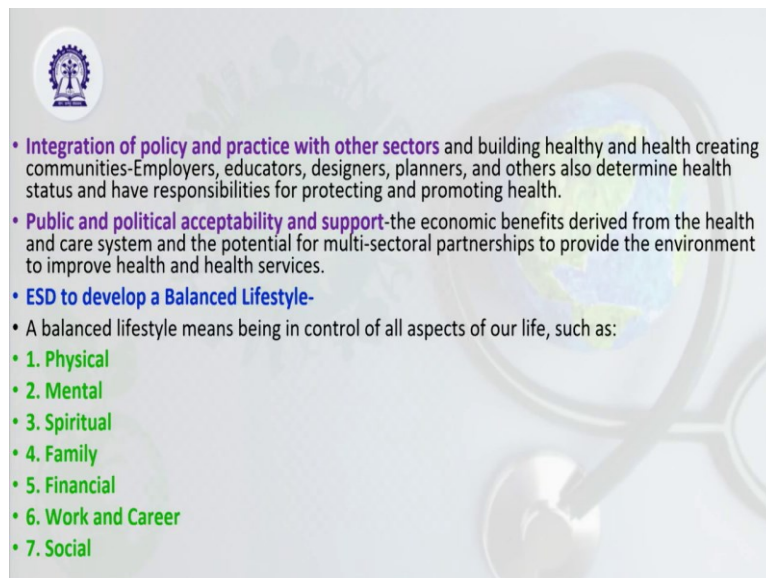


Education for Sustainable Development
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Lecture - 23
ESD for Sustainable Healthcare (Contd.)

Welcome back viewers. So, we were discussing about the Sustainable Health and grid and the sustainable quality improvement programs.

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The slide features the IIT Kharagpur logo in the top left corner. The background is light blue with a faint image of a globe and a stethoscope. The text on the slide is as follows:

- **Integration of policy and practice with other sectors** and building healthy and health creating communities-Employers, educators, designers, planners, and others also determine health status and have responsibilities for protecting and promoting health.
- **Public and political acceptability and support**-the economic benefits derived from the health and care system and the potential for multi-sectoral partnerships to provide the environment to improve health and health services.
- **ESD to develop a Balanced Lifestyle-**
 - A balanced lifestyle means being in control of all aspects of our life, such as:
 - 1. Physical
 - 2. Mental
 - 3. Spiritual
 - 4. Family
 - 5. Financial
 - 6. Work and Career
 - 7. Social

So to continue with this, now we will discuss about the other things like the how this integration of policy and practices should be done along with other sectors. Other sector like building healthy and health creating communities like through the employers, through the educators, through the designers, through the IT professionals. And so that means, to how to develop a multi sectoral partnership also, multi sectoral partnership to determine health and the status have the responsibility for protecting and promoting the health.

It is not just the responsibility of the health professionals or the health department staff, but it is also a kind of in the health grid in all kinds of network with other specialists like the educators, the designer, system plan, system designers, IT professionals and all the community level people the all kinds of employers how they should be added the how they should be integrated in the system with the responsibility of protecting the community health, the overall health system.

So, here again another important thing that we have already discussed about there should be should be the immense support of public and political parties and the political; that means, the government. So, public and politically acceptability and the support; that means, the this is the system. The health grid or the quality improvement or sustainable health system we are just preparing it, establishing it, starting it not just for this for the patients or for the rural people or the local people, but for the whole state whole country.

So, for the health services definitely all of us are because hospital and health sector is such a place that where people across the globe will come for the treatment and the health care. So, it is not just for the local people. So, here in order to establish a very good hospital health system should all kinds of public support should be there. Again all kinds of political consensus should be there acceptability should be there support should be there.

So, not in terms of investment not in terms of economic aspects or financial aspects, but also in terms of all kinds of sanctions like the land low area then in for the manpower resources and for all kinds of the infrastructure facilities. So, there should be complete the community people should to supportive towards this kind of health initiative health venture. So, public and political support is very important in to strengthen the system.

