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CHANGEMAKERS' GUIDE TO A FAIRER WORLD

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CHANGEMAKERS' GUIDE TO A FAIRER WORLD

Eight Goals One Foundation

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“In a fair world, every voice is heard, every person is valued, and every dream is nurtured.”
“Creating a fairer world is not a task for tomorrow; it is the responsibility we embrace today.”

INDEX

INDEX

1.	**Before the Journey Begins**	**1**
2.	**Wisdom from the Vantage of Violeta Bulc**	**5**
3.	**Wisdom from the Vantage of Juan Pablo Ramírez-Miranda**	**6**
4.	**A Reader's Starting Guide**	**9**
5.	**The F.A.I.R. Realm**	**11**
6.	**Navigating the Labyrinth of our Minds**	**21**
	Motivation	29
	Contributions	35
	Identity	41
	Diversity	47
	Time	53
	Progress	59
	Emotions	65
	Decision Making	71
7.	**The Goal-bound Ascent**	**77**
	Well-being	85
	Gender Equality	91
	Peace	97
	Environment	103
	Hygiene	109
	Nutrition	115
	Education	121
	Employment	127
8.	**The Journey Continues**	**133**
9.	**Our Allies**	**135**

BEFORE THE
JOURNEY
BEGINS

BEFORE THE JOURNEY BEGINS

Welcome to "Changemakers' Guide to a Fairer World." This book is not just a collection of thoughts and ideas; it is a call to action. It invites you to embark on a journey towards creating a fairer, more equitable world. It is a journey that challenges you to reflect, engage, and transform.

As you turn these pages, you will encounter the voices of young visionaries. These are individuals who have dared to dream of a better world and have taken steps to make that dream a reality. They come from diverse backgrounds, each bringing unique perspectives and experiences. Together, they form a tapestry of hope and determination.

Launching the F.A.I.R. Expedition

The F.A.I.R. Project, in collaboration with UNESCO New Delhi, was born out of a desire to bridge diversity and build equality. It is an initiative that empowers young adults aged 18 to 27 to think critically, reason logically, and make decisions based on facts. Over the past five years, this Project has touched the lives of many, fostering a community of Changemakers dedicated to fairness and equity.

Our journey begins with the understanding that fairness is not a static concept. It is dynamic and ever-evolving, much like the individuals who strive to embody it. Fairness requires introspection, dialogue, and a willingness to consider alternate viewpoints. It demands that we look beyond our immediate surroundings and consider the broader impact of our actions.

Mapping Out the F.A.I.R. Methodology

In this book, you will discover the F.A.I.R. Methodology. This four step approach: Fact-find and Familiarise; Advocate for Alternate Viewpoints; Introspect; and Reason and Rationalise, serves as a guide for making fair decisions. It is a tool that equips you to navigate the complexities of our world with thoughtfulness and integrity.

The F.A.I.R. Methodology provides a structured approach to decision making that is both practical and adaptable. It empowers individuals to make fair and informed choices, regardless of the context or scale. By applying this methodology in your own life, you can contribute to a culture of fairness and equity in your community and beyond.

The essence of this methodology lies in its simplicity. It encourages you to gather and understand all available information, explore different perspectives, reflect on

your own beliefs, and make reasoned decisions. This process is not confined to grand gestures or significant events; it applies to everyday choices that shape our lives and the lives of those around us.

Exploring Milestones and Destinations

As you delve into the sections that follow, you will find concepts that are central to our understanding of a fair world and their relevance to eight interconnected goals for a fairer world. Motivation, Contributions, Identity, Diversity, Time, Progress, Emotions, and Decision Making are the pillars that support our vision. Well-being, Gender Equality, Peace, Environment, Hygiene, Nutrition, Education, and Employment are the eight interconnected goals for a fairer world. Each concept and goal is explored through the voices of our Changemakers, offering insights and reflections that are both profound and practical.

Although communication and collaboration are not explicitly addressed as separate concepts in this book, they are the very essence of The F.A.I.R. Project and its stakeholders. These principles are fundamental and ingrained in every aspect of our work, forming the foundation upon which all our efforts rest. This book is a testament to continuous communication and collaboration, reflecting these values in every discussion and initiative. We have deliberately chosen not to highlight them separately, as they are inherently embedded in our approach and are indispensable for achieving fairness and equity.

The beauty of this book lies in its ability to inspire action. It does not merely present ideas; it challenges you to engage with them, question them, and ultimately, act upon them. It is a guide that encourages you to take small steps towards a larger goal, recognising that meaningful change often begins with a single thought or action.

We invite you to join us on this journey. Whether you are a young adult looking to make a difference, a policymaker seeking fresh perspectives, or simply someone who cares about fairness and equity, this book has something to offer to you. It is a resource that you can turn to for inspiration, guidance, and support.

Our world faces many challenges, but it also holds immense potential for positive change. By embracing the principles of fairness and equity, we can create a world that is not only just but also compassionate and inclusive. We can build a society where every individual has the opportunity to thrive, regardless of their background or circumstances.

A Journey of Collective Action

“Changemakers’ Guide to a Fairer World” is more than a book. It is a testament to the power of collective action and the belief that together, we can create a better future. As you read these pages, we hope you will feel inspired to join us in this endeavour. The journey may be long, but with determination and perseverance, we can make a lasting impact.

The journey of The F.A.I.R. Project has been one of continuous learning and growth. Each year, we refine our approach, incorporating feedback from our Changemakers to ensure that the programme remains relevant and impactful. The insights and experiences shared in this book are a reflection of this ongoing evolution.

One of the core strengths of The F.A.I.R. Project is its emphasis on community. The connections forged during the programme extend beyond its duration, creating a network of support and collaboration that continues to thrive. This community of Changemakers is a testament to the enduring value of collective effort and shared purpose.

Our Changemakers come from diverse backgrounds, but they share a common commitment to making the world a better place. Their stories demonstrate that positive change is possible, even in the face of adversity. They remind us that each of us has the power to make a difference, no matter how small our actions may seem.

The stories and reflections you will encounter in this book are a testament to the resilience and creativity of our Changemakers. They have navigated complex challenges, both personal and societal, with courage and determination. Their journeys are marked by moments of introspection, breakthrough, and transformation.

As you embark on your own journey through this book, we encourage you to engage deeply with the content. Reflect on the concepts and insights presented, and consider how they resonate with your own experiences and aspirations. This book is not just a guide; it is an invitation to think critically and act thoughtfully.

The Road Ahead

We are living in a time of great challenges and opportunities. The need for fair and equitable solutions has never been more pressing. The F.A.I.R. Project equips young leaders with the skills and mindset needed to address these challenges head-on. It fosters a sense of responsibility and empowerment that drives meaningful action.

Thank you for choosing to embark on this path with us. Together, we can create a world that is fairer, more just, and more inclusive. Let us walk this path with determination and hope, knowing that every step we take brings us closer to a brighter future.

Eight Goals One Foundation

WISDOM FROM
THE VANTAGE OF
VIOLETA & JP

WISDOM FROM THE VANTAGE OF VIOLETA BULC

“Curiosity without a higher purpose is like an ocean without water.”

Ancient wisdom invites us to honour the past’s knowledge in addressing current challenges and the emerging unknown. It encourages us to add our own sparks of awareness and unique perceptions of reality in an integrated approach to life. This is how we create a space where experiential learning meets academic knowledge, allowing us to become proud ancestors for future generations. The F.A.I.R. Project is such a space. Within the realm of everything that exists, each individual can delicately carve their own reality, expanding it with personal inspiration and vision, alongside the collective, which is always broader than our own.

We are the future we have been waiting for. There is no ‘them’, only ‘us’, in this present moment: embracing, creating, influencing, and inspiring everything as it is now. This is the legacy we live and shape for ourselves and for those who will continue to add their ‘now’ to the collective consciousness. Imagine if each of us did the best we could transparently, in a way that feels right. I do it. I know you can do it too. Shall we?

Violeta Bulc

WISDOM FROM THE VANTAGE OF JUAN PABLO RAMÍREZ-MIRANDA

"...when we listen to and invest in young people, we unlock a wellspring of innovation."

As we celebrate the fifth anniversary of The F.A.I.R. Project, I find myself reflecting deeply on the journey we have undertaken together. This publication is more than just a commemoration; it is a testament to the strength, resilience, and transformative power of young people across the globe.

Five years ago, the world was facing unprecedented challenges—climate change, social inequality, political instability, and a rapidly evolving technological landscape. Amid these complexities, a pressing question arose: How can we harness the energy and creativity of our youth to drive meaningful change? The F.A.I.R. Project was born out of this very question, a collaborative effort between UNESCO and 8one, to empower young leaders in addressing the critical issues of our time.

From the outset, the Project was not just an initiative but a movement—a call to action for young people to step forward, innovate, and lead. It was clear that youth were not just the future; they were the present, capable of shaping the world with their unique perspectives and boundless potential. Over the past five years, The F.A.I.R. Project has illuminated this truth, showcasing the incredible impact youth can have when given the tools, platforms, and support they need.

We have witnessed young leaders tackle climate change with innovative solutions, from developing sustainable agricultural practices to creating tech-driven environmental monitoring systems. We have seen youth-led movements advocate for social justice, pushing for policies that promote equality and inclusivity. In the realm of technology, young minds have revolutionized education, healthcare, and communication, bridging gaps and creating opportunities for those previously left behind.

The conversations encapsulated in this publication are not just inspiring—they are a call to action for all of us. They remind us that the challenges we face are immense, but they are not insurmountable. With courage, creativity, and collaboration, we can build a more just, sustainable, and resilient world.

