1 NO POVERTY

2 ZERO HUNGER

3 GOOD HEALTH AND WELL-BEING

4 QUALITY EDUCATION

5 GENDER EQUALITY

6 CLEAN WATER AND SANITATION

7 AFFORDABLE AND CLEAN ENERGY

8 DECENT WORK AND ECONOMIC GROWTH

9 INDUSTRY, INNOVATION AND INFRASTRUCTURE

10 REDUCED INEQUALITIES

11 SUSTAINABLE CITIES AND COMMUNITIES

12 RESPONSIBLE CONSUMPTION AND PRODUCTION

13 CLIMATE ACTION

14 LIFE BELOW WATER

15 LIFE ON LAND

16 PEACE, JUSTICE AND STRONG INSTITUTIONS

17 PARTNERSHIPS FOR THE GOALS

Sairam INSTITUTIONS

170

daily actions



Sairam EOMS
EDUCATIONAL ORGANISATION MANAGEMENT SYSTEM

Sairam RAISE
Elevating standards.
Enhancing performance!

Sairam SDG ACTION PROGRAM

IF

Get everyone involved. Have a classroom do regular outreach day trips to areas in need. 1

At birthday parties offer the option to donate money to your chosen charity in replacement of a birthday gift. 2

Buy fair-trade products to support the sustainable trade system, meaning employees are rewarded fairly for their work. 3

Teach a skill or short course at a community centre (computer skills, building a resume, preparing for job interviews). 4



Buy clothing or other products from stores that donate a portion of their money to charities. 5

Sponsor a child so they can have access to food, education, and health. 6

Clean out your pantry. Fill a box with non-perishable foods and donate it to a food bank. 7

Generate discussion around poverty. Write a blog, or write an article in a local newspaper. 8

Volunteer in homeless shelters. Your time can be more valuable than money. 9

If possible, give to every beggar on the street. An apple, a bottle of water, small change or even just a smile are better than not giving at all. 10

YOU

Spread the word. The more ideas are spread to combat hunger, the more people act. 1

Donate non-perishable foods to charities. 2

Provide food for schools in developing countries. When there is lunch available, attendance increases, which also means more girls marry later and have smaller families. 4

Support food assistance programs. They provide over 20 times more food than food banks, food pantries and soup kitchens. 3

2 ZERO HUNGER



Many emergency food providers need specialized skills such as accounting, social media or writing skills. Volunteer your expertise once a week. 6

If you employ workers on minimum wage, help support their other needs like education for their children, or housing supplies. 5

Many hungry people hesitate to ask for help because of the stigma and shame of it. Speak up about misconceptions and educate others about the realities of hungry persons. 8

Keep a bag of apples or tinned foods in the car for street beggars. 7

Read a book on hunger. A greater understanding of its causes will better prepare you to make a difference. 9

Support local farmers by buying your food at farmer's markets. 10

CARE

Don't smoke.

1

Be more active. Go for walks at lunchtime or cycle to work.

2

Heart disease remains the number 1 killer. Educate yourself on the causes and symptoms of heart disease as well as other Non-Communicable Diseases.

5

Eat a healthy diet and drink a lot of water.

3

Be part of increasing awareness of, and support for, mental health ailments such as depression, substance abuse or Alzheimer's.

4

Never stop learning. Engaging in work or educational activities helps lift older people out of depression. So, learn a new language, read a lot, set up a book club.

7

HIV/AIDS is not over. Protect yourself. Test yourself.

6

3 GOOD HEALTH AND WELL-BEING



Breastfeed. It is natural and the best source of nourishment for babies. Breastfeeding protects infants from illnesses, has long-term benefits for children and it benefits mothers.

8

Get enough sleep.

9

Make time for yourself and your friends.

10

ABOUT



Teach your native language to migrants in a youth centre or elsewhere. 1

Provide food at schools to increase attendance. 2

Educate your kids about the power of education, as many don't see the tangible benefits. 3

Show films or TV shows that are educational as well as entertaining for children. 4

Take education outside the school and keep it fun. Travel. Take kids on day trips to the planetarium or museums. 5

Support charities that are working in education in the poorest parts of the world. 6

Donate books to public libraries or public schools in need. 7

Share success stories, including stories that didn't make the headlines. 8

Share your skills with the ones who need them. 9

In many countries, girls are pulled out of school early in order to get married. Start conversations that allow for problems to be openly discussed and solutions to be found. 10

THE

Increase gender representation in areas of leadership in the workplace.

