reflect on what you achieved this month and plan for the coming month</p>	<p>1</p>  <p>Zero Discrimination Day: Learn about racial and gender discrimination across the world and how we can combat it</p>	<p>2</p>  <p>Assist your domestic helpers with information about government schemes and benefits</p>	<p>3</p>  <p>World Wildlife Day: Make children draw their favorite wildlife animal in Karnataka</p>	<p>4</p>  <p>Learn about the first woman in your family who received formal education</p>
<p>5</p>  <p>What is happiness? Let children and adults draw faces expressing happiness</p>	<p>6</p>  <p>Chart out a plan for your child's higher education</p>	<p>7</p>  <p>Teach kids to play traditional sports such as Gillidanda, Lagori, Kho-Kho, or Kabaddi</p>	<p>8</p>  <p>International Women's Day: Identify women contributors at your workplace or at school and highlight their efforts</p>	<p>9</p>  <p>Start reading any book authored by a woman from Karnataka</p>	<p>10</p>  <p>Understanding Climate Change is crucial for all. Discuss how we can reduce carbon emissions in Karnataka</p>	<p>11</p>  <p>Encourage your group to switch to solar energy by talking about its benefits</p>
<p>12</p>  <p>Teach kids what causes a rainbow and help them learn about its colors</p>	<p>13</p>  <p>Reading prompts: What is SDG 3 (Good Health & Well-being) and why is the goal important?</p>	<p>14</p>  <p>Record a one minute video on why global goals are important and post it on social media by tagging @sdgcekar</p>	<p>15</p>  <p>Visit a school for visually impaired and learn about braille writing system</p>	<p>16</p>  <p>What are the different seasons in India? Learn about India's climate</p>	<p>17</p>  <p>Spend an hour in the evening playing Chowka Bhara with your family</p>	<p>18</p>  <p>Spend the day without gadgets - engage in household chores, writing, reading, painting or repairing</p>
<p>19</p>  <p>Learn about urban biodiversity in Bengaluru and write action points to protect it</p>	<p>20</p>  <p>Day of Happiness: Write down 10 things that make you happy</p>	<p>21</p>  <p>Day of Forests: Did you know 1.6 billion people across the world depend on forests for food and shelter?</p>	<p>22</p>  <p>Ugadi World Water Day: Discuss why all living things on the planet depend on water to thrive</p>	<p>23</p>  <p>World Tuberculosis Day: Make a poster creating awareness about Tuberculosis</p>	<p>24</p>  <p>Teach the schoolchildren about banking and the importance of spending and savings</p>	<p>25</p>  <p>Earth Hour: Observe the day by switching off all the lights and gadgets for an hour between 8 to 9 pm</p>
<p>26</p>  <p>Take a tour within your house to see what can be replaced with eco-friendly items (eg: disposable tissues with cloth)</p>	<p>27</p>  <p>Form groups in school to talk about different aspects of Quality Education - SDG 4?</p>	<p>28</p>  <p>Start an awareness campaign about tobacco's ill effects on health and environment</p>	<p>29</p>  <p>Make children pick their favourite SDG and ask them what makes them care about it</p>	<p>30</p>  <p>Collect all the waste paper at home and learn how to recycle them</p>	<p>31</p>  <p>Reflect on what you achieved this month and plan for the coming month</p>	<p>1</p>  <p>Talk to children and youth about internet safety and being responsible</p>











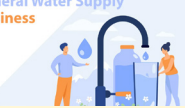

























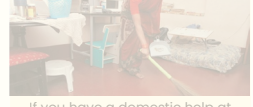



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April

2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>26</p>  <p>Take a tour within your house to see what can be replaced with eco-friendly items (eg: disposable tissues with cloth)</p>	<p>27</p>  <p>Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all</p> <p>Form groups in school to talk about different aspects of Quality Education – SDG 4?</p>	<p>28</p>  <p>NO SMOKING</p> <p>Start an awareness campaign about tobacco's ill effects on health and environment</p>	<p>29</p>  <p>Make children pick their favourite SDG and ask them what makes them care about</p>	<p>30</p>  <p>Collect all the waste paper at home and learn how to recycle them</p>	<p>31</p>  <p>Reflect on what you achieved this month and plan for the coming month</p>	<p>1</p>  <p>Internet Safety For Kids</p> <p>Talk to children and youth about internet safety and being responsible</p>
<p>2</p>  <p>WORLD AUTISM AWARENESS DAY</p> <p>Autism Awareness Day: How can we ensure schools and public parks are inclusive for autistic children?</p>	<p>3</p>  <p>Mahavir Jayanti</p> <p>It's the mango season! Make children learn about this native fruit and plant a sapling</p>	<p>4</p>  <p>Sensitize children about gender equality through stories and illustrations</p>	<p>5</p>  <p>Mineral Water Supply Business</p> <p>Learn about how drinking water gets supplied across Karnataka</p>	<p>6</p>  <p>Sports for Development & Peace: Pick a favourite sport, make groups and play a friendly-match</p>	<p>7</p>  <p>Good Friday</p> <p>On this day in 1948, the World Health Organization, a specialized agency of the UN, was formally established.</p>	<p>8</p>  <p>Learn by observing: Go on a short hike and observe what you see along the way (flowers, birds, animals, insects)</p>
<p>9</p>  <p>HAPPY EASTER</p> <p>Celebrate Easter by understanding its importance; help your friends make it eco-friendly</p>	<p>10</p>  <p>Write down about your hiking experience and how we can make it nature-friendly</p>	<p>11</p>  <p>APRIL IS NATIONAL SAFE MOTHERHOOD DAY</p> <p>Safe Motherhood Day: Create awareness among women about ANC and PNC visits</p>	<p>12</p>  <p>Did you know? WHO recommends at least 4 ANC visits for all pregnant women</p>	<p>13</p>  <p>Walk or cycle to your workplace or institution</p>	<p>14</p>  <p>Ambedkar Jayanti: Know the contribution of Dr. Ambedkar to Indian Constitution</p>	<p>15</p>  <p>Summer Camp</p> <p>Encourage children to join a summer swimming camp or outdoor camp</p>
<p>16</p>  <p>Visit a village nearby to understand rural life and their livelihood sources</p>	<p>17</p>  <p>Promote a traditional recipe that includes high nutrient ingredients</p>	<p>18</p>  <p>YUVA SPANDANA</p> <p>Community Based Comprehensive Mental Health Promotion Program</p> <p>Create awareness about Karnataka's initiative (Yuva Spandana) to address mental health problems</p>	<p>19</p>  <p>Create awareness among college students about Yuva Kanaja - a resourceful website for the youth</p>	<p>20</p>  <p>Sustainable Practices</p> <p>Talk about sustainable practices that were followed in the 20th century</p>	<p>21</p>  <p>Creativity & Innovation Day: Pick your favourite hobby and practice it for an hour</p>	<p>22</p>  <p>Earth Day: Celebrate the day by planting trees</p>
<p>23</p>  <p>Mobilize children in your neighbourhood to create awareness about civic responsibilities</p>	<p>24</p>  <p>NATIONAL PANCHAYATI RAJ DAY</p> <p>Panchayat Raj Day: Learn about India's 3-tier governance system</p>	<p>25</p>  <p>Promote the importance of immunization through social media and posters</p>	<p>26</p>  <p>WORK SAFETY</p> <p>Discuss about health & safety at workplaces</p>	<p>27</p>  <p>SKILL</p> <p>Choose to learn a new skill today</p>	<p>28</p>  <p>Achieve gender equality and empower all women and girls</p> <p>Reading prompts: What is SDG 5 (Gender Equality) and why is the goal important?</p>	<p>29</p>  <p>Plan a cleanliness drive in your locality's park</p>
<p>30</p>  <p>Reflect on what you achieved this month and plan for the coming month</p>	<p>1</p>  <p>HAPPY LABOUR</p> <p>May Day: Learn about labour unions and how they contributed to workers' rights</p>	<p>2</p>  <p>Did you know? There are about 41,373 pourakarmikas in Karnataka who maintain city's cleanliness</p>	<p>3</p>  <p>If you have a domestic help at home, see how you can help them with their economic needs</p>	<p>4</p>  <p>Visit Avalokana website and understand how Karnataka uses CSR funds to achieve goals</p>	<p>5</p>  <p>RAINWATER HARVESTING</p> <p>The Future of Water Conservation</p> <p>Did you know? It is mandatory to install rainwater harvesting system in Bengaluru for sites measuring 30x40 ft and above</p>	<p>6</p>  <p>WATER EFFICIENCY</p> <p>It's about making the most of what you have - not necessarily having more</p> <p>Post on social media about using water efficiently</p>