The F.A.I.R. Project has also underscored the importance of intergenerational partnership. It has shown that when we listen to and invest in young people, we unlock a wellspring of innovation and energy that can drive societal progress. It has reminded us that the journey toward a better world is one that we must walk together, with mutual respect and shared purpose.

As we look to the future, let us carry forward the lessons and values that The F.A.I.R. Project has instilled in us. Let us continue to champion youth action and leadership, recognizing that the solutions to our most pressing challenges lie within the hearts and minds of our young people. Let us foster environments where they can thrive, where their voices are heard, and where their dreams are nurtured.

My deepest gratitude to Ramit, The F.A.I.R. Project team, all the young leaders, partners, and supporters who have been part of this incredible journey. Your dedication and passion have made The F.A.I.R. Project a beacon of hope and a catalyst for change. Together, we have laid the foundation for a brighter future, and I am confident that the next five years will bring even greater achievements and transformative impact.

With heartfelt thanks to all for your unwavering commitment!

Juan Pablo Ramírez-Miranda (JP)

A READER'S STARTING GUIDE

A READER'S STARTING GUIDE

Welcome to "The Changemakers' Guide to a Fairer World."

This book represents the culmination of five years of diverse conversations with our Changemakers, young visionaries from across the country, aged 18 to 27. Structuring their thoughts into a cohesive narrative was no small feat, but we believe that the way this book is organised will not only showcase their insights, but also invite you to explore and experience these ideas alongside us.

Our journey begins here, with an overview of our intentions and the structure of the book. Our next section, "The F.A.I.R. Realm", offers a glimpse into the demographics of our Changemakers, the processes we employed, our journey so far, and other interesting pieces of information that will help you understand the environment in which these thoughts were nurtured.

The section that follows is dedicated to the eight fundamental concepts that have repeatedly surfaced during our conversations over the past five years. These concepts are motivation, contributions, identity, diversity, time, progress, emotions, and decision making. They are introduced with the ten most frequently mentioned ideas that encapsulate our understanding of each of them, followed by four pages of quotes from our discussions, offering you a window into the diverse conversations from where these thoughts emerged.

Next, we delve into our eight goals, sharing our collective thoughts and visions on how these goals can contribute to creating a fairer world. Each goal is introduced with the ten most frequently discussed ideas for achieving that goal. As with the fundamental concepts' section, this is followed by four pages of quotes from our conversations. This format aims to provide you with a deeper understanding of our journey and the rich discussions that have shaped our vision for a fairer world.

These two sections will hopefully provide an essence of our conversations and our collective vision. Moreover, you will get a sense of what we hope a fair world would look like. The next section is a call to action. Here, we invite you to take these thoughts forward and if you agree with them, to join us in making our world fairer, and if you do not, to find your own way forward.

Finally, the book concludes with a section that is perhaps the most significant: introductions to all our Changemakers over the years and our wonderful friends who have mentored, guided, and enriched our journey. This book is truly a culmination of the contributions of these extraordinary individuals, and we hope that by the end, you will feel a connection with them, even if you have not met them personally.

While we will not reveal much beyond this, we invite you to embark on this journey with us, to explore, reflect, and engage with the thoughts and ideas presented. We encourage you to engage with this book in whichever way you would like to; turn to a page randomly and read from there, read the book backwards, or read it from cover to cover. Either way, this book is now yours. Make of it what you may!

THE F.A.I.R.
REALM

THE F.A.I.R. REALM

Welcome to the heart of our journey, the basecamp of The F.A.I.R. Project. This is where our Changemakers gather their bearings, collate their tools, and prepare to explore the terrain towards a fairer world. Here, we lay the foundation for the extraordinary journey that lies ahead.

Embarking on the Journey

We embarked on The F.A.I.R. Project in 2020, in collaboration with UNESCO New Delhi, for individuals aged 18 to 27 years. Our mission is to bridge diversity, build equality, and provide a platform for 32 Changemakers who will shape tomorrow's fairer society.

Over the past five years, The F.A.I.R. Project has touched the lives of 148 Changemakers, from 23 States and Union Territories, encompassing seven different religious beliefs and a spectrum of gender identities. Our formal experiential programme, lasting about 45 days and conducted online, employs various methods to ensure active engagement, in the form of open houses, group conversations, quizzes, and polls.

The Genesis

Originally, we envisioned The F.A.I.R. Project as an immersive 9-day offline experience in Delhi, bringing together Changemakers from across the country under one roof. However, the COVID-19 pandemic forced us to rethink our approach, improvise, and adapt to the virtual world of Skype and Zoom communications.

This unexpected transition turned out to be a serendipitous one, allowing us to deliver value through virtual sessions. Over the four years that followed, this format enabled us to create even more diverse cohorts, bringing together individuals who might not have been able to participate otherwise. The online platform became an aid rather than a hindrance, allowing conversations to continue for as long as 17 hours at times!

At the heart of the Project lies the F.A.I.R. Methodology, which drives the engagement amongst Changemakers, across sessions, with the help of various problem statements, called Premises, for them to tinker their thoughts with. This unique four-step approach is designed around eight foundational goals that we hold at the centre of all our work at the Foundation: Well-being, Gender Equality, Peace, Environment, Hygiene, Nutrition, Education, and Employment. These goals serve as our guiding stars and provide a stencil to help the Changemakers get started on their journey.

Using these eight goals, the F.A.I.R. Methodology helps our Changemakers understand the process of fair decision making better. This structured approach ensures they can generalise the process to any problem statement they encounter, irrespective of whether it is small or big, personal or professional, individual-based or policy-based. The F.A.I.R. Methodology provides the map for our adventure, guiding us towards thoughtful and equitable decisions.

In our quest for fairness, the first step, Fact-finding and Familiarising (F), is to gather and understand all available information. Our minds naturally lean towards the most readily available choices, but fair decisions require a comprehensive view. We must equip ourselves with a balanced volume of data and well-rounded facts for all perspectives. This step aims to provide you with the tools to discover, examine, and organise information, ensuring you see the entire landscape and make informed decisions.

The second step in our journey, Advocating for Alternate Viewpoints (A), is to explore alternate viewpoints. This means identifying relevant stakeholders, understanding their perspectives, and advocating for these viewpoints. Fairness demands that we actively consider various existing and potential perspectives. By developing arguments that counter your initial beliefs, you test the fairness of your judgment. Here, the goal is to focus on what is fair, not just who has the strongest argument or the most accessible information.

As we delve deeper into our exploration, the third step is Introspection (I). This is where you evaluate whether the arguments you have put forth are stronger or weaker than your original beliefs. Introspection involves interrogating yourself to strengthen your conviction and assess the objectivity of your judgment. At this stage, with comparative volumes of information and diverse perspectives at hand, the aim is to ensure your final judgment is fair and objective, instilling confidence in the decision's fairness.

Our final step is to Reason and Rationalise (R). This step tests whether a fair decision has been reached based on factual evidence, alternative considerations, rigorous introspection, logical actualisation, and effective communication. The decisions we make, whether in everyday life or specific subjects, carry both tangible and intangible accountability. By asking the crucial question 'why', this step provides the final set of checks and balances, ensuring that your decisions are well-accounted for and justifiable.

With these steps, the F.A.I.R. Methodology equips our Changemakers with the skills and mindset needed to navigate the complexities of creating a fairer world. This approach ensures that each decision is made thoughtfully and equitably.

Curating the Adventure

The magic of The F.A.I.R. Project lies not only in its methodology but in the rich, carefully curated experiences we offer each Changemaker, starting with the Premises.

At the outset of each year, our Changemakers are presented with Premises, which are thought-provoking statements encapsulating a spectrum of social phenomena, contemporary challenges, and inquiries about the future. These Premises, aligned with the eight foundational goals or pairs of these goals, serve as starting points for engagement and application of the F.A.I.R. Methodology.

Our approach and themes for the Premises have evolved over the years to keep the experience engaging and relevant. In Year One, the theme focused on specific sections of existing policies, providing a concrete basis for discussion and analysis. Year Two introduced dichotomies, challenging Changemakers to explore and understand contrasting viewpoints. Year Three centred on redefining our eight goals, encouraging a deeper understanding and re-evaluation of our foundational principles. In Year Four, we explored the intersectionality of the eight goals, with the Premises based on pairs of goals, highlighting their interconnected nature. By Year Five, the theme evolved to choices, prompting Changemakers to consider the impact and implications of decisions within the framework of our eight goals.

This approach establishes a shared foundation for discussions and fosters a collection of diverse perspectives from fellow Changemakers, our friends, and all of us at the Foundation. Each year, we evolve these Premises to ensure they remain challenging and thought-provoking, stimulating critical thinking and encouraging Changemakers to navigate complex topics. By systematically applying the Methodology to these evolving Premises, Changemakers cultivate a comprehensive understanding of the process, equipping them to apply the same approach to real-time questions and decisions.

Our Friends

To maximise the value within the Project, to provide a variety of vantage points and mentorship to our Changemakers, we invite some of our dear friends each year to join us for the various sessions. These are individuals who are subject matter experts, distinguished representatives of international organisations, accomplished academicians, researchers, and notable social activists for the rest of the world. For us, they are humans who are as passionate about change as we are.

Each year, based on the Premises designed for the programme, our team begins reaching out to our friends from around the world to invite them for the programme in various capacities. This engagement could be as Mentor for an individual Changemaker, as a Facilitator of thought for the entire cohort during internal sessions, or as a Guest Speaker for The F.A.I.R. Dialogue livestreamed on YouTube. As part of our outreach, our team ensures that we spend enough time with each of our friends, through virtual or offline meetings, prior to the start of the programme. This helps us walk them through the details of the whole programme, the various sessions, and the objective of their participation.

