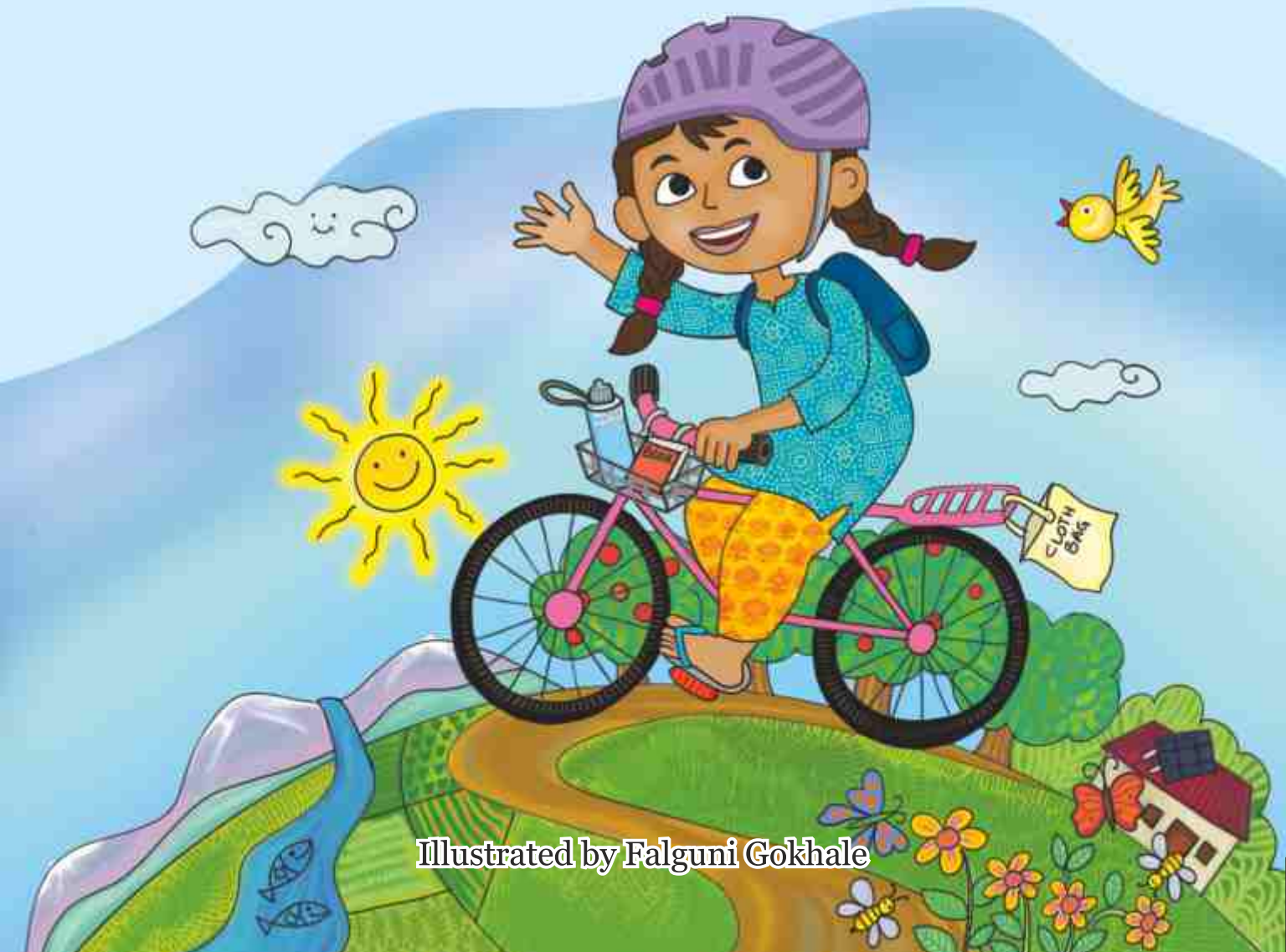


# Making a world of difference



Illustrated by Falguni Gokhale

**Our heartfelt thanks to**

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# Making a world of difference



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Her Abilities. Endless Possibilities.

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Illustrated by Falguni Gokhale

Tara is sad because she is unable to attend school. She can not attend school as heavy rains have flooded her entire neighbourhood. The rains caused puddles in which mosquitoes bred and Tara's brother fell sick with malaria.





Tara's cousin Muskan is visiting her. Muskan is from another part of India.



Muskan says,

“The climate is changing everywhere. It has become so uncertain! Even in my hometown, where we would get regular rainfall, has now almost stopped raining ! My father, a farmer is so worried! We have no water, the fields are dry and crops are dying.

My little sister has also developed a breathing problem due to dust, dry air, pollution and the change in climate!”



## Why is the climate changing?

To know this we need to understand how we affect our Earth and its climate.

We think we are only connected to our homes, our family and friends and our city.

But that's not true.

We are also connected to our country, the plants, the animals, birds and insects that live in our country and each and every creature living in other parts of our Earth.