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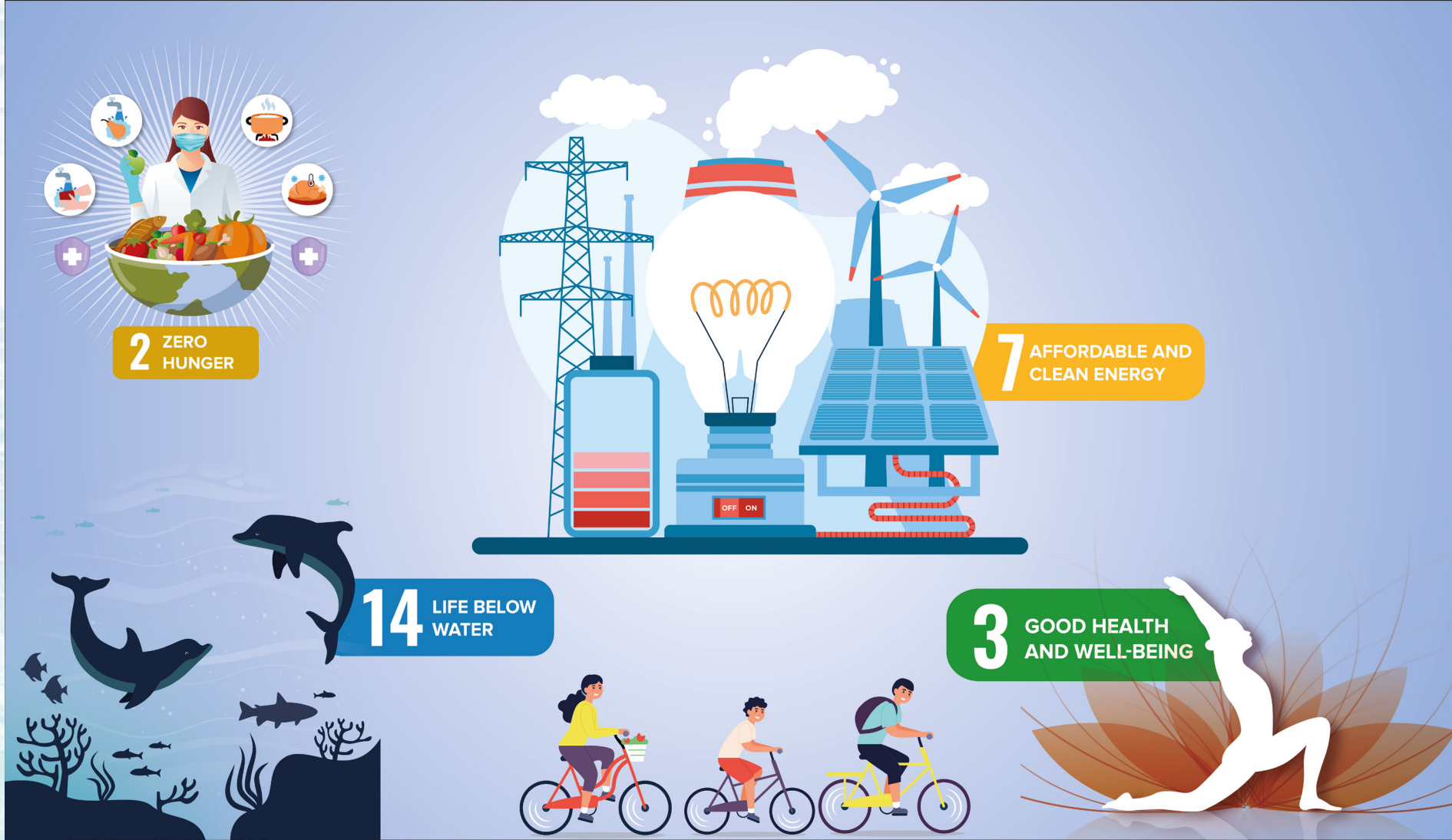
May