1

Communicate to media outlets (advertising companies, movie production houses and so on) about the harmful impact of portraying women as inferior, less intelligent and incompetent compared to their male counterparts.

4

Practice and demonstrate to children equal decision-making processes at home.

2

Encourage schools to provide scholarships for girls.

3

Use mentoring and coaching to help women build their confidence and develop their careers.

5

If you are a woman, know your rights and stand up for them.

6

Make gender equality part of training and education. Young people should be supported in choosing jobs that advance their future, regardless of their gender.

8

Make flexibility and work-life balance a part of the company's culture.

7



Gender equality starts at home.

9

Sponsor a girl child who needs a role model.

10

FUTURE,

Read a book on water. It will increase your understanding of the impact water has in societies, economies and our planet. 1

Conserve, conserve, conserve. When ice-cubes are left over from a drink, don't throw them away. Put them into plants. 2

Support organisations that give water to areas in need. 3

6 CLEAN WATER AND SANITATION



Donate to projects that require funds for digging boreholes, installing pipes and pumps, maintenance training to communities etc. 4

Never flush toxic chemicals such as paints, chemicals or medication down the toilet. It pollutes lakes and rivers and causes health problems in marine life and humans. 7

Fix leaks at home. A leaky faucet can waste more than 11'000 litres per year. 5

Hold fundraising days in schools on World Water Day and Toilet Day and donate the money to your chosen project. 6

Wash your car at commercial car washers who recycle water. 8

Turn off the tap when brushing your teeth and while soaping in the shower. 9

Hire a "Green Plumber" to reduce your water, energy and chemical use. 10

BE

Cover the pan with a lid. It reduces the amount of energy required to boil water by 75%.

1

Turn off electronic equipment such as TVs and computers when going on holiday.

2

Turn lights off in rooms that aren't being used. When you switch your lights off, even for a few seconds, it saves more energy than it takes for the light to start up, regardless of the bulb type.

3

Efficient home designs also combine energy efficient constructions, appliances and lighting, such as solar water heating and solar electricity.

4

Use energy-efficient lightbulbs and set your household appliances on low-energy settings.

5

Turn down the thermostat and fill the house with carpets to keep the warmth inside.

6

7 AFFORDABLE AND CLEAN ENERGY



Support solar power projects for schools, homes and offices.

7

Only fill the kettle to the amount of water needed.

8

Installing air-conditioning? Ask for solar air conditioning.

9

Seek advice and guidance on energy efficiency in historic buildings.

10

THE

Encourage Bring-your-child-to-work Day for youth to see what a healthy work environment looks like.

1

Support international campaigns to end modern day slavery, forced labour, human trafficking and forced marriages.

3

Become a micro-lender and empower young people to become entrepreneurs.

2

Provide stability. Empower young professionals to grow into their positions.

4

Provide food for low-earning workers.

5

8 DECENT WORK AND ECONOMIC GROWTH



Provide incentives for hard work. People respond to a reward system.

6

Provide reduced rates on quality health systems and facilities for employees.

7

Ensure safe working conditions.

8

Encourage more job opportunities for youth.

9

Financially assist training and development programs for an enhanced skillset.

10

CHANGE.

Fund projects that provide infrastructure for basic needs. 1

Host a small event for people to donate their unused, working phones, and in turn raise the awareness about the lack of infrastructure for communication services that 1-1.5 billion people still do not have. 2



Immerse yourself. Organise groups to visit regions where basic needs are missing. This will broaden understanding and motivate people to act on it. 4

Hospitals, schools and clinics can host fundraising events for projects developing health care infrastructure. 3

Encourage sustainable infrastructure with efficient resources and environmentally friendly technologies. 5

Keep up to date with the latest technologies and innovation. 6

Invest in domestic technology development research and innovation in developing countries. 7

Make cities healthy. Turn empty roof space on buildings into green roofs. They improve air quality, insulation by up to 25%, they absorb sound, promote social integration and more. 9

Don't throw away, give away. Upgrading our electronic gadgets is inevitable, but often our gadgets are still in good working condition. Pass on your old working devices or recycle as certain parts can be recovered. 10

Employ more scientific researchers and development workers in the industrial sector. 8

