



YOU
READY?

बाढ़ से सुरक्षा

SURVIVING THE FLOOD



Aariv Kumar, Aashvi Amaya, Anvay Singh, Eshaan Reddy,
Ishita Chand, Navtej Vishwanath, Prayan Gupta, Rishyla Rajendra,
Rohan Reddy, Saanav Kumar, Saanvi Kumar, Shivaan Chand,
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About the authors

Waitākere Hindi School was founded in 2001 and teaches children how to read, write and speak Hindi. The school also offers classes in traditional Indian music and dancing, and incorporates moral and cultural values in their teaching. Waitākere Hindi School currently has 3 branches, Henderson, West Auckland; Papatoetoe, South Auckland; and Silverdale, Hamilton. With the support of Saten Sharma, President of the school, and teacher Sneh Bharat, a group of students worked with Auckland Emergency Management to create बाढ़ से सुरक्षा | *Surviving the Flood*.

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INTRODUCTION: OUR CHANGING CLIMATE

Over the past hundred years, Earth's average yearly surface temperature has increased by roughly 1 degree Celsius. This number seems small, but this huge increase in stored heat is changing our climate.

In the past, major volcanic eruptions or changes in the Earth's orbit led to periods of global warming and ice ages. But today, the Earth is warming faster because of human activities such as burning fossil fuels, clearing land and forests, and landfills for garbage. Rising temperatures cause our climate to be more unpredictable, and we call this climate change.

The Earth is a system where everything is connected, and changes in one area can influence changes in all others. Climate change impacts our oceans. Melting polar ice and warmer oceans are causing sea levels to rise and coastal land to be washed away. Climate change also leads to a loss of

biodiversity and more severe natural disasters, like cyclones, tornadoes, heatwaves, droughts, fires, flooding, and storms. This affects our health, ability to grow food, housing, safety, and work. Some of us are more vulnerable to climate change, such as people living on small islands and in less economically wealthy countries.

You and your family can help tackle the climate crisis: eat less meat and dairy, cut back on flying, plant trees, walk/bus/bike instead of drive, use wind or solar power for energy, recycle and reuse, and save energy and water at home. Let's not throw rubbish on the ground or in the ocean – animals can get tangled and hurt. Remember to respect and protect our oceans, rivers, and green spaces!



Namaste, I'm Navtej!
My friends and I want to teach you about natural disasters and help you get prepared for them. We each tell a story about a cyclone, flood, storm, and tornado. And afterwards, we'll help you get ready for emergencies too!



“वर्षा, वर्षा, वर्षा” रिशायला ने बाहर देखते हुए कहा।
“कई दिनों से वर्षा हो रही है। ये कब रुकेगी ?”

“Rain, rain, rain!” says Rishyla, staring out of the window.
“It’s been raining for days. When will it stop?”

इतनी बारिश में कहीं जाने के बजाय नवतेज और सान्वी अंताक्षरी खेल कर समय विताने लगे ।

It's too wet to go anywhere so Navtej and Saanvi pass the time playing the singing game, Antakshari.



इस भीगे मौसम में परिवार का नन्हा 'टेरिया' कुत्ता भी किसी महाराजा की तरह कोने में सो रहा है।

Charlie, the family's little terrier dog, sleeps in a corner like a Maharaja.*



* A Maharaja is an Indian king.

पापा अपने फोन में मौसम का हाल देखने लगे। मौसम के हाल के अनुसार,
गम्भीर वर्षा और बाढ़ की भी सम्भावना बतलाई गई है।
पापा ने कहा कि हमें मौसम के लिए हमें तैयार रहना चाहिए।

Papa checks the weather app on his phone. It forecasts heavy
rain and possible flooding.
“The weather app says we should prepare, just in case,” he says.



सान्वी 'नोटिस बोर्ड' से पारिवारिक आपातकालीन योजना (फैमिली इमर्जेंसी प्लान), को ले आई।

Saanvi gets the Family Emergency Plan from the noticeboard.