2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>30</p> <p>CALENDAR PLAN</p> <p>Reflect on what you achieved this month and plan for the coming month</p>	<p>1</p> <p>LABOUR</p> <p>May Day: Learn about labour unions and how they contributed to workers' rights</p>	<p>2</p> <p>Did you know? There are about 41,373 pourakarmikas in Karnataka who maintain city's cleanliness</p>	<p>3</p> <p>If you have a domestic help at home, see how you can help them with their economic needs</p>	<p>4</p> <p>Visit Avalokana website and understand how Karnataka uses CSR funds to achieve goals</p>	<p>5</p> <p>RAINWATER HARVESTING The Future of Water Conservation</p> <p>Did you know? It is mandatory to install rainwater harvesting system in Bengaluru for sites measuring 30x40 ft and above</p>	<p>6</p> <p>WATER EFFICIENCY It's about reducing the amount of water you waste – not wasting what you use</p> <p>Post on social media about using water efficiently</p>
<p>7</p> <p>Organise a walkathon in your city and town on any cause; promote walking as an exercise</p>	<p>8</p> <p>Discuss what contributes to air pollution and how we can reduce it</p>	<p>9</p> <p>Learn what is deforestation and how it affects the planet</p>	<p>10</p> <p>e-Shram Shram ev Jayate NATIONAL DATABASE OF UNORGANISED WORKERS</p> <p>Help the unorganized workers enroll in e-SHRAM national portal</p>	<p>11</p> <p>TECH DAY</p> <p>Tech Day: Talk about a person in science and tech who inspires you</p>	<p>12</p> <p>FAMILY</p> <p>Have a screen-free evening with your family and friends</p>	<p>13</p> <p>Create awareness about beneficiary schemes like Ayushman Bharat and Jan Dhan Yojana</p>
<p>14</p> <p>HAPPY Mother's DAY</p> <p>Mother's Day: How can we improve nutrition intake of mothers?</p>	<p>15</p> <p>Day of Families: Eat at least one meal together as a family today</p>	<p>16</p> <p>Day of Living Together in Peace: how can we build an inclusive society?</p>	<p>17</p> <p>Let us recognize the value of unpaid work which is dominated by women</p>	<p>18</p> <p>Teach elderly women about online payment mobile applications</p>	<p>19</p> <p>NOISE POLLUTION</p> <p>Discuss what contributes to noise pollution in cities and how we can reduce it</p>	<p>20</p> <p>Introduce STEM programs in all government schools</p>
<p>21</p> <p>Zero Waste</p> <p>Did you know? It takes 450 years for the ocean to break down plastic. Switch to reusable items to protect the planet.</p>	<p>22</p> <p>BIODIVERSITY LOSS</p> <p>Read about the impact of biodiversity loss</p>	<p>23</p> <p>STOP plastic pollution</p> <p>Buy vegetables from a local vendor with no plastic packaging</p>	<p>24</p> <p>SAY NO TO PLASTIC BAGS</p> <p>Use old clothes at home to stitch new bags</p>	<p>25</p> <p>What is the Paris Agreement? Teach children about it in simple terms</p>	<p>26</p> <p>WORLD POPULATION: 7.8 BILLION TREES LOST PER YEAR: 15 BILLION</p> <p>Did you know? 15 billion trees are cut down every year across the world</p>	<p>27</p> <p>Reading prompts: What is SDG 6 (Clean Water and Sanitation) and why is the goal important?</p>
<p>28</p> <p>Plant local flowers, fruits and vegetables in your garden or terrace</p>	<p>29</p> <p>Educate children about rural biodiversity</p>	<p>30</p> <p>PLAN</p> <p>Reflect on what you achieved this month and plan for the coming month</p>	<p>31</p> <p>WORLD TOBACCO DAY</p> <p>World No Tobacco Day: learn about the dangers of tobacco on environment and our health</p>	<p>1</p> <p>Educate children about sources of milk and its nutrients</p>	<p>2</p> <p>Plan a visit to a botanical garden to learn about various plants</p>	<p>3</p> <p>BICYCLE DAY</p> <p>Bicycle Day: Today, take a pledge to cycle short distances in place of cars and bikes</p>

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June

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<p>28</p>  <p>Plant local flowers, fruits and vegetables in your garden or terrace</p>	<p>29</p>  <p>Educate children about rural biodiversity</p>	<p>30</p> <p>PLAN</p> <p>Reflect on what you achieved this month and plan for the coming month</p>	<p>31</p>  <p>World No Tobacco Day: learn about the dangers of tobacco on environment and our health</p>	<p>1</p>  <p>Educate children about sources of milk and its nutrients</p>	<p>2</p>  <p>Plan a visit to a botanical garden to learn about various plants</p>	<p>3</p>  <p>Bicycle Day: Today, take a pledge to cycle short distances in place of cars and bikes</p>
<p>4</p>  <p>Did you know? 57.85 lakh children from 1-10 standard are provided nutritious mid day meal at schools</p>	<p>5</p>  <p>Environment Day: plant a seed and keep track of its growth</p>	<p>6</p> <p>Save energy</p> <p>Turn off lights and electronics when not in use</p>	<p>7</p>  <p>Food Safety Day: what are the components that ensure food safety? Share your thoughts</p>	<p>8</p>  <p>Oceans Day: Learn about all the oceans surrounding Indian Subcontinent</p>	<p>9</p>  <p>Volunteer with an NGO to teach children or paint the school</p>	<p>10</p>  <p>Plan an eco-friendly, zero-waste picnic with your friends</p>
<p>11</p>  <p>Make a list of outdoor activities that senior citizens can enjoy</p>	<p>12</p>  <p>Day Against Child Labour: Promote the pan-India number 1098 to report cases of child labour</p>	<p>13</p>  <p>Learn about any historical event that took place in Karnataka</p>	<p>14</p>  <p>World Blood Donor Day: Check your eligibility and become a blood donor</p>	<p>15</p>  <p>Elder Abuse Awareness Day: Share ways in which we can create a safer space for elderly people</p>	<p>16</p>  <p>#DinnerTogether: With gadgets away, dine with your family and engage in healthy conversations</p>	<p>17</p>  <p>Ensure access to affordable, reliable, sustainable and modern energy for all</p> <p>Reading prompts: What is SDG 7 (Clean and Affordable Energy) and why is the goal important?</p>
<p>18</p>  <p>Father's Day: Make a hand-made greeting card to wish your father</p>	<p>19</p>  <p>Declutter your room and donate reusable items</p>	<p>20</p>  <p>Did you know? There are about 47114 government primary & high schools in Karnataka</p>	<p>21</p>  <p>International Day of Yoga: enrol in a class, learn its importance and message</p>	<p>22</p>  <p>Build your own bird feeder and hang it in a safe space</p>	<p>23</p>  <p>How can cities be better prepared to face natural disasters such as flood, earthquakes etc</p>	<p>24</p>  <p>What are Self Help Groups? And how to they contribute to Karnataka's economy?</p>
<p>25</p>  <p>Learn about renewable energy sources and sustainability</p>	<p>26</p>  <p>Drug Abuse & Illicit Trafficking: Create awareness to end drug abuse and trafficking</p>	<p>27</p>  <p>On this day, let us promote the works of Micro, Small, & Medium Enterprises including SHGs</p>	<p>28</p>  <p>Discuss about the role of women in SHGs</p>	<p>29</p>  <p>Bakrid How can we improve public health for underserved communities?</p>	<p>30</p>  <p>Reflect on what you achieved this month and plan for the coming month</p>	<p>1</p>  <p>Doctors Day: Did you know there are 1.18 lakh registered doctors in Karnataka? Take time to wish doctors today!</p>