There have been times when our sessions ended up extending beyond the promised timelines, which has added its own flavour to the conversations. The interest with which our Changemakers wish to engage with and learn from our friends, as well as

the kindness and patience with which our friends respond and engage with them, help make these conversations more valuable. To the extent that we ended up establishing the trend of keeping the calls running even after the guests may have left. This has led us to adopt the policy of not ending the call until the last person ha left, and our longest call to date has lasted 17 hours!

Another highlight of the Project is The F.A.I.R. Dialogue. These are interview-style conversations with our friends, who encourage Changemakers to engage directly on issues that matter to them. These sessions are livestreamed on YouTube and include Q&A segments, fostering deep, meaningful interactions. Our team has curated twenty such Dialogues, each unique and enriching in its own domain. These Dialogues are available on our YouTube channel, providing a rich resource for continuous learning.

These five years of conversations and dialogue have led to further strengthening of the bond that we share with all our friends. We have had 94 of our dear friends, spend over 400 hours with our Changemakers, especially Juan Pablo Ramírez-Miranda (or as we fondly call him, JP) and Violeta Bulc, who have been part of the Project since its inception.

The Quest for Changemakers

Every year, we start our search for the 32 people we invite to be Changemakers of the Project with an Application Form that is available to anyone between the ages of 18 and 27. The application form for The F.A.I.R. Project is opened in late January and remains accessible for approximately two months. This extended period is not only designed to maximise our outreach efforts, but also serves as a crucial window to introduce more individuals to the F.A.I.R. Methodology. During these two months, potential applicants can explore our unique approach on our website, or even implement it through F.A.I.R. Spaces, thanks to our detailed plug-and-play model for replication. This methodology is agnostic to the medium of engagement, ensuring that whether you are reading about it online or actively applying it in your community, the principles of fairness and equity remain at the forefront. This period, thus, becomes a vital phase for both attracting new Changemakers and spreading the foundational ethos of our Project.

Initiating a call for applications to The F.A.I.R. Project has always been a challenging area for our team, as outreach is not our strongest suit. Despite our best efforts, we often find ourselves struggling to effectively reach the right audience. However, this is where our incredible alumni step in as true ambassadors of the programme. They tirelessly help us spread the word, reaching out to universities, students, and young professionals alike. Their dedication and hard work has significantly amplified our efforts, leading to over 1600 registrations in our fifth year. Their support has been invaluable, transforming our outreach challenges into a triumph, and ensuring that the spirit of The F.A.I.R. Project continues to grow and thrive.

In the early days of our journey, we relied on Google Forms to invite applications. However, we quickly realised that requiring applicants to create a Gmail account

(in case they were not using one before) merely to upload their audio or video responses, was an unnecessary barrier. We wanted the process to be as seamless and inclusive as possible. So, in our third year, we launched an exclusive Application Form on our website. This new form requires no accounts with specific service providers – just a valid email address for communication throughout the shortlisting process. This change not only simplified the application experience but also aligned with our commitment to accessibility and inclusivity.

While the design of our application form may evolve, the core remains consistent. Each year, we ask applicants to respond to one of three thought-provoking questions. They can choose to reflect on their ideal position regarding any of our eight goals, identify what they believe is the biggest challenge our world faces today and explain why, or share the human achievement they are most proud of.

Applicants then submit a 120-180 second video or audio clip answering one of these questions. For those unable to provide a video or audio clip, we offer the alternative of submitting a 400-word write-up, along with a brief explanation (within 50 words) of why they could not submit the video or audio. This flexibility ensures that every voice can be heard, regardless of the medium.

Once applications close, the journey of shortlisting and finding the final 32 Changemakers begins. This annual exercise becomes more challenging each year, as we navigate a diverse pool of applications through a meticulous blind selection process. This rigorous process involves several meticulously planned steps to ensure we select the most qualified and impactful Changemakers.

Following the closure of applications, the first step is database preparation. Our team divides the task of database preparation and shortlisting amongst the members. The members in charge of database management, curate a selective database for the shortlisting team sans all personal identifiers, ensuring anonymity and impartiality in the selection process. This database encapsulates a comprehensive textual transcript of each applicant's audio-visual submissions, providing a detailed overview of their responses.

Next comes the shortlisting phase, where our selection panel carefully reviews the curated database, shortlisting candidates who stand out. This step involves identifying and selecting individuals who exhibit exceptional potential and alignment with the goals of The F.A.I.R. Project, ensuring they are best suited to be part of the final 32.

The next stage is the validation process, which includes dynamic group conversations and individual conversations. These interactions serve as robust mechanisms for validating the merit and alignment of the shortlisted candidates with the objectives of the Project. Each interaction is designed to correlate the person with their application, ensuring a thorough and insightful evaluation, at each stage, with a focus on the thought behind the words. This comprehensive approach guarantees that the selected Changemakers are individuals who are passionate, have the desire to understand themselves and the world around them, and have the ability to critically engage with The F.A.I.R. Project.

The Basecamp Experience

As we welcome the 32 Changemakers to our Basecamp, the journey truly begins. While we are familiar with the selected individuals, they are yet to interact with each other. To ease this uncertainty and foster genuine connections, we host Open House Sessions prior to the formal programme. These icebreakers, held once a month, allow the Changemakers to meet and engage, without a predetermined agenda, creating a safe space for open dialogue and authentic interactions. Importantly, these sessions are not recorded, ensuring everyone can speak freely and be themselves.

We emphasise the importance of authenticity from the very start. In every session, formalities are set aside. There is no need to raise hands or address anyone as 'Sir' or 'Ma'am'. Whether someone chooses to cook or eat on camera, drop off, and come back, we encourage all to engage in ways that suit them best. This approach nurtures a community where institutions, labels, and backgrounds are irrelevant, and meaningful conversations take centre stage.

Once the formal programme commences, Changemakers dive into interactions with experts, scholars, and alumni, gaining diverse perspectives and challenging their own views. Our team facilitates these sessions, providing personalised guidance, support, and mentorship, while allowing the Changemakers to steer the specifics of their learning experience.

Each year, our team innovates on how best to plan and structure the various sessions within the Project. Throughout our experimentation, we have repeatedly been affirmed, that there is significant value to be gained from this process, which then becomes a key component of our plans each year.

The Changemakers' interaction with the Project begins with the first step of F.A.I.R., which is Fact-finding and Familiarising (F). The focus of these sessions is to become further acquainted with the Premises, view them from as many vantage points as possible, and implement triangulation by looking for facts, seeking opinions, and speaking with at least one person about the Premise to get their thoughts on it. Over the years, the F sessions have been facilitated by our team as well as friends from various backgrounds. These interactions nudge the Changemakers to broaden their horizons and look beyond the obvious. While the sessions only last for 2 hours, the Changemakers are sent into breakout rooms, in smaller groups of four each, to do their research and then come back to the main room and share their findings with the group. This ensures that they can learn and experience more vantage points from each other's research. At the end of each F session, the Changemakers are asked to submit their Initial Positions (IPs) on the Premise presented to them during the session. These IPs reflect their initial or immediate thoughts on the given Premises after the fact-finding exercise.

After the F sessions, our team collates all the IPs and carefully groups the Changemakers into smaller working groups of four to eight per Premise. Each of these groups is also carefully curated to ensure that the Changemakers are challenged and nudged into stepping away from their comfort zones. Based on their group assignments, each Changemaker is provided with meticulously drafted

Alternate Positions (APs) by our team. They are then required to assume these APs as their own positions on the Premise and advocate for them during the next step, Advocating for Alternate Viewpoints (A). The A sessions are intense, packed with back-to-back breakout rooms wherein each Changemaker is tasked with defending the AP they have been assigned, as their own. Alumni and our team come together to contradict and disrupt the breakout rooms, ensuring that the Changemakers thoroughly defend their APs. They do not have the choice of reverting to their IPs, nor can they acquiesce to the suggestions of others in their room(s). This process ensures they become familiar with, tolerant of, and accepting of views that are different from their own.

Following this, the Changemakers move towards the third step, Introspection (I). During these sessions, friends from various backgrounds are invited to help the Changemakers reflect on their thought processes, identify biases, and acknowledge mental blocks that may have been preventing them from deep diving or viewing the problem statement holistically. This reflection helps in strengthening their conviction and assessing the objectivity of their judgment because they find themselves in a space where they are urged to resist jumping to a conclusion. They are instead asked to look within their minds and assess the value of their thoughts on the Premise.

The final step, Reason and Rationalise (R), is personal and unique to each Changemaker. We host sessions to acquaint them with the idea behind R, which is to carefully analyse the trajectory of their thoughts over the last three steps and reach a conclusion which is conclusive for that moment in time. However, no sessions are held for them to structurally reach these conclusions since we recognise that this process is different for each individual. Once they have reasoned and rationalised their thoughts on the given Premises, the Changemakers share their Final Positions with us, recognising and acknowledging that while these views may be conclusive for now, they are not final. They are subject to change, based on new knowledge and facts that the Changemakers may uncover days, weeks, months, or even years down the line.

People often ask us, 'How does this Project help anyone?' or 'Does the Project have any actionable impact?' Our answer is simple: ask the Changemakers about their experiences. Over the past five years, we have observed that change begins as a thought, evolves into a belief, and ultimately shapes behaviour. The F.A.I.R. Project is not a programme with a fixed end; it is a never-ending journey. Thinking and doing are continuous processes, and there are no final positions. Through this journey, our Changemakers learn to navigate complex issues with fairness and integrity, making impactful decisions that resonate far beyond the duration of the Project.

