

## **Sustainable Happiness**

**Professor Atasi Mohanty**

**Department of Humanities and Social Sciences**

**Indian Institute of Technology, Kharagpur**

**Lecture - 30**

### **Habits of Mind & Life Skills**

Hello viewers welcome back to this NPTEL course on sustainable happiness and in the last class we are discussing about career growth development etcetera. And now today we will discuss about the new topic that is the habits of mind and life skills for sustainable happiness. So, as you know we have already discussed about how positive psychology has influenced sustainable happiness and sustainability as such and how different kind of researchers they have also identified how to promote happiness and well being through inculcating some positive attributes, characters, strengths, etcetera. Similarly, you can say happiness these are also called the life skills, happiness skills and how to achieve the well-being through positive mindset and have a positive habits of mind. As you can see from the pictures this is positive outlook, mindset, positive vision that is and purpose that means, all our behavior should be goal seeking, purposeful, and meaningful for us and generosity to how we should be humble and generous towards others gratitude that is for thankfulness gratitude that to be grateful for a simple help also that we are seeking from others. So, being grateful for everything that we are getting from the almighty to the human beings to the planet earth everything.

Similarly, mindfulness how the mindfulness can help us in de-stressing our self in you can say energizing our self and you know and enhancing our attention focus and goals as such. Now, human connections and in this global world human connection that is the interpersonal relationship socio-emotional skills are very important to strengthen our bonding to not just to the community to the family to the immediate work place colleagues, but also the whole citizens or the whole planet. So, these are these are the some of the positive skills there may be another there may be a number of skills that you can identify, but these are some of the primary skills you can also add on the many more skills. These are the these are skills some of the skills to enhance our well being and happiness and we have already discussed happiness is temporary is time bound.

But, well being is sustainable, well being is long term. Now, let us see what are the positive mindset, what are the positive habits of mind and positive life skills that we must

develop, we must nurture, we must practice to enhance our well being and happiness. So, happiness is not solely detrimental by external circumstances as wealth or success, but instead it is heavily influenced by our thoughts and behaviors and habits. We often give the reason that we are upset, we are depressed because of our failure, because of the unfair treatment that we have received from others, because of the disaster, because of the climatic change, because of a number of external factors. However, it lies within our mind set.

Now, in this context positive psychology says that like we have to develop a positive mindset. What is that positive mindset? The growth mindset. That means, we have to look at the positive aspects for every event, for every experience that we gain from the environment. Even if it is a failure, then we have to deeply contemplate, analyze, reflect on our own past, recent past, our strengths and weaknesses, where our what we have already done, what we did, what did we say, what would we, what did we convey all kinds of things we must deeply analyze and contemplate. So, that can also give us a new insight about in new insight our the inner weaknesses may be some kind of you know some kind of you know new innovative strategy innovative strategy.

So, it automatically that means we are we are not blaming our self we are not, but instead of blaming accusing or finding the causes in the external world let us focus on our inner self inner experiences let us reflect on our inner thought process in your practices in your experiences and innovation and emotions. So, that is the happiness with for getting the happiness or for being unhappy we should not blame the external factors like wealth, success, failure, etcetera. But it primarily depends on our mind set our you know we have already discussed that you know cognition that means how do we What is our thinking pattern? How do we reflect? How do we analyze? How do we contemplate? All these are the cognitive activities, cognitive processes that help us in analyzing our own cognition, metacognition and meta analysis and deep contemplation. So, it lies in our mind. So, if you develop and practice and habit of positive thoughts, positive you know positive ideas, positive views, understanding other perspectives, growth mindset, how to move on, how to move on, how to be resilient, how to be optimist, how to be practical, all this kind of these are the positive inputs.

If you keep on training, giving the training or reminder or alert to our mind again and again, then we can develop a growth mindset. It depends on the practice. So, practice makes us helps us in developing positive habits. So, that is why it heavily influence our thoughts our behaviors and emotion and habits you know from the thoughts we again we related to our emotions our passion our motivation our you know conation these are the from the thoughts from the intellectual analysis thought thinking pattern from the contemplation etcetera we relate it to our feeling component affective component that is

whether how positive it is how that means we should not that means also positive mind set growth mind set also signifies that it should accompany with the positive emotions. being compassionate, being grateful, etcetera.