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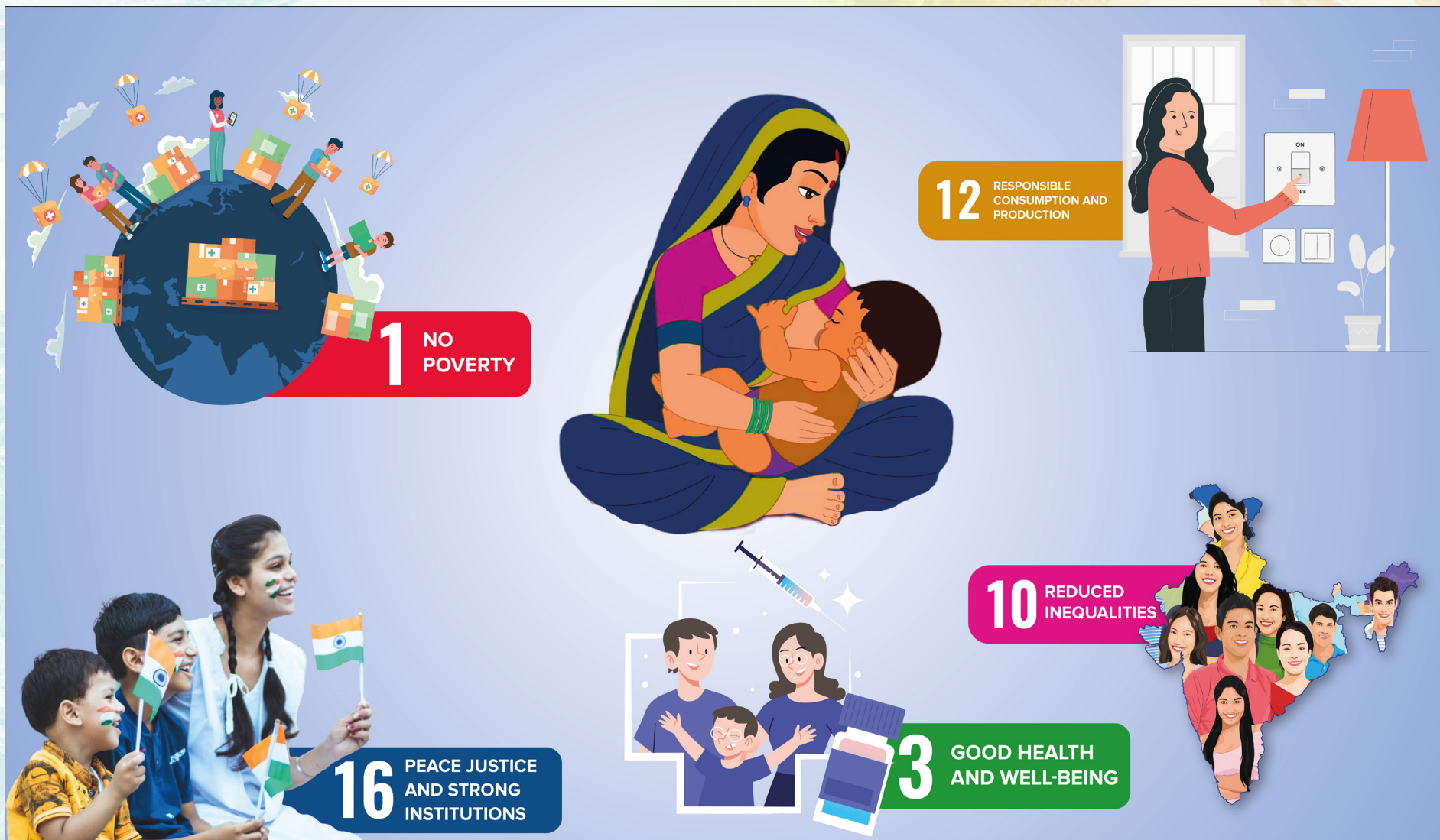
July