उस प्लान में सभी के लिए करने वाली जिम्मेदारियाँ लिखी थी कि अगर सभी को अचानक घर छोड़ना पड़ा, तो कौन क्या-क्या करेगा?

It has a list of jobs everyone has to do and where they'll go if they have to leave home suddenly.



मम्मी और पापा ने अपने गहनों, विवाह वाली साड़ी और शेरवानी 'प्लास्टिक' के बक्से में रखे ।

Mum and Papa put the jewellery and their wedding saree and sherwani* into plastic containers.



* A saree is a traditional piece of clothing for women and a sherwani is a long type of coat worn by men in India.



नानी और रिशायला ने मसाले,
आटा और चीनी बक्से में रख लिए।

Naani and Rishyla pack
the spices, flour and
sugar into boxes.

सान्ची और नवतेज ने हारमोनियम और तबला, जो उनके नाना ने उन्हें उपहार में दिये थे, लाकर ऊँचे 'शेल्फ' पर रखे ।

Saanvi and Navtej get the harmonium and tabla* Nana gifted them and put them up high on the shelves.



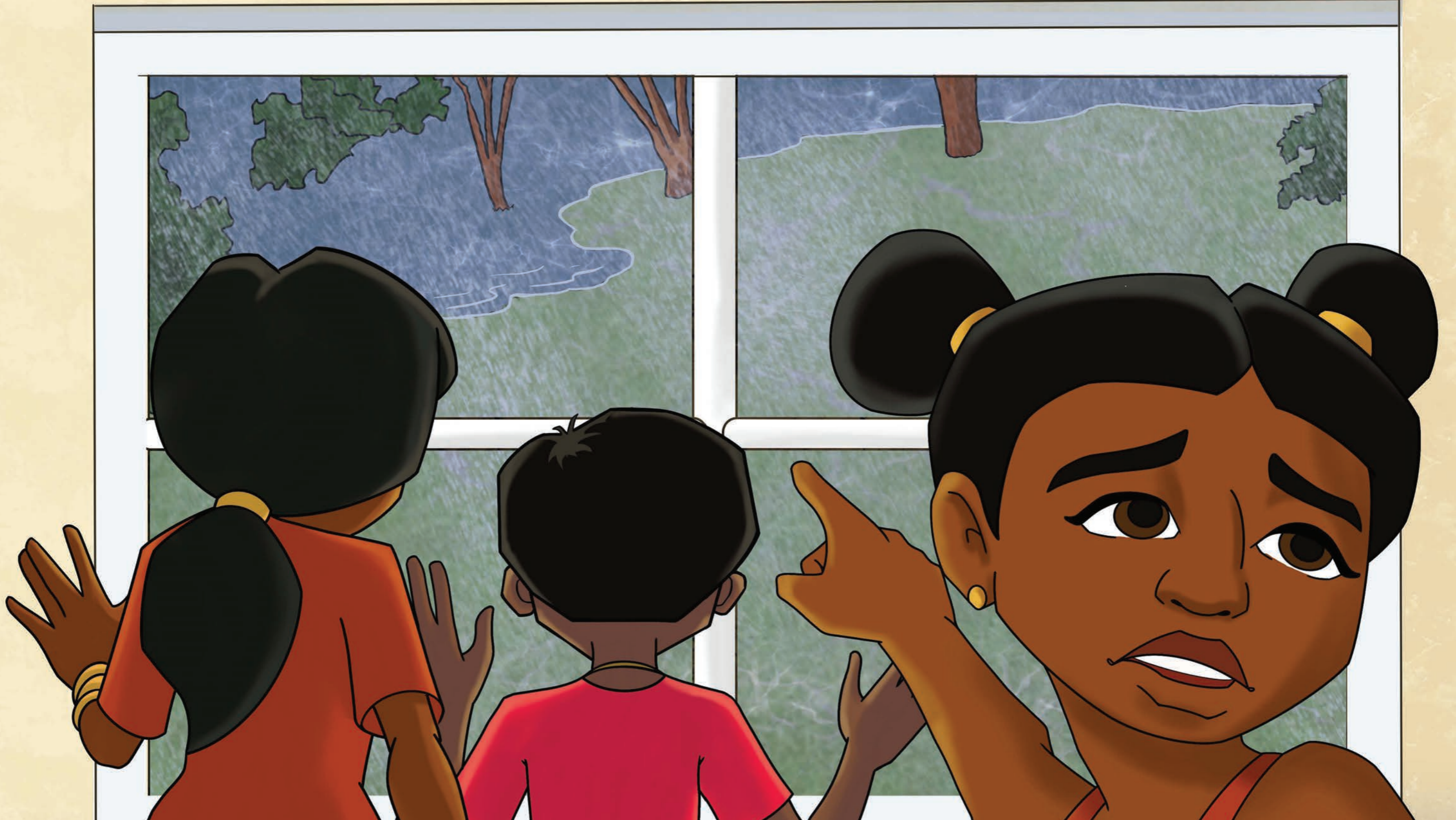
* Harmonium and tabla are Indian instruments. A harmonium looks similar to a keyboard and a tabla is a pair of hand drums.

