CLIMATE SATYAGRAHA

A Climate Action Plan

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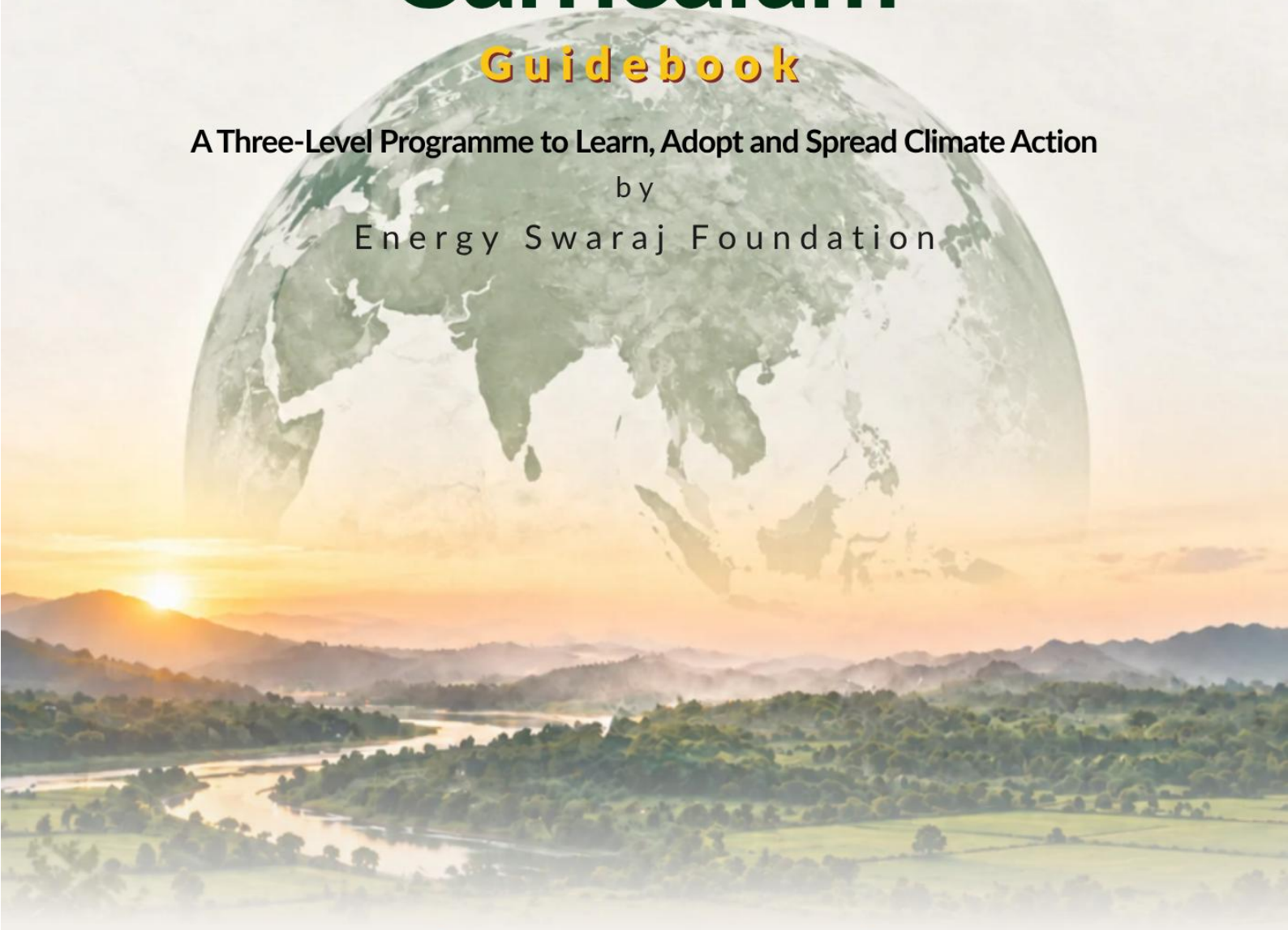
Curriculum