2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>25</p> <p>Learn about renewable energy sources and sustainability</p>	<p>26</p> <p>SAY NO TO DRUGS</p> <p>Drug Abuse & Illicit Trafficking: Create awareness to end drug abuse and trafficking</p>	<p>27</p> <p>On this day, let us promote the works of Micro, Small, & Medium Enterprises including SHGs</p>	<p>28</p> <p>Discuss about the role of women in SHGs</p>	<p>29</p> <p>How can we improve public health for underserved communities?</p>	<p>30</p> <p>CALENDAR PLAN</p> <p>Reflect on what you achieved this month and plan for the coming month</p>	<p>1</p> <p>HAPPY DOCTOR'S DAY</p> <p>Doctors Day: Did you know there are 1.18 lakh registered doctors in Karnataka? Take time to wish doctors today!</p>
<p>2</p> <p>Start a fundraiser for a cause of your choice</p>	<p>3</p> <p>HAPPY GURU PURNIMA</p> <p>Day of Cooperatives: Understand how Karnataka's cooperatives promote economic growth</p>	<p>4</p> <p>Discuss with your family about the importance of girls' higher education</p>	<p>5</p> <p>Sponsor a child's education by pooling in funds from family and friends</p>	<p>6</p> <p>#DinnerTogether: With gadgets away, dine with your family and engage in healthy conversations</p>	<p>7</p> <p>Visit your nearest government school or an anganwadi centre to know more about its functions</p>	<p>8</p> <p>Create awareness about school dropouts and how we can combat the issue</p>
<p>9</p> <p>Reflect on the importance of having open spaces for children in cities (for eg: promoting sports)</p>	<p>10</p> <p>Compile a list of old age homes in Karnataka, understand their needs, share it with your community</p>	<p>11</p> <p>WORLD POPULATION DAY JULY 11</p> <p>Population Day: In 2022, the population touched 8 billion. By 2050, the population is expected to reach 10 billion.</p>	<p>12</p> <p>PAPER BAG DAY</p> <p>Paper Bag Day: Get children to collect old news papers and make paper bags!</p>	<p>13</p> <p>GROWING POPULATIONS</p> <p>Create awareness about rising population and using planet's resources in a sustainable way</p>	<p>14</p> <p>Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all</p> <p>Reading prompts: What is SDG 8 (Decent Work & Economic Growth) and why is the goal important?</p>	<p>15</p> <p>WORLD YOUTH SKILLS DAY</p> <p>Youth Skills Day: Promote skills and vocational courses in Rural India</p>
<p>16</p> <p>Install a compost bin at home and start using it to reduce and reuse waste</p>	<p>17</p> <p>Volunteer to distribute food to the homeless</p>	<p>18</p> <p>Teach children about products that damage the environment</p>	<p>19</p> <p>Debate in schools and colleges: can development come without climate costs?</p>	<p>20</p> <p>Read about Zero Carbon and Carbon Net Zero 2050</p>	<p>21</p> <p>Plastic Free Weekend: Make an attempt to not use single-use plastic the whole day</p>	<p>22</p> <p>CHANGE A HABIT</p> <p>SAY NO TO PLASTIC BAG USE YOUR REUSABLE BAG</p> <p>Sign a pledge to not use plastic bags when purchasing groceries</p>
<p>23</p> <p>Did you know? Karnataka is one of the states to ban single-use plastic. Discuss the key role of citizens in ensuring it.</p>	<p>24</p> <p>STOP plastic pollution</p> <p>Reflect on how you managed to avoid using plastic over the last 3 days? Write down the mistakes and best practices.</p>	<p>25</p> <p>WELLNESS</p> <p>Share any informative video on good health and well-being with your friends and family</p>	<p>26</p> <p>Visit the nearest lake in your locality and use social media to promote its biodiversity</p>	<p>27</p> <p>Invite friends or family for a fun online activity: quiz, bingo, drawing</p>	<p>28</p> <p>Hepatitis Day: Raise awareness about the causes of hepatitis, prevention and treatment</p>	<p>29</p> <p>Muharram</p> <p>Tiger Day: Did you know? Karnataka is one of the states with high tiger population with 524 tigers as of 2018</p>
<p>30</p> <p>Organise a photo contest in colleges and work places on the theme 'sustainable architecture'</p>	<p>31</p> <p>CALENDAR PLAN</p> <p>Reflect on what you achieved this month and plan for the coming month</p>	<p>1</p> <p>World Breastfeeding Week (1-7 August)</p> <p>Create awareness about breastfeeding the baby within one hour of birth and colostrum fluid</p>	<p>2</p> <p>Did you know? A new born must be fed only with breastmilk for up to 6 months</p>	<p>3</p> <p>August is Breastfeeding Awareness Month</p> <p>Spread awareness about breastfeeding habits and its healthy benefits for both mother and child</p>	<p>4</p> <p>Download any of the videos using the QR code and share it on your social media</p>	<p>5</p> <p>BREASTFEEDING AWARENESS MONTH AUGUST</p> <p>Organise a breastfeeding awareness session for women in rural regions</p>

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August

2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>30</p>  <p>Organise a photo contest in colleges and work places on the theme 'sustainable architecture'</p>	<p>31</p>  <p>Reflect on what you achieved this month and plan for the coming month</p>	<p>1</p>  <p>World Breastfeeding Week 1st-7th August</p> <p>Create awareness about breastfeeding the baby within one hour of birth and colostrum fluid</p>	<p>2</p>  <p>Did you know? A new born must be fed only with breastmilk for up to 6 months</p>	<p>3</p>  <p>August is Breastfeeding Awareness Month</p> <p>Spread awareness about breastfeeding habits and its healthy benefits for both mother and child</p>	<p>4</p>  <p>Download any of the videos using the QR code and share it on your social media</p>	<p>5</p>  <p>BREASTFEEDING AWARENESS MONTH AUGUST</p> <p>Organise a breastfeeding awareness session for women in rural regions</p>
<p>6</p>  <p>Importance of Antenatal Care)</p> <p>Create awareness about antenatal care that helps mothers prepare for breastfeeding</p>	<p>7</p>  <p>What is antenatal care and why it is important?</p> <p>Discuss the rural-level antenatal care challenges and the solutions</p>	<p>8</p>  <p>Write down a list of activities you wish to complete this month</p>	<p>9</p>  <p>NATIONAL DAY OF INDIGENOUS PEOPLES</p> <p>Indigenous People's Day: Who are the indigenous tribes of Karnataka? Learn about their current status</p>	<p>10</p>  <p>Build resilient infrastructure, promote inclusive and sustainable industrialization and foster innovation</p> <p>Reading prompts: What is SDG 9 (Industry, Innovation and Infrastructure) and why is the goal important?</p>	<p>11</p>  <p>LEAVE NO ONE BEHIND</p> <p>Share your thoughts: What is multidimensional poverty? How can we eradicate poverty in the State?</p>	<p>12</p>  <p>YOUTH DAY SMART - CREATIVE - INNOVATIVE</p> <p>Youth Day: Mobilize college students to create awareness about sustainable living</p>
<p>13</p>  <p>BIODIVERSITY LOSS</p> <p>How can loss of biodiversity be halted? Share your ideas</p>	<p>14</p>  <p>Which are the major rivers in Karnataka? Write five reasons why they are important for all living beings</p>	<p>15</p>  <p>Independence Day: Share a photo on social media that illustrates India's 76 years of Independence</p>	<p>16</p>  <p>Vision India @2047</p> <p>Vision India at 2047: Write a short essay on what India should be like by 2047</p>	<p>17</p>  <p>Plan an excursion to experience nature and learn about the environment</p>	<p>18</p>  <p>Start a book reading club in schools and colleges</p>	<p>19</p>  <p>WORLD HUMANITARIAN DAY HUMANITARIAN</p> <p>Humanitarian Day: Learn what humanitarian organisations do and why they are important</p>
<p>20</p>  <p>Turn off lights and electronics when not in use</p>	<p>21</p>  <p>NON COMMUNICABLE DISEASES</p> <p>Create awareness about Non-Communicable Diseases (NCDs) through campaigns and social media</p>	<p>22</p>  <p>Educate students about infant and maternal mortality, and ways to prevent it</p>	<p>23</p>  <p>CHILDHOOD OBESITY</p> <p>Prevent obesity among children: Choose healthier lifestyles, avoid fast foods, encourage play time</p>	<p>24</p>  <p>Teach children about various plants and allow them to take care of at least one plant</p>	<p>25</p>  <p>Start a journal to jot down ideas on sustainable lifestyle</p>	<p>26</p>  <p>Let us talk about the importance of health infrastructure that promotes the well-being of all</p>
<p>27</p>  <p>Create awareness about vaccinations against diseases</p>	<p>28</p>  <p>MALNUTRITION COMES IN MANY FORMS</p> <p>Discuss how we can prevent stunting and wasting among children?</p>	<p>29</p>  <p>Onam: Prepare any traditional snack of your choice; learn about their nutrient composition</p>	<p>30</p>  <p>Raksha Bandhan: Learn the history of celebrating raksha bandhan and the significance of tying a rakhi</p>	<p>31</p>  <p>Reflect on what you achieved this month and plan for the coming month</p>	<p>1</p>  <p>Reduce inequality within and among countries</p> <p>Reading prompts: What is SDG 10 (Reduced Inequalities) and why is the goal important?</p>	<p>2</p>  <p>Write down a list of activities you wish to complete this month</p>