The Ensemble

Over the five editions of The F.A.I.R. Project, we have welcomed 148 Changemakers from 23 Indian States and Union Territories, each representing a rich tapestry of backgrounds and interests. While every cohort's journey is unique, the result is invariably one of profound personal and intellectual growth.

The F.A.I.R. Project fosters a vibrant community that continues to support each other long after the programme concludes. We aptly call this community 'The Ensemble'. Within The Ensemble, Changemakers find a platform to engage on issues that matter to them, seek support when needed, and maintain the camaraderie built during the Project. These spaces are designed to strengthen bonds and create a supportive network of Changemakers dedicated to fostering fairness and equity.

As soon as the Project commences, each Changemaker is added to a WhatsApp group titled 'The Room of Rambles'. True to its name, this group is an open, informal, non-moderated space, free for all its members to utilise as they choose. Over the years, this space has seen everything from rants and whines to gloating, bragging, rallying, and celebrating—all without judgment, ridicule, or embarrassment. It is their sandbox, where there are no rules or objectives, just a shared space for genuine connection.

After the Project ends each year, our Changemakers go on to have incredible accomplishments. Some have hosted F.A.I.R. Spaces in their colleges or workplaces, others have established their own civil society organisations working on various initiatives, and many continue their research. Despite their diverse paths, they all return each year to support us during the intense 'A' sessions, open houses, and opening and closing sessions. The mantra "Once a Changemaker, always a Changemaker", is one that each batch passes on to the next.

When Changemakers join us, they become part of a never-ending journey where the courage to question and the commitment to discovery pave the way for a fairer, more equitable world. Collectively, we continue to forge paths and create ripples of change, guided by the principles of fairness and integrity instilled by The F.A.I.R. Project.

Reflections from the Basecamp

While the methodology of The F.A.I.R. Project serves as our guiding principle, the experiences of each cohort have varied widely. Yet, the impact achieved has remained uniformly significant.

Year One, held during the pandemic, extended across seven months. This extended duration allowed for deep, reflective conversations and a gradual unfolding of the process. The prolonged engagement provided Changemakers with ample time to delve into the methodology and build strong foundational insights.

Year Two, the Project spanned 45 days, featuring extensive daily conversations. This intensive engagement helped Changemakers immerse deeply in the methodology, fostering robust discussions and reflections. The shorter, more concentrated timeframe maintained the intensity of the experience, ensuring that each day was rich with learning and interaction.

In Years Three and Four, as the world began returning to normal routines post-pandemic, our conversations became crisp and short but retained their value. The focus shifted to quality interactions that still provided significant insights and growth.

This adaptation demonstrated the flexibility and resilience of the F.A.I.R. Methodology.

Throughout these years, we have witnessed remarkable evolutions among the Changemakers. Some who initially did not participate in conversations or were introverted began to speak up and share their thoughts. Those who were passionate about their opinions learned to become more flexible and open to differing viewpoints. Others, who initially feared their ideas were irrelevant, found the confidence to share them by the end of the programme. Each iteration of the Project is a collective learning process for everyone involved, including us and our friends. The continuous exchange of ideas and perspectives enriched the experience, fostering a community of thoughtful, engaged individuals committed to making a fairer world.

Our observations over these years yield similar results and conclusions. Each year, we witness an evolution of thought within each Changemaker. Their thinking continues to expand, and each time they revisit the Project the following year, one can see the depth of thought they have achieved. Transformations are especially notable among introverted Changemakers, who gain the courage and confidence to speak their minds, as well as those who change their belief systems based on the knowledge and learnings gained through the Project.

At the Foundation, we do not view these evolutions and transformations as hypocritical. Instead, they testify to the fact that each Changemaker finds truth in adapting to altering viewpoints and beliefs, based on new facts and information. The Project provides them with the space to think, evaluate, and re-examine their deeply held beliefs and values.

Collectively, all of this enhances their decision making capabilities. The Project imparts an actionable tool that can be utilised in everyday life, from the smallest tasks to the most challenging ones. There is a conscious effort in dissecting their thought processes to arrive at conclusions that aid reasonable decision making. These steps guide Changemakers through a continuous journey of discovery and growth.

Although we experiment every year with logistical details and the nature of the sessions, our belief in the methodology remains unchanged. As we carefully observe each year and the impact it has on every Changemaker, we can see that the results of applying the methodology have always been consistent. The Project imparts an actionable tool for reasonable decision making, applicable in everyday life. It's a space where you can be yourself, explore diverse viewpoints, and engage in meaningful conversations without fear or judgment.

NAVIGATING THE
LABYRINTH OF
OUR MINDS

NAVIGATING THE LABYRINTH OF OUR MINDS

Over the past five years, our conversations have woven a rich tapestry of insights, reflections, and aspirations. This section is a culmination of these dialogues, designed to delve into the intricate dimensions of human thought and experience. As we journey through this labyrinth, we will explore eight key concepts that have consistently emerged as central to our understanding and growth: Motivation, Contributions, Identity, Diversity, Time, Progress, Emotions, and Decision Making.

These concepts are not new to the world; we have engaged with them throughout our lives and will continue to do so. However, we seldom get the opportunity to look beyond our initial understanding. Changemakers across all five years, have not only engaged with these concepts but have also endeavoured to understand their value, in everyday life and in society, at large. By seeing these concepts for what they truly are, we can alter the way we perceive ourselves, our community, and the world.

Framing Our Journey

These are not just abstract concepts but are deeply intertwined with our goals and aspirations. While goals can vary widely and evolve with time, the foundational principles underlying these concepts remain relevant. In our ever-changing world, understanding these concepts equips us to better engage with and shape our surroundings.

The United Nations' 17 Sustainable Development Goals (SDGs) provide a global developmental framework; our Foundation's eight goals provide the pathway to affect change from our vantage point, and similarly there exist many such goals in many contexts. However, it is crucial to recognise that regardless of the specific goals we pursue, a profound comprehension of these core concepts can empower us to navigate and influence our world more effectively.

An Overview of these Concepts

Motivation

As we delved into the intricate dynamics of motivation, we ended up exploring both its intrinsic and extrinsic aspects and their interplay. Every extrinsic motivation has a hidden intrinsic correlation; by identifying this intrinsic element, we discover multiple

ways to satisfy the extrinsic drive. It is essential to take action to generate motivation rather than waiting passively for motivation to arise.

Motivation originates from within but is influenced by our environment, and we must remember that we are part of the environment for those around us. Our bodies are inherently motivated to keep us alive, indicating that motivation is always present within us, needing only direction. Celebrating each other enhances motivation for both ourselves and others.

To ensure that motivations are genuine and not driven by greed, fear, or hatred, we must reflect on whether our intentions aim to feel good or to do good. Authentic intrinsic motivation is resilient to external pressures. When rooted in learning and resilience, motivation turns challenges into opportunities for development, whereas motivation based on validation and convenience can lead to despair in the face of challenges.

Motivation without subsequent action can lead to distress and dispassion, while action can often trigger reactions that fuel further motivation. Recognising various pathways to achieve a goal increases the likelihood of success, thereby boosting motivation. By understanding these principles, we can cultivate a more robust and sustainable approach to motivation, enhancing personal and collective growth.

Contributions

Our conversations also explored the multifaceted nature of contributions, bringing forth the importance of intention, distribution, and innovation in making meaningful impact. Every individual inevitably contributes to the world, even through the simple act of breathing. The key lies in deciding the manner and consequences of our contributions to make them meaningful. Measuring our contributions involves assessing how the benefits are distributed, ensuring they promote a fair and equitable impact.

Contributing towards a better world is a collective responsibility. Effective contributions should be communicated transparently to maximise their utility and influence. To transform contributions from liabilities to assets, innovation must be linked to the betterment of all individuals, not just increased profits. Creating a space where both individual and societal needs are recognised is crucial for understanding how people can contribute effectively.

Meaningful contributions are cumulative and require evolving beyond routine practices. Continuously contributing in the same way does not equate to contributing more. Avoiding value judgments on contributions fosters experimentation and innovation, essential for discovering new ways to create a fairer world. The scale of contributions becomes irrelevant when they are meaningful and consistent, highlighting that even small actions can have significant impacts.

Our true purpose is not to reach a final goal but to contribute meaningfully along the journey. The goal serves as a compass, guiding us on where and how to make our contributions. By embracing these principles, we can ensure our contributions

are intentional, innovative, and impactful, driving positive change for individuals and society as a whole.

Identity

Some of our discussions peeled into the complex and evolving nature of identity, emphasising self-perception, acceptance, and the dynamic interplay of internal and external factors. Identity is fundamentally about how we define ourselves rather than how the world defines us. Embracing changes in our identity due to demographics and environment as a sign of efficacy, rather than hypocrisy, allows us to see growth and adaptation positively.

Recognising that identities are interpersonal and circumstantial grants us the ownership and benefit of multiple identities. Accepting the fluidity of all identities fosters coexistence by encouraging mutual acceptance. Relying on the privilege tied to identity is problematic, as both identity and perception are transient and ever-changing.

Authentic self-expression requires embracing discomfort and acknowledging all facets of one's identity. The unique combination of intrinsic and extrinsic factors ensures that each person's identity is distinct, despite any similarities. Allowing ourselves to evolve over time should be seen as natural progression rather than hypocrisy.

Embracing our identity removes the need to reconcile our self-perception with how others perceive us, leading to greater self-acceptance and acceptance of others. By embracing all elements of our personality and environment, we can fully appreciate and highlight the uniqueness of our identity. This comprehensive understanding of identity promotes personal growth, authenticity, and harmonious coexistence.