So, this is about the sustainable how we can develop sustainable quality improvement process that is from time to time to update it to improve its quality, efficiency and effectiveness. Now, what is the role of ESD here? Again ESDs role is there to in communication, in education, in generating creating awareness, in training and development all kinds of thing.

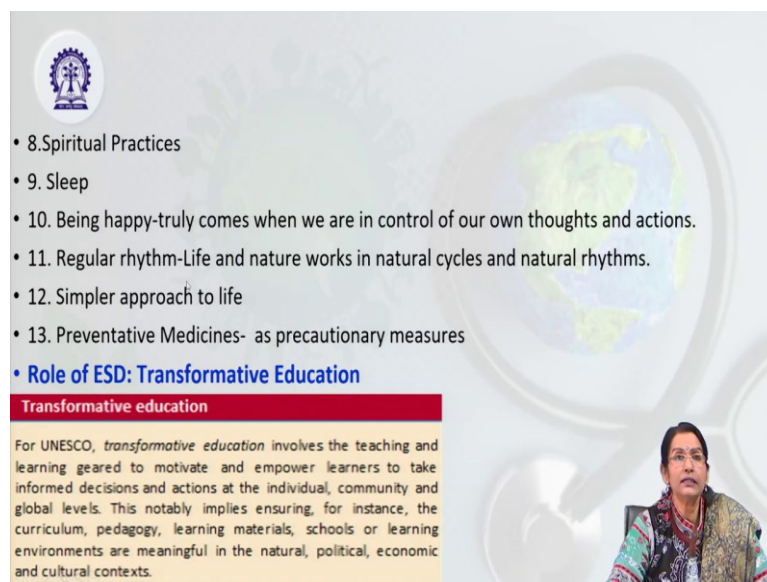
In feedback mechanism developing all kinds of measurement tools, assessment tools, impact analysis, data analysis all these here the things and here how ESD can be blended with. So, but here again ESD is to ESD else role is to also to develop a balanced lifestyle, how to educate people how to motivate people for developing a kind of balanced lifestyle so, not only about nutritional health diet and water, but how to lead a balanced life type.

So, from time to time all our citizens and stakeholders they should be educated, informed and motivated. So, balanced lifestyle primarily it means a kind of balance aspect all balance of control of and balance of all aspects of our life. So, it is not just about the physical health, but also our mental health, our social health, community health or spiritual health and the family health financial condition. So, again from our income regular income we have to keep separately some amount save it for the health care also.

So, and then even if we are working in the different organization etcetera in the workplace also in the workplace also this healthcare sustainable lifestyle balanced lifestyle again it should be a part of it like in order to maintain the work life balance that is in the workplace also this kind of also. So, nowadays the organizations also know they are also you know preparing all kinds of the gymkhanas, exercise gyms and then.

And in relaxation rooms the meditation rooms and the hubs all kinds of things for our giving due time and due space to all their workers to make them more efficient, productive and cool. So, for work and the career how to maintain a balance in terms of work life balance, career life balance, social life; how to lead a proper social life that is also very important factor. So, in order to lead a balanced lifestyle these are the crucial factors.

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The slide features a logo in the top left corner and a background image of a globe. The text on the slide is as follows:

- 8. Spiritual Practices
- 9. Sleep
- 10. Being happy-truly comes when we are in control of our own thoughts and actions.
- 11. Regular rhythm-Life and nature works in natural cycles and natural rhythms.
- 12. Simpler approach to life
- 13. Preventative Medicines- as precautionary measures

• Role of ESD: Transformative Education

Transformative education

For UNESCO, *transformative education* involves the teaching and learning geared to motivate and empower learners to take informed decisions and actions at the individual, community and global levels. This notably implies ensuring, for instance, the curriculum, pedagogy, learning materials, schools or learning environments are meaningful in the natural, political, economic and cultural contexts.

A small inset image of a woman is visible in the bottom right corner of the slide.

So, besides that we have to also individually do something practice something like the spiritual practices like for example, nowadays where all kinds of thing now these art of living courses this contemplation now so many videos are coming out videos and YouTube links and are they are also in the social networking sites. So, from time to time the health educators, the motivational speakers they educate they give us the kind of thing.