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September

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>27</p> <p>Create awareness about vaccinations against diseases</p>	<p>28</p> <p>Discuss how we can prevent stunting and wasting among children?</p>	<p>29</p> <p>Onam: Prepare any traditional snack of your choice; learn about their nutrient composition</p>	<p>30</p> <p>Raksha Bandhan: Learn the history of celebrating raksha bandhan and the significance of tying a rakhi</p>	<p>31</p> <p>Reflect on what you achieved this month and plan for the coming month</p>	<p>1</p> <p>Reading prompts: What is SDG 10 (Reduced Inequalities) and why is the goal important?</p>	<p>2</p> <p>Write down a list of activities you wish to complete this month</p>
<p>3</p> <p>Reflect: How are mid-day meals across India helping school going children?</p>	<p>4</p> <p>Eating healthy should be a habit and not a one-day event. Let us pledge to promote healthy foods for all!</p>	<p>5</p> <p>Teachers' Day: Celebrate the day with your teachers by thanking them for their continuous efforts</p>	<p>6</p> <p>Learn about the Indian foods that contain antioxidants</p>	<p>7</p> <p>Janmastami: Celebrate the festivities with healthy snacks</p>	<p>8</p> <p>Literacy Day: Read about India's Padhna Likhna Abhiyan - a literacy program for adults</p>	<p>9</p> <p>EV Day: Create awareness about electric vehicles</p>
<p>10</p> <p>Exchange ideas on what comprises sustainable foods and its benefits</p>	<p>11</p> <p>Organize a quiz on Karnataka's achievements in nature and wildlife conservation</p>	<p>12</p> <p>Learn the steps of recycling plastic bottles</p>	<p>13</p> <p>Write down items that can be made with recycled plastic bottles?</p>	<p>14</p> <p>Learn about greenhouse gases and the greenhouse effect</p>	<p>15</p> <p>On his birthday, learn about Sir M Visveswaraya's contribution to the field of engineering</p>	<p>16</p> <p>Ozone Protection Day: Make ecofriendly choices to protect the planet from ozone layer depletion</p>
<p>17</p> <p>Organize a nutritious food fest in your school or neighbourhood</p>	<p>18</p> <p>Invite a nutritionist to speak about nutrition</p>	<p>19</p> <p>Ganesh Chaturthi: Use eco-friendly Ganesha idols without PoP and chemicals</p>	<p>20</p> <p>Learn about the various indicators of SDG 10</p>	<p>21</p> <p>Day of Peace: Write a social media message to promote peace in the world</p>	<p>22</p> <p>What are paralympic games? Learn the history and the recent events</p>	<p>23</p> <p>Learn the basics of sign language to help create an inclusive society</p>
<p>24</p> <p>Reading prompts: What is SDG 11 (Sustainable Cities and Communities) and why is the goal important?</p>	<p>25</p> <p>Antyodaya Diwas: Let us take a pledge to leave no one behind</p>	<p>26</p> <p>Know the government schemes that are helping people living in poverty</p>	<p>27</p> <p>Tourism Day: Plan a zero-waste, eco-friendly holiday</p>	<p>28</p> <p>Eid Milad: Organize a quiz on rivers and water bodies in Karnataka</p>	<p>29</p> <p>Awareness of Food Loss and Waste: Take a pledge to cook and eat only as needed to reduce food waste</p>	<p>30</p> <p>Reflect on what you achieved this month and plan for the coming month</p>