Guidebook

A Three-Level Programme to Learn, Adopt and Spread Climate Action

by

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A Climate Action Plan
Climate Satyagraha Curriculum

A Three-Level Programme to Learn, Adopt and Spread Climate Action

Climate Satyagraha is a global public movement. It is a simple, doable, no-cost and most effective climate action plan founded on a simple truth: Earth is finite; therefore, human consumption must have limits. It seeks to bring this truth to the centre of climate action and sustainability by helping people learn about the consequences of their consumption, voluntarily adopt limits in their own lives, and spread finite living to others. Its ultimate purpose is to make finite living on a finite Earth a social norm.
The word Satyagraha *gives the movement its character. Climate Satyagraha does not seek to force people to change their lifestyles or prescribe one uniform level of consumption for everyone. It seeks to make the truth and consequences of consumption visible so that people can make conscious choices themselves. Just as a person who understands the danger of a cobra does not need to be forced to stay away from it, deeper understanding of the consequences of consumption can lead naturally towards voluntary restraint. In Climate Satyagraha, the change begins with oneself.*

1. Introduction — The Climate Challenge

Climate change is no longer a distant or future concern. Rising global temperatures, increasingly frequent and intense heatwaves, changing rainfall patterns, floods, droughts, wildfires and other climate-related disruptions are affecting lives, livelihoods, ecosystems and economies across the world. The recent catastrophic floods in the Himalayas, triggered by sudden mountain glacier collapses in Nepal, serve as a stark warning of what a warming planet looks like.

Despite decades of climate negotiations, technological progress and growing awareness, global greenhouse gas emissions remain at historically high levels and the challenge continues to intensify.

At the root of the problem lies a fundamental mismatch. *We live on a finite planet, but our economic and social systems encourage continuously growing production and consumption.* Everything we consume—food, clothing, buildings, vehicles, electronic devices, electricity and infrastructure—requires materials, energy, land, water or other resources from the Earth. Humanity's ecological demand today is equivalent to approximately **1.8 Earths[1], while we have only one Earth**. In other words, we are demanding resources and ecological services faster than the Earth can regenerate them.

Every act of consumption has a physical footprint somewhere—through extraction of resources, manufacturing, transportation, energy use, waste generation or emissions. The impacts may be invisible to the consumer, or may occur thousands of kilometres away, but they do not

[1] https://overshoot.footprintnetwork.org/

disappear. Climate change is therefore not merely an energy or technology problem. It is mainly a consumption problem.

This makes climate action relevant not only to governments, scientists, industries or sustainability professionals, but to every institution and every individual.

Universities educate the citizens and leaders of tomorrow. Corporations influence production, consumption and millions of employees and customers. Institutions themselves consume substantial amounts of energy and resources. Their role can therefore extend beyond reducing their own carbon footprint to creating people who understand the consequences of consumption and act accordingly.

The climate challenge ultimately raises a question more fundamental than how much renewable energy we can generate, how many electric vehicles we can deploy or how efficiently we can produce goods. The key question is *"Can we solve climate change without addressing the continuous growth of human consumption?"*

The **Climate Action Plan or Climate Satyagraha Curriculum** begins with this question. It seeks to move climate engagement beyond awareness alone—from understanding the problem, to changing one's own behaviour, to inspiring change in others.

2. Different Ways of Knowing - One Conclusion

Ancient wisdom, modern science and mathematics may use different languages, but they point towards a similar principle that our actions have consequences, and consumption cannot grow without limits.

Shastra tells us that *Every karma has a phal* (हर कर्म का फल होता है). Every action produces consequences. Producing and consuming petrol, diesel, LPG, electricity, clothes, vehicles or any other material good involves extraction of resources, use of energy, generation of waste, pollution and dangerous environmental consequences like climate change. The consequences may not be immediately visible to the consumer, but they do not disappear.

Thermodynamics tells us that every physical process transforms energy and materials and increases entropy. No process is completely free of consequences. Efficiency and technology can reduce resource use and environmental impact, but they cannot make unlimited production and consumption consequence-free.