You know how deep breathing can help us and how other kinds of spiritual practices meditation and then the mindfulness activities and pursuing the good hobbies and then listening to music different kinds of therapy all these are how important these are. So, again so, this thing of some

we must adopt all of us we must adapt and we must educate the people to adopt to develop this kind of habits and practices.

So, it gives us a kind of not only distress us but also give a kind of scope for deep contemplation and analysis of our life. So that means, giving space to individuals every individual space and time for our individual health as well as the mental health, individual health, physical health as well as the personality development. So, being happy and truly comes when we are in control of our own thoughts. So, that not only we care for serve others, but also we need to take care of ourself.

So, these kinds of individual time we spent with ourself the space. So, it also focuses on our own thoughts and actions. So, that we can take the full responsibility and control of our not only our health, but also our thoughts, our emotions, our actions and our goals life goals and we can manage the time accordingly. So, time manage the time accordingly. So, regular rhythm life and nature works in natural cycle and natural rhythms.

So, like some kind of you know services like some kind of like gardening is a hobby, taking care of the taking care of the small children in the creche or working in a creche or opening a creche then small taking care of the small children, then the nursery, then some kind of music classes, music schools drawing, painting. So, these kind of things also which are more related to our nature, our ecosystem, our environment and serving others this kind of thing also it brings a kind of happiness rhythm in our life.

And all the time is definitely we must everybody should aspire to achieve certain goals in life, but being over ambitious being over ambitious again it causes so much of trace stress and tension; stress and tension in our life. So, for that we need to have a simpler approach life even though we can have the very ambitious goals and the we are very much dedicated to achieve that goal, but the approach towards life should be very simple.

So, and we have already discussed that how all of us should be alert and be careful about the precautionary measures, how we should be proactive and take the preventive medicines as a precautionary measure. So, these things also be given emphasis due emphasis in education and information services. So, here again the role of ESD is that yes, we earlier we have already discussed about the how to bring that beyond 300 degrees transformation in the in this health domain.

So, transformative education it is begin. So, ESDs role is there to begin with transformative education patterns. So, UNESCO has already advocated for this; that means, starting from our nursery creche to the all kinds of top level highest level of communication and the professional education etcetera. So, transformative education should be implemented should be involved should be integrated.

So, not only in the curriculum, not only in the pedagogy, not only in the ecosystem environment, but also in content, in teaching practice, in motivation in all kinds of; so, transformative education actually it emphasizes on teaching and learning to completely geared to motivate and empower learn our learners. So, at the all age group all categories and all age group learners; that means, starting from the small children to the aged oldest people.

So, to motivate them to motivate them to adopt and to practice certain things that is balanced lifestyle as take care of their own health and some of the regular habits disciplinary activities etcetera, but at the same time to empower them with the decision making. So, to motivate and empower the learners to take the informed decision that decision and action at the individual at the community level and the global level, but yes in the right context in the right time.

This should; that means, taking the decision at every level, but at the right context on the right level right time. So, that is very important. So, that if that is why it implies that ensuring the all our curriculum pedagogy learning material starting from the very beginning of the primary schools, the to the learning environment to the pedagogy to the that means, political environment, economic and all in across all the cultural context.

So, these kind of ESD transformative education how; that means, information that ESD information regarding the health and other important SDGs how it can be blended in the curriculum pedagogy from the very very beginning at the grassroots level we can say from the primary school even in primary school and the creche nursery level or we can say in the rural areas that anganwadi's level.

It should be practiced it should be delivered it should be discussed it should be blended from the very very beginning not only in the curriculum content, but in the environment in the ecosystem in the practice in the practice in term in terms of learning materials in terms of you know. So, that from the very beginning thus you know all the children all the students they will be exposed to that kind of mindset that is that kind of that kind of paradigm.

Like that is how to take care of not only our own health, but our society our environment our home our family. So, they will be very much you know conscious and alert about it is not just about mugging up the informations. So, transformative education; so now, this everywhere you can find out there is emphasis on transformative pedagogy, transformative education, transformative you know transformative leadership, all everywhere you can see I do not know how to bring the transformation.