We are connected to the rivers, the air, the soil, the sky and the mountains. We are connected to the sun, the moon and the atmosphere around the Earth.

We are a part to our entire world. Just by living in it

**Each one of us is part of this beautiful world and we all are dependant on each other. So what happens to it affects us all.**

**And what each of us do affects the world, including the climate.**



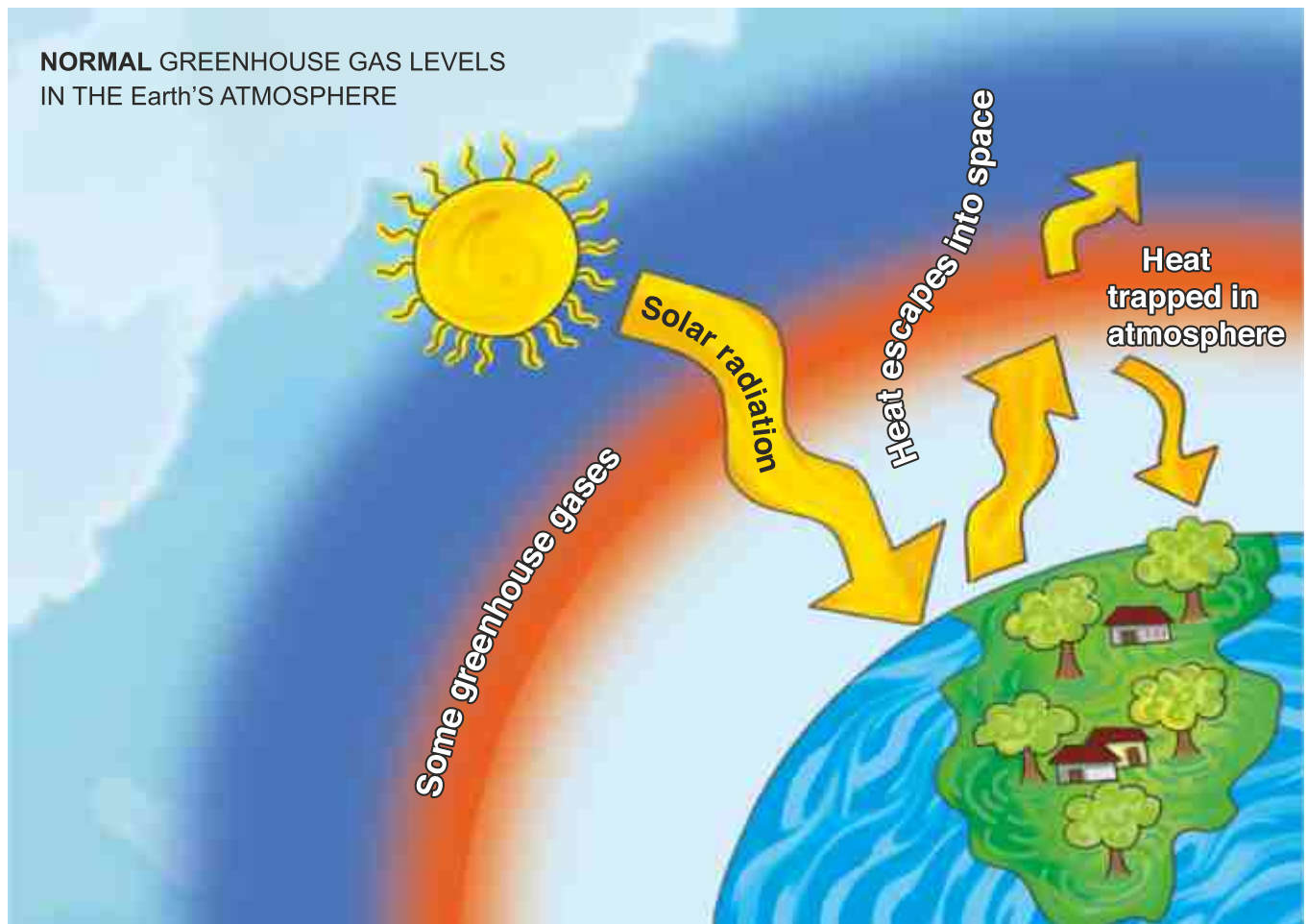




## Greenhouse gases and climate change

In the last 50 to 100 years, due to various human activities, our Earth has been getting warmer. Some of these activities like burning too much fossil fuel in factories, driving cars and buses release Greenhouse gases.