So, along with the positive thoughts, positive emotions also comes in, then how it will be again translated into our behavior that is through manifestation. So, that is a consciously adopting some positive habits, we can be aware that means often it is said that in order to learn something, in order to know something new, we have to unlearn certain old practices, we have to unlearn certain obsolete things or unnecessary things, because we need some space in our brain to learn, to relearn, to upskill ourselves. Similarly, developing the positive habits also helps us in rewiring our brain system, our brain, our nervous system, our brain activity. So, in order to create some more positive and happy and joyful outlook towards the life. So, sustainable happiness also comes from within.

How do we analyze our own life experiences? Whether we are happy or not, it primarily depends on our mind, our thinking pattern, and how do we relate it to our experience and external world. So, that is the result of some intentional habits, some choices, some positive choices, some positive actions, activities that definitely strengthens our thinking pattern or behavioral pattern. So, in this context habit one is let us see what are the positive habits. Habit one is gratitude, how to practice the gratitude. Gratitude is a very powerful habit to become happier.

Like for a simple thing, for a simple help that you are gaining, even in spite of you not getting direct help from the people, we can be grateful to planet earth, we can be grateful to sun for giving us energy, we can be grateful to water as a resources, we can be grateful to our mother earth, because this is infinity resources that we are getting. So, this being grateful it creates a generates a kind of a kind of humble behavior, a kind of obligations, a kind of sense of thankfulness, obligation towards the earth, towards the resources, towards the people. It is not just giving thanks to only people that who are helping us, but towards the planet earth itself. what are the energies, what are the resources that we are having, we are getting to in order to be happy. So, that is a to for this all these factors, all these worldly factors, all the global factors, all the external factors which that means, which gives us immense resources, energy and opportunities and strengths etcetera to sustain our life to you know to continue to go on in working to be happy to you know to be positive and to live a sustainable life.

So, that is it develop a gratitude a sense of gratefulness towards the every positive thing that we are getting from the external. Sometimes also we say that even if somebody accuses you, blames you, you know scolds you instead of being angry, instead of being you know hating that people, hating that person also we need to reflect on that. So, then

we can also transform our negative feelings or emotion that whatever we have experienced at the moment that we can convert it into a positive feelings. That means, from that accusation and the rebuke we can reflect on how to change myself, how to transform myself, how to bring more positive. So, that I cannot dissatisfied or nobody gets dissatisfied others or nobody gets dissatisfied.

unhappy with me. So, this kind of also being grateful also it enhances our mind set and not just the mind set it takes on towards the higher you know higher ladder spirituality quotient you can say. So, high emotional social intelligence spirituality quotient as a towards the self actualization and that is more transformatory in nature. So, similarly gratitude also it involves intentionally focusing on and appreciating the positive aspects of life. So, we have to regularly practice it and develop that positive aspect, positive vision, positive perspective towards life does not matter whether we are receiving some challenging situation whether we are giving receiving some negative feedback does not matter. It will not that means it will not affect you affect us directly once we have developed that positive mindset.

We will just take it casually and we will just move on and we will just have a positive you know strength positive vision positive perspective towards life. So, it also enhances our focus our attention towards our goal and also appreciating even if a small thing in we see we observe among others and if the small things can also we can also appreciate among others. So, that strengthens our human bonding relationship etcetera and also that strengthens our mind set. So, it involves intentionally focusing on appreciating the positive aspects of life does not matter from which sources we are getting it. Similarly, sometimes what happen we often we should also follow we should also practice a gratitude journaling that is practicing it, writing it, journaling it regularly.

So, that it you know it gets strengthened in our mind set as it gets imprinted in our mind set. So, it can shift our perspective from you know from already from fostering the feelings of contentment and fulfillment towards you know helping out others, being thankful, that means, being universal, universal without any judgment, without any critical remark or without observing, without negatively evaluating anybody, that means, being neutral and again moving on with the positive feelings, positive emotion. You might have observed the great spiritual leaders you know like this Sadhguru or Pandit Ravi Shankar, Pandit you know all art of living guru all kinds of people does how balance they are, how they are calm and quiet they are, how poise they are and they do not have any negative feelings any negative feedback. towards anybody not the any not the any particular element in the universe. So, they means that is there they are universally equal non judgmental and universally you know they have upgraded themselves towards the stage of higher enlightenment or actualization self actualization or you can say the

positive transformation.