It is not just about educating, but sustainability sustainable development can only happen with transformative education which has the capacity, power, content and ability to bring that 360 degree transformation with continuous learning, continuous educating, continuous motivation, continuous awareness program everything.

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So, this is actually the cycle of this is actually the cycle of this transformative education format. So, how in the learning content how from the very beginning the sustainability how it can be sustainability issues how it can be integrated regard; that means, all the 17 ESD information about all the 17 SDGs starting from the climate change to all kinds of learn, how it can be embedded how it can be integrated in the learning content from the very beginning.

So, we used to have this environmental science environmental education anything. It is not just about environment, but we have to also develop the content ESD content on you know society, community health, community well being, community welfare at the same time the economical

aspects also prosperity aspect and economic some fundamental basic ideas knowledge about the economics financial assess.

So, we can; that means, all our children will they will be very much you know informed from the very beginning about how to maintain a balance in this at least the strip and bottom line parameters paradigms. So, from here again from here from the learning content to again pedagogy and the learning environment pedagogy the teachers, the tutors and the they have even the administrators, principles etcetera they must involve this they must involve they must adopt this kind of pedagogy like a through interaction through project based learning through.

So, this kind of transformative learning pedagogy like the learner centered approach then the collaborative things. So, then project based learning then problem based learning and especially taking up the social projects taking up some social problems and learning out of it through experiential learning through learning by doing. So, by adopting a whole institution approach; everywhere be it hospital be it education be it you know organization which be it industry be it any kind of enterprise.

So, there this whole school whole institution approach actually is beneficial. So, this whole institution approach that is to ESD that is to enable the learners to live what they learn and learn what they live. So, from the; that means, you can say we have to put forth we have to blend we have to embed we have to develop this kind of mindset thought process lifestyle every from the very beginning.

That means, whatever they will study through the books through the teaching learning process etcetera they are actually going to practice it in their love in their life. So, learning by doing experiential learning contemplating on what you are learning then practicing it actually in our life in our day to day life. So, that is that it is that is true for not only for the individuals, for the children, for the students, learners, but for the organizations also for the organizations for the institutions for everyone.

Whatever we are learning we have been learning since childhood so, regarding the sustainability should we need to we need to that means, practice it. So, they automatically it becomes a habit. So, automatically it becomes a habit that whatever we learn we it we become very conscious of these things and we practice it.

So, how through adopting a through whole institution approach ESD can be blended not only in the content, but in the pedagogy teaching learning process from the very very beginning from the childhood education that is and how it is going to be practice. So, that is where all these kinds of experiential learning project based learning.

So, interactive sessions and new pedagogical things like you know flipped method and higher education and especially project based, assignment based and problem based learning experiential learning things that will help us in adopting this thing. Then thereafter from there again a societal in transformation then automatically when all the members they behave in a sustainable way then automatically it must have a it will have a impact on the social and adding the social value.

So, that is the enable the achievement of the SDGs towards building a more sustainable world. So, how it can be transformed, how it can be it can be transformed to have a social impact on our community on our society. So, it gears towards moves towards the social transformation; social transformation towards that is achieving the SDGs towards building a more sustainable world society.

From there onwards again the learning outcomes; so, through whatever the learning outcomes at the individual level at the school level, institution level to the society level then these are the learning outcomes. So, these learning outcomes actually empower the people. These learning outcomes actually empower the people to take the responsibility for their own environment, own family, own health, own community, their own community, their own surrounding so, and for the and for the future generations as well.

So, they this learning outcomes actually the substantial learning outcomes due to the transformation process that actually empowers the people not only take the right decision, but also the responsibility of the society responsibility of the present generation as well as the future generation. So, and they so, and they keep on actively contributing to this towards the social transformation towards the social development.