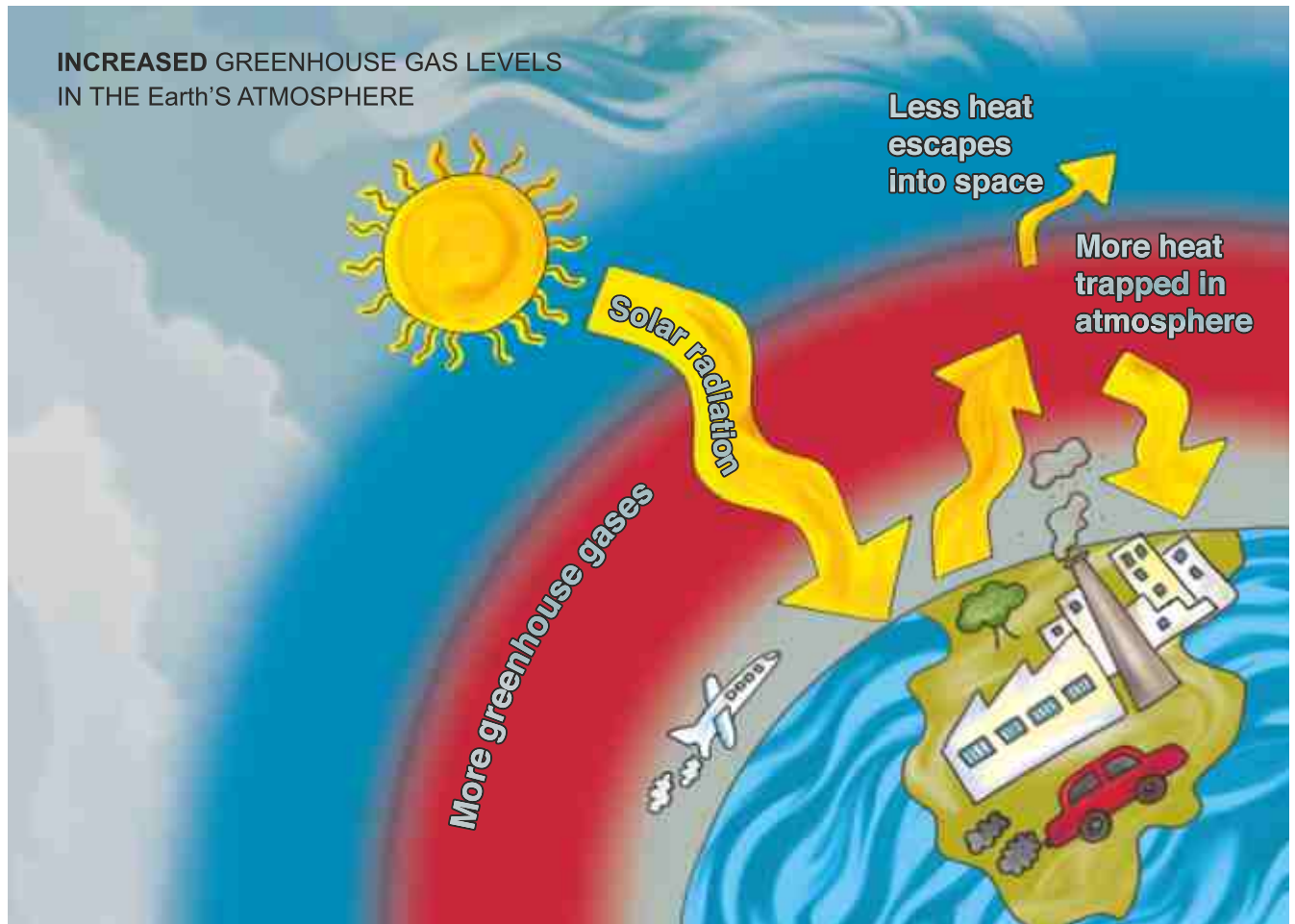
The main Greenhouse gases are carbon dioxide, methane and nitrous oxide.





Excess greenhouse gases are harmful because they trap the sun's heat within the earth's atmosphere and do not let it escape.

This is what warms up our Earth and is called global warming. When this happens, our climate is affected.



# Climate change leads to disasters!



## **Heat Waves**

Already there are unpredictable waves of extreme heat across the world. Some places may become so hot that people and some animals may not be able to live there. People could fall ill due to the heat, lands that were farms might turn into deserts and crops may fail.



## **Heavy Rainfall**

Due to climate change, the rainfall patterns have become unpredictable and the supply of fresh water is also affected. Without safe water, we are at increased risk of diseases, our hygiene is impacted.



## **Drought**

The water cycle has changed because of the Earth's heating and rise in temperature that we read about earlier. The rate of water evaporation from the soil and plants has increased, thus causing drought. The lack of water can lead to famine, failure of crops, food shortages and affect our health.



## **Wildfires**

Climate change increases the risk of a hot and dry weather which can cause wildfires. These wildfires destroy habitats and homes and can be deadly.



### **Threat to habitats and animals**

Climate change has caused lots of problem for animals. The migration patterns of birds and mammals are affected due to the change. The areas they live also keeps shrinking. The existence of many animals is threatened.



### **Ocean acidification**

The ocean plays a very important role in regulating the amount of carbon dioxide in the atmosphere. Due to climate change, the ocean absorbs more carbon dioxide than it should, which leads to acidification. This is happening almost 100 times faster than it ever has before! All marine life in the ocean is seriously affected because of acidification.