“नाले को देखो!” रिशायला चिल्लाई। सभी बच्चे दौड़ कर खिड़की के पास देखने के लिए पहुँचे।

“Look at the creek!” shouts Rishyla. The children run to the window to see.

घर के पीछे वाला नाला उफलने लगा और बाढ़ का पानी धीरे-धीरे घर की ओर बढ़ने लगा।

The creek behind their house has overflowed and water is streaming towards their house.



“पानी अन्दर आ रहा है!” दरवाज़े की तरफ
ऊंगली दिखाते हुए सान्ची चिल्लाई ।
हमारे ‘कारपेट’ का रंग काला दिखने लगा
वाढ़ का पानी जो भूरा रंग और मिट्टी से भरा हआ,
चारों ओर फैलने लगा है ।

“Water is coming inside!” cries Saanvi,
pointing to the bottom of the front door.
The carpet has turned a dark colour and
the water is spreading. It is brown and
muddy.



माँ ने कहा, “हमें इसी समय यहाँ से निकलना
होगा । यह पानी बहुत ही दूषित है” ।

“We need to leave now!” says Mum.
“The water is contaminated.”

पापा ने परिवार के आपातकालीन समय में काम आने वाला वस्तुओं, का 'बैग' अलमारी से निकाला ।
उस के अन्दर टोर्च, पॉवरबैंक, रेडियो, 'फर्स्ट एड किट', पानी, 'मूसली बार' और सभी के लिए 'जैकेट्स' थी ।

Papa gets the Family Emergency Grab Bag out of the cupboard. It has a torch, power bank, radio, first aid kit, water, muesli bars and jackets for everyone.



रिशायला ने नन्हें कुत्ते चार्ली को एक कम्बल में लपेटकर उसके 'केरियर' में रख दिया और उसके कान में फुसफुसाई, "चार्ली तुम चिंता मत करो"।
"सब कुछ ठीक हो जाएगा।"

Rishyla wraps a little blanket around Charlie and puts him in his carrier.

"Don't worry, Charlie," she whispers.

"Everything will be okay."



बाहर रास्ते पर बाढ़ का पानी फैला हुआ है। बाढ़ का पानी नाली में जोरों से उमड़-उमड़ कर बह रहा है।
“ये तो देखने में बड़ा अच्छा लग रहा है!” रिशायला ने कहा। “क्या चार्ली और मैं इस पानी में खेल सकते हैं?”

Outside, the roads are flooded. Water is swirling around a drain.
“That looks fun!” says Rishyla. “Can Charlie and I play in the water?”