So, now the next habit is the mindfulness and to be present at the moment, because now to be mindfulness is a practice just like deep breathing, yoga, meditation, mindfulness is also a practice a small it is a most easiest practice that we can do. That is to sit silently to just focus on our breathing patterns and to feel that I am in the present moment only. Just to feel the present moment without judging anything, without evaluating, not thinking anything about the past or the future. Just to feel the present moment and to feel and how can our thoughts you know thoughts fly over like you know we cannot concentrate for more than few minutes. But, in order to enhance increase our focus and concentration we can focus on like on our breathing pattern.

Because, if you keep on focusing on breathing pattern definitely it will hold our attention and focus. So, being mindful and being to be that means to be mindful or practicing mindfulness means to feel our present moment and to be engaged in our present moment and enjoying the present moment without judging anything without evaluating anything. and we can also focus on a deep our breathing pattern. So, that deep through deep breathing also as we inhale more and more oxygen it also enhances our brains capacity to focus certain things and get engaged in the current moment without any judgment and evaluation. The third habit is you are cultivating the meaningful relationship that we have already discussed in the past lectures talks.

So, meaningful connection with others. Similarly, now in the intelligence you know Howard Gardner's multiple intelligence, we have already discussed that how 7, 9, 9 types of intelligence are it is not only IQ intelligent question or it is not the emotional intelligence or it is not the social intelligence, multiple intelligence. Yes, multiple intelligence similarly our intrapersonal intelligence and interpersonal intelligence and these are very, very important. Intrapersonal intelligence at how how we have been successful in establishing a relationship with our inner self. That means, we have identified our self, we talk to our self, we know what is our real self and even though we aspire for certain characteristics in our ideal self, how to strengthen that bonding, what is our external self, what is our physical self and what is our inner self or our spiritual self that we carry on.

So, that is knowing self and without judging accepting our individual self knowing our self and moving on with positive habits and attributes that is called that enhances the interpersonal intelligence. How much do you know yourself do we know yourself without judging all every human being they have the strengths and weaknesses pros and cons it does not matter. But, we have to accept our self once we accept our self then it also strengthens our you know self esteem it also strengthens our you know you know

our emotions our you know our because let us accept what we are we are not judging our self that will help us in moving forward in enhancing like suppose we feel that these are the lacuna these are the gaps are there then we move on we can plan we can. We can make effort, we can learn and we can move on in enhancing our skills and competencies and happiness also it requires the skills. So, that interpersonal intelligence I can I can say that is knowing self, our reflective self, reflective thinking skills, our contemplative learning skills, our self analysis skills, self you know accepting our self or our bonding with our inner self.

This socio-emotional skills for our individual development, interpersonal intelligence can also help us in building a bonding or bonding with our individual self or inner self. So, that can also once we have developed the good intrapersonal intelligence that means, we know if we know our self we are very clear about our goals needs strengths weaknesses etcetera. We never judge never evaluate and we have on the basis of that we have already formulated certain principles certain things that I follow this kind this is my vision this is my I have we have already developed a kind of principle set of principle that we follow and So, that if we follow that principle and we know what I am and in case you face any kind of conflict and you have proper justification logic and rational for being you can say unhappy for being or for committing some kind of. some mistakes or getting in getting into any controversy etcetera. And later on when we deeply analyze it we have the right reasons because it is we can satisfy our self we can justify our self I yes that enhances our emotional intelligence that enhances our social skills that we need to accept our you can say our conflicts, our bad conduct, our any kind of misconduct, any kind of controversy, any kind of misdeed or any kind of you can say any kind of failure, any kind of blunder that we have committed in the process of interaction.

So, that nurtures our internal strengths and skills. So, this kind of interpersonal, intrapersonal intelligence can also help us in understanding others moods, others emotions, others thinking process and help us in establishing the interpersonal intelligence. So, interpersonal intelligence is the prerequisite for interpersonal intelligence and interpersonal intelligence helps us in nurturing the relationship in our workplace, in our family, in our community and even in the new situation also set up. So, that nurtures the relationship based on the trust empathy and mutual support that can bring immense joy and fulfill. So, if we know each other or if you know our self then it helps us in understanding others.

So, then we can assume we can you know we can assume we can predict. predict, we can assume or we can be very sure about what the others are feeling, what is their emotion, what they are thinking. So, in this process we can reciprocate, we can mutually exchange our thoughts and we can build the trust. So, in order to understand others we need to

understand ourselves. So, interpersonal intelligence helps us in nurturing that kind of positive relationship.

build the trust and develop the empathy not sympathy empathy that is to really feel the discomfort the tragedy or the any kind of. trauma or any kind of negative feeling that the person is going on we just we can just behave react respond in that way that yes we are very empathetic towards you we can really feel and realize the discomfort the that the unhappiness or the pathetic situation that you are going on. So, being being empathetic. So, you and being empathetic again you have to reciprocate it you have to respond it that actually helps us in building trust in relations if in relations it does not matter what the if the context varies So, that helps us being empathetic, being compassionate, being helpful, being grateful these actually stimulates, these actually helps us in building a trustworthiness among us. So, trustworthiness is very important for establishing them or nurturing the human relationship.