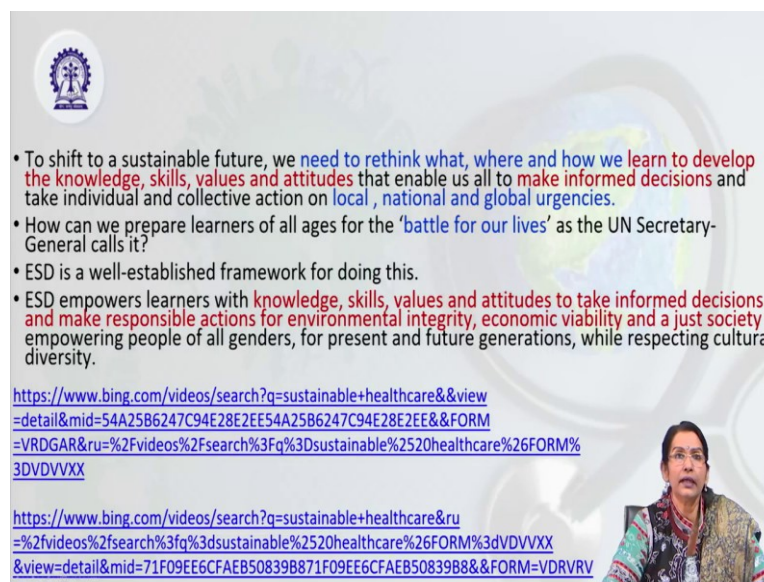
So, that is ultimate outcome. So, the goal of ultimate goal of ESD is to not only make them familiar with make them alert, make them active, but also to take the enable them to take the responsibility of the present and the future and to keep on working in the sustainable development of their society of their community and the planet at the global level not only at the local regional, but at the global level.

So, here this is the cycles. So, for the learning content to pedagogy to social transformation then to learning outcome how again how they from the learning outcome how this should that can be implemented in our not only in our personal life in our academic life in our work life in our institutional life in the organizational setup everywhere it will be it will be practice as a part of policy implementation. So, it is the it keeps on going moving is a learning continuous learning cycle.

So, the general assembly also UNESCO general assembly also confirms and reaffirms again and again that ESD should be integrated is an integrated integral element of this SDG process. So, SDG goals SDG process and goal on the quality education and is actually the key enabler of all other sustainable development goals. For is the key enabler for because we have to mobilize our human resource towards the sustainability, because we our major research the most important vital resource is human resource.

How to mobilize the human resource? That is through education through information through motivation through disseminating the information and to make them active make them active through experiential learning and sustainable adopting a sustainable lifestyle.

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- To shift to a sustainable future, we need to rethink what, where and how we learn to develop the knowledge, skills, values and attitudes that enable us all to make informed decisions and take individual and collective action on local, national and global urgencies.
- How can we prepare learners of all ages for the 'battle for our lives' as the UN Secretary-General calls it?
- ESD is a well-established framework for doing this.
- ESD empowers learners with knowledge, skills, values and attitudes to take informed decisions and make responsible actions for environmental integrity, economic viability and a just society empowering people of all genders, for present and future generations, while respecting cultural diversity.

<https://www.bing.com/videos/search?q=sustainable+healthcare&&view=detail&mid=54A25B6247C94E28E2EE54A25B6247C94E28E2EE&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dsustainable%2520healthcare%26FORM%3DVVVXX>

<https://www.bing.com/videos/search?q=sustainable+healthcare&ru=%2Fvideos%2Fsearch%3Fq%3Dsustainable%2520healthcare%26FORM%3dVDDVXX&view=detail&mid=71F09EE6CFAEB50839B871F09EE6CFAEB50839B8&&FORM=VDRVRV>

So, it is a continuous lifelong learning process. So, here again we can say to shift to the sustainable future we that is why we need to rethink, we need to revisit our educational policy, we need to revisit our curriculum, we need to visit our revisit our policy educational policy.

That means we need to rethink what, where and how we are going to learn and develop the new skills, knowledge, values and attitudes etcetera.

So, in the next classes we will be in somewhere we will be discussing about the what are the sustainability camp sustainability skills and sustainability competencies; so, sustainability competence. So, we need to that is why we need to rethink, revisit, modify and revise and update ourselves by asking questions not only to ourself, but our system education system that what we are going to what we need.