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October

2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>International Day of Older Persons</p> <p>Day of Older Persons: How can we design better homes for older persons?</p>	<p>2</p> <p>International Day of Non-Violence</p> <p>October 2</p> <p>Day of Non Violence: Celebrate the day by remembering Gandhian principles which paved the road to independent India</p>	<p>3</p> <p>World Habitat Day</p> <p>World Habitat Day: Let us work together to create inclusive cities and towns for all</p>	<p>4</p> <p>To Do List</p> <p>Write down a list of activities you wish to complete this month</p>	<p>5</p> <p>#DinnerTogether: With gadgets away, dine with your family and engage in healthy conversations</p>	<p>6</p> <p>NOT TESTED ON ANIMALS</p> <p>Ensure you invest in products that are labelled as cruelty-free</p>	<p>7</p> <p>Carry a reusable bag to prevent excessive use of single use bags</p>
<p>8</p> <p>Dim the Lights for Birds at Night</p> <p>World Migratory Bird Day</p> <p>Migratory Bird Day: How can we protect migratory birds and ensure conservation</p>	<p>9</p> <p>Save energy</p> <p>Compare the energy consumption of home appliances and use them efficiently</p>	<p>10</p> <p>10th OCTOBER</p> <p>WORLD MENTAL HEALTH DAY</p> <p>Mental Health Day: Promote Yuva Spandana helpline, set up free counselling centres for the youth</p>	<p>11</p> <p>International Day of the Girl Child</p> <p>Day of the Girl Child: Know the importance of this day and discuss the challenges girls face</p>	<p>12</p> <p>Mark the day by learning to say hello in at least five new languages</p>	<p>13</p> <p>TOOTH PASTE</p> <p>Switch from plastic toothbrushes to eco-friendly ones</p>	<p>14</p> <p>Tip: Before disposing a plastic bottle, consider reusing it (eg: for planting)</p>
<p>15</p> <p>Day of Rural Women: How can we empower rural women with education and employment?</p>	<p>16</p> <p>World Food Day: Share five tips on how we can adopt sustainable foods in our diet</p>	<p>17</p> <p>INTERNATIONAL DAY FOR THE ERADICATION OF POVERTY</p> <p>17 OCTOBER</p> <p>Poverty Eradication Day: Know about the wide-ranging schemes helping people in poverty</p>	<p>18</p> <p>Learn how we can individually reduce our dependency on fossil fuels</p>	<p>19</p> <p>12th OCTOBER</p> <p>Ensure sustainable consumption and production patterns</p> <p>Reading prompts: What is SDG 12 (Responsible Consumption and Production) and why is the goal important?</p>	<p>20</p> <p>Green your home: Use indoor plants and natural light in place of bulbs</p>	<p>21</p> <p>Use rain water for watering your plants</p>
<p>22</p> <p>Share your thoughts on the challenges to sustainable development</p>	<p>23</p> <p>Happy Maha Navami!</p> <p>Maha Navami: Celebrate the festivities with healthy sweets and snacks</p>	<p>24</p> <p>Happy Dussehra</p> <p>Dussehra: Make children perform a skit that depicts good over evil</p>	<p>25</p> <p>Which are the sustainable goals that we can strengthen using students and youth?</p>	<p>26</p> <p>SUSTAINABLE DEVELOPMENT GOALS</p> <p>Create awareness about Karnataka's priorities to achieve the SDG targets</p>	<p>27</p> <p>Fill the blank: My unique contribution to sustainability is _____</p>	<p>28</p> <p>Create a knowledge bank to teach younger kids about sustainable living</p>
<p>29</p> <p>Fossil-free Future: How can industries shift from fossil fuel to clean energy?</p>	<p>30</p> <p>CALENDAR PLAN</p> <p>Reflect on what you achieved this month and plan for the coming month</p>	<p>31</p> <p>WORLD CITIES DAY</p> <p>OCTOBER 31</p> <p>Cities Day: How can we make cities sustainable and safer for all communities?</p>	<p>1</p> <p>Happy KANNADA RAJYOTSAVA</p> <p>Wishes</p> <p>Kannada Rajyotsava: Celebrate the State formation day by learning its significance</p>	<p>2</p> <p>13th OCTOBER</p> <p>Take urgent action to combat climate change and its impacts</p> <p>Reading prompts: What is SDG 13 (Climate Action) and why is the goal important?</p>	<p>3</p> <p>Write down a list of activities you wish to complete this month</p>	<p>4</p> <p>Similar to student council in colleges, form a sustainability team comprising students</p>




































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November

2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>29</div> <div></div> <div>Fossil-free Future: How can industries shift from fossil fuel to clean energy?</div>	<div>30</div> <div></div> <div>Reflect on what you achieved this month and plan for the coming month</div>	<div>31</div> <div></div> <div>WORLD CITIES DAY CITIES DAY: How can we make cities sustainable and safer for all communities?</div>	<div>1</div> <div></div> <div>HAPPY KANNADA RAJYOTSAVA Kannada Rajyotsava: Celebrate the State formation day by learning its significance</div>	<div>2</div> <div></div> <div>Take urgent action to combat climate change and its impacts Reading prompts: What is SDG 13 (Climate Action) and why is the goal important?</div>	<div>3</div> <div></div> <div>Write down a list of activities you wish to complete this month</div>	<div>4</div> <div></div> <div>Similar to student council in colleges, form a sustainability team comprising students</div>
<div>5</div> <div></div> <div>Develop a sustainability vision for your colleges and schools</div>	<div>6</div> <div></div> <div>Educate students about groundwater and its conservation</div>	<div>7</div> <div></div> <div>Create awareness about population issues and family planning</div>	<div>8</div> <div></div> <div>What could be the future initiatives to ensure everyone has access to quality healthcare?</div>	<div>9</div> <div></div> <div>#DinnerTogether: With gadgets away, dine with your family and engage in healthy conversations</div>	<div>10</div> <div></div> <div>Millet Day: Make a handmade poster promoting the local millets</div>	<div>11</div> <div></div> <div>What does the popular phrase 'Go Green' mean?</div>
<div>12</div> <div></div> <div>Diwali: Celebrate the day by learning the significance with green crackers</div>	<div>13</div> <div></div> <div>Start a pilot project in schools and colleges to recycle paper waste</div>	<div>14</div> <div></div> <div>Happy Children's Day Children's Day: Talk to children about why the day is dedicated to them</div>	<div>15</div> <div></div> <div>Diabetes Awareness Diabetes Awareness Day: Create awareness about healthy lifestyles that can prevent diabetes</div>	<div>16</div> <div></div> <div>Nominate a Sustainability Leader in your institute and share their intro video on social media</div>	<div>17</div> <div></div> <div>Develop a strategic initiative to help everyone get access to quality education</div>	<div>18</div> <div></div> <div>Conserve and sustainably use the oceans, seas and marine resources for sustainable development Reading prompts: What is SDG 14 (Life Below Water) and why is the goal important?</div>
<div>19</div> <div></div> <div>WORLD TOILET DAY Toilet Day: Promote the use of community toilets</div>	<div>20</div> <div></div> <div>Read about Declaration of the Rights of the Child</div>	<div>21</div> <div></div> <div>World Television Day Television Day: How has television influenced our decision making?</div>	<div>22</div> <div></div> <div>Learn how you can reduce energy consumption at home</div>	<div>23</div> <div></div> <div>Compost: Learn how to create nutrient-rich soil through food waste and leaves</div>	<div>24</div> <div></div> <div>Simple tip for good health: ensure you follow a routine with consistent bed time</div>	<div>25</div> <div></div> <div>Violence Against Women Day of Elimination of Violence against Women: Create awareness about violence faced by women across the globe</div>
<div>26</div> <div></div> <div>26th NOVEMBER CONSTITUTION DAY OF INDIA Constitution Day: Read the constitution and share Articles that you consider important</div>	<div>27</div> <div></div> <div>REDUCE FUEL CONSUMPTION Be smart in shopping choices: reduce packaging and fuel waste</div>	<div>28</div> <div></div> <div>WILDLIFE Take an oath to not purchase products that endanger wildlife</div>	<div>29</div> <div></div> <div>Promote WASH and steps to properly handwash to prevent infections</div>	<div>30</div> <div></div> <div>Kanakadasa Jayanti Reflect on what you achieved this month and plan for the coming month</div>	<div>1</div> <div></div> <div>WORLD AIDS DAY World AIDS Day: Create awareness about prevention of AIDS</div>	<div>2</div> <div></div> <div>Write down a list of activities you wish to complete this month</div>



































