

# **Sustainable Happiness**

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**Lecture - 31**

## **Introduction to Sustainable Wellbeing**

Hello viewers, welcome back to this NPTEL course on sustainable happiness. Today we will start a new topic that is sustainable well-being. So, let us explore the details of sustainable well-being. Sustainable well-being as you know it is about improving the individual well-being as well as the social well-being. So, now sustainable well-being also incorporates the natural well-being of the our ecosystem, our ecology as well as the economy also. So, following so, sustainable well-being approach is achieved when the improving the individual well-being is correlated with the well-being of others other members in the society as well as the natural environment.

Now, this approach focuses on primarily on human needs, societal needs and the environmental needs. So, all these three types of needs are interrelated and interactive. The well-being sustainable well-being considers that that all these three types of needs are to be fulfilled then only we can ensure sustainable well-being. So, sustainable happiness now it is sustainable happiness and well-being are more related because it carries the term sustainable, but anyway.

So, types of well-being or happiness as you know we have already discussed about eudaimonic happiness and hedonic happiness similarly eudaimonic well-being and hedonic well-being. So, here sustainable happiness is two dimension one is that on an inner level, inner level it is about finding the ways to sustain our happiness beyond the short term highs. Because again it has a internal happiness, inner happiness that should continue over a period of time not very short term. So, an outer level of happiness is also about that is more eco friendly, eco friendly, friendly for the community for the planet etcetera. So, here we can say the sustainable happiness deals with two dimension one is our inner happiness and another is outer happiness.

Outer happiness primarily relates to the ecology, environment, planet earth and society and community. So, here we can talking about so, now greener happiness a greener happiness. So, nowadays every nowadays with you know with climate change challenges

and challenges now we are consider we are talking about the zero carbon footprint and green green green lifestyle, green technology, green education, green marketing all kinds of thing. Similarly, the greener happiness, greener happiness is more conducive to the environmental requirements, more conducive to the towards the sustainable habits. So, greener happiness, so that does not cost you know our planet earth, now because you know sustainable happiness as you know it has been coined by Catherine O'Brien and she tried to blend sustainably components with the happiness components that she has borrowed some concept from the positive psychology and try to put it into the framework of sustainability.

And she has also talked about the education for sustainable happiness in that context she says that it should be the greener happiness which does not cost planet earth. Now, according to Catherine O'Brien, so who actually teaches the sustainable happiness, he defines that happiness that contributes to the individual, to the community and the global well-being and does not exploit other people or the environment or the future generations resources. So, that is without exploiting our planet earth people or resources kept for the future generation, if you can achieve happiness that is sustainable happiness. So, positive psychology according to positive psychology. So, well-being is a poly positive, well-being is more holistic in the sense that positive psychology says that well-being is among the many concepts it employs the human ability to conduct a full rich life such as happiness, satisfaction with life, life satisfaction, finding a meaning, a purpose in life, flourishing, cherishing our dreams etcetera.

These are all the positive concepts, these are being a part of the well-being practices according to positive psychology. Now, well-being is again well-being is a combination of cognitive and emotional aspects experienced by the people according to their own subjective evaluation of the life. So, every individuals here subjective well-being is that well-being which is very much individualistic that every individual human being he as he or she interprets his or her own happiness what causes happiness, what type of happiness he is experiencing and what is his subjective or individualistic well-being. So, here when subjective well-being or the subjective evaluation of our happiness and well-being comes in. So, this it consists of two components.

First thing is a cognitive component that means we have to understand, we have to think, we have to acknowledge that this is a happy moment for me or these experiences are you know very self satisfactory. So, this it has a combination cognitive because cognitive component is that when we realize you would think it we acknowledge it that is a cognitive aspect and another is the emotional aspect that is when we feel it. When we feel the experience as you know had happy very happiest moment of our life that is the feeling. So, it combines the both the cognitive component as well as the emotional

component that means, we think We analyze, we acknowledge, we realize it and then we feel and experience that well-being or happiness. So, it has a combination of two concepts.