So, it is relationship that is the foundation you can say one of the pillar of happiness being happiness or sustainable happiness. Then, we have to prioritize our relationship, listen actively and you know so genuine interest in others. Yes, we cannot make everybody happy that is true, but we have to select few people, we have to identify not on the basis of our own self interest, but So, as because we are working with them, as because they are directly or indirectly related to us, as because we can handle this many relationship in the work place in the family. So, without judging them, without evaluating them or without thinking of our self interest, we can prioritize which relationships are important to us, we must listen to them actively, be compassionate towards them. So, these cultivating the meaning, it helps us cultivating the meaningful relationship.

Similarly, prioritizing the self care, the self care that is the intrapersonal intelligence as we have told, we must accept our self and first thing is that we must love our self and first we must take the self care, taking care of our self, engaging our self in positive activities, self care activities. Even we that means, giving importance to our individual self, self development. Self development is very important for other kinds of professional development. So, engaging in self care activities, setting the certain boundaries or practicing certain self compassion, relaxation techniques, strengthening our you know energy and the spirit through yoga practice the meditation also. But, we must be engaged also in relaxation and joyful and entertainment activities, but that should be justified that now it is mindless we should not engage ourselves in all kinds of mindless nonsense things.

But, all the positive that we must relax, we must enjoy the life, we must interact with others, we must set the boundaries that is what is our time line, we must set the

boundaries for the work life balance etcetera that we can do because it strengthens our inner strength, inner energy, inner skills, inner competency etcetera. So, that is self care is most important before taking care of others. So, priorities our self care is important thing. Then next is habit is the embracing the growth and learning, but always we must move onwards positive towards in the positive direction that we should not be complacent, we should not be sit idle or satisfied that I have already got a job, I have the so many things is to know why should I learn, why should I know.

So, the growth and learning is a natural process. So, in order to does not matter there is no limit for continuous learning, there is no limit for development and growth. So, we must embrace the growth in terms of learning, practicing and I must engage our self in the continual growth and learning not just for the professional skills, but also the personal skills, social skills, emotional skills. So, that can expand our knowledge, our horizon, it can also gives us a broader vision of life towards vision of life or our perspective towards the universe and how to practice this global citizenship behavior. So, the growth mindset as we have already been and open to new experiences.

So, and again how again we have already discussed how we must adopt certain positive lifestyle, sustainable lifestyle, sustainable consumption, sustainable behavior, sustainable production that and how to take care of our environment. And that is then how it gives a positive stimulation for the emotional well being, social well being or maintaining in the well balanced lifestyle. So, engaging in mindful activities positive outlook practices we have already discussed that these enhances our sustainable happiness which is the foundation of well being. So, sustainable happiness if we continue to be happy over a period of time without any without evaluating neglecting or criticizing or judging anything. So, that happiness is continued then we can move on.

we can achieve the sustainable happiness. And sustainable happiness is one of the foundation for the well being. Well being which is more holistic, which is overarching, which is and which consist of the statement of containment, meaningfulness, resilience and overall life satisfaction. So, promoting the well being in for others also and taking care of the natural world also we also need to be resilient and sustainably happy. So, we need energy skills, competencies and the mind set to accept the future, to accept the growth all these kinds of things. So, these are some of the habits that we need to develop.

And six more skills are also their mindfulness, these are the skills that has been added mindfulness you know we have already discussed mindfulness how to practice it, positive outlook mindset, positive purpose in life identifying what is deeply meaningful to you, aligning your action to your values and you know we must achieve our goals and fulfill our needs without hurting others, without exploiting others, without damaging the earth



or natural resources that should be our principle. So, how to purpose our guide our behaviors all these kind that means, to be sustainable means without exploiting anything without affecting the interest of others without exploiting any kind of resources. So, we have to engage in the activities that must align with our values core values principles that is universal values that we must adopt. We must set up a set of principles our principles to you know to govern our self to govern our self to you know to evaluate to regulate our own behavior. to sense and to develop a sense of purpose and meaningfulness.