Diversity

Having a diverse pool of individuals across our various sessions led us into talking a lot about the concept of diversity, examining how it shapes our perceptions, interactions, and the broader social fabric. Diversity arises not merely from the differences in people's characteristics but from the varied opinions about these characteristics. By resisting the urge to label identities based on differences, we can reduce the creation of discrimination through the misuse of diversity.

Our similarities and differences can co-exist, just as our diversity and oneness can harmoniously exist together. In a truly fair world, the acceptance of diversity should lead to its gradual irrelevance, indicating that it no longer serves as a basis for division. Embracing the diversity in our environment starts with accepting and embracing the diversity within ourselves.

Recognising and showcasing our unique differences is a natural mandate. This practice allows us to perceive and experience the world as something we are a part of, rather than something external. When we fail to embrace diversity, we limit our capacity to perceive and understand the inherently diverse world around us.

Striving to approach diversity peacefully transforms the perceived threat of evolution into an opportunity for growth. Acceptance of diversity is possible even without complete understanding of others, emphasising that respect and coexistence do not require full comprehension. The presence of diversity does not make conflict inevitable; it is the persistent rejection of diversity that breeds disharmony.

By integrating these principles, we can cultivate a society that values and benefits from its inherent diversity, fostering a more inclusive and harmonious world.

Time

The transformative concept of time, examining how our perceptions and interactions with it shape our experiences and potentials, continued to surface again and again. Recognising that time emerges from human interaction rather than an objective reality allows us to free ourselves from its rigidity. Understanding the nonlinearity of time is crucial for exploring and unleashing human potential.

By expanding our perceived timelines beyond our own lives, we begin to see time as a facilitator rather than a limiter, abundant rather than scarce. This perspective shift enables us to reverse and correct decisions that have proven detrimental to creating a fair world. When time is no longer an assessment criterion, we can shift our focus from quantity to quality, emphasising the importance of meaningful actions over mere productivity.

Viewing time as a tool for planning and organising activities helps us recognise that these activities are not inherently dependent on time itself. Whether something lies in the past, present, or future is determined by our collective choice to stop, continue, or start thinking about it, rather than by the mere passage of time. This understanding reveals the artificial nature of deadlines, encouraging actions based on genuine willingness rather than social expectations.

Recognising that death only severs communication and not contribution allows us to see that our time in this world is not truly limited. Eliminating forced timelines in personal and professional contexts can unlock individual potential and avoid artificial metrics of appropriateness. By embracing these principles, we can foster a more liberated and holistic approach to time, enhancing both personal fulfilment and collective progress.

Progress

The various Premises inevitably set us up to delve into the nuanced concept of progress, emphasising that it is a form of movement that is not confined to an upward or forward direction; it can also involve taking a step back. For movement to qualify as progress, it must create value. However, if the value created for one leads to deprivation for another, it remains mere movement.

Winning is not an indicator of progress; true progress is reflected in betterment and experiential gains. Our metric of progress should be inclusive, benefiting not only those who made efforts and those for whom efforts were made but also for

those who fall outside these categories. Development without inclusion cannot be considered progress, as each step forward would ultimately set society back.

Progress is not synonymous with development and innovation; it requires examining and addressing the needs of society. Sometimes, achieving progress necessitates moving away from the goal. For progress to lead to betterment, it should not be tied to validation, acceptance, or understanding from others.

Acknowledging small steps toward goals as progress frees us from the futile desire to see every goal to its completion. A realistic perception of progress equips individuals to make better decisions, fostering a more inclusive and genuine understanding of what it means to move forward collectively.

Emotions

Since emotions are an intricate part of all human interactions, we also ended up exploring the world of emotions, emphasising their critical role in shaping our human experience. Emotions, often perceived with bias, must be embraced in their entirety as they are fundamental to our nature. They permeate every aspect of our decision making processes, serving as essential yet not solitary guides. This nuanced balance highlights that while we should not rely solely on emotions, their exclusion is equally impractical.

Our individual emotional landscapes are unique, making complete empathy an elusive goal. Recognising this diversity is crucial for fostering deeper understanding and tolerance. Emotions are dynamic, constantly shifting within a spectrum, and this fluidity offers insights into our personal growth and self-awareness. It is important to acknowledge that the emotions people express outwardly can be influenced by their environment and may not always align with their true feelings.

The interplay between emotion and reason is inseparable; to grasp rationality fully, one must first understand the underlying emotions. This challenge extends to recognising the universal nature of emotions, despite the varying levels of awareness and knowledge about them across different individuals. When we view emotions as data, beyond mere experiences, we open up avenues for profound self-reflection and exploration of our internal and external worlds.

Emotions are not inherently good or bad; their relevance is context dependent. This perspective helps us appreciate that each emotion has its place and justification in different situations. Misunderstandings and miscommunications of emotions often lie at the heart of many conflicts, underscoring the necessity of improved emotional literacy. By addressing these misinterpretations, we can work towards resolving conflicts and building more harmonious interactions.

Decision Making

Many of the preceding themes and concepts intertwined with the idea of how our interactions with ourselves and our environment showcase different forms of decisions and decision making. Our conversations brought up the importance

of knowledge, participation, and the recognition of biases. Any decision's quality is contingent upon the facts known about its subject and the time allocated for analysing those facts. To ensure our decisions truly represent humanity, we must create more opportunities for people to participate, allow decisions to evolve over time, and tolerate the coexistence of multiple decisions.

The effectiveness of a decision lies not in its universal applicability but in its transparent communication, which provides the option to agree or disagree. Good decision making requires combining facts and opinions, acknowledging our biases, and objectively reasoning through our choices. While good decisions do not guarantee a better world, they increase the likelihood of achieving it.

A proficient decision maker may not always choose the best option but recognises the least detrimental one. Effective decisions stem from understanding the difference between our perception of the world and the actual world around us. Excluding any aspect of human experience from the decision making process is akin to blindfolding oneself before watching a movie, limiting comprehension and insight.

The notion that "a decision is purely personal" is a myth, as every decision impacts others and has broader consequences. Recognising and addressing inefficiencies in our social systems highlights that mere knowledge is insufficient for making effective decisions. By embracing these principles, we can enhance our decision making processes, leading to more inclusive and thoughtful outcomes that consider the diverse impacts on society.

Engage, Reflect, and Evolve

The discussions in this section are intended to provoke thought and self-reflection. As you engage with these concepts, consider how they resonate with your experiences and perspectives. Allow yourself to question, deliberate, and envision a fairer world. Whether you agree or disagree, the goal is to foster an ongoing dialogue that inspires continuous growth and a deeper understanding of our shared journey.

> **When we work to remove uncertainties, we nurture conversations not confrontations.**
>
> -Aparna Nayyar

> **Listen to the words you read, and let them have conversations with your mind.**
>
> -Aditya Awasthi

“Every step forward, no matter how small, is fuelled by the power of motivation.”
“The essence of motivation lies in the belief that our efforts make a difference.”

MOTIVATION

1. Every extrinsic motivation has a hidden intrinsic correlation. When we find the intrinsic, we also find that there are multiple ways to satisfy the extrinsic.
2. We must take action to generate motivation, rather than waiting to feel motivated to act.
3. Recognise that motivation emerges from within and is impacted by our environment, and be mindful that you are part of the environment for others around you.
4. Every cell in our body is motivated to keep us alive. To that effect, motivation always exists in us and does not need to be created – only given a direction.
5. The more we celebrate each other the more we keep ourselves and others motivated.
6. To make sure that greed, fear, and hatred are not masquerading as motivation, we need to ask ourselves if our intention is just to feel good, or to do good.
7. If we can root motivation in authentic intrinsic factors, it cannot be uprooted by external pressures.
8. When our motivation comes from learning and resilience, challenges lead to development. However, if we are motivated by validation and convenience, challenges lead to despair.
9. Motivation without subsequent action often leads to distress and dispassion, however, action without motivation often triggers reactions which fuel our motivation.
10. By recognising alternatives for achieving a goal, we increase the probability to achieve that goal. By increasing the probability of achieving a goal, we increase the motivation to achieve that goal.

MOTIVATION

I believe motivation is something you use to either achieve a reward or to avoid a consequence. It is the driving force to progress and could truly determine how far a person can go to accomplish their goals.

Bushra Parveen
TFP 2024

We collectively decide to achieve ambitious and well-meaning goals but, in this process, we tend to lose the salience of the very fact that all destruction, change, or progress will start not from a society, an abstract idea, or from a third person. It starts with the words taught to us and the words that we use for ourselves and others.

Varalika Singh
TFP 2023

I have gone through life almost never completely answering the 'WHY' of things because I know when I act on something, it's with the right intention and that it will all work out well. That does not mean I have no desired outcomes in my subconscious.

Nimmy Babu
TFP 2021

I believe that working towards a FAIR world requires individuals to be motivated with the correct intentions, allocating the necessary time and contributing in a manner that effectively brings about intercultural dialogue, sustainable development and peace among nations.

Charmaine Mary Ferns
TFP 2022

Motivation is not about one moment of perfection, but the ability to be motivated for a longer while, to perform consistently over time.

Izeen Fatima
TFP 2023

Defined goals or even umbrella goals engender motivation. Many 'good greats' and 'bad greats' had goals. Yet what mattered was that their motivation was shaped by 'their goals' for peace or power.

Riddhi Malhotra
TFP 2021

Why is it so hard to convince the 'big corporates' to stop killing our planet for greed? When we already know what is causing our downfall, how is it convenient to ignore the truth in the face of more, and more! As Upton Sinclair said, "It's difficult to get a man to understand something, when his salary depends on him not understanding."