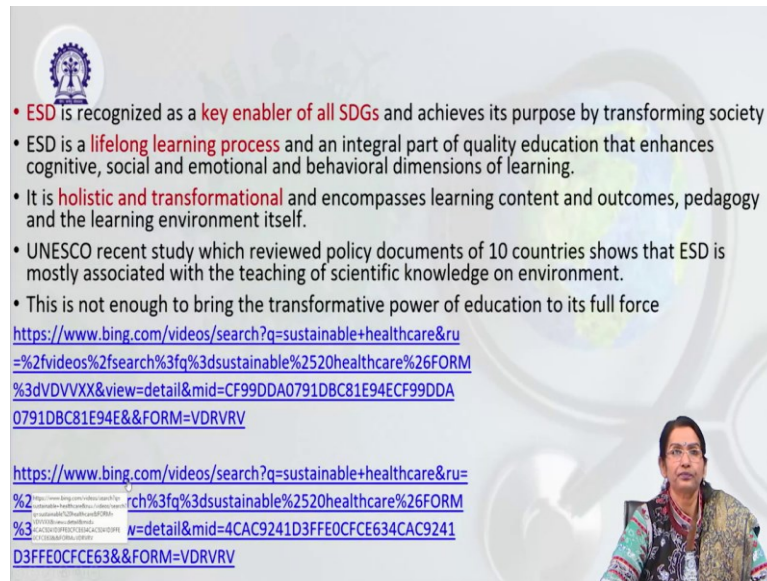
That means, where we should start to begin with how we are going to learn and blend the new knowledge and skills and values, how it adds value to our society not only to our society and country, but at the global level. So, that is so that every citizen every stakeholder can make a informed decision inform decision take the responsibility for the collective action that is both at the local, national and the global level.

So, informed decision taking the informed decision and taking the responsibility for the collective action in both individual and collective action for achieving moving towards these SDGs both at the local, national and the global level. Keeping in mind this current challenges the global challenge that we are facing that like the climate change then terrorism then financial crisis all kinds of things.

So, then we have to prepare our learners at across the ages across the categories to how to battle our own lives, so, as the United Nations Secretary General calls that ESD is a well established framework for doing this. And ESD also empowers learners with new skills, knowledge, values, attitude to take the informed decision and make the responsible action for environmental integrity, economic viability and a just society and preparing a just society sustainable society for future, present as well as the for future.

So, required we must empower the people with right kind of knowledge, attitudes, skills, values so that they can be the good decision maker. So, they can take the informed decision and take the responsibility for all the three things economic viability, preparing a just and socially sustainable society and environmental integrity along in this paradigm. So, these are some of the links video links that you can find out. Explore more on these things.

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The slide features a logo in the top left corner and a portrait of a woman in the bottom right corner. The main text is a bulleted list of points about ESD, followed by two long, identical URLs.

- ESD is recognized as a **key enabler of all SDGs** and achieves its purpose by transforming society
- ESD is a **lifelong learning process** and an integral part of quality education that enhances cognitive, social and emotional and behavioral dimensions of learning.
- It is **holistic and transformational** and encompasses learning content and outcomes, pedagogy and the learning environment itself.
- UNESCO recent study which reviewed policy documents of 10 countries shows that ESD is mostly associated with the teaching of scientific knowledge on environment.
- This is not enough to bring the transformative power of education to its full force

<https://www.bing.com/videos/search?q=sustainable+healthcare&ru=%2Fvideos%2Fsearch%3Fq%3Dsustainable%2520healthcare%26FORM%3dVdVvXX&view=detail&mid=CF99DDA0791DBC81E94ECF99DDA0791DBC81E94E&&FORM=VDRVRV>

<https://www.bing.com/videos/search?q=sustainable+healthcare&ru=%2Fvideos%2Fsearch%3Fq%3Dsustainable%2520healthcare%26FORM%3dVdVvXX&view=detail&mid=4CAC9241D3FFEOCFCE634CAC9241D3FFEOCFCE63&&FORM=VDRVRV>

So, that is why as we have already discussed that ESD has become the key enabler of all SDGs and it is a lifelong transformational learning process, it is a lifelong learning process. It is more holistic in its approach, it focuses on the harmonious development of the society of the community of the people and it is transformational in nature that it wants to bring the positive 300 degrees 360 degree transformation to encompass new learning content, new outcome, new pedagogy and learning environment etcetera.