And accordingly we can also develop a motivational framework for our achieving our goals and aspiration as well as we can set it for the others in the others and lead others with this motivational framework towards others. So, now human connections are investing time in time, active engagement, quality over quantity. We must focus more on the quality than the quantity, how to develop the generosity, then altruistic behavior that is engaging in the acts of kindness without expecting any return. That means, selflessness. That means, yes we are doing it, I am doing it, I am helping somebody as an act of humanity or as an act of ethical practice without expecting anything in return.

So, gratitude multiple. effect like creating a positive feedback loop within your organization, within your community, within that means we keep on giving the positive feedback through appreciation, through encouragement, through enthusiasm, etcetera in that loop itself in a chaining process. then being gratitude in the daily exercise. That means, every day we must practice that I must be grateful to at least 3, 4, 5 things every day like we can be very grateful to planet earth, mother earth, sun and then the water that we are receiving, the air we are breathing all kinds of we must be grateful. So, that is the practice. So, with gratitude journal we have already discussed mindfulness appreciation of small small thing that we are getting in life we must be grateful for that we must appreciate that and we must engage in that kind of practices.

So, it by practicing all these things positive things regularly definitely it becomes an habit. So, we can develop the positive habits of mind. Similarly, resilience is also very important, how to build the long term resilience, there is all these aspects that we have discussed mindful practices, optimistic thinking. Being optimistic, being hopeful, being positive is very good, but at the same time you must be practical also. that means, false optimism that without any analysis, without any practical sense, without any feasibility of the things we just go on just giving lecture that oh being hopeful, let us hope for the best, do not worry be happy.

This kind of slogans, this kind of comments you know it is meaningless. Optimistic thinking that Optimist, optimism practice reframing the negative situation to find the hidden opportunity and lessons how to convert transform a failure into a successful

things, how to be optimistic with the reality check, with the reality approach with the you know to be in touch with the real events or actual things. So, with the reality check we must adopt this optimistic thinking. Then, finding the purpose and in every failure, in every disadvantage, in every conflict, there must be some hidden agenda, there must be some hidden purpose, we have to identify it. Expressing gratitude, self reflection, feedback, as all these are important for building resilience.

So, resilience not just within our self, self resilience we are nurturing, we are developing through different practices, self care and yoga etcetera, but also we need to develop resilience among others. The society must be resilient, the community must be resilient, so that we all of us we can be sustainable, we can be moving, we can move on towards the sustainable future. So, this is the framework that you can go through it is given by some researchers that is Wamser in 2007. This is the model they have developed you can also go on through different other models available in the in Google and internet. So, now these are some of the learning new habits it has been elaborated in the tables here that you can go on.

So, similarly learning and working towards the more sustainable future how like in these are some of the clippings giving like do not stress the mess that means, these are the some of the practices we need to acknowledge we need to practice then focus on learning not knowing. Knowing is just holding the information just collecting the information. but learning means deeply analyzing and realizing it and getting its getting the sense of essence of these things. So, that is accept the world around us as constantly. So, we must be adoptable, we must develop the adaptability scale, we must accept the change, we must be very much dynamic in adopting our self into the changing world.

So, focus on learning, learning not knowing, knowing is just collecting the information, but we have to learn means we have to experience, we have to feel and we have to get the meaning out of it. Similarly, imagine the possibilities what could be the future possibilities that means, probable that means, problems that we may face, how to just go beyond the present problems, present situation, how to cultivate abundance of innovative ideas and preparedness to create a new future. So, many possibilities can be there, but the thing is that we need to identify, we need to predict and assume it beforehand that can be possible with positive thinking, creative thinking and innovative thinking. and look for the loops the connections in the networks. Networks like that is the cause and effect relationship non-linear relationship that is the harness to leverage the points to cultivate positive changes in the system.

Like it is the you know systemic thinking systems thinking that is always even though we look into the minor things at the micro level, but always we must have a macro vision

the holistic vision. So, that enhances our systems thinking practices this is also one of the sustainability competences. Similarly, learn from the nature, yes we have to establish the relationship bonding with the nature, with the plants, with the greens, with the earth, even with water as a resource, with all the natural resources we can strengthen. You know some people they talk to water, before drinking water they talk to the water because and all these natural resources they have the extra sensory they have this energy to they can perceive us. But thing is that we need to identify that kind of relationship and practice that kind of relationship building.