So, subjective well-being often encompasses a set of assessments that measure. So, subjective well-being it is very individualistic, it varies from individual to individual, but How to measure subjective well-being? Then we have the different measures like measures of life satisfaction, positive affect means positive emotions, happiness and then how low how much that means, low how low negative affect that means, how can we control our emotions and we you know we get rid of negative affect or emotions, we have a positive mindset, positive characteristics, more life satisfaction, feeling of you know feeling of you know feeling of happiness, feeling of you know nurturing others, feeling of you know joyfulness, joyful mind, feeling of happy without any reason. So, it is kind you can say enlightenment kind of feeling of enlightenments all these are the positive components that define subjective well being. But it varies from individual to individual because for some people some individuals one thing will be may be important for others may be something else may be important. So, for example, some people for some individuals career achievement is more important.

So, they feel happy. So, when they get some achievements in career field. So, whereas, some other in for others that is the life satisfaction or feeling of happiness is more related to the relationship, the family bonding, the serving others you know. they are you know their friends circle their network with the friends circle. So, they find happiness in the relationships.

So, it is very subjective individualistic now, but attaining the high level of well being at enables the individuals to flourish in both personal and the environmental ways. So, then if the individual strives to and attain the well being at the highest level. So, it enables the people to be to flourish both personally, professionally as well as also they are going they will be doing good in the environmental front that is the social ways. So, including their self acceptance, including their finding a purpose and meaning, including serving the community, including experiencing. continuous professional growth including establishing a positive and meaningful relationship with others, with the environment and nurturing the environment and taking care of the planet earth and doing something positive, constructive, environmentally positive and constructive for the community, for the environment etcetera.

So, this is the highest level of well-being shows the pathways to the individuals personal flourishing and the individual self-satisfaction happiness as well as the taking care of the environment and the society. That is the highest level of happiness or highest level of

well-being. Now, positive psychology always focuses on increasing the individual's well-being within the context of the environment and the individual's life. So, we have to achieve the well-being in the framework, in the context of our individual, our individual in own context as well as the environmental context. So, own sphere that is a personal and professional workspace etcetera, but at the same time in the ecology, in the environment, the context we are living in.

So, now another component is also environmental sustainability. Environmental sustainability offers a varieties of definitions. definitions of well being, but primarily you know till now we have been studying about environmental science, science ecology, ecological science all these that means, primarily it focuses on how to take care of our environment, environment that means, taking care of the biodiversity, taking care of our planet earth etcetera. But, how these environmental sustainability or green activities are related to our happiness also because we are embedded in the context which is we are that we are embedded in the ecological context that means, we cannot live alone. So, ecology environment is a part of our life events and experiences.

So, according to Brundtland report Brundtland commission report that current generations well being should not harm the future generations of well being. So, and this it should focus on the fulfillment of needs yes not the individual needs, but the environmental needs and the economical needs. So, Brundtland commission report has always emphasize on not just getting the well being for our current generation or the existing generation or the future generation. people that we are now at the moment in the in this planet earth, but also we must ensure the sustainability or sustainable well being for our future generation. A future generation by reserving conserving the resources by making the planet earth a very good living place by you know practicing certain things introducing certain policies taking care of our planet earth and not you know and not you over utilizing or exploiting the resources rather to conserve it, preserve it and also to compensate the resources that we are wasting through in a sustainable way by sustainable energy sources, sustainable practices, sustainable business etcetera.

So, it can fulfill both the needs of the present generation as well as the it can also fulfill comply to fulfill the needs of the future generation. So, sustainable well-being is achieved when the improving individual's well-being like improving the well-being of others, improving the well-being of the society, improving the well-being of the environment all these three things are interrelated. So, well-being is not merely personal, but it is embedded in the social structure, social context, social context communities. in the context of community and the and the ecological context also and because it involves many many more social task and interactional task, interactional activities among the people, planet that is earth, planet and as well as the prosperity and the activities

economic activities. So, this all about now this is all sustainable well-being definitely sustainable well-being takes into account many aspects of our health status according to WHO that is a mental health, state of emotional well-being, psychological well-being, social well-being, more than financial well-being.