And UNESCO in UNESCO in its recent study has found that is reviewed the policy documents of 10 countries of 10 countries and found that ESD is mostly associated with teaching of the scientific knowledge and on environment, but it should be it should have the transformative power to education to its full force in other domains in other dimensions in sustainable cities, decent work, the marine life, then life on land that is our forest and land on forest every domain in every domain it should be incorporated.

It is not just it not just important for the science technology the knowledge creation but in every domain every aspect.

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So, you can go through these links also and this is actually kind of the green planet that green planet. You know nowadays, everywhere there is green marketing, green organizations, green works, green jobs everywhere these; that means, eco-friendly things are being you know these things are being developed.

So, it is here you can see even the residential complexes are to be going to be green. So, to ensure the individuals are able to understand sustainability challenges how to be aware of their relevance to the surrounding, the realities and to take the action for change. How this is the this kind of new architecture of the buildings where it is along with the natural ecosystem that is how to make it more sustainable.

So, and these are the clips that means, to address these new opportunities and the risk of the sustainable development posed by the emerging technologies are also there. Now, you can see that in the new architecture new designs in designs etcetera building designs and construction news in this in the sustainable city smart cities how these three things have been blended together.

So, education needs to transform itself and UNESCO's the new global framework on ESD also called for ESD for 2030 ESD for 2030 that is invites you to join all to join everybody in this urgent mission. Now, we are already in 2022 within 8 years then we have to achieve we have to achieve this SDG goals.

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Healthier future

Importantly, education can only be “transformative” when learners, feel valued, acknowledged, safe and are included in the learning community as full and active members. This implies paying greater attention to the quality of the learning environment and school climate, as well as to learners’ political, social and cultural rights. This starts by preventing and addressing school violence and bullying, gender-based violence, as well as health and gender-related discrimination towards learners and educators. Coherence is also required between policy and practice, and also between the world we live in today at school and the world we want to build outside of school.

Education for Sustainable Development: Towards achieving the SDGs (ESD for 2030) is the global framework for implementation of ESD from 2020-2030.

ESD for 2030 will promote the development of sustainable development and the SDGs into our lived realities, as well as ensuring the integration of educational learning into all areas of the public sustainable development plan 2020-2030.

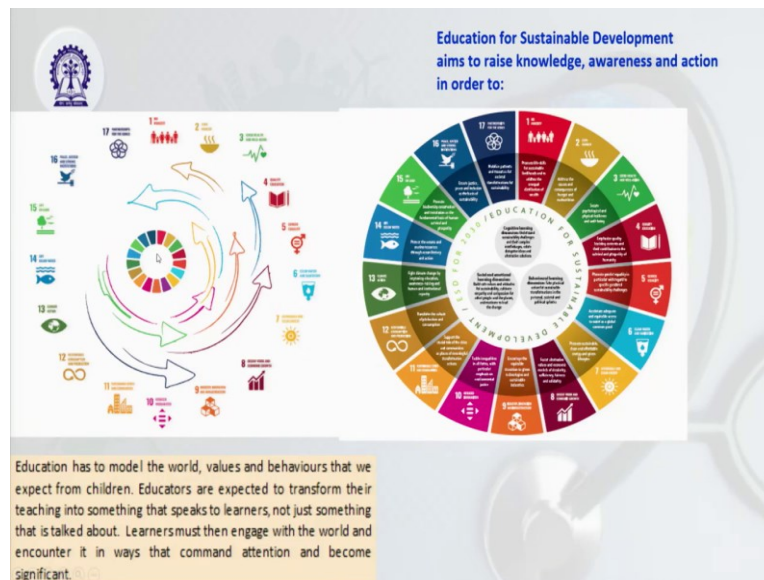
So, how to create a healthier future? As again these are some of the UNESCO clips, UNESCO declarations primarily on transformative education, community learning and how to develop how it can be embedded in the learning community and how it can be as; that means, how the members to be very active.