So, get the perspective, perspective that is the positive perspective towards the life and understanding others perspective and what is valuable, what is and what are the new skills, competencies that we need to learn, need to practice and how to you know how to explore the different kinds of you know cultural perspectives, people's diversity in order to understand the world. all of us we are different, but how to understand others in it is that means, how to leverage diversity through the some consensus ideas or some with some universal core values etcetera that can help us in getting the perspective of the holistic world or the global citizenship. changing our mindset and that means, always we must welcome the new ideas, new evidences, new opinions from others and learns continuously then think beyond the here and now that means, futuristic thinking. So, that is why sometimes we think the thing out of the box. Now, it is not just about the routine work, it is not the bookish knowledge, it is not only the present knowledge, but we have to go beyond it that is innovative thinking.

So, we must think out of the box, we must be futuristic in our, I must have had some vision, mission, planning, creative thinking, all kinds of that. Futuristic in the sense to focus on the present learn from the past focus on the present, but also to think about the to imagine to visualize among the future what could be the possibility. So, that is why it is the very common you know common say is that you know you can say When we, some people when they keep on thinking about of the past only, past failures, past only, so that they actually they lay down, they lay on the past only. So, that is why it is called the past is the waste paper, present is the newspaper, what is happening, present is your newspaper, current affairs, what is going on and you know future is a question paper. You do not know what is, what would be the possible question, future is the question paper.

You do not have any clear, but we can explore, we can be, we can explore, we can think actively we can think creatively we can. So, here we can acquire the knowledge we keep on learning and we can think of assuming or we can be proactive in predicting or thinking for the possible future or the distant future the newer future. So, the future is the question paper. So, we have to always be alert engage our self in learning and on unlearning the outdated old things and upskilling, learning, relearning our thing and to be prepared for

the future.

And we can explore also the future possibilities right now. Value the unseen that means, which is visible at the moment that is that means, we should not like we should not trust on this we have to be we have to be very experimental, we have to be very scientific in exploring the hidden things also we have to be insightful. So, we have to look into intangible things also which is not very attractive very explicit. So, we have to get into go into the depth of peoples feeling their experiences deeply analyze it and also from the nature also we can learn. So, many things from these hidden things if you go into the if you get into the depth of that nature. So, to spend for that matter we need to spend some time with nature, we must care for the nature, that is cultivating the connection with the world, with the planet, with the water, with the universe.

So, cultivating the connection is not just about the human relationship or only family relationship, work relationship, but is connecting developing that connection with the planet earth, with the nature and with the external world, with all kinds of the natural resources and as well as with the almighty. So, now coming the sustainable consumption and conservation and we need in order to be this is the definition given by sustainable development goal 12 SDG 12 defines it and under this SDG 12. So, many also targets are also there. So, to ensure sustainable consumption and production practices, this is one of the most important SDG of 2015, because resource depletion is taking on regular basis. And our population growth, our scarcity of resources, resource depletion and overuse and wastage of natural resources, actually it is causing all kinds of climatic change, disasters, natural disasters etcetera.

So, primarily it depends on, it depends on how much we can, how much we need to consume, how much we must, we must resource, we must take on and not to waste and not to waste and we must reserve it, conserve it for the future generation. So, be it our business, be it our daily food habits, food things daily, daily accessories, daily you know contingency things that we express. So, that is why nowadays everywhere it is being, it is being advocated to going green. green that why to create unnecessary carbon footprint in the why to bother unnecessarily to planet earth, why not to conserve our resources for the future. So, to ensure the sustainable consumption and production practices the necessary we need to act and we need to focus or respect the biophysical boundaries, we need to enforce our self to reduce over consumption, we must enforce our self to you know to even reduce our production also, how to take care of our ecosystem, how to take care of our marine life, how to take care of our life in land, all kinds of resources what is available today, we may not get it or these resources may not be available in future.

be it water, be it you can say minerals whatever things. So, how to conserve our

resources, but yes for maintaining a minimum living lifestyle we must use it, but how we can renew these resources, how you can renew these resources. So, for that matter two principles have been identified, one is the resource decoupling and impact decoupling. So, nowadays you know in sustainability also circular economy, circular economy is very popular, circular economy is one of So, SDG 12 actually focuses on the production patterns should also follow the measures and certain major, certain specific guidelines, specific policies etcetera not to over produce. When we are over producing definitely we are using and wasting the resources also that should be kept, that should be conserved for the future use. So, this is the ideology, this is the philosophy how to maintain the sustainable consumption, sustainable production in our lifestyle, in our business.