### **Sea-level rise**

Due to the warming of the planet, the ice caps are melting This has caused sea levels to rise at almost three times over the last century! All our islands and coastal regions in the world are in danger of flooding.



### **Cyclones and Typhoons**

Warmer seas and oceans lead to more severe coastal storms, causing great damage.

# How does global warming and climate change affect the Earth





# How does global warming and climate change affect our life

**MORE DISEASES  
AND EPIDEMICS**



**LIMITED ACCESS  
TO SAFE WATER**



**SCARCITY  
OF FOOD**



**A warmer Earth  
will affect the way  
people live.  
It will affect the  
supply of food and  
water and health  
adversely.**



**EXTINCTION  
OF SPECIES**



**DISPLACEMENT  
AND  
MIGRATION**



**POVERTY**

Our activities are warming the Earth  
and slowly destroying it causing climate change

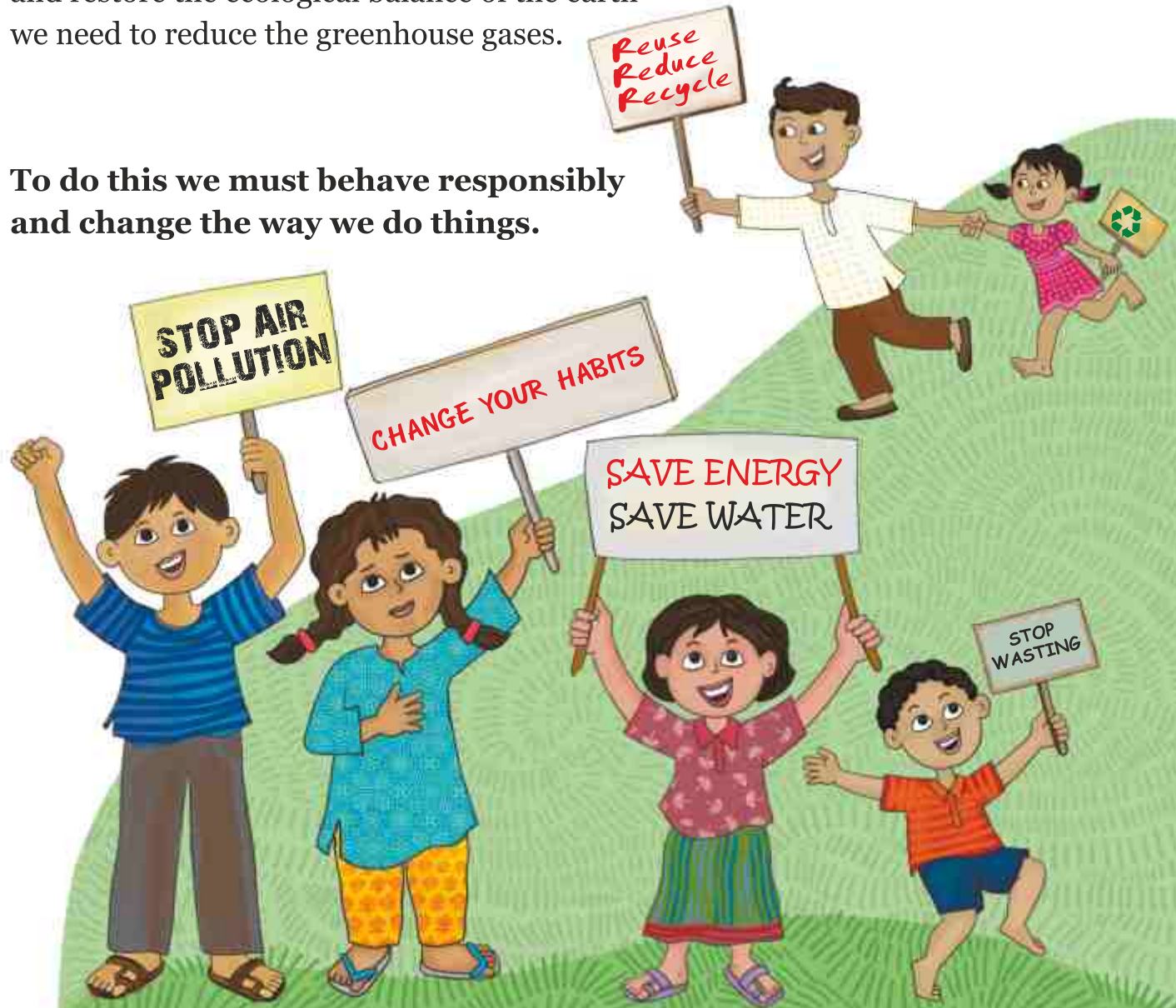
## We must restore the ecological balance of the Earth !!



# What can we do to restore the ecological balance of the earth ?

To avoid the worst effects of climate change and restore the ecological balance of the earth we need to reduce the greenhouse gases.