HELP

Encourage children to make friends with kids from different cultures. 1

Once a month have a coffee with a person who is different from you, whether in race, beliefs, culture or age. 2

Take your kids to the park and other communal spaces and look for opportunities to talk to different people. Learn about them. Understand them. 4

Learn to respect all kinds of people who may do things differently than you. 3

Travel the world to learn about different cultures. 5



Sponsor a child to attend school. 6

Read storybooks to children that describe all cultures. 7

Say Yes to increasing the minimum wage of the lowest earning people. 8

Build schools, homes and offices to be more accommodating to older persons and people with disabilities. 9

Stop stereotypes. Write a blog of short stories that breaks that way of thinking. 10

TO END POVERTY

Start a car-pooling system online, internally in the office, or in areas that don't have access to reliable public transport. 1

Advocate and support the development of sport and recreational spaces. They help build stronger, healthier, happier and safer communities. 3

Generate awareness about your city's carbon footprint and ways to improve it. 2

11 SUSTAINABLE CITIES AND COMMUNITIES



Reach out to underprivileged areas. Integrate people of different class and ethnicity and include them in decision-making processes that involve them, including their living conditions, pollution and so on. 6

Use public transport, city bikes and other modes of environmentally friendly transport. 4

Research, encourage and raise awareness for greater information transparency within your community. 5

Gather in small community groups to brainstorm ways to ensure safe and accessible public spaces especially for women, children, elderly people and people with disabilities. 9

Provide reduced fees on public transport in cities that face the challenge of congestion. 7

Educate yourself on the cultural and natural heritage of your area. Visit heritage sites and post about these in a positive light. 8

As a company, offer reduced fees on city bicycle hire. 10

TO REDUCE INEQUALITIES

Don't keep clothes or other items you are not using. Donate them.

1

Arrange school groups to spend 1 hour a week on the beach, along lakes or in parks to pick up the litter and to raise awareness on water pollution.

2

12 RESPONSIBLE CONSUMPTION AND PRODUCTION



Buy fruit that is in funny shapes and overripe, and make smoothies out of them.

3

Partner with hotels and restaurants to fast track leftover foods to charities that would otherwise be thrown away.

4

Recycle!

5

Eat local. And support fair trade associations that support and promote businesses committed to the principles of fair trade.

8

Keep showers short. Don't fill the bath to the top. Excessive use of water contributes to global water stress.

6

Buy sustainable products including electronics, toys, shampoo or seafood and organic groceries.

7

Do a cold wash. Warm water uses more energy.

9

Drink tap water when it is safe.

10

AND TO TACKLE CLIMATE CHANGE.

	Compost food scraps. 1	
Drive less. Walk, cycle, take public transport or car pool. 2		Take re-useable bags to the store. 3
Air dry. Let your hair and clothes dry naturally. 4	Avoid driving in peak-hour traffic. 5	Maintain your car. A well-maintained car emits fewer toxic fumes. 6
	Organise for your school or company to plant new trees every year. Trees give oxygen and take in carbon dioxide. 7	Unplug TVs, computers and other electronics when not in use. 8
Spread awareness about ways to stop global warming. 9	Only buy what you need. 20-50% of the food we buy ends up in landfill. 10	13 CLIMATE ACTION

TOGETHER

Start regularly volunteering in community groups to clean up a portion of the beach from litter if living nearby. 1	Don't buy jewellery and other items made from coral, tortoise shells or other marine life. 2	
	Eat local sustainable food. 3	Support organisations that protect the oceans. 4
Use fewer plastic products, which often ends up in oceans causing the death of marine animals. 5		
Respect laws related to over-fishing. 6	Inform yourself on ocean activities by watching educational DVDs and documentaries. 7	Avoid buying wild-caught, salt-water fish for your home aquarium. 8
	Only use the dishwasher and laundry machine when full. 9	Practice responsible recreational activities like boating, fishing, snorkelling and kayaking. 10

WE CAN

Avoid using pesticides that end up in rivers and lakes, as they are harmful to wildlife. 1

Eat seasonal produce. It tastes better, it is cheaper and it is environmentally friendly. 2



Help fund projects to rehabilitate lands. 3

Never buy products made from threatened or endangered species. 4

When you go into stores, or when you participate in market places, make environmentally-friendly choices that are in favour of our planet. 6

Recycle used paper and go paperless where possible. 5

Eat less meat. The production and distribution of meat has a huge impact on greenhouse gas emissions. 7

Make your own compost. It supports biodiversity, enriches the soil, and reduces the need for chemical fertilizers. 8

Participate in local urban farming. 9

Buy recycled products. 10

TRANSFORM

Make your voice heard and vote in your country's elections

1

Participate in your country's decision-making processes in an informed manner.