सान्वी ने कहा “बाढ़ के पानी में कभी नहीं खेलना चाहिए। ये देखने में तो बड़ा अच्छा लगता है, मगर ये खतरनाक हो सकता है। उस के अंदर टॉयलेट की गंदगी और रसायनिक पदार्थ ‘केमिकल्स’ भी हो सकते हैं और वो आसानी से आप को बहा कर ले जा सकता है।”

“You must never play in flood water,” says Saanvi. “It looks fun but it’s dangerous. It might have sewage and chemicals in it. And it can sweep you away.”



रिशायला ने कहा, “हम लोग मासी के घर चल सकते हैं। रास्ते में पानी के ऊपर मोटर चला कर जाने में बड़ा मज़ा आएगा।”

“We can go to Mausi’s house – it will be cool driving through the water!” says Rishyla.



“हमें बाढ़ में कार नहीं चलाना चाहिए”, नवतेज ने कहा। “हमारी कार बाढ़ के पानी में बह सकती है या बहते हुए पेड़ से टकरा सकती है।”

“We should never drive through flood water,” Navtej says.
“Our car might float away or get hit by a fallen tree.”



“हमारे पास बाढ़ से बचे रहने का एक प्लान है”, माँ ने याद दिलाया।
“हम लोग अपने दोस्त के घर जा रहे हैं”, पापा ने पहाड़ पर एक घर की ओर
इशारा करते हुए कहा।
“ये अच्छा ‘प्लान’ है”, नवतेज ने कहा।

“We already have a plan, remember?” says Mum.
“We’re going to my friend’s house,” says Papa, pointing to a
home up on the hill.
“Good plan!” says Navtej.



उसी दिन बाद में वर्षा थम गई और एक रेडियो 'रिपोर्ट' में बताया गया कि अब लोग अपने घर वापस जा सकते हैं।

Later that day, the rain finally stops, and a radio report says it's safe to return home.

सान्वी ने 'फैमिली आपातकालीन प्लान' को वापस 'नोटिस बोर्ड' पर लगा दिया। नवतेज ने कहा, "हमें हर समय तैयार रहना चाहिए।"

Saanvi pins the Family Emergency Plan back on to the noticeboard. "It's always good to be prepared!" says Navtej.



“एक दम सही बेटा!” माँ ने कहा।

“Right, son!” says Mum.

सभी ने मिलकर घर के अन्दर से बाढ़ का पानी निकाला और सफाई की।
और तो और चार्ली ने भी।

Everyone helps sweep out the water. Even Charlie!



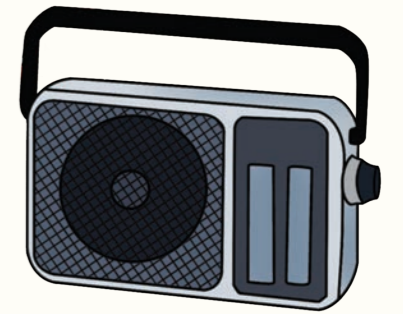
Wow, what a crazy day! We're lucky we made it safely through the flood, all because we had a plan and knew what to do. So, do you want to get prepared too?

Take some time with your whānau to talk about what natural disasters could happen where you live, how you can prepare and stay safe, and who can help you. Look at the following pages and learn how to create a Family Emergency Plan and a Grab Bag.

YOU READY?



EMERGENCY PREPAREDNESS TIPS



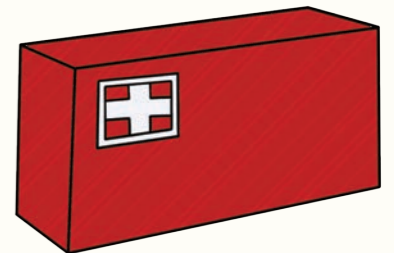
Get prepared for an emergency

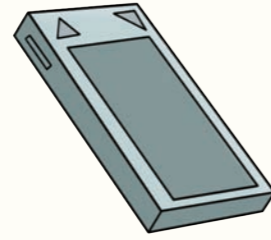
- Talk about the hazards in your home and for your area
- Make your home safer by securing furniture and heavy items
- Make a Family Emergency Plan
- Prepare an Emergency Grab Bag (in case you need to evacuate)
- Stay informed through radio, online, and Emergency Mobile Alert
- Check in with your friends and neighbours
- Have protective items like masks, gloves and shoes ready for any cleaning up