Mathematics tells us that a finite quantity of materials cannot support unlimited growth indefinitely. Earth has a finite size and finite stocks and flows of materials, land, water and ecological capacity. Therefore, continuously increasing material consumption cannot continue indefinitely on a finite planet.

Different languages and different disciplines points to same direction. *Climate Satyagraha therefore says: consume consciously and live within limits.*

3. The Current Approach — Necessary, but Not Enough

The world is responding to climate change in many ways. Renewable energy is expanding, electric vehicles are being promoted, appliances and industrial processes are becoming more energy-efficient, buildings are becoming greener, trees are being planted, carbon emissions are

being measured, and governments and corporations are announcing net-zero and sustainability targets. These efforts are important and must continue.

However, most climate action focuses on changing how we meet our growing demand, while giving much less attention to limit the growth of demand itself. In a way, *most approaches focus on increasing the solution, but not on decreasing the problem itself.*

We replace fossil-fuel electricity with solar electricity, conventional cars with electric cars, inefficient appliances with efficient ones, and conventional products with greener alternatives. But if the total number of vehicles, appliances, buildings, journeys, products and other forms of consumption continues to increase, technology has to keep chasing an ever-expanding demand, that too on the planet with finite size and resources.

This creates a fundamental challenge. *Efficiency can reduce the resources required for each unit of consumption, and cleaner technology can reduce its environmental impact, but neither makes unlimited consumption possible on a finite planet.* Technology and policy are therefore necessary, but they cannot substitute for limits. If we rely on them without addressing consumption, they may even create the illusion that we can continue consuming more because our consumption has become "green."

4. Climate Satyagraha Applies to Everything We Consume

Climate Satyagraha is not limited to electricity, fuel, transport or a few visibly "environmental" choices. It applies to every product and service we consume, because everything we use ultimately requires some combination of materials, energy, water, land, infrastructure and transportation. Every act of consumption therefore has consequences somewhere, even when they are small, distant or invisible to us. This extends the curriculum's central idea that every product and service carries a resource, energy and environmental footprint.

It applies when we brush our teeth—to the toothpaste, toothbrush, water, tap, basin and electricity behind them. It applies when we send a WhatsApp message—to the phone, battery, telecom network, data centres and electricity that make that message possible.

It applies when we travel, when we eat a meal or enjoy a packet of chips, and when we buy clothes, furniture, appliances or a car. It applies when we use a paper cup, disposable plate or spoon, single-use water bottle, juice bottle or packaged snack. It applies to the houses and offices we occupy, the roads and bridges we travel on, and the digital services we use.

Even something that we use for only a few minutes has a long journey behind it. Resources were extracted, materials were processed, energy and water were used, the product was manufactured, packaged and transported—and after its use, something remains as waste or emissions. The footprint may be small or large, direct or hidden, but nothing we materially consume comes without drawing upon the Earth somewhere.

Climate Satyagraha therefore asks us to look not only at the big things we consume, but also at the small, frequent and easily avoidable things of everyday life. From a paper cup to a building, from a WhatsApp message to an airplane journey, Climate Satyagraha applies wherever there is consumption.

Climate Satyagraha is therefore not an occasional environmental activity. It is a way of looking at everyday life.

5. Consumption Hierarchy in Climate Satyagraha

Climate Satyagraha brings '*prevention before cure'* to the centre of climate action. Climate Satyagraha simply follow the truth that because earth is finite therefore our consumption should be finite.

Before asking *What new technology should we deploy?*, *How can we produce more clean energy?* or *How can we make this product greener?*, it asks an even simpler question '*What can we simply avoid doing?'*.

An unnecessary journey that is not made requires no fuel or electricity. A garment that is not unnecessarily purchased requires no cotton, water, chemicals, manufacturing or transportation. A working phone that is not prematurely replaced requires no additional mining, manufacturing or energy. Electricity that is not unnecessarily consumed does not need to be generated—even from renewable sources.