So, well-being it is holistic it includes everything our psychological well-being, our emotional well-being, our social well-being, our financial well-being all kinds of well-being. So, broadly we can say well-being as just like the happiness well-being can be divided into two types. One is the hedonic well-being it is primarily focus on our you know our material satisfaction happiness related to this practical world of you know acquiring the gaining or acquiring the material facilities happiness that we get from a luxurious life and tangible things that we are receiving. Eudaimonic happiness is beyond the hedonic things, beyond this materials, materialistic and the mundane happiness, but it is about self-actualization, it is about thinking for others, it is about serving others. So, hedonic well-being is a type of that we get from the pleasure, we get from the pleasure and enjoyment.

Like every individual we have some hedonic desires to lead a very luxurious life, a very life, a fulfilling life may be in different ways, the ways may be different by may be through leading a luxurious life, travelling or having the very good food, foods and so many depends on the individual choices and the needs etcetera that is the hedonic well being. So, if you can think of our own well being happiness and well being that we must we must be well protected our health should be very good we. So, we are taking care of individual self that is more of hedonic well being that is we are focusing more on not just getting the pleasure and enjoyment, but also focusing on our sustainable health also. So, it primarily it focuses on happiness that is related to. So, it is what we usually think of happiness that we recognize it in terms of peaks of positive emotion the moment of you know bliss, joy, serenity etcetera, but whereas, the That is it is a kind of you know feel good factor with having fun enjoying the life through you know if you love travelling, if you love shopping or if you love like you know spending time with your family whatever it is the individual choice.

So, it is a kind having fun and the feel good factor, but it comes with a built in limitation the hedonic limit. But the disadvantage of hedonic well being is that if you go on doing the same thing again and again when we just focus on getting pleasure and entertain through entertainment or on kinds of lavish style etcetera. So, it will go on and go on and the long run actually it creates a some kind of some kind of you can say side effects you can say. So, it is continuously where that means, it is a primarily one way kind of method. We go on enjoying spending time spending lavishly money etcetera etcetera.

It is a one way kind of topic. So, may be that sometimes you know like we sometimes we get rid of we tired of all these things. So, it may come sometimes built in the limitations of hedonic treadmill that in this in this pursuit of happiness we often get tired. we often get fed up with the things or often we may face some kind of limitations or side effects. Whereas, the eudaimonic well being is much more deeper which comes from through a varieties of activities by having meaning and purpose whatever we are doing it has a meaning it is it is very meaningful to us it has a purpose in our life and how we are at our best in to realize that potentials by serving others by taking care of you know even our biodiversity engage in our environmental activities or may be that in serving the community or may be in spiritual practices or whatever that is beyond this life that is beyond our individual immediate happiness. So, eudaimonic well being eudaimonic happiness is that when we try to achieve the happiness through some other way beyond by serving others through some other that is which is beyond our self interest by serving others community or spiritual practices etcetera.

And eudaimonic well-being is that by practicing certain things we are not just getting the happiness, but we are getting the holistic development holistic all round well-being of ours. That is eudaimonic well-being is more deeper more sustainable kind of things. and it has a meaning to our to our self it has a meaning and purpose in our life not just for our self also we are doing something we are doing something good for the community for the society for the people for the that is nurturing grooming others. So, fulfillment is gained by putting effort to an endeavor into an endeavor that is meaningful for us. So, that means, for like after analysis we select and we select and pursue certain activities which not only gives us the happiness and purposeful and meaningful life, but also it has it also in this way we can we also serve others make an endeavor with effort, and passion which can also which can be manifested through very constructive positive behavior, positive output in for the benefit of the society.