2

16 PEACE, JUSTICE AND STRONG INSTITUTIONS



Stop violence against women. If you see it happening, report it.

3

Find value in different demographics, thoughts and beliefs for an inclusive society.

4

Demonstrate a peaceful environment at home.

5

Be passionate about your country's decisions, and remain peaceful when standing up for what you believe in.

6

Read, write or make a video to stand up for peace.

7

Host or participate in local community events to get to know one another in safe environments. This can be at sports events, barbeques, festivals and so on.

10

Spend some time each week quietly reflecting on how you would like to relate to others.

8

Volunteer at local anti-violence organisations and outreach programmes.

9

THE
WORLD.

Encourage schools to embrace teamwork outside the classrooms in local communities and businesses. 1

Look for synergies and build stronger multi-stakeholder partnerships. Share knowledge, expertise, technology and financial resources. 2

Teach kids about partnerships through sport. 3

Encourage corporate social responsibility towards projects related to sustainable development in developing countries. 5

Collaborate with organisations that need funding in an area you feel strongly about. 4



Collaborate with organisations in different countries who share the same goals that you have. 6

Show the power of partnerships through documentaries on success stories. 7

Be clear, specific and creative about your social goals. 8

Techno-experts: partner with projects that need technological skills in developing countries. 9

Practice teamwork at home. Share activities among all family members and outside the family. 10

Imagine the Future and

Make it happen!





Together let's build a better world where there is **NO POVERTY** and **ZERO HUNGER.** We have **GOOD HEALTH AND WELL BEING** **QUALITY EDUCATION** and full **GENDER EQUALITY** everywhere. There is **CLEAN WATER AND SANITATION** for everyone. **AFFORDABLE AND CLEAN ENERGY** which will help to create **DECENT WORK AND ECONOMIC GROWTH.** Our prosperity shall be fuelled by investments in **INDUSTRY, INNOVATION AND INFRASTRUCTURE** that will help us to **REDUCE INEQUALITIES** by all means. We will live in **SUSTAINABLE CITIES AND COMMUNITIES.** **RESPONSIBLE CONSUMPTION AND PRODUCTION** will help in healing our planet. **CLIMATE ACTION** will reduce global warming and we will have abundant, flourishing **LIFE BELOW WATER**, rich and diverse **LIFE ON LAND.** We will enjoy **PEACE AND JUSTICE** through **STRONG INSTITUTIONS** and will build long term **PARTNERSHIPS FOR THE GOALS.**



For the goals to be reached, everyone needs to do their part: governments, the private sector, civil society and **People like you.**

Together we can...