To do this we must behave responsibly and change the way we do things.





# SAVE WATER

Water is precious and very important to us in all aspects of our lives. We need clean drinking water to live and stay healthy. We need water for agriculture, to produce energy, to manufacture products and even for recreation like swimming!

Changes in the climate due to overheating of our planet has disrupted our water cycle and rainfall patterns. It is also becoming difficult to access safe drinking water. By saving water, we can save ourselves.

## How can we help save water?

### Close the taps...



...while brushing your teeth or applying soap on hands or hair. Do not let the water flow.



...while applying soap to clean your vessels. Do not let the water flow.



... tightly after use. Do not let the water flow.





Plant trees. They help conserve water, raise groundwater levels and cool the atmosphere.



Collect rainwater in a bucket during monsoon season and use it to clean the house.



Hand wash your clothes when possible as it saves water.



Time your shower to keep it less than 5 minutes. Best to have bucket bath.



Find ways to reuse and recycle water  
Eg. water plants after washing vegetables.



Fix leaky taps so that water is not wasted.

# STOP AIR POLLUTION

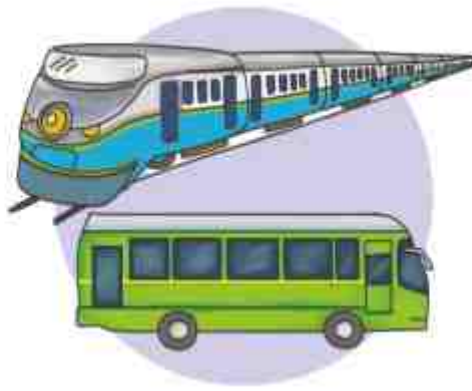
Air pollution not only causes climate change but also becomes worse due to it. Most air pollution comes from energy use and production. Burning fossil fuels releases gases and chemicals into the air. Air pollution in the form of carbon dioxide, methane and other greenhouse gases make our Earth hotter.

If we don't breathe in clean and good air, we can become very ill. The tiny pollutant molecules in the air can slip past our body's defences, penetrate deep into our respiratory and circulatory system and damage our lungs, heart and brain.

## What can we do to reduce air pollution?



Walk or cycle  
as much as possible



For very long distances,  
use public transport  
like trains or buses.



Keep your car or vehicle  
in good condition to  
avoid emissions.



Plant trees.  
They release oxygen  
and absorb  
carbon dioxide



Never use open fires to  
burn chemical and  
plastic waste. It releases  
toxic gases in the air



Try to use natural  
products instead of  
those with synthetic  
chemicals.



Read more about  
LPG subsidies and use  
LPG gas for cooking  
wherever possible.



Encourage people to  
switch to clean  
energy sources when  
possible.



Talk to your local  
leader and ask them  
to use laws that can  
lessen air pollution

# REDUCE, REUSE, RECYCLE

Every time we make a new product from raw materials, a large amount of energy is used. Recycling helps reduce and save energy in the manufacture of new products by using less fossil fuel. It also reduces wastage and air pollution.



Reusing, reducing buying and recycling helps us protect our Earth and combat climate change. Always ask yourself before you buy if you need that next shiny product. Refuse is possible.

## How can we reduce, reuse and recycle?



Segregate your waste because then it is much easier to recycle.



Use the wet waste as compost. Learn how to compost food waste.



Do not buy more than what you need.





Carry your own cloth bag while shopping and refuse plastic bags.



Carry your own water bottle and don't buy plastic water bottles.



Use old newspapers, brown paper or cloth for wrapping.



Re-use glass containers and other bottles for storage.



Repair and re-use old clothes instead of buying new ones.



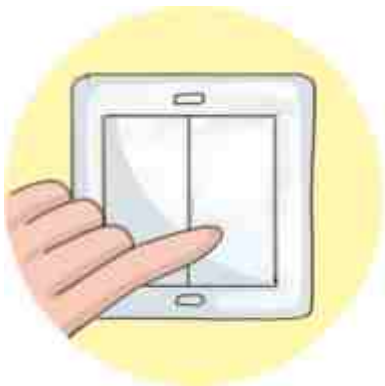
Donate things you don't want to use.

# REDUCE ENERGY USE

There is a direct connection between our energy use and its effect on the Earth and climate. To generate electricity, most power plants burn coal, crude oil or other fossil fuels. Our Earth pays the price not only from their mining, which destroys ecosystems, reduces available resources, and creates air pollution due to their transportation and burning.

The existing method of power generation releases a lot of greenhouse gases. When we use less energy, we reduce the demand for it and therefore lessen the toxic fumes released by the power plants. We then conserve the Earth's natural resources and protect ecosystems from destruction and help make the world healthier and happier.