Reducing unnecessary consumption therefore does much more than conserve resources and reduce air, water and soil pollution, greenhouse-gas emissions and climate change. A life less driven by endless consumption can also reduce unnecessary competition, financial and psychological pressures, and the constant hustle of acquiring, using and replacing things. It can free our time and attention for relationships, community, nature, reflection and the simple joys of life. Finite living, therefore, is not merely about consuming less; it can also be about living more.

The principle is therefore not to reject any technological solutions, but to put them in the right sequence, that is *First reduce the problem, and then solve the remaining problem better.*

This leads to the Climate Satyagraha hierarchy of action:

- Avoid what is avoidable *(for example buying 41st pair of clothes is avoidable)*
- Minimize what is necessary (*(for example cook less, do not waste food)*
- Generate or source the remaining locally *(for example eat locally produced fruits)*

At every point of consumption, we can ask: Can I avoid it? If not, can I minimize it? And for what remains, can I generate or source it more sustainably and locally?

6. Climate Satyagraha Pathway

Every person's consumption contributes, directly or indirectly, to climate change; therefore, **everyone's participation is needed for climate correction**. Climate Satyagraha seeks to turn this understanding into personal action, and personal action into wider social change through a simple and universal pathway: **LEARN → ADOPT → SPREAD.**

LEARN — Understand the finite nature of the Earth, the relationship between consumption, resources, energy and climate change, and the consequences hidden behind everyday choices.
ADOPT — Translate understanding into personal action. Take the Climate Satyagraha Pledge, voluntarily place limits on one's consumption, and progressively practise finite living in every aspect our day to day life.

SPREAD — Share the understanding and experience with others, inspire them to learn and adopt, and enable the process to multiply through families, institutions and communities.
Climate Satyagraha does not demand perfection. Consumption habits and aspirations have developed over years and decades, and changing them may also take time. A **Climate Satyagrahi** is therefore not someone who has already achieved perfect finite living, but someone who has recognised Earth's finiteness, taken the pledge and begun a conscious journey towards living within limits**.**
This approach also recognizes differences in people's circumstances. Finite living does not mean denying anyone their basic needs or expecting everyone to consume equally. Everyone can act, but those who consume more have greater opportunities and greater responsibility to reduce**.**
What unites everyone is the principle of becoming conscious of consumption, avoiding what can be avoided, and progressively bringing one's way of living into harmony with the limits of the finite Earth.
The Climate Satyagraha Curriculum translates this philosophy into an institutional pathway in which learning does not end with knowledge, adoption does not remain only a personal act, and action does not stop with one individual. At every level of the programme, participants are encouraged to:
LEARN something → ADOPT it in their own lives → SPREAD it to others.
This repeating cycle forms the foundation of the three-level Climate Action Plan described in the following sections.

7. Climate Action from Self to Society

The Climate Satyagraha Curriculum is designed to convert climate change *information into climate corrective actions in everyday life*. It is designed in a manner that

- Every learning experience should lead to an opportunity for **personal adoption**, and
- Every personal action should create an opportunity to **inspire others**.

Climate action therefore does not end when a training programme is completed or a certificate is received. It *begins when the learning enters one's life and then travels from one person to another.*
The curriculum therefore progresses through **three levels of engagement**:

- **Level 1** builds Consumption Literacy and initiates the journey of finite living
- **Level 2** develops Energy Literacy and converts learning into measurable reduction in electricity consumption, water, etc.
- **Level 3** develops Climate Speakers who can communicate Climate Satyagraha and take the movement to larger sections of society.

Importantly, *LEARN → ADOPT → SPREAD is applied to all three levels***.** As participants move from L1 to L2 to L3, the depth of their learning, adoption and capacity to spread progressively increases.