Ayadi Mishra
TFP 2023

Humans have their own free will and their own imagination, they can imagine a utopia. They might not simply respond to the external conditions they are in. But are capable of going out and changing those conditions and this results in a change in the way that the economy and the society are organised.

Alyasa Abbas
TFP 2021

MOTIVATION

People who are not well off in the socio-economic spectrum do not always have the ability to think about climate change or climate narratives. They have financial considerations, that would affect their family, and their food habits, as well as other habits that are intrinsic to their life. These aspects are so intrinsic to their ability to live a fruitful life, that they make it very hard for them to converse about change or to be the change.

Kaushik Das
TFP 2022

Any deviation from (customs) is considered wrong, so strong and important this judgement becomes that we modulate our life according to them, and judge others' conduct on the basis of these customs. We judge what they ought to do and what not to do, and if anyone does what they wish to do, disregarding what they ought to, they become a social outcast.

Varsha Sundriyal
TFP 2020

Did you ask if we need this rapid urbanisation and industrialisation?

Tell us if our life experiences are the same as yours. Everything is not about the people living in cities.

Ashish Shinde
TFP 2021

The motivation of the decision-maker should be to allow for self-expression of all aspects of identity of others and to not let their own biases come in between while making effective policies.

Alisha Mehra
TFP 2024

It is often that people get motivated, but it is rarely that the motivation gets converted into action. Converting motivation into action requires a deliberate process.

Rose Thomson
TFP 2024

State policymaking enables mass scale action through punitive plus incentive measures, whereas civil society efforts hold the state accountable for taking repercussions of its actions and the varied needs of different sections of society into consideration. Civil society contributions rely on individual and collective motivations of citizens to provide for a better environment not only for the present but also the future generations to come.

Soniya Sunil Kute
TFP 2024

What if I told you that there is a magnificent version of you that exists in the future, someone who has fought to find purpose and is now doing something that only they could have done in this world before dying. Someone who has created their own legacy. Won't you take that path? We tend to label decisions as good or bad and the possible outcomes as good or bad without looking at the bigger picture. Instead, why not try and label these decisions as one better than the other? If we take a decision that is not the best one, it's only an opportunity for us to learn and understand ourselves better.

Sai Kalyan Meghavath
TFP 2023

Motivation in children is a predictor of their motivation later in life, with this relationship becoming more stable as they grow older.

Traditionally, intrinsic motivation is viewed as more desirable and linked to better learning outcomes compared to extrinsic motivation. Children generally start school with high levels of intrinsic motivation, but this motivation often declines as they progress through their education.

Reeba Rahman
TFP 2024

“When we stop judging contributions by value, we open doors to endless possibilities.”
“Contributions shape the future, one meaningful action at a time.”

CONTRIBUTIONS

1. Our contribution to this world is inevitable – even by breathing we are contributing. Deciding the manner and consequences of our contributions makes them meaningful.
2. We must measure our contribution by measuring how the benefit of such contribution is distributed.
3. Contributing towards a better world is a shared responsibility.
4. Effective contributions need to be communicated transparently in order to maximise their utility.
5. To transform contributions from being a liability to an asset, we must link innovation to the betterment of all individuals rather than just increased profits.
6. To recognise how people can contribute, we need to open a space where both individual needs and societal needs can be recognised.
7. Since we want our contributions to be cumulative, we cannot rely on the same routine and practices – contributing more of the same isn't the same as contributing more.
8. Imposing value judgments on contributions restricts experimentation and innovation, hindering the discovery of new ways to create a fairer world.
9. The scale of contributions is irrelevant when they are meaningful and consistent.
10. Our true purpose is not to reach a final goal, but to contribute along the journey. The goal is merely the compass which tells us where to contribute.

CONTRIBUTIONS

I contend that if people all over the world can make meditation a habit similar to the habit of brushing their teeth, then it can really change their outlook on life, and change the world for the better as well. Thus, I feel that if meditation had such an effect on me, it can positively affect others as well and ultimately have a ripple effect on the world.

Samarth Narula
TFP 2020

Not just actual war but the preparedness for war also is a hindrance to development and life.

Shubham Thapa
TFP 2021

I'm not asking you to give up your privilege, I don't think anyone can give up their privilege, but I'm asking you to use your privilege for the underprivileged, because our privilege stems from their disadvantage.

Arham Sayeed Quadri
TFP 2020

I consider it a fair place when I'm given the chance to give my contribution whether big or small, irrespective of my gender or socio-cultural background.

Kriti Girish Sharma
TFP 2022

We can definitely speak for others, but we cannot speak over them, and we cannot take up their space.

Sanjana Saxena
TFP 2020

Till your contribution means something to the powerful, it is meaningless to the end. This is the sadness and tragedy of Sisyphus - you can imagine him happy or sad, but it doesn't change his reality.

Ayadi Mishra
TFP 2023

We often think of development in our own terms: better roads, better healthcare, better drinking water and sanitation, jobs, time for leisure, recreation, among other things. We see humans suffering around us but are unsure of how, as a society, we can address many of these problems. Our concept of development is often muddled with our ideas of charity and benevolence. We understand development mostly in aggregate terms and find it difficult to relate to the multitude of individual human experiences that it affects.

Vishvak Kannan
TFP 2022

Currently, just one percent of the global population is responsible for half of the world's commercial flight emissions. This one percent comprises of rich people who are already responsible for a disproportionate amount of carbon emissions. Now, looking at these private space rockets, we've got something of a much worse magnitude that would supersize the carbon footprints of people that already have the largest ones.

Shifa Negi
TFP 2021

CONTRIBUTIONS

Sayings or written testaments and messages that are spread through word-of-mouth, or stories passed from one generation to the other, guide our lives even when we are not consciously aware of it. This forms a part of the culture that we belong to, which shapes our beliefs, our behaviours, and affects our day-to-day functioning not only our personal systems, but also in our interpersonal settings, during our interactions with other fellow human beings, in the community, or say in general, the rest of the world.

Swetapadma Narayani Acharya
TFP 2022

If young people are the ones who are going to carry forward a legacy, who are going to live in a future where the consequences of today's policies laws and actions will be felt much more than they do now, then why aren't they included in governance and leadership, why aren't they given a choice to mould their own future?

Nandini Parashar
TFP 2022

A citizen is someone who by their active participation helps frame policies or rules for the society that helps the society to take a better direction.

Varun Sharma
TFP 2021

Contributions are also directly linked with one's social and economic background. It is a privilege to be able to ask questions, research and make informed contributions. To protest against the norm and to raise questions is a privilege that someone from a lower economic and social standing does not have access to.

Taw Yalla
TFP 2022

While it is true that only those who are subject to discrimination can speak best about it, the advocacy should not be limited to them.

Trisha Chandra
TFP 2020

I define contributions as action in all shapes and forms. How much one can contribute, depends on many factors and is subjective. Sometimes you can clearly see how much a person has contributed tangibly, say while putting in money to have a team lunch. But many scenarios are like opening a tightly shut jam jar. The first person uses a lot of strength but can't open it, while the last person opens it easily. The first person's progress made the last person's success a possibility. But the last person can end up being perceived as the main contributor.

Nimmy Babu
TFP 2021

You're important to the society if you're productive, if you have utility or are useful initially, you're working to earn money, to have a decent livelihood, but now you're also working to be accepted by people and respected by the society. But that's not all that encourages you or forces your own personal choice and visions; society sells you a dream which says that if you're working hard right now, you'll enjoy later. When that later will be is something that no one really knows.

Karthika Sajeev Changam
TFP 2020

One can contribute to any social issue that one feels inspired towards. When you look back, you'll always find something you're passionate about and want to contribute to. For example, I learned to play basketball at a local basketball court near my society, and that created my identity and helped me a lot in life. So, I contribute there. There could be something you're inspired by, and you can start contributing there with just 2% and see how it makes you feel.

Utsav Tambi
TFP 2023

“Identity flows with your surroundings, flexible and naturally adaptive.”
“Our identity is a mosaic of our experiences, constantly evolving and beautifully unique.”

IDENTITY

1. Our identity should be how we explain "who we are" to ourselves, and not how the world explains "who we are" to us.
2. We need to see the changes in our identity as an outcome of demographics and environment as efficacy instead of hypocrisy.
3. If we recognise that identities are interpersonal and circumstantial, we get the ownership and benefit of multiple identities.
4. Accepting all identities and their dynamism is what allows us to co-exist by affording the same acceptance to one another.
5. We must avoid relying on the privilege tied to our identity, as both identity and perception are temporary and ever-changing.
6. Authentic self-expression begins with embracing discomfort, recognising and acknowledging all parts of one's identity.
7. The unique blend of intrinsic and extrinsic factors in each individual ensures that, despite similarities or closeness, no two identities are identical.
8. We must allow ourselves to change with time and such change must not be seen as hypocrisy but rather as evolution.
9. Once we embrace our identity, there will no longer be a need to establish congruence between our self-perception and how others perceive us, and we will be accepting of both, ourselves and of others.
10. We must embrace all elements of our personality and environment to fully appreciate and highlight the uniqueness of our identity.

IDENTITY

I am devoid of the features that one sees amongst Kashmiris, which even Kashmiris accept as theirs. The only thing left with me are these books, which I would add to our family library to demonstrate my willingness to re-establish the relationship with my homeland, from which I had long budged away. Though my identity and experiences never refused to cease around me.

Aatika Fareed
TFP 2022

The influence of caste system in making the decision of marrying one another, for example, if a Muslim man wants to marry a Muslim woman, then the caste they belong to will also influence the decision but that should not be the case because being a Muslim is the only criteria to marry one another.