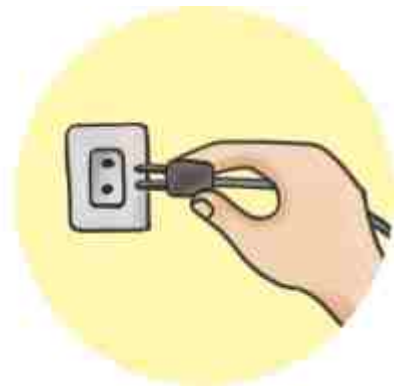
## How can we save energy?



Turn off unnecessary lights and use natural light when you can.



Use  
LED bulbs



Unplug all unused electronics to avoid leakage of energy.



Use doors, windows and curtains to regulate room temperature.



Use or repair second-hand electrical appliances and help reduce e-waste.



Use earthen matkas to keep water cold instead of keeping in the fridge.



Use solar and other renewable energy as far as possible



Buy local foods and goods in order to minimize the use of fuel for transportation.



Use clean energy sources like electric vehicle and bio-fuel as far as possible.

# DO NOT WASTE FOOD

Food waste is food that is discarded or lost because it is not eaten. This can happen at any time between farming, production, processing, selling or eating the food.

Many of us waste food at events like weddings, which could have fed other hungry people. It also means that we wasted the energy, water, and other resources that were used to produce that food.



## What should we do so that food is not wasted?



Raise awareness in your family functions or other events to reduce the number of items on the menu.



Cook smaller portions to avoid excessive leftovers.





Eat more pulses  
and vegetables.



If you do need to store  
food, do it wisely so it  
doesn't get spoiled.



Buy only what you  
need rather than  
storing extra.



Eat the leftovers the next  
day or donate them to  
someone who is hungry.



Compost  
the food scraps.



Respect your food  
and take only as  
much as you can eat

## Why should I change?

Muskan asks,

“So many people living in big houses in the city buy more than they need and waste. They should be changing their habits the most!

We are poor and suffer the most due to climate change!

Why should I change my habits?  
What difference will it make?”



# Even a small change can make a big difference!

Some people cause more damage to our Earth than others, and some suffer more. However climate change affects everyone.

We are all running short of time and our planet is dying, so doing nothing is not an option for anyone, anymore.

We are at a higher risk of destroying the earth and all of us along with it if we waste time on arguing about who needs to change the most or if we do not act right now!

**We must each do everything we can however small might be the action. And we need to do it now.**

**Changing our habits will take a lot of effort, but by starting in small ways we can gradually make a big difference.**

One step at a time to reach our goal.









# Together we will make a difference.

- We must pledge to be a good citizen and do our best to restore the ecological balance of the earth before it is too late.
- We must promise to make a better present and future for everyone by protecting our world.
- We promise to change our habits so that we can reduce consumption and waste.
- We will create a group of Climate Warriors and we will each champion the cause of protecting Earth by creating awareness, by our actions and by reflecting on what more we can do.

## WE WILL CREATE AWARENESS

Spread awareness amongst our friends, families and the entire community about climate change and its impacts.



## WE WILL ACT

Change the way we do things, take and encourage action in order to limit greenhouse gas emissions and conserve energy.

## WE WILL REFLECT

About how our actions are affecting the Earth, think of more ideas to protect our planet and how each of us can play our part.



# WHAT ARE WE DOING TO OUR EARTH!!



Generating power from fossil fuels and mining the Earth



Producing too many goods



Cutting down too many forests



Using too much transport



Using too much synthetic fertilizers to produce food



Using too much electricity

**WE ARE  
PRODUCING,  
USING UP,  
CONSUMING  
AND  
WASTING  
TOO MUCH**



**OUR HABITS  
AFFECT  
OUR EARTH  
BY  
TRIGGERING  
GLOBAL WARMING**



LET US  
PROTECT  
OUR WORLD



## HOW GLOBAL WARMING AFFECTS US



HEAT WAVES



MORE  
DISEASES  
AND  
EPIDEMICS



UNSEASONAL  
RAIN



LIMITED  
ACCESS  
TO  
SAFE  
WATER



DROUGHT



SCARCITY  
OF FOOD



WILD FIRE



EXTINCTION  
OF SPECIES



OCEAN  
ACIDIFICATION



POVERTY



FLOODS



MIGRATION  
AND  
DISPLACE-  
MENT



CYCLONES

## MAKE A DIFFERENCE!



REDUCE  
CONSUMPTION



REDUCE  
REUSE  
RECYCLE



USE LESS  
ENERGY.  
USE GREEN  
ENERGY.



PLANT  
MORE TREES.  
RESTORE  
HABITATS.



SAVE  
ENERGY



SAVE  
WATER



USE PUBLIC  
TRANSPORT



DO NOT  
WASTE  
FOOD

# PATH TO A HEALTHY EARTH



## HOW TO PLAY

Each player throws a dice and moves ahead as per the count on the dice.

The player who finishes first wins!



