



NATIONAL SEMINAR
ON
**LOCALIZATION OF SUSTAINABLE
DEVELOPMENT GOALS: "A ROAD MAP"**

26 & 27 March, 2024

University of Kashmir, Institute of Home Science



About the Seminar...

- The Sustainable Development Goals lay out a uniquely ambitious and comprehensive agenda for global development **by 2030**.
- **NITI Aayog** is the nodal institution for achieving SDGs in the country, leading the 2030 Agenda with the spirit of cooperative and competitive federalism.
- Localization of the SDGs is the **key to reach** furthest behind first, and therefore a crucial mandate of the vertical.
- These efforts have **strengthened the statistical systems and developed a monitoring framework** covering all the 17 Goals and more than 100 indicators across the country.
- With this refined and comprehensive edition, we aim to cement **India's place as a trailblazer** in SDG achievement.
- **SDG India Index** tracks the progress of all the States and Union Territories (UTs) on a set of important National Indicators, measuring their progress on the outcomes of the interventions and schemes of the Government of India.
- The SDG India Index is intended to **provide a holistic view** on the social, economic and environmental status of the country and its States and UTs.

Sustainable Development Goals:

- Goal 1 End poverty in all its forms everywhere
- Goal 2. End hunger, achieve food security and improved nutrition and promote sustainable agriculture
- Goal 3. Ensure healthy lives and promote well-being for all at all ages
- Goal 4. Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all
- Goal 5. Achieve gender equality and empower all women and girls
- Goal 6. Ensure availability and sustainable management of water and sanitation for all
- Goal 7. Ensure access to affordable, reliable, sustainable and modern energy for all
- Goal 8. Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all
- Goal 9. Build resilient infrastructure, promote inclusive and sustainable industrialization and foster innovation
- Goal 10. Reduce inequality within and among countries

Sustainable Development Goals Cond...

- Goal 11. Make cities and human settlements inclusive, safe, resilient and sustainable
- Goal 12. Ensure sustainable consumption and production patterns
- Goal 13. Take urgent action to combat climate change and its impacts
- Goal 14. Conserve and sustainably use the oceans, seas and marine resources for sustainable development
- Goal 15. Protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification, and halt and reverse land degradation and halt biodiversity loss
- Goal 16. Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels
- Goal 17. Strengthen the means of implementation and revitalize the global partnership for sustainable development

Objectives of the Seminar

1. To encourage women friendly and socially secured villages in Jammu and Kashmir through **self help groups and rural entrepreneurship**
2. To study the role of a **healthy diet** in creating environmentally sustainable food systems and highlight the **role of breast feeding in early life**
3. To increase knowledge and understanding of a **child's holistic development** and build a foundation for their future
4. **Mental Health development and Wellbeing**
5. **Women Environment and Sustainable Development.**

Seminar Plan

1. Simultaneous Events:

- Inside Auditorium: Oral / PowerPoint Presentations
- Outside: Poster Presentations
- Synchronized Timing for Efficiency



2. Resource Optimization:

- Space Utilization: Auditorium and Outdoor Areas
- Dual Moderation: Moderators for Both Events



3. Environmental Responsibility:

- Digital Presentations: Minimize Paper Usage
- Eco-Friendly Posters: Recyclable Materials



Seminar Plan

4. Energy Efficiency:

- Energy-Saving Equipment: Efficient Projectors, Lighting
- Coordinated Timing: Minimize Energy Consumption



5. Community Engagement:

- Interactive Sessions: Audience Engagement with Presenters
- Networking Opportunities: Participant-Moderator Interaction



6. Feedback Mechanism:

- Post-Event Surveys: Gather Suggestions for Improvement
- Continuous Enhancement: Implementing Feedback for Future Events



7. Promoting Sustainable Culture:

- Emphasizing Sustainable Practices: Encourage Eco-Friendly Behavior
- Participant Involvement: Engage Attendees in Sustainability Initiatives



Highlights!

- ❖ The events included **oral** and **poster presentations**.
- ❖ The goal of the sessions was to **foster dialogue and information** sharing on a range of topics pertaining to localizing the Sustainable Development Goals (SDGs) and tackling the region's environmental and socioeconomic problems.
- ❖ The session's resource persons were **Prof. Aparna Khanna, Prof. Pamela Singla, Prof. Parul Srivastava, Prof. Shashi Manhas & Dr. Uzma Bashir**.

Objective 1-a: SHGs

Key Presentations & Speakers

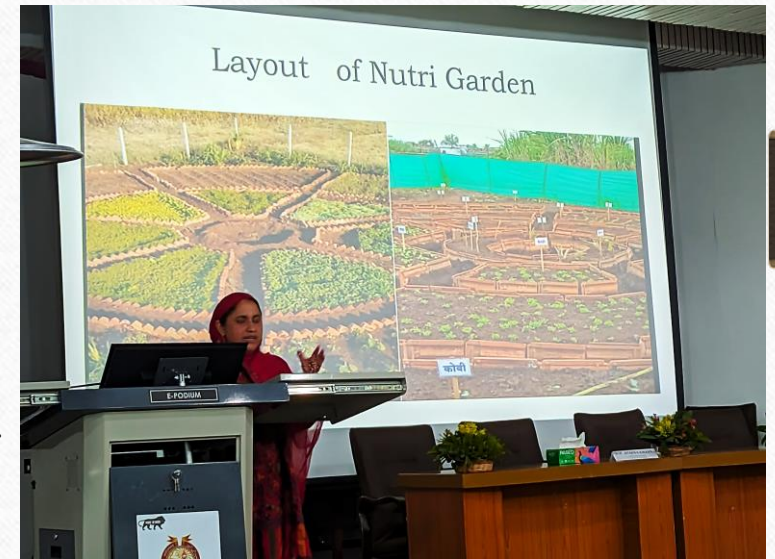
- ❖ In her presentation, “*Relevance Of ICT With SDG,*” lead speaker **Prof. Aparna Khanna, Lady Irwin college, DU** emphasized the role that information and communication technology play in accomplishing the sustainable development goals.
 - She highlighted the **potential of ICT** to bridge gaps in access to education, healthcare, and economic opportunities, contributing to the achievement of SDGs.
 - Emphasized the **need for collaborative efforts** between governments, private sectors, and civil society to leverage ICT effectively for sustainable development.
- ❖ In further deliberations regarding, “*Mental Health and Wellbeing in Sustainable development goals,*” it was highlighted that:
 - Empowering self-help groups to address mental health challenges within communities.
 - Integrating mental health awareness and support programs into the activities of self-help groups.
 - Providing training and resources to self-help group members to recognize and address mental health issues effectively.