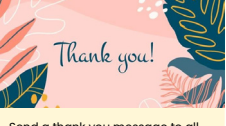

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December

2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>26</div> <div></div> <div>20th NOVEMBER CONSTITUTION DAY OF INDIA</div> <div>Constitution Day: Read the constitution and share Articles that you consider important</div>	<div>27</div> <div></div> <div>REDUCE FUEL CONSUMPTION</div> <div>Be smart in shopping choices: reduce packaging and fuel waste</div>	<div>28</div> <div></div> <div>LEGAL WILDLIFE TRADE</div> <div>Declutter your personal space and donate reusable ITake an oath to not purchase products that</div>	<div>29</div> <div></div> <div>Promote WASH and steps to properly handwash to prevent infections</div>	<div>30</div> <div></div> <div>CALENDAR PLAN</div> <div>Reflect on what you achieved this month and plan for the coming month</div>	<div>1</div> <div></div> <div>WORLD AIDS DAY Spreading Awareness about HIV</div> <div>World AIDS Day: Create awareness about prevention of AIDS</div>	<div>2</div> <div></div> <div>Do List</div> <div>Write down a list of activities you wish to complete this month</div>
<div>3</div> <div></div> <div>Day of Persons with Disabilities: How can we create a world that is inclusive and fair for people with disabilities?</div>	<div>4</div> <div></div> <div>ANEMIA</div> <div>Anemia Mukt Karnataka: Anemia among women impairs their health and development of children</div>	<div>5</div> <div></div> <div>Soil Day: Promote soil health testing and maintaining its natural nutrients</div>	<div>6</div> <div></div> <div>15 LIFE ON LAND</div> <div>Protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification and halt and reverse land degradation and halt biodiversity loss</div> <div>Reading prompts: What is SDG 15 (Life On Land) and why is the goal important?</div>	<div>7</div> <div></div> <div>Talk to your retired school teacher or a neighbour about their work experiences</div>	<div>8</div> <div></div> <div>Raise awareness about the ill effects of smoking and alcohol abuse</div>	<div>9</div> <div></div> <div>LESS IS MORE</div> <div>#LessIsMore: Learn about minimalism and how it positively impacts sustainable development</div>
<div>10</div> <div></div> <div>Anemia Mukt Karnataka: Providing IFA (Iron-folic acid) Supplementation treats anemia</div>	<div>11</div> <div></div> <div>Today, walk to your office or use public transportation to commute</div>	<div>12</div> <div></div> <div>Pradhan Mantri Jan Arogya Yojana Ayushman Bharat PM-JAY</div> <div>Day of Health Coverage: Share a message on Ayushman Bharat and how eligible persons can apply</div>	<div>13</div> <div></div> <div>CLEAN-UP DRIVE</div> <div>Organise a clean up drive in a market or public park in your neighbourhood</div>	<div>14</div> <div></div> <div>Energy Conservation Day: Take an oath to switch off devices and lights when not in use</div>	<div>15</div> <div></div> <div>ANEMIA</div> <div>Anemia Mukt Karnataka: Pregnant women with anemia must seek antenatal and post-natal care immediately</div>	<div>16</div> <div></div> <div>Organise a marathon to promote SDGs and Good Health & Well Being</div>
<div>17</div> <div></div> <div>16 PEACE, JUSTICE AND STRONG INSTITUTIONS</div> <div>Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels</div> <div>Reading prompts: What is SDG 16 (Peace, Justice and Strong Institutions) and why is the goal important?</div>	<div>18</div> <div></div> <div>CHARITY</div> <div>Sign up to volunteer for a charity work of your choice</div>	<div>19</div> <div></div> <div>Identify a differently abled person from your surrounding and provide any support they need</div>	<div>20</div> <div></div> <div>ANEMIA</div> <div>Anemia Mukt Karnataka: India has begun a strategy to end anemia among 6 groups of beneficiaries</div>	<div>21</div> <div></div> <div>#DinnerTogether: With gadgets away, dine with your family and engage in healthy conversations</div>	<div>22</div> <div></div> <div>National Mathematics Day: Read about S Ramanujan's contribution to mathematics</div>	<div>23</div> <div></div> <div>Carry your own reusable straw to avoid using plastic straws</div>
<div>24</div> <div></div> <div>REDUCE REUSE RECYCLE</div> <div>Think twice before you throw something away - Can it be fixed, reused, or upcycled</div>	<div>25</div> <div></div> <div>Merry Christmas</div> <div>Christmas: Celebrate the day of giving by donating food and clothes to those in need</div>	<div>26</div> <div></div> <div>Donate coloring books and crayons to the pediatrics wing of the local hospital</div>	<div>27</div> <div></div> <div>17 PARTNERSHIPS FOR THE GOALS</div> <div>Strengthen the means of implementation and revitalize the global partnership for sustainable development</div> <div>Reading prompts: What is SDG 17 (Partnerships for the Goals) and why is the goal important?</div>	<div>28</div> <div></div> <div>GOALS</div> <div>Fill the blank: I choose to contribute to Goal Number ___ to help achieve _____</div>	<div>29</div> <div></div> <div>Time to reflect on all the good things happened in your life this year</div>	<div>30</div> <div></div> <div>Thank you!</div> <div>Send a thank you message to all who have contributed to your life this year!</div>
<div>31</div> <div></div> <div>Reflect on your actions in 2023: How did you grow personally and how did you contribute to planet's sustainability?</div>						