And these are all the specific targets of SDG 12, SDG 12 that is target 1 to SDG 1 to all the targets and targets are the specific objectives that comes under the SDG 12. And in order to achieve all these things we have to check out the plan of action. Similarly, the global opportunities are available, how to implement the sustainable consumption and production and circular economy, not just in our organization, in our society, in our country, but globally. So, now, so many new ventures are coming up, new start-ups are coming, new platforms are also coming up.

Now, SDG 12 hub. It is also a new venture of United Nations UNEP venture. So, SDG 12 hub which will provide the visualization coordination access to SDG 12 that is through education, through information sharing, dissemination etcetera. Similarly, UNEP also it has also taken the initiative one planet initiative for sustainable consumption. So, we are not thinking about only our family our country that means, we are preserving the conserving such the resources only for us for our country nobody is globally. So, the resources are the global. So, one planet initiative that is the you know we might have observed all these political initiatives like G 20 G 7 what are the initiatives So, they are also advocating for one planet resolution, one planet policy, one planet initiative, one planet growth and development.

So, that means, we must focus on the universal growth, global growth. So, one planet initiative also SDGs are fully aligned. In one planet initiative platform all the SDGs, 17 SDGs are properly aligned properly and the monitoring and evaluation is going on. Technology is being also being used to monitor it. So, sustainable consumption production hotspot analysis tool has also been developed. Similarly, new ventures are coming up for quickly identifying, analyzing the hot spots things and new paradigms are also being developed to meet these challenges.

So, that is the basic philosophy which involves the satisfaction of consumer demands without geo-paradising the earth's carrying capacity. How much like we go on

industrialization, we go on housing, we go on developing the urban cities, but that is we are exploiting planet earth. It has certain capacity. When it goes beyond her capacity, definitely it is going to be disaster.

and today whatever challenges we are facing it is because of that. So, in order to support our life system, in order to support our sustainable future, in order to restore, in order to conserve our planet earth and look for the sustainable future, then we have to change our lifestyle, we have to change our consumption habit, we have to reduce it. And whenever we are consuming, we are using it, we must always think of equality, distribution, inclusiveness, not that it is I am just satisfying myself, I need to look into the others, I need to look into the people around me. I must look into the people who are deprived we are in a disadvantage position that is equality must prevail. So, equal opportunity should be given equal distribution of resources that needs the development that needs the paradigm shift in our mind set in our outlook. for bringing that change in the sustainable consumption, lifestyle, production and to develop certain consumption positive habits of mind for sustainable consumption.

So, changing the lifestyle and consumption habits can also be increasingly focused on academic and research, scientific research, academics, business, even outsourcing, outreach everywhere it is the this principle can be applied. So, for that matter the consumers that we have to rethink about the individual consumption and access to environment impact, we must rethink we must make consumption choices based on the how much energy, water, raw materials, how much waste we are creating, how much energy and water and resources we are using, how to reduce it and how to eat less to proceed to how to eat less all these junk foods, all these processed food, all these red meat because we are also disbalancing the ecological balance. When we keep on you know taking the non-waste red meats all kinds of things again it creates you know disbalance in the in the in the natural in the natural in the ecology also. So, driving that over fishing that is over fishing over use of marine things over using of the minerals over using of water resources.

So, it causes the it causes unsustainability it causes the disasters it. So, how to reduce it not just individual level, but the global level. So, what is required for the sustainable consumption to be how can we adopt this behavior, how can we ensure that is that requires actually change in the mind set different paradigm shift in the in our outlook, in our perspective, in our vision towards life, in our vision and mission towards our business and our planet earth and that needs the transformative action. So, we need to transform that transformation focus on 360 degree change. So, it is a fundamental change in the way that the goods and services are produced or consumed and we have to develop not just we have to develop both at the macro level and the global level as well as the

individual. So, that is make responsible choices in consumption you know in making choice of purchasing the accessories, vehicles all unnecessary products, unnecessary luxurious products to rethink about the ethical production you know practices and branding.

So, before taking any food before taking any clothing etcetera we must look into the which is the back end is the behind the that is the back end scenario. That means, whether it has been produced from the animal leathers or plastics or the junk foods or what actually what is the composition of that product. We must look into that because that gives us a sense of awareness are changing our mind set towards the sustainability. It is not mindless, but you have to be mindful and conscious of. So, it is a collective effort to make the effort to make the conscious and environmental friendly choices individually all of us we must try it should to demand and sustainably produce the goods and at the individual level even if now even if we are doing the start of business small business or small entrepreneurship things that is we are doing from home.