Alfiya Khan
TFP 2023

Intersectionality focuses on the fact that feminism can take different shapes and forms for different people, because of the differences in the caste or class that they're born in, or in their political and social identities.

Sanjana Saxena
TFP 2020

The potential impact of a greater scale remains untapped until more individuals start to understand their unique role in the world and try to create more awareness for the privileged and empower the less privileged.

Rishabh Kumar
TFP 2020

Identity for me is the liberty to percept myself or my personality and express it so.

Izeen Fatima
TFP 2023

Unless every individual does not come to realise their individuality in terms of leading their lives with dignity and respecting the rights of other individuals, there won't be effective or efficient solutions to global or regional issues, which don't come authoritatively in nature.

Kshitiz Jangra
TFP 2021

A human has an identity of their own which is distinct from others. The overlapping identities of an entity make them distinct from people in their vicinity. Identity plays a crucial role in one's life and has an overarching impact as it influences their decisions. What is right and wrong is dependent on the identity they associate with and wish to represent. Imagining a world devoid of identity is like peeking into a factory of robots - thinking similarly without the presence of magic of uniqueness.

Srishti Gaur
TFP 2024

If our identities (or certain aspects of it) are aiding our well-being, we must understand the power and capacity we hold to make a difference in the lives of those whose identities (or aspects of it) are hindering their well-being. Our most important identity should be that of being a human.

Stuti Banga
TFP 2024

IDENTITY

Identity extends beyond mere playful experimentation or personal growth; it encompasses critical struggles for self-determination happening in many regions worldwide.

Reeba Rahman
TFP 2024

It is also important to understand the intersectionality. Class, caste, disability, sexuality, gender, slum dwellers, migrant workers, and other social, cultural, or economic backgrounds play a role in how people access or exercise their autonomy or agency and even participate in public spaces.

Anagha Ann Thomas
TFP 2023

Unless a person comes from a privileged background, identity often hinders growth and well-being rather than aiding it.

Khushi Dharmesh Shah
TFP 2024

Culture has not only been found to add meaning and purpose to life making it an essential element of human experience, but it also gives a sense of identity and belongingness to a particular community.

Swetapadma Narayani Acharya
TFP 2022

Focus, passionate, compassionate, lost, candid...you ask me one label, I will say all of it, at the same time, none of it.

Diksha Shivani
TFP 2021

What is your being? Is doing your being? Is creating your being? Or maybe you simply exist as your being? Simply existing is a lot of people's beings as it stands out. Me personally, I would like to be in nature because in an odd sense, which we never relate to, we are nature—you, me, us—part of it, inside it, within it.

Ayadi Mishra
TFP 2023

Please go ahead and call whoever you want a 'hero' with an understanding that they tick certain boxes for you. Think about whose creation those boxes are, think about the responsibilities you expect of them because of this label you have given them. And if you have created these boxes with a definition of a hero of your own, then I need you to only realise that heroes are human too.

Nimmy Babu
TFP 2021

It's important that we realise that humanity or the experience of being a human cannot be scripted. Our interactions, behaviours, likes, and dislikes cannot be polished and moulded for an audience. Neither can disgust become a metric to judge the inherent value of a person. We are allowed to exist, take up space, and be unembarrassed by the way we choose to do it.

Shruti Jain
TFP 2023

“Diversity is not a factor of diverse demographics but rather of diverse opinions.”
“It is our responsibility to seek out diversity, just as it is for diversity to present itself.”

DIVERSITY

1. We need to consider that diversity does not arise from the differences in the characteristics of people, but the differences in opinions about these characteristics.
2. The more we resist labelling identities using differences, the lesser we create discrimination using diversity.
3. Just as our similarities and differences can co-exist, our diversity and oneness can co-exist.
4. Acceptance of diversity should eventually lead to its gradual irrelevance in a fair world.
5. To truly embrace the diversity in our environment, we must first accept and embrace the diversity within ourselves.
6. Discovering and demonstrating our unique differences is a natural mandate, and when we can do that, we get to see and experience the world as something we are in, instead of something that is outside us.
7. When we do not embrace diversity, we limit our ability to perceive and understand the inherently diverse world around us.
8. We must strive to find ways to approach our diversity peacefully, so that we can replace the threat to evolve with an opportunity to evolve.
9. It is possible to accept diversity without fully understanding others.
10. The existence of diversity does not make conflict inevitable; it is the constant rejection of diversity that leads to disharmony.

DIVERSITY

Chandrabati recreates the Ramayana, but this time from a feminine sensibility. With her voice as a voice of dissent and with Sita's voice voicing a feminine sensibility of vulnerability, sadness, and emotion, she talks about how Sita is impacted by all occurrences happening inside the story. This diverse narrative is different mostly because it does not speak of Ram's glory. It's a version of Ramayana where Rama isn't at the centre stage. Men are still present in this version, they still exist; however, they exist in contrast to women.

Kirti Advani
TFP 2022

The biggest challenge we face today is the generation and perpetuation of cultural conflict as a result of our inability to manage and distribute limited resources in a culturally affirmative manner. A lack of mutual awareness and insight, acting as a major hindrance to communication and building a complete multi-layered understanding of public policy concerns.

Aila Dutt
TFP 2020

We know that language is a barrier to accessibility in the country and as a country that has 22 recognised languages, to have a national policy only available in 2 languages seems like not taking into consideration the diversity of the citizenry at hand.

Akanksha Duvedi
TFP 2021

Diversity by its intrinsic feature of difference, creates disagreements, but conflict occurs when this diversity is not given recognition or the space to exist. When diversity is given a space to flourish, that is when it can foster peace.

Soumya Sinha
TFP 2024

By shifting the focus from discrimination to appreciation, we can create a more inclusive society where diversity is viewed as a strength rather than a divide.

Khushi Dharmesh Shah
TFP 2024

In my opinion, the delicate balance between managing diversity and maintaining social cohesion is important. While diversity can lead to conflicts, these conflicts can be constructive if handled properly. However, when governments attempt to simplify this diversity by enforcing uniformity, it often leads to greater conflict. The key to successful diversity management lies in acknowledging and respecting different identities rather than suppressing them.

Parwinder Kaur
TFP 2024

When we talk about the ethicality and morality of different sections of the society, we must understand that these are influenced by our situatedness, cultural values, and religious values. They might be different ethics or morals, but then that's completely okay and normal. It's part of the social-cultural progression of any civilisation. We must have forums like this where we can have arguments and counterarguments to reflect upon and filter our own opinions, driving us to introspect and have more informed opinions on different issues.

Farha Khan
TFP 2022

One cornerstone of emotional intelligence helps us acknowledge and appreciate diverse perspectives even when we rely on AI for certain decisions or certain recommendations. We do have a tendency to interact with other people and humans for diverse perspectives and then incorporate them well to nurture our emotional intelligence in the era of AI.

Henna T.
TFP 2023

DIVERSITY

Diversity is often – 'you and me are different' or have been ascribed a different identity in a social arena. However, just because you and me are different, it is not enough cause for conflict. Correlation is not causation and often the labels given to people of diverse groups tend to be highlighted only in the face of conflict.

Shagun Attri
TFP 2024

Resilience is not equality but an outcome of a process where the protective factors mediate with the risk factors. Indigenous resilience is strengthened through the collective experience of adversity. Much that is known about indigenous resilience is based on research data drawn from the perspective of the Global North. While this work has value and is important, it is equally important to understand that while some aspects of resilience for indigenous peoples may resonate globally, there may be others that are culturally and context specific to each indigenous community.

Taw Yalla
TFP 2022

Openness has to be one of the basic ethical principles not only for progress in research but also in building consensus and valued criticism. Monopoly in the process of distributing research also provides a monopoly towards validating it, which limits the spectrum of diversity in innovation.

Ananya Ajatasatru
TFP 2021

Peace can thrive through contributions from governments, institutions, and the people. It begins with the government enacting fair laws and ensuring equal rights, institutions offering equitable opportunities, and individuals embracing diversity while finding unity in shared values.

Syeda Areeba
TFP 2024

The difference in the medium of instruction at school from one's mother tongue, created challenges in the learning abilities of different students.

Chinmaya Sunani
TFP 2020

Prioritisation should not be done without caution. Prioritisation can often lead to monopolisation of objectives by parties with vested interests. Hence, this exercise must be undertaken keeping in mind and bringing to the foreground, the experiences and voices of all the stakeholders involved.

Sanghamitra Tomar
TFP 2024

Diversity as a social fact always exists in the world at large. But it becomes a problem mainly when it exists within the territory of a State because the social, cultural, or racial differences become the basis of group inequality and the different groups perceive one another as inferior or superior. But because of the diversity when there is conflict, it gives people opportunity to resolve the conflict which arises. It gives each other the opportunity to be more tolerant towards each other. Thus, it is important to create societal ethos which facilitates the dignified coexistence of diverse groups within the polity, that is, endorsing pluralism as a value. This would entail nurturing of both equity and identity within the polity i.e. equality of conditions and equality of opportunity.

Reeba Rahman
TFP 2024

Our mind craves simplicity against a hopeful backdrop. Even when we are given full free will, we tend to focalise on one, and craft it in an environment that is creative, visionary, and unconstrained. Our elastic imaginations bring me to the intent behind this. It is always said that we see the world not as it is, but as we are. These unique individual filters and features that we bring to every issue facing us is coloured by one commonality and that is being human with the capability of unlearning, reasoning, and re-learning. A whole range of problems such as climate change and socio-economic inequity that intersects identity, cultures, and races are thrown our way as we try to make sense of world around us.

Varalika Singh
TFP 2023

“Our perception of past, present, and future is shaped by our collective choice, not by the passage of time.”