So, transcendence is the key to eudaimonia. So, how can we get the eudaimonic happiness and well-being? It is transcendence that means, self-actualization as according to the Maslow hierarchy theory self-actualization you know it is that is more related to this eudaimonic happiness well-being. Now, transcendence is that beyond this life when we go want to expand our individual self to the level of transcendence. So, transcendence is the beyond this life when we think beyond this life, beyond self, beyond our immediate needs and the comforts and discomforts. So, it is going beyond the self in serving the other something external with a sense of our connection to the bigger one, the people who are dedicating themselves for the environment, or for the even for the some economic cause also some economic cause some they are doing research and suppose they are those who are extensively doing research and working in the in the in the endeavor of you know removing poverty for example, removing poverty.

Because, by removing poverty we are also helping out the whole community that is zero hunger to that is to achieve the SD sustainable development goal of zero hunger. So, it focuses more on others than individual self. So, this eudaimonic well-being potentially the more sustainable form of well-being definitely eudaimonic well-being is more closer and more closer form of or you can say more updated version of sustainable well-being. And hedonic well-being is short term and it gives a pleasures and may be that it has in the long term it may it may cost or cost us in terms of you know in terms of some loss of resources, money or some burden. So, it is an unsustainable practice of happiness.

Now, eudaimonic well-being arguably has little or no cost. It is when we practice eudaimonic well-being, it is that means, economical, it is cost effective, it actually does not cost us, because we are working for others. So, making good for the individuals, for the community and for the planning habits. So, it makes it this nature of zero cost or less expensive practices are actually sustainable. So, now, in this context a framework has been given by Kasser 2017 researcher that is called the SDLB.

How can we achieve the eudaimatic well-being? He has given that SDLB framework, SDLB full form is the having, doing, loving and being etcetera. So, this approach is well being on each dimension of the needs satisfaction can be either hedonic or eudaimonic or both way in order to explain this thing he has developed this framework. First thing that having, having that is capitalism is based on the dogma that having that means, all of us we want that we must possess something certain certain wealth, wealth, money, a certain luxurious thing etcetera. So, fulfilling that is having. So, capitalism is based on the dogma that people cannot and never be satisfied.

We cannot be happy without having the some capital things like the money and the wealth. So, by fulfilling one's needs of existential having can always be meaningful and pleasure. Yes, this definitely both for the hedonic well-being and hedonic well-being definitely having we that I am possessing certain things that is first thing is that is a necessary component then doing something. So, engaging in pro-ecological behavior and satisfying the psychological. So, having I am having sufficient of resources and wealth and money, but if I am not doing So, that is I may not be happy so far even for the hedonic well-being also engaging in the pro-ecological behavior, pro-social behavior which gives a psychological satisfaction, psychological happiness in the sense that yes I am doing something, I am doing something worthwhile.

So, I am doing something meaningful. So, doing is both ethically and ecologically responsible either we are doing for the community, for the ecology etcetera. is a negative framework in the doing variable, it is doing is both ethically and ecologically responsible

and also deeply gratifying. So, hence deeply gratifying, hence eudaimonia also lies with the hedonic. So, here when we are doing something engaging ourself for the pro social behavior, pro ecological behavior and we are getting satisfaction and we are becoming happy. Hedonic along with the hedonic happiness, Eudaimonic happiness can also be there because we are not only we are enjoying our life, possessing certain things, having certain things, but we are also doing something working for something some benefits. So, here he said that hence eudaimonia also allies with the Hedonia that is as in any meaningful doing.

Even if it cost something even it requires some resources, but so, he is saying that both hedonic well-being and Eudaimonia well-being can stay together can stay can be can stay together can be can happen parallelly. Now, loving loving is an experience I love to do so, it is more about the passion it is more about the real love. So, loving is also connected to being ethical. So, some people they love to. love to do love to love to help people, love to do social service, love to sing, love to you know participate in cultural activities.