8. The Three-Level Climate Action Plan

The Climate Satyagraha Curriculum provides a progressive three-level pathway through which individuals and institutions can move from basic understanding to measurable action and, ultimately, to becoming multipliers of climate action. At every level, participants go through the same cycle—LEARN → ADOPT → SPREAD—but with increasing depth of understanding, commitment and ability to influence others.
The three levels create a progressive pathway from understanding, to measurable personal action, to multiplication:

- **L1 — Become Consumption Literate: Understand and Commit.**

Understand how everyday consumption affects the finite Earth, take the Climate Satyagraha Pledge, begin practising finite living, and encourage others to begin their journey. Climate Satyagraha Curriculum- …

- **L2 — Become Energy Literate: Demonstrate Measurable Change.**

Deepen understanding of energy and climate change, achieve at least 10% reduction in electricity or another measurable area of consumption, and help others achieve similar reductions. Climate Satyagraha Curriculum- …

- **L3 — Become a Climate Speaker: Become a Multiplier.**

Deepen understanding and personal practice, learn to communicate Climate Satyagraha effectively, and take the movement to larger sections of society through talks, conversations and Climate Satyagraha Circles.

A summary of what participants will learn and achieve at each level is provided in the table below. Detailed guidance for completing the LEARN, ADOPT and SPREAD components of each level is provided in the **Annexure.**

Level	LEARN	ADOPT	SPREAD
Level- 1: Become Consumption Literate	Understand consumption, finite Earth and climate consequences	Take the Climate Satyagraha Pledge and begin finite living	Encourage others to undertake Consumption Literacy and take the pledge, measure the impact
Level- 2: Become Energy Literate	Go deeper, understand energy, electricity, emissions and avoided demand	Achieve at least 10% reduction in consumption in e.g. electricity, water	Encourage and enable others to reduce their consumption
Level- 3: Become Climate Speaker	Learn to understand and communicate Climate Satyagraha effectively	Deepen personal practice and develop communication capability	Take Climate Satyagraha to larger sections of society

Annexure – How to Complete the Three Levels

The Annexure provides practical guidance for completing each of the three levels of the Climate Satyagraha Climate Action Plan.

For each level, it explains what to LEARN, what to ADOPT in one's own life, and how to SPREAD the learning and action to others.

Participants can follow these steps progressively to move from understanding → personal practice → multiplication, while deepening their engagement with Climate Satyagraha at each level.

Level 1

L1 - LEARN — Complete the Consumption Literacy Capsule

- **About Consumption Literacy - Literacy that Matters Most Today**

Consumption is the root cause of the climate crisis. Every action—from daily routines like brushing your teeth to major purchases like a new phone or any food item—has hidden costs in terms of energy, resources, and carbon emissions.

This 1-hour capsule is structured into 12 modules, designed to deepen your understanding of the urgency of climate change and the vital role of individual action in tackling it.
The free, 12-module capsule is available in English and Hindi. Following is the list of modules:

- Module 1: Introduction
- Module 2: What is Climate Change?
- Module 3: The Root Cause of Climate Change
- Module 4: The Atmosphere — Our Invisible Garbage Bin
- Module 5: Our Planet Has Got a Fever
- Module 6: Every Consumption Is Carbon Emission
- Module 7: Who Has Caused Climate Change?
- Module 8: What Is Not a Climate Solution?
- Module 9: What Is the Solution? The Finite Earth Reality
- Module 10: What Should I Do? Follow TUPEE Climate Habits
- Module 11: How Should I Do It? Apply AMG to Each TUPEE Habit
- Module 12: Take Action Now and Spread — Climate Action Portal

- **How to get the Climate Literacy Training Certificate?**
  - Step 1: Visit the https://energyswaraj.org/trainings/ , select the Climate Literacy Training and register as an Individual and fill in the required details and submit the form
  - Step 2: Click Sign Up or log in if already registered

- Step 3: Start the capsule modules
- Step 4: Complete the training and download your certificate

L1 - ADOPT — Take the FEM'Us Pledge

- **How to take the FEM'Us pledge?**
  - Step 1: Visit thefiniteearth.org/pledge and read the pledge.
  - Step 2: Tick and take the commitment to your first act of finite living out of the 3 given options for 12 months.
  - Step 3: Enter your name, phone number, city and country. Add an invitation code if someone gave you one.
  - Step 4: Enter a contribution of ₹1 or more and click "I donate & take the FEM'Us pledge."
  - Step 5: After submitting, note your unique FEM'Us code and copy your referral link.
  - Step 6: Click "Download Your Pledge" to get your pledge document, then share your code to invite others.
- **L1 SPREAD — Invite Others and Track Participation**
  - Share your referral link or FEM'Us code with friends, family, colleagues, or a small FEM'Us circle. Invite them to learn about finite living and take the pledge voluntarily.
  - They can use your link or enter your code when pledging; you can then check participation through the Your Impact page.
  - The pledge page provides the code, referral link, sharing options, and pledge download.