Objective 1-b: Entrepreneurship

Key Presentations & Speakers

- ❖ Another Lead Speaker **Dr. Uzma Bashir, Senior Scientist at SKUAST-K** spoke on, “*Waste management, kitchen gardening & organic farming,*” highlighting the importance of sustainable waste management techniques as well as encouraging kitchen gardening and organic farming.
- This event offered comprehensive training aimed at empowering women through practical skills and knowledge.
- Waste management promotes entrepreneurship and contribute to environmental conservation while creating business opportunities & Income generation.
- Participants have learnt effective waste management techniques, discovered the joys of kitchen gardening, and delve into the principles of organic farming.
- By embracing sustainability and self-sufficiency, attendees gained valuable tools to enhance their lives and contribute to a healthier environment.



Objective 2: Healthy Diet & Role Of Breast Feeding In Early Life

❖ In a study “*Sitology and Psychology*” highlighting the role of a healthy diet in creating environmentally sustainable food systems and the role of breast feeding in early life it was emphasized that:

- Localizing Sustainable Development Goals (SDGs) through nutritional awareness
- Intersection between diet and mental health
- Emphasis on importance of breastfeeding in early life
- Highlighting consensus in scientific community on diet's impact on mental health
- Connection between certain nutrients and management of mental health conditions
- Benefits of whole foods-rich diet for mental well-being
- Emphasizing importance of balanced diet and healthy lifestyle for mental health improvement
- Future research directions in interdisciplinary field of dietetics and psychology

Objective 3: Child's Holistic Development

Key Presentations & Speakers

- ❖ **Professor Shashi Manhas, University of Jammu**, delivered a captivating talk on "ICDS and SDGs," emphasizing the pivotal role of school education in children's development.
 - She underscored the critical ages of 6 to 12 years and highlighted various aspects crucial for holistic growth.
 - Professor Manhas stressed the significance of schools in providing a stimulating environment to overcome separation anxiety and foster peer adjustment.
 - Moreover, she advocated for the inclusion of cultural activities in the education system and emphasized lifelong learning.
 - Additionally, she addressed the importance of nurturing self-esteem, personality development, moral values, and character building in children.



Objective 4: Mental Health development & Wellbeing

Key Presentations & Speakers

❖ **Prof. Parul Srivastava, Joint director-NIPCCD**, delivered an insightful presentation on "Mental Health and Emotional Well-being of Children," emphasizing the crucial role of universities in addressing this pressing issue.



- She highlighted **key risk factors** hindering children's development and proposed various protective measures for educational institutes.
- Prof. Srivastava stressed the **contribution of Home Scientists**, advocating for tailored programs and policies for families.
- She underscored the importance of awareness campaigns and ensuring children's safety in schools, both physically and emotionally, aligning with Sustainable Development Goals (SDGs).
- Additionally, she advocated for the establishment of mental health centers within educational institutions and emphasized the significance of play in fostering values and skills.

Objective 5: Women Environment And Sustainable Development

Key Presentations & Speakers

- ❖ In her presentation, “*Women Environment and Sustainable Development*,” lead speaker **Prof. Pamela Singla, DU** emphasized on:
 - Women play pivotal roles in environmental conservation efforts globally.
 - They face barriers like limited resources and decision-making power.
 - Empowerment, voice inclusion, and support are key to creating a resilient future.
 - Women drive sustainable agriculture, enhancing food security.
 - Equitable education access empowers women for effective environmental leadership.
 - Recognizing and addressing these challenges is crucial for true sustainability.



Plan for running the activities in sustained manner

- Conduct follow-up sessions with stakeholders
- Gather feedback on program implementation
- Monitor progress in both Rural and Urban areas
- Ensure real-world application of training in waste management, kitchen gardening, and organic farming
- Iterate on program based on feedback and results

Seminar Expenditure

❖ An amount of **4,00,000 ₹** was sanctioned to meet the expenditure of the Two-Day seminar.

S. No.	Items	Amount (₹)
01.	Contingent Bill for Honorarium	9,000
02.	Air Tickets for Resource Persons	73,273
03.	Fuel Consumption Charges	6,400
04.	Taxi Charges	7,932
05.	Banners and Folders	8,425
06.	Certificates, Pens, Dairy and Invitation Card	5,775
07.	Folders, Pens and Name Plates	8,570
08.	Food Charges	4,022
09.	Accommodation Charges	6,140
10.	Reservation of Ibn Khaldun Auditorium	8,000
11.	Flower pots and Flower Bouquet	3,500
12.	Dates and Biscuits and Transport Charges	20,960
13.	Juice, Polythene bags, Carry bags and Disposal Glass	7,722
14.	Cactus Plant and Ceramic Pots	1,190
15.	Chinar Leaf with word Walnut Wood	8,500
		1,79,409/-

"Thank you for joining us in our endeavor to pave the way for a sustainable future."