So, that loving so, primarily love to do loving is also it has a meaning full experience, but it also some it is also connected to being ethical. So, when I love to do something which is positive, then it is also ethical and it is also part of the happiness also. So, love is to be responsible, but however love is to be responsible ethical to find a meaningful life. Then being, being is largely about self actualization that being true to one's inner calling, inner passion, self flourishing as a human being that is I love to do what is my passion, I am passionate about doing something that is being. So, that is primarily being is primarily focused on achieving self actualization which is deep that means, to experience something some of the experiences are hallmarks of the eudaimonic well being that is you know acquisition of knowledge, you know practicing music, some artistry, some cultural activities.

So, it which is deeply satisfying as well as also it is a it gives us a pleasurable experiences. So, this connection between the subjective and the planetary well-being deserves the more attention. However, this is whatever this SDLB SDLB framework and not only it gives us a subjective experience, but also it can also relate to planetary well-being also. So, nature is a central constituent of human well-being and our eudaimonia. So, if we think of like nature ecology, because mother earth it is the context where we are getting all our activities, we are getting all our satisfaction, pleasure, all our goals and aspirations are fulfilled.

So, it is the context nature is such a context where we are embedded. So, human well being is very much related to the well being of the nature that we it cannot be separated. So, it is also a nature is if you feel that if you think that how to take care of our nature our

mother earth because it is the primary reason of our existence and our happiness etcetera. So, that brings a kind of eudaimonia happiness. So, the nature nurture the relationship we can say that nature inclusive idomene that is called the nature inclusive eudaimonia .

Being a part of the nature we are doing something, we are engaging ourselves in something, we are loving to do something, we are being we are exploring our self and that itself is So, that is nature inclusive eudaimonia and, but nature, but the nature inclusive eudaimonia is most useful, but why not to speak of nature inclusive hedonia also. Even if we are getting the pleasures out of the as nature, but it is also nature inclusive things, but it is a hedonia in the sense that even though it is primarily focuses on the materialistic happiness getting pleasurable experiences at all the mundane practices to get a very good happy experiences, but the thing is that the sustainability aspect is that not to damage not to exploit the resources that is the main idea. So, now can say so, the well being has to be rerouted hence therefore, the well being has to be rerouted in nature in every aspect be it hedonic, be it eudaimonic whatever does not matter, but it has to be embedded in the in the nature itself. So, clean environment for example, having doing loving being approach aims to do also like we want to be we want to get the happiness both in hedonic and eudaimonic through this SDLB platform, but first of all we need to get a need to the environment clean environment and we take care of our ecology. So, clean environment is very much essential for human health and well being here health is also related to well being.

So, securing the well being means securing this well being means you know So, we have to possess a good health in SDGs also many many SDG, SDG 5 and etcetera it is not just it ensures also good health good health and well being health is the primary factor of being of achieving the well being. So, securing the well being and building the resilience again well being health is one aspect there are other also other attributes also behavioral attributes also emotional attributes also similarly. So, securing the well being and building the resilience. how to be resilient in the context of any adverse situation or any disaster etcetera. So, securing the well-being and building the resilience in response to any kind of shocks that we are receiving are the key goals of development.

So, securing well-being may be that both the hedonic and eudaimonic well-being and building the developing the resilience. These are the two important factors of achieving the sustainable development. So, here you can say the society grapples with the associated then because every day we are facing the different kinds of challenges be it climatic, be it ecological, be it environmental, be it business related etcetera. So, securing individual and collective well being and building a socio ecologically resilient society. So, how to secure our individual and collective well-being as ecological well-being, collective well-being, financial well-being at the same time to build a robust society.

Building a socio ecological resilience are the key global and national policy targets. we have to make our planet also very robust that is social that is in society community wise also we are very resilient. Ecology, ecologically, environmentally also environment is very resilient and also financially also we are economically also we are very resilient. So, economic automatically comes in the economy comes in the purview of both the society, social transactions, social activities as well as the economic or ecological protections. So, building the socio ecological resilience and the ensuring the community well being individual well being are the key goals of the national policy of targets of every country.