You fixed the leaking tap in your home.  
**Move forward 2 spaces.**



You wasted your food.  
**Go back 3 spaces.**



You use earthen pots to keep your water cold instead of using the fridge.  
**Roll again.**



You accepted plastic bags while shopping.  
**Go back 2 spaces**

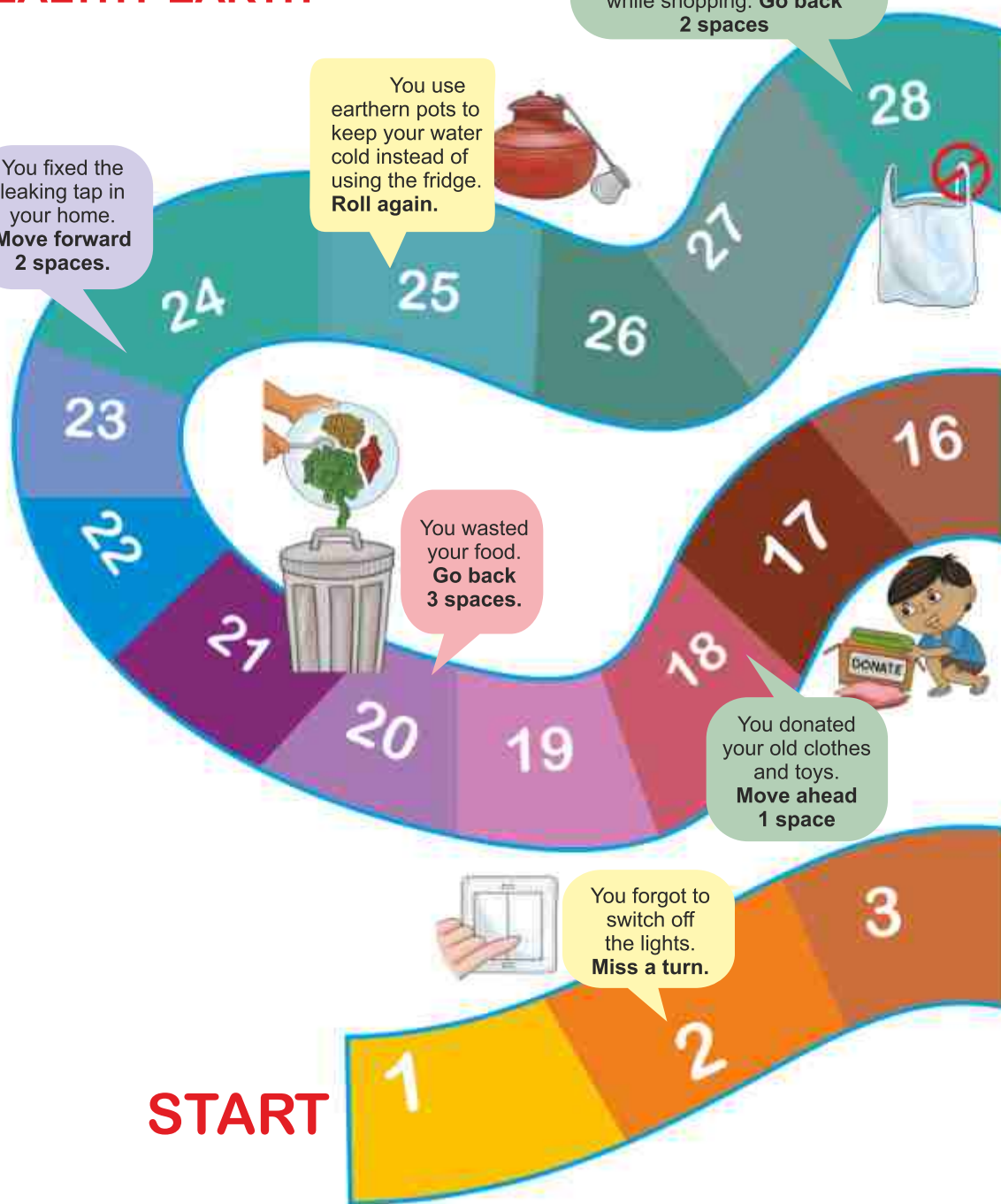


You donated your old clothes and toys.  
**Move ahead 1 space**

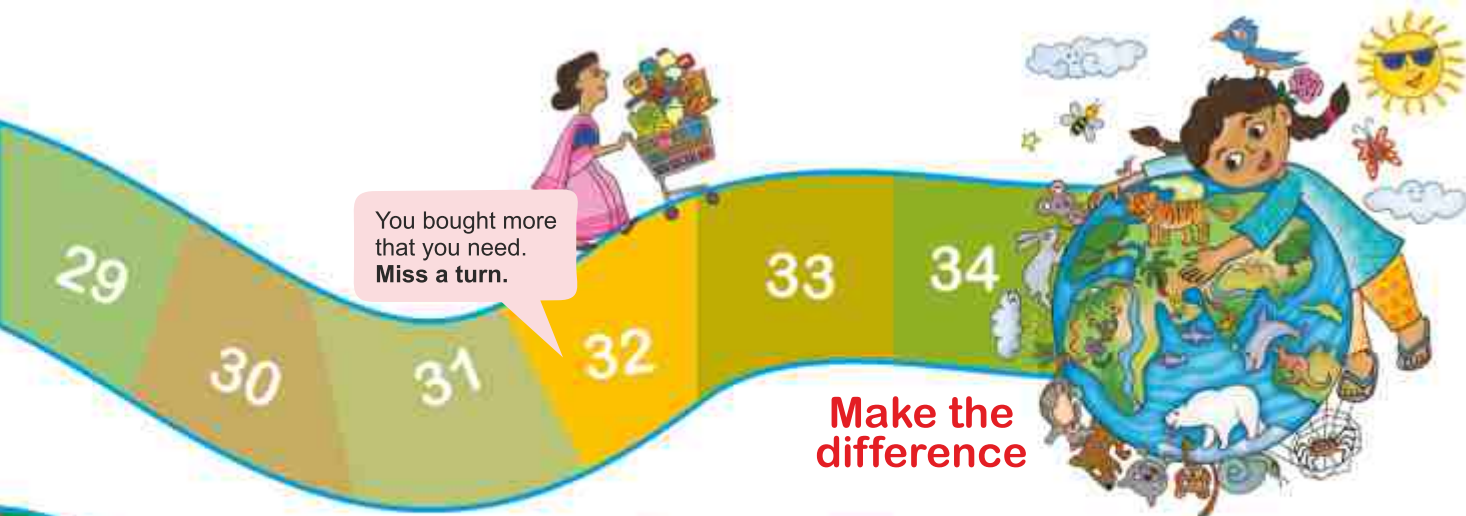


You forgot to switch off the lights.  
**Miss a turn.**

**START**





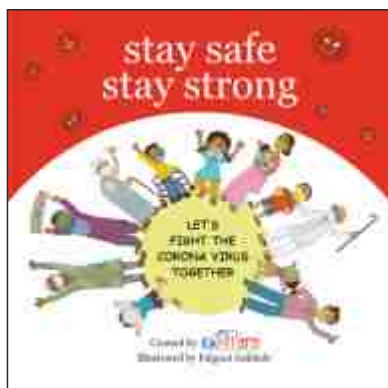




Ek Tara is a social development organization in Kolkata, India, which was established in 2011 and registered in 2015, with the vision of providing high quality education, life skills and skill building opportunities to girls and women who were left outside the ambit of development for generations. Ek Tara's programmes emerged from the needs of these girls and women trapped in the cycle of poverty-illiteracy and patriarchy so that they could break these shackles and lead a better quality of life based on informed decision and financial independence. Ek Tara's multi-pronged programmes aim at transforming children and their families from within so that their outlook towards education, skilling and better employment opportunities are sustainable in nature. Its work is deeply rooted in the communities it works and at every step it involves participation of community members.

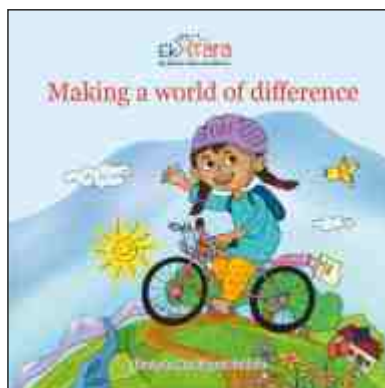
With programmes focused on bringing about community transformation through educated and empowered women Ek Tara's projects include quality learning programmes for girls aged between 3 years to 18 years with a focus on digital literacy, co-curricular activities and holistic development. To support them further Ek Tara also offers projects on