“By freeing ourselves from the constraints of time, we embrace the infinite possibilities of each moment.”

TIME

1. When we start seeing that time does not emerge from an objective reality but from human interaction, we start freeing ourselves from its rigidity.
2. Recognising the non-linearity of time is crucial for exploring the potential of each human.
3. By expanding our perceived timelines to beyond our own lives, we get to see that time is a facilitator and not a limiter, its availability is in abundance and not in scarcity.
4. To correct decisions that have been shown not to be in the best interest of our fair world, we must proceed with the belief that time and its impact can be reversed.
5. The moment time is no longer an assessment criterion, focus can shift from quantity to quality.
6. Time must be viewed as a tool to plan and organise activities effectively, recognising that activities are not dependent on time itself.
7. We need to see that whether something lies in the past, present or future is not decided by passage of time, but by our collective choice to stop, continue, or start thinking about said something.
8. The irrelevance of time reveals the artificial nature of deadlines, encouraging actions based on true willingness rather than social expectations.
9. If we can recognise that death can only sever communication and not contribution, we will be able to see that our time in this world will never be limited.
10. Eliminate forced timelines in personal and professional contexts to unlock individual potential and avoid artificial metrics of appropriateness.

TIME

To live the life I have dreamt of as a child, and the only possible reason I even think of employment is because it facilitates my survival. If I did not have to worry about being employed by a certain age, I would have explored more, taken more leaps of faith. While I can still do all of these, I need to be employed.

Bushra Parveen
TFP 2024

We see individuals working from nine to five. Sometimes the five turns into seven sometimes nine and sometimes crazy working hours, who strive to strike a balance between their work and their life. We see how these individuals may have aspirations that they hide under because they don't have the time due to their paying job which demands this sort of working culture.

Charmaine Mary Ferns
TFP 2022

We believe that it is important to achieve all goals in a set period - Bachelors, Masters, relationship, success in your job. These may all be achievable but what if you don't adhere to these timelines? Each of us has a unique experience of time and it is important to cherish it.

Kirti Advani
TFP 2022

I feel the need to highlight the fact that while prioritising (timelines) is important for action, it should not hold back the objectives or the foundation of any issue.

Sanghamitra Tomar
TFP 2024

One is in a constant struggle with the transient nature of time. One finds it difficult to believe that it is beyond their ability to catch it anyhow.

Izeen Fatima
TFP 2023

I think there is a need to encourage the idea of procrastination, we need to give importance to the idea of 'me-time', of pleasure, because when that is not there, we cease to become humans and become commodities instead.

Karthika Sajeev Changam
TFP 2020

Why, why all we talk about is money or the new tax laws or the annual budget? Because you know, money influences your immediate decision making. It instantaneously gratifies your heart's desire without having to look 50 years down the line. For if we do not have money, what are we going to eat? Economic hay wiring is known to be an immediate threat. But what about environment? What about climate change?

Asher Esli Lal
TFP 2023

Essentialism changes with the course of time - what is necessary keeps changing, and education as an after effect follows. In every system of education - especially in schools and those for design, for economies, etc. - education (must) follow practice and not the other way around.

Ayadi Mishra
TFP 2023

TIME

To put things in perspective, hygiene problems in India are being addressed since 1986. I wasn't even born then, and it's been 35 years which just tells us that it's a continuous battle. We need to do some slow thinking about these complex problems. The key is to not get impatient.

Riddhi Malhotra
TFP 2021

Students may want the same, but at times they might need more time to explore and research in depth, but the standardised structures and window might not offer the luxury to ponder, collaborate or think critically. This is where the need is, to tweak the 'how' of the pedagogy within the standardised timelines since the 'what', or the content is fixed.

Arpit Kothari
TFP 2024

The rapid transformation of my home's landscape has resulted in the loss of the material pieces that are needed for the social reproduction of our heritage. But we have still managed to find ways to retain our identity.

Taw Yalla
TFP 2022

At times, we are so obsessed with finding out solutions for things, we actually rush for it but we do not really understand the problem.

Soniyal Bajaj
TFP 2021

The best use of time is to learn from it.

Naina Sharma
TFP 2024

In our fast-paced lives in the 21st century, "time" has become synonymous with "busyness". Everybody seems to be occupied with different things at the same time. Although multi-tasking gives the illusion of getting several tasks done, it can also lead to lower productivity work as our mind focuses on several things at the same time.

Sunaina Goldsmithn
TFP 2023

A study on the functionalities of social media and their contribution, shows that some elements like notifications, tagging, and temporarily available content triggered Fear Of Missing Out (FOMO) on impressions, content, information, and so much more. Social media influence combined with consumerism fuels the time-pressed demand for the latest trends and products. Companies capitalise on this by practicing planned obsolescence, deliberately designing products with short lifespans or introducing frequent updates, thereby encouraging consumers to constantly upgrade or replace their possessions.

Nandini Arora
TFP 2023

Rather than completing the curriculum within a two or three-hour sessions which we normally do, sex education should be seen as a continuous process. Perhaps, it could be taught from the beginning of the academic year itself and the syllabus can be more diverse and creative.

Leonard Antony Rodrigues
TFP 2020

“
The true measure of progress is its impact beyond the immediate.
”
“
Progress means moving towards betterment for all, not just a select few.
”

PROGRESS

1. Progress is a form of movement and, movement is multidirectional not just upwards or forward, it could also mean taking a step back.
2. For a movement to be progress, we need to create value, but if this value being created for one leads to deprivation for another, it continues to just be movement.
3. Winning is not a sign of progress; betterment and experiential gains are.
4. Our metric of progress should expand to include benefits to not only those who made efforts and for those whom efforts were made, but also those do not fall in either of these categories.
5. Development without inclusion cannot be called progress, as every step forward would ultimately set society back.
6. Progress is not synonymous with development and innovation, as it cannot be understood or achieved without examining and addressing the needs of society.
7. Sometimes, achieving progress requires moving away from the goal.
8. For progress to create betterment, we must not tie it to validation, acceptance, or understanding.
9. Acknowledging small steps toward goals as progress frees us from the futile desire to see every goal to its end.
10. A realistic perception of progress equips individuals to make better decisions.

PROGRESS

In today's world, the bigger expectations or the ideal growth like organisational success, academic success, and growing up to face the harsh realities of the world, all of which are man's own creations, that govern how we treat our fellow human beings. I would say we have created a bubble of competition and excellence to be achieved, and we think we need to mould people to be able to achieve this desired excellence.

Riddhi Rajendra Nikam
TFP 2022

I do believe that it takes forever for a system to change, but not too long for our own behaviours to change and ensure that we reach sustainable development. So, explore your true aspirations and see where you lie. See where you can contribute and see where you can make a change.

Charmaine Mary Ferns
TFP 2022

I define progress as new learning. And while new learning can sometimes be defined by the standardised progress reports, sometimes I wish my school progress report showed "Nimmy finally learnt E=mc2" instead of 'Nimmy -F in Physics.'

Nimmy Babu
TFP 2021

Crisis is a term that need not necessarily mean large-scale destruction, it can be viewed in another light. When we go through a crisis situation, we understand there is a change that needs to be made in a positive way.

Shanavi Mangalorkar
TFP 2021

The world advances when we advance as its passionate keepers.

Izeen Fatima
TFP 2023

It really frustrates my grandfather as a poet-author and share that he's not able to read and write properly, he stutters and stammers yet still goes on. Not being able to read the Quran is something which further demotivates him, and I told him that God understands it, it's a way of life. What is necessary is that he is trying, and he tried till his last breath.

Aatika Fareed
TFP 2022

I want to be able to provide access to at least one individual at the very least about sexual education, equip them with the right resources and create an environment where they can talk about sexual health freely. Ask any number of questions and at least in part attempt to break the stigma surrounding sexual health. Sexual health is an integral part of human experience and as someone who is at a position to create change, I want to step up take this opportunity and be the change I actually wanted to see.

Sona Sudhi
TFP 2023

Basically, when you learn to focus on something as obvious as your breathing first, you're then able to focus on the bigger things in life. And secondly, you're able to differentiate between reality and fiction, in the sense of what is actually happening and what is a construct of your own thoughts..

Samarth Narula
TFP 2020

PROGRESS

We have to understand that when communities come together and work for something, which is meant for all, it tends to create a greater impact, not just on the community itself, but on other people who are not part of that community.

Pratyaksh Ahuja
TFP 2022

As suggested by the survey published in the Financial Express, many of us have not been able to find work that makes us happy by creating an actual impact. Sometimes the work we're doing is not creating an impact, or the impact is so far away from us that we cannot imagine it. For example, say a researcher who is working on a research paper around water. He is on his test doing his research or even doing some primary research and publishing a report. But you know what happens next? He publishes that report in the public forum. But will it be picked up? Will someone actually read it and then try and solve the issue? Will it be picked up by some government official? He doesn't know. So, his work might create an impact 10 years down the line, but he cannot really imagine it. That also leads to some sense of fulfilment.

Utsav Tambi
TFP 2023

When I talk of the lacunae in our vision of development, I talk about vision because each one of us has one vision of our own which we feel will help the society develop and be prosperous in its entirety. However small that vision may be, that vision to us is the solution to every single problem.

Ayush Kotecha
TFP 2020

Dreaming of a fair world is great, but it's often our fear of not getting there that actually stops us from moving forward.

Karthika Sajeev Changam
TFP 2020

This propaganda has been circulating in our country for a very long time now. It's not just a matter of a day, it's a huge timeline which has led people to the way they think today.

Aditi Saxena
TFP 2020

Is this progress to be reserved for humans? What about nature and the planet