It implies how to give greater attention to the quality of learning environment, social school climate, environment, human rights, social cultural rights, gender based value. All those this is are to be all the 17 SDGs are to be addressed through ESD and through transformation transformative education more.

So, that is why it is required to again it is required to establish a coherence and linkage between policy and practice and we should live that kind of life from the very beginning from the at the school level itself so that we can we want to build a society sustainable society outside the school.

So, how it should be how the children should be taught from the very beginning from the very beginning. Not only not just about the environmental education, but the sustainable education, sustainable environment, sustainable lifestyle, sustainable cities everywhere.

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So, these are again the same thing. These are the education models. These are education models that is to aims to raise the knowledge, awareness, location everywhere. So, this is the ESD models and how the action plans that the education for sustainable development things and these are the activities how it can be blended, how it can be blended in every curriculum like justice also, how it can be embedded in social science subjects, global partnership starting from zero hunger to no poverty to zero hunger to that 17 goal that is the sustainable that global partnership.

So, all these things how it can be this can be embedded in the school curriculum through ESD process. So, this is the kind of model that ESD models should be developed with the values, behaviours and learning outcomes and the whole institution approach to the pedagogy to the curriculum where. So, it should be. So, it is now the high time it is now high time how ESD should be embedded in from the very beginning in our curriculum with a whole institution approach.

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And this is the to end the session. Now, this is the thing the theme of these that transformation or this transformative education it necessitates among other things certain level of disruption with the people opting for opting to step outside the safety of status quo.

Because it is very difficult because it is not just to talk about to advocate the transformative education is not is very easy because all of us we are now it is a natural it is an it is an habit of it is a human habit that we are very comfortable in our own zone where in our status quo.

So, how to break that barrier, how to break that zone? So, how to that is like the ice breaking, so how to break that, the way of thinking, how to break that behaviour pattern, how to break that living standard living pattern. And so it requires a lot of courage, persistence, determination, resources. So, and also it also bring it can bring also different hurdles with different degrees and intensity from time to time all kinds of the personal as well as the social problems, hindrances are there.

But again with personal dedication, conviction and insight all of us it is a declaration its. So, it is a slogan for all of us to move ahead to all of us it is we should not think that we should not think that why should I care for the others why should I care for so, the society.

No. All of us all of us not if you are we have become very selfish and we do not care for others then we are also not going to be happy in future because all our futures will be doomed because

all of us we are the social creation socials we live in the social set up we cannot be isolated we cannot be self sufficient without the help of others and society.

So, keeping in mind that so we must develop that common feeling we feeling from I to we feeling. So, from you to they feeling; that means, we have to develop that kind of mindset and in the in this process we may face so many barriers, so many hurdles, so many problems and challenges, but again we need to move ahead with conviction with spirit positive spirit and yes definitely continuous education and education that is not only ESD continuous education information.

Then the now this social networking side it has actually the communication process has been strengthened much better. It has been much better in comparison to our old days. How to take advantage how to leverage the social networking platform for this for the spread of this positive thinking positive behaviour. So, how this ESD can be spreaded how the ESD can be integrated how the ESD can be blended from the very ground level from the very ground primary school level to the global organizations?

So, the social you can say the social not only social networking, but physical workshops training things everywhere that means, but the thing is that all of us we need to change our mindset. It is a paradigm shift, it is a shift in our outlook, it is a shift in our behaviour, attitude, belief system. So, then all of us we can move forward towards the sustainable future, sustainable healthcare system in our country not only in our country, but across the globe.

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So, these are the links that you can go through for further learning for in depth learning and for clarifying your doubts. Now, I am firmly ending this sustainable health care and ESDs role in this sustainable healthcare, I am finishing it.

Thank you very much.