Still then we have to be individually conscious and So, if every people all the people if every individual becomes conscious definitely it can bring drastic change positive change in the environment in the community. And for the global things yes governance government is there public sector things are there governance is there rules regulations are there, universal agencies are there, UNESCO is there and all these world leaders are there. So, how to bring the transformation and change our consumer consumption choices and spreading the awareness among our stakeholders. So, these are some of the clippings that you can go through, these are the data, how to reduce unnecessary things, how to reduce the carbon footprint, how to increase economic activity, how to make it more viable, more sustainable, how to reduce the greenhouse emissions all these are the charts.

These are some of the research outcomes that you can go through. Similarly, green sustainable consumption have been addressed to address the environmental issues that is to reduce reuse recycle which leads to zero impact climate. Now, from the minimum carbon footprint to now it is a zero carbon footprint. So, we must make our effort best effort based endeavor to go for the green complete green that is the zero carbon emission zero whatever we are doing we must have an alternative to substantiate it to compensate it. So, that is how to go for green clothing we have to go for the organic things we have to eco friendly things green food green energy green clothing. So, that e waste whatever the e waste are being created it can be easily with easily that means, absorb it is easily dissolved in the natural way.

So, we must go for the organic things that is the all the natural sources things are being created from the natural resources which can be automatically biodegradable and can be

automatically wasted and dissolved. So, sunlight be sunlight that is going for the clean energy, hydro energy then the in going for the in the natural that means, herbal products going for the herbal products or the cloths from the you know natural process that the khadis and all kinds of thing which is the natural result which can be naturally biodegradable things, natural source of energy, renewable energy, green energy. Even we are going for the green technology also, green technology, green organic food, green technology, green agriculture practices, how to fabrics that to be to be made, which can be made recycled products, we can be reused, we can be considered as more organic and green. So, similarly green marketing, so green marketing to green technology to green behavior to green food to green clothing, everything we can go for the green economy. So, similarly achieving that this how to bring the transformative change, we need some fundamental shift in our production, in our consumption, at every level in our thinking, in our supply chain, in our you know fostering the circular resources, economy, in our society, in our practice, in our ecology.

So, three dimensions of sustainable resources are like the governance and social justice is important, environmental health is important and economic development. These are the key factors, key dimensions we should be thought about, we should be relooked, we should be revised, we should be updated to rethink about the economic, social and political technological system. Similar, decision making must be also inclusive needs, it requires the, it focuses on the needs, rights and acknowledges the historically marginalized community. That means, it should be focusing on equality, inclusiveness, justice oriented and doing justice to humanity, doing justice to planet earth and to develop sustainable patterns of resource use, management and eco friendly, that is eco friendly, eco friendly practices eco friendly consumption and and at consumptions and sustainable consumptions and going green for developing this kind of. So, delivering on the SDGs for all requiring the decoupling that is dissociating our self from over consumptions.

making a sustainable consumption choice. So, that the environmental impacts of the resources use fall while the well being contributions from the resources use can be when we decouple our self from the over use of the resources then automatically it will not just reduce the reduce the wastage, but also it will take us forward towards the well being. So, well being that is called the well being decoupling from resource use resource decoupling from the economic activity that can take on towards the towards the holistic well being or sustainable future. So, this is again this is the 4 E approach for the behavioral change is how it can be the catalyst how to catalyze this change that is these 4 E's are there how to enable that is to remove all the barriers to see it set the defaults then to how to engage in all the community work positive consumption positive activities. how to exemplify example to be an example for others. So, that we can motivate others through learning through education through you know through that means, through our through our



behavior through our manners.

So, that is walk the talk and talk the whatever we are saying we must demonstrate it we must exemplify it. So, and if you are talking about everybody now everywhere that the consumption sustainability is a slogan is the you can say it is a tag line you can say. So, how to exemplify, how to demonstrate it so that others will also be motivated. and encourage others. So, encourage others through positive feedback and reward bonus all etcetera. From the policy level from the governance level policy level it can be promoted at the individual level you have to promote it through education awareness etcetera.

And the societal level from the community level also we can we can motivate the community people through information dissemination incentives benefits also some different kinds of reinforcement we can also mobilize the community people towards the sustainable future. So, this is all about this unit 6 unit 6 or week 6 that is the positive psychology and sustainable happiness. Now, we next class we will go into the next module. Thank you very much.