So, this is the this is the this is the how to develop the resilience is the model given by here how all these things society economy and ecology are interdependent is how this is the complex adaptive system. And you know dynamic system where the socio ecological systems are there sustainable human the human nature interface interdependence are there in this in this the core requirement is that how to observe adopt and transform. So, what are the shocks we are receiving, what are the setbacks are we receiving, we have to observe it, we have to adopt it and then we have we have to transform it into our advantage. So, the resilience is that observing the shock, adopting ourselves according as per the requirement, as per the current situation or the challenges we are facing it, then to transform it, then to transform it totally in our favor, in our favor that is the resilience socio ecological resilience system.

So, all these things we have already think holistic well being. So, here well being is that more holistic it is related to our health, our spiritual, our emotional life, our mental health, our social life, our environmental all kinds of things. So, well being is more meaningful measure of social progress. Whereas, here when we talk the how the well being and resilience are related. So, well being is seen as the more meaningful measure of social progress whereas, the resilience is promoted as an essential aspect of development. In order to develop grow make our society more robust or in order to be sustainable we have to develop the skill of resilience.

the economic system, financial system mechanism is very resilient. That means, any kind of setback, any kind of inflation, any kind of problem comes in that we can sustain, we can resilient, we can tolerate it, we can being resilient, we can sustain it and then we can stand by, then we can resolve the challenges and mitigate the problems and challenges. So, and again we can come back to normalcy. So, that is the, it is the more essential part of any development. So, we are moving in a process of development. But you have to resilient to sustain the challenges to face the challenges to overcome the challenges.

And well being then after overcoming all these things then when we ensure that all kinds

of things are happening positive things are happening then we have to find out that is the meaningful that is the meaningful and more sustainable well being. So, recent literature also suggest that the material relations material relational subjective domains of influence human influence the human resilience. So, here ecological resilience is one part that how can we sustain the planet earth by by conserving conservation by taking care of our biodiversity, our water bodies, our you know our energy sector, our planet earth, life on land etcetera that is the ecological well being. Now, economic well being is that by developing a robust financial system mechanism and human well being is that human well being is that people's well being is that by Taking care of you know that is a that means, taking care of material goods, consumable goods, our relationship, bonding and you know that our individual relationship, our bonding, all these things actually emotional support, emotional things, all these things strengthens the human resilience, human resilience primarily the interpersonal relationship, social interactions all these things. So material well being primarily refers to the material sources of you know for income assets property wealth etcetera.

Relational well being definitely relates to how what people do and how they are how they interact with others meet their needs and their interpersonal relationship and their good and the quality of life etcetera. Subjective well being is that how people think and feel about their situation. Now, I am better than others I am happy because in the because I am enjoying these things I am getting the privilege of these things. So, that is my subjective interpretation of my well being. So, according to WHO also and in this how this well-being and sustainable and resilience are all are you know complementary to each other well-being that is just with increasing resilience well-being increases with increasing well-being also resilient also improves.

So, according to WHO well-being holds the relevance to all the 17 sustainable development as per the 2015 SDGs or 17 SDGs. Well-being is a very key concept, well-being is a very relevant concept, is a very relevant notion which is relate to all the SDGs. Whatever SDGs have been narrated in 17 SDGs with the specific targets well-being is there everywhere, either it is ecological well-being, economical well-being, human well-being or social well-being. So, well-being is a major underlying driver of the policy coherence across all these sectors.