Health-Hygiene and Nutrition to ensure mental and physical well-being. Working closely with parents of children is an intrinsic part of Ek Tara's work as it creates a supportive environment at home for all these first generation learners. Participatory activities with individuals and organizations around the world also enable Ek Tara to offer a wide range of learnings and experiences for its children who are nurtured to become global citizens with 21st century skills and at par with any of their privileged peers. Ek Tara's programmes are aligned to several of the UNSDG's (namely 4,8,10)

**As an organization that works to educate girls from disadvantaged communities in urban slums, climate change is not a direct part of our mandate. However, the all-encompassing nature of problems arising from climate change need to be addressed at the grass root level and every individual needs to be conscious of the role they play in it. We launched a campaign for our beneficiaries which looked at these issues in a holistic and contextual manner to empower our girls and thereby their community to tackle issues arising from climate change. This campaign aligns with UN SDG 13. Through practical lessons in classrooms, information sharing, activities, and discussions we raised awareness among our beneficiaries on how adverse effects of climate change can be minimized. With this publication we hope to bring about a pro-environmental behavior change within us and the community at large, and set an inclusive, sustainable vision for our collective future.**



### Stay Safe. Stay Strong

*In English, Bengali, Hindi, Marathi*



### Making a world of difference

*In English, Bengali, Hindi, Marathi*



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**Hear** 6 yrs +  
**Read** 9 yrs +  
**Learn** 12 yrs +