Recognition level	People who take the pledge through your code or link
Bronze	5
Silver	25
Gold	50
Platinum	100

Level 2

L2 - LEARN — Complete Energy Literacy Training

- **About the Energy Literacy Training – License to use Energy**

Energy Literacy Training aims to make people aware of energy generation and consumption to understand its related dynamics and impact on climate change.
The training consists of 12 modules, each module with a duration of about 10-15 minutes. The total duration of the training would be about 2 to 3 hours.
Each module would consist of 4'Es-

1. **Establish the concept** regarding the module
2. **Example** to get the sense of the concept
3. **Exercise** (2 to 3 min long) for people to think and write related to their understanding
4. **Exam** with 5 multiple choice questions (2 to 3 min long).

The training covers these 12 modules:

- Module 1: Pre-Quiz
- Module 2: Realising We Use a Lot of Energy
- Module 3: Where Does the Energy Come From
- Module 4: Understanding Units of Energy
- Module 5: Quantifying Energy Use in Simple Terms
- Module 6: How Much Is Your Carbon Footprint?
- Module 7: Climate Change Has Happened
- Module 8: Energy as a Problem and as a Solution
- Module 9: Avoid Energy Use by One-Third
- Module 10: Minimize Energy Use by One-Third
- Module 11: Generate the Remaining One-Third Locally
- Module 12: Misconceptions About Solar Energy

- **How to get Energy Literacy Training certificate?**

- Step 1: To enrol, open Energy Literacy Training and log in or register. Use the name you want on your certificate.
- Step 2: Complete the lessons, exercises, pledge for action and post-quiz.
- Step 3: Download your e-certificate when the course marks your training complete.

L2 - ADOPT — Reduce Electricity Consumption by at Least 10%

Participants use the *Electricity Saving: Why and How?* guidebook to identify waste, act on it, and document the result.

1. Record a baseline. Note the electricity meter or bill units (kWh) for a defined home, office, building, hostel, or department. Where possible, use the same month in the previous year as the comparison.
2. Find avoidable use. List major appliances room by room. Check which lights, fans, air conditioners, and devices can be switched off, used for fewer hours, or used in smaller numbers without disrupting essential activities.

3. Apply the changes. Give each room or team a short switch-off checklist and a person responsible for following it.
4. Track units, not just the bill amount. Record meter readings or monthly bill units and calculate:

$$\text{Reduction (\%)} = \frac{\text{baseline kWh} - \text{current kWh}}{\text{baseline kWh}} \times 100$$

5. Document the outcome. Record the baseline period, current period, units saved, percentage reduction, actions taken, and any major change in occupancy, operating hours, equipment, or weather.
6. A practical guidebook for electricity saving will be made available on the portal.

L2 -SPREAD — Help Others Save Electricity

- **For an institution:**
  - Appoint a coordinator and form a small action team.
  - Divide the campus or workplace into buildings, floors, wings, or departments. Invite members to complete Energy Literacy Training.
  - Provide the saving guidebook and simple checklists; assign volunteers to support daily practice; and review meter readings or bill units each month.
  - Share results with the institution, including actions that worked and places where savings did not materialise.

- **For an individual member:**

- Begin in your own room, home, office, or hostel.
- Show colleagues or family what you changed and the units saved.
- Help another person or group record a baseline, identify avoidable use, and track their own result. Invite them to make their circle and pass the method on.