Family Emergency Plan

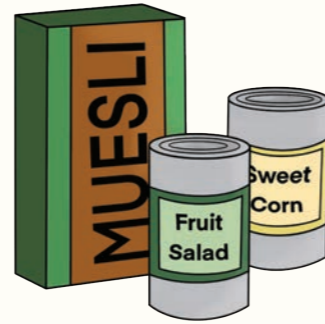
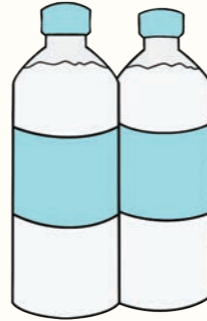
- Write down the names of the people who live with you and two others who don't live with you and their mobile numbers. Memorise your home address and you parents' or guardians' phone numbers.
- Choose a meeting place if you can't get home – e.g., library, school, marae, church, or temple.
- Dial 111 for Emergency Services (Police, Fire or Ambulance) and 105 for Police Non-Emergencies.
- Keep extra food and water for at least three days (remember to include babies and pets). Keep a minimum of 3 litres of water per person per day for 3 days or more and change it every 12 months.
- Make sure you have alternative lighting, cooking and heating options in case there is no power.
- Find the radio or social media channels you will check to get the latest news and alerts.





Emergency Grab Bag

- Walking shoes, warm clothes, raincoat, and hat
- Water and snack food (remember babies and pets too) and special dietary requirements
- Hand sanitiser, gloves, masks
- Portable phone charger / power bank
- Cash
- Copies of important documents and photo ID
- Special needs items such as hearing aids, glasses and mobility aids (include spare batteries)
- Radio and batteries
- First aid kit and essential medicines
- Torch and batteries
- Toiletries (towel, soap, toothbrush, toothpaste, sanitary items) and toilet paper
- Sleeping bag or blankets

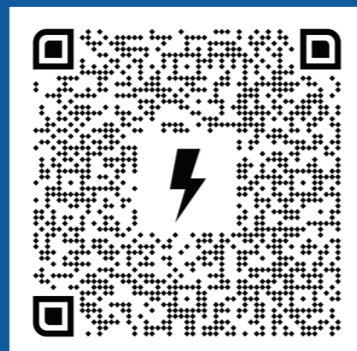


CHECK OUT THE OTHER BOOKS IN THE SERIES:



Scan the code to find more helpful resources or to create a digital Family Emergency Plan.

aem.org.nz/storybooks



aem.org.nz/storybooks



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READINGWARRIOR

कई दिनों से वर्षा हो रही है और नवतेज व उसका परिवार अपने नन्हे कुत्ते चार्ली के साथ घर में फंसे हुए हैं। पर हालात और खराब होने वाले हैं। मौसम के हाल के अनुसार अचानक बाढ़ होने की सम्भवना है। जब घर के पीछे वाले नाले का पानी बढ़ने लगेगा, परिवार को अपने आप को सुरक्षित रखने के लिए तेज़ी से कार्य करने की जरूरत होगी। क्या उन्होंने पर्याप्त तैयारी की है? क्या उनको पता है की क्या करना होगा और बाढ़ से कैसे पार आना है?

It's been raining for days and Navtej, his family, and their dog Charlie have been stuck at home. But things are about to get much worse – the weather forecast says a flash flood might occur! When the creek behind their house keeps rising, they need to act fast to keep everyone safe. Have they prepared well enough? Will they know what to do and make it through the flood?



**YOU
READY?**

The *You Ready?* series follows a group of friends as they face dangerous weather events and natural disasters. From cyclones and tornadoes to flash floods and thunderstorms, the children use their quick thinking, knowledge and resilience to prepare for and stay safe in emergencies. The characters take you to different communities – Māori, Samoan, Hindi and Chinese – and teach you how to get ready too.

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