So, how to advance advancing the societal well-being is that by to create an active resilient society, sustainable communities, sustainable habits and sustainable consumption, sustainable communities like the developing sustainable communities at the local level, at the national level, at the global level etcetera to you know to face all kinds of natural disaster or any kind of conflict or any kind of ecological or financial financial setbacks etcetera that is the to build the resilient society. So, you can say the in a very

comprehensive, it is a very comprehensive in nature well being in as the health is also there, economy there, social and environmental dimensions of sustainability development SDG agendas, all these are there. And so, here we know we have already discussed about the equity, inclusiveness and diversity. We have to welcome diversity, we have to take care of the diversity, manage diversity, leverage. Then, equity is also must there, equity must equal treatment, equal access, everything equally and inclusiveness that we have to embed, we have to invite, we have to welcome everybody in the society, in the community. So, inclusiveness, diversity, inclusiveness and equity, equity in terms of resources, equity in terms of treatment, access.

So, equity, equality, inclusiveness and diversity, these are the key concepts for achieving the global well-being or social well-being, holistic well-being. So, now these are some of the challenges or even though it is achieving well being is not a very easy task and now even though UNESCO has already advocated and given the deadline for 2030 as the you know 30 to achieve all the 17 years DC, but it is a very difficult task. So, because every day on the daily basis and depending on our context and ecological context, etcetera we are facing new new challenges. So, how to achieve such a goal and whether it is even possible or not because every country every country they have different types of challenges.

Some countries they have the challenges of poverty some country. So, the as with the varying context. the challenges are also different. So, no country that meets the basic needs of this population needs and population explosion it is another thing. So, it is very difficult even if difficult that difficult to achieve all the SDGs within the stipulated time, because every country is facing different different challenges in their different in their lower. contextual in that particular context, it is extremely difficult for commercial operation to do this despite the goals of even in the context of the urban agriculture operation.

Even if we have we are technological advance, even if we are you know we are we are trying our level best to enhance our agricultural things, but still we are also facing a number of challenges. So, because sometimes what happens the contradictory goals of like because when one the when one we were talking about sustainability in another way we are talking about in a prosperity. So, contradicting goals for of providing the quality of food to the people at the affordable prices. Now, cheap and best when we talk about cheap and best with affordable prices how can we provide the quality food because cost is another the cost is increasing labor charges.

So, many things are there. So, it is very contradicting goals like when like you know governments they are you know you know 10 rupees meal lunch packet this and that they

are doing it, but definitely they are also losing in the financial front. So, contradictory goals providing the quality food to the people at the affordable price, providing the jobs and employment to the people, work experience at the living wages and the skill development, providing the jobs to the That means, providing creating jobs or removing the unemployment problem, but at the same time finding the right kind of labor and right kind of skilled man power. So, generating profit from the sales, business houses they are targeting they have to practice the parameters of principles of sustainability, but at the same time they have to sustain So, they have to increase their profit sales etcetera. So, how to generate the profit from the sales and in order to sustain the operations is also nearly impossible. So, these some of the these in the society also we are exposing to contradictory goals.

So, sustainability is you can say it is a relative term for us. It is cannot become all in all sector in every aspects it cannot be achieved. So, but yes I strive should be there to go for the sustainability sustainable practice, but as achieving the absolute sustainable development goals by 2030, it is actually is a you know dream far away. So, the urban farmers also same the variety of challenges in the agriculture sector, because even though we are providing them some technological tools, manures, the seeds, plant seeds etcetera all the kinds of the subsidies also, but again ultimately we are depending on the climate also climatic condition also. So, there also we are facing the thing. In economy also, you know economy also, because again our country, our society's economy is also related to the global economy, the global political situation also, global geographical conditions also, climatic condition also.

So, we are related to everybody. So, we cannot ensure that we will be 100 percent. will get the 100 percent benefits. So, nowadays so, you know with the reducing for reducing the carbon footprint with the sustainable practices, sustainable businesses, sustainable technology and green technology. So, we are advocating of the green energy, green economy, green economy primarily focusing on. Getting the that means, how to maximize our economy, strengthen our economy based on the agriculture or the you know environmental, ecological or planetary things kind of greenery leveraging the green aspects.