Level 3

L3- LEARN — Complete FEM Speaker Training

- **About FEM Speaker Training**

The FEM Speaker Training Workshop prepares individuals to become confident and authentic voices for climate action. It introduces the core idea of the Finite Earth Movement — that we live on a finite planet and must live within its limits. Participants gain clarity on climate concepts, personal responsibility, and practical tools for finite living, while also learning how to deliver relatable FEM talks in their communities. The goal is to help each participant speak, live, and inspire climate action with integrity. The training consists of 3 session and 12 modules.

Session	Modules
1. Becoming a speaker	1. Introduction and Context Setting 2. Pathway to Becoming a FEM Speaker

2. Understanding the climate challenge	1. What Is Climate Change? 2. Visible and Invisible Garbage 3. Why Has the Climate Changed? 4. Are There Climate Breakdown Limits? 5. Beyond Trees and Technology: The Real Climate Solution
3. Communicating the response	1. Follow the Truth—Fix the Limits 2. One Earth Living: Why Reducing Consumption Is the First Climate Action 3. Climate Emergency: Why Urgency and Speed Matter Now 4. 360° Climate Action: Why Partial Solutions Don't Work 5. Universal Climate Action Framework

- **How to become a FEM Speaker?**

Step 1: Open the FEM Speaker Training page and register or log in.
Step 2: Enrol at the fee displayed on the course page, complete the lessons and required quizzes, and obtain the training e-certificate upon successful completion.

L3 - ADOPT — Practise the Message and Build a Circle

1. After training, participants continue their own finite-living commitments and prepare to communicate Climate Satyagraha accurately. They may use Prof. Solanki's presentation slides, adapting the explanation to their audience while preserving the movement's central message.
2. Listen to Prof. Solanki's lectures available on YouTube.
3. Begin with small gatherings of approximately 20–30 people. Deliver the talk, invite questions, seek feedback, and practise it at least 10 times.
4. The aim is to move beyond memorising slides: a speaker should be able to explain the ideas in their own words and respond honestly when they do not know an answer.
5. Individuals can also form a permanent Climate Satyagraha Circle of 10–15 members.
6. Meet periodically to discuss finite living, share actions and difficulties, support electricity saving and other practical changes, and invite others to learn.

L3 - SPREAD — Speak Publicly and Help New Circles Form

- Any speaker who wishes to represent the Energy Swaraj Foundation completes the special interview with Prof. Solanki. Following selection as an official Climate Speaker, ESF may nominate the speaker for talks at institutions, public forums, and other events.
- The speaker can facilitate discussion, invite people into Levels 1 and 2, and help interested participants establish circles in their own communities.

Climate Speakers are encouraged to conduct talks and conversations, facilitate Climate Satyagraha Pledges, initiate **Climate Satyagraha Circles and Climate Gupp Shupp**, reach new communities and institutions, and eventually help develop more Climate Speakers.

9. In Conclusion — From Climate Awareness to Climate Correction

Climate change cannot be corrected by awareness, technology or policy alone. Since every act of consumption draws upon the finite Earth and has consequences, climate correction must also become part of our everyday choices. Climate Satyagraha therefore begins with a simple truth: **Earth is finite; therefore, our consumption must have limits.** Climate Satyagraha Curriculum- …

The Climate Satyagraha Climate Action Plan provides a practical pathway for individuals and institutions to act on this truth. Through **Consumption Literacy, Energy Literacy and Climate Speaker development**, participants progressively move from understanding the problem, to practising finite living and demonstrating measurable change, to helping climate corrective action spread through society. Climate Satyagraha Curriculum- …

The journey follows a simple pathway:

- **LEARN → ADOPT → SPREAD**

Climate Satyagraha does not demand perfection, nor does it expect everyone to consume equally. It asks each of us to become conscious of our consumption, **avoid what is avoidable, minimize what is necessary, and generate or source the remaining need sustainably and locally**, while progressively helping others do the same. Climate Satyagraha Curriculum- …

When learning becomes personal practice, and personal practice begins to spread from one person to another, climate action can move from isolated individual efforts towards social change.

The ultimate purpose of Climate Satyagraha is to make finite living on a finite Earth a social norm.

Finite Earth. Finite Consumption. It begins with me.