Sai Prakash Leo Muthu

CEO – Sairam Institutions

Sairam SDG ACTION PROGRAM

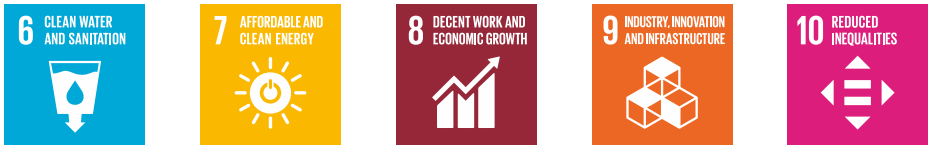
People

End poverty and hunger in all forms and ensure dignity and equality



Prosperity

Ensure prosperous and fulfilling lives in harmony with nature



Planet

Protect our planet's natural resources and climate for future generations



Peace

Foster peaceful, justice and inclusive societies



Partnership

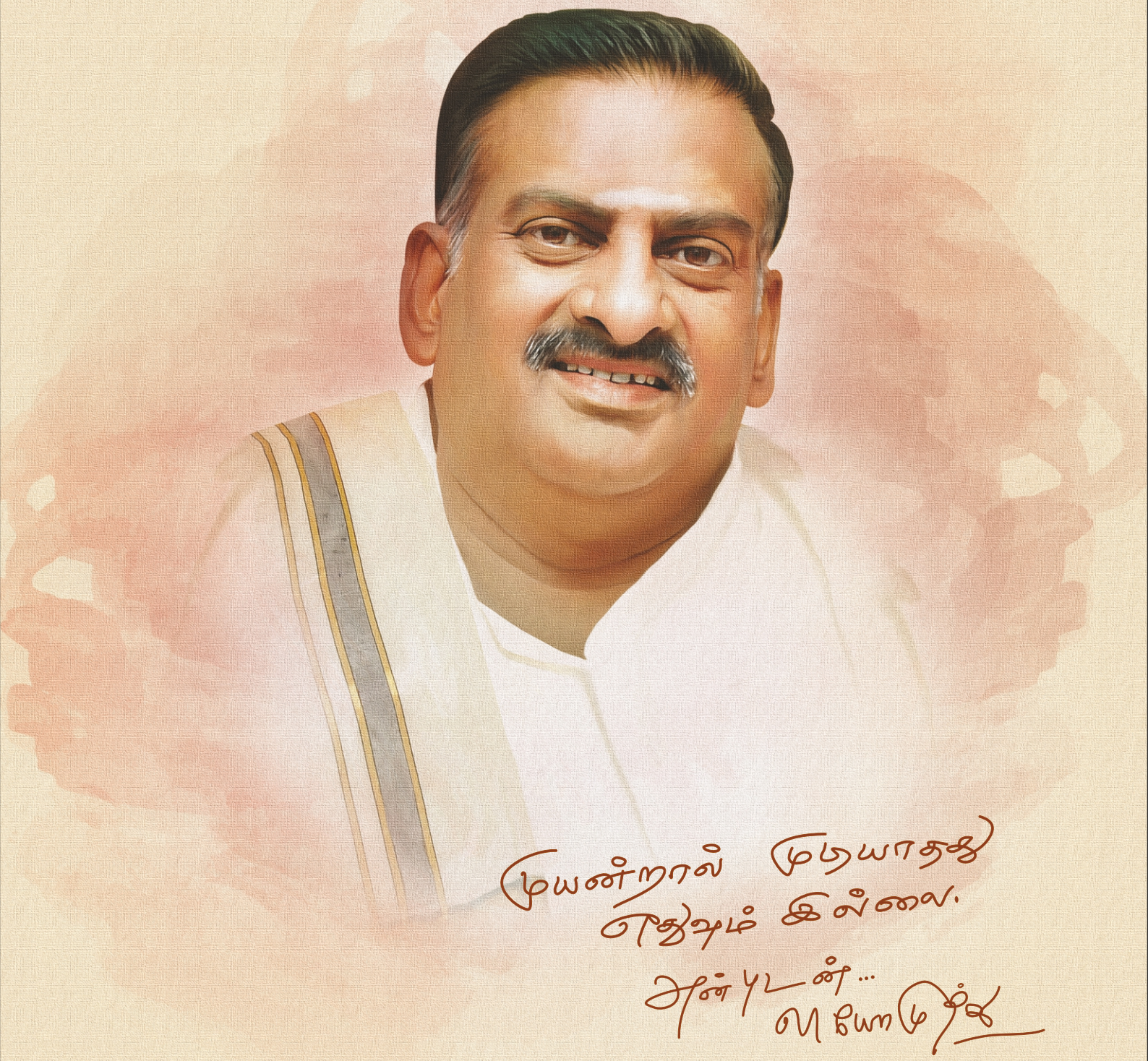
Implement the agenda through a solid global partnership




PEOPLE
End poverty and hunger in all forms and ensure dignity and equality
PROSPERITY
Ensure prosperous and fulfilling lives in harmony with nature
PEACE
Foster peaceful, justice and inclusive societies
PARTNERSHIP
Implement the agenda through a solid global partnership
PLANET
Protect our planet's natural resources and climate for future generations
Sairam
SDG ACTION PROGRAM

OUR GUIDING ST★R...

THE VALUES YOU SET AT SAIRAM WILL ALWAYS GUIDE US!



முயன்றால் முடியாதது
எதுவும் இல்லை.

அன்புடன்...
லியோ முத்து

MJF. LN. LEO MUTHU

FOUNDER CHAIRMAN - SAIRAM INSTITUTIONS

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The Sustainable Development Goals are humanity's to-do list for a sustainable planet, a clear roadmap for a better future.

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