Similarly, now blue economy has been coined. So, it has been introduced in 2010 first that is blue economy primarily focuses on the sustainable use of ocean resources for economic growth. So, that is what are the businesses, practices, activities that we can do with the water, with the ocean, with the water, other primarily water based. So, ocean resources for the economic growth like jobs, ocean health, at the same time we have to take care of the ocean health, that is life below water, below water that is ocean health, marine life, marine health. improve the livelihood, but because for that matter we need

and we need to have the enough of knowledge, skills, knowledge, skills and technology also to leverage that. So, blue economy has been has come up in the big way like just like the green economy, blue economy how positively sustainably we can utilize our marine resources, water resources, ocean resources to create the economic scope and prosperity.

So, sustainable blue economy faces also many challenges, because you know lack of knowledge, lack of and because of the global warming also, then ocean acidification. So, all these things 95 percent of the sea is still unexplored, because it is beyond So, these challenges also include many kind of you know many kind of the harmful algal blooms, invasive species, coral bleaching, thermocline circulation, the marine species that means, straight marine threat also. So, these are the challenges that we are facing. So, again another also in the societal front, in the community front we can say migration is another challenge. Migration has been dominating the national, regional and global society immensely, because every for due to conflict, due to invasion, different kind of political scenario etcetera, migration is a continuous feature of the social change.

So, these are the some of the data that you can go through. So, again with the migration also our economic scenario also changes because of poverty, inequality, resources, resource depletion all these things are very much related to migration also. So, there is an interaction interchange of all these kind of equations which also sometimes gets compounded and creates a problematic situation. So, because there is a reciprocal relationship migration and sustainable development, the nexus between the migration and sustainable development is again two way. So, with increasing migration sustainability also affected resource depletion happens, business affect practices affect resource equality unequal inequality and resource crunch happens etcetera, but often sometimes what happen how to overcome this kind of challenges.

So, international migration can also lead to the brain drain. Because, you know some rich countries and countries they are they are pulling our talents talents our talents our labor our labor to their country. So, to strengthen their system, but again brain drain also takes place skill labor shortage also takes place takes place in our country in the main country parent country. So, loss of needed human resources reduction in the highly skilled labor force these are also the results outcomes of these migration also like in case of international migration. So, job losses, shrinking the environmental employment opportunity, unemployment, all kinds of these anti-immigrant policies, you know, even violence also, violence, conflict in the, you know, due to, because, you know, because of the migration, because of the you know immigration all these things immigration policies.

So, violence also takes place. So, irregular migration can also result in excessive

pressure on the domestic economy and infrastructure. So, how to handle is these are the challenges we are facing. So, the future well being definitely is interconnected with transforming our food system for equity, nutrition, environmental sustainability. So, all these things, but how to ensure it, how to ensure the urban well being, how to ensure the rural well being. So, these things must be well understood, because what are the underlying factors, what are the interconnected factors, how diverse it is.

So, diversifying patterns of the employment income, all these are the challenges that we are facing even in the rural front, in the urban front. So, rural inequalities also there the challenges. Similarly, gender inequality and you know malnutrition, deprivation all these are the challenges n number of challenges that we are facing in the process of achieving the sustainability. So, these are some of the data how the world is suffering from the hunger under nutrition. Primarily suppose you think of the African countries, think of you know vulnerable countries those who are susceptible to you know regular disaster, natural disaster.

So, this vulnerability and risk factors include both the environmental factors, climatic change factors, political scenarios, social and health shocks all these things similar because best example is on a COVID-19. So, these things how to overcome this, these are unpredictable. So, these are emerging unpredictable things.

So, society will need. So, first thing is that how to sort it out. So, society will need definitely need to find the ways to filling this vast social protection gap that exist in the low and the middle income. income countries even digital divide is also another factor this governance governments policies they are trying their best, but you know it is a very slow it is a time consuming process. So, the moment we are progressing again every step every step and every stage we will be facing exploring the many challenges. So, I am just stopping it here now next class we will continue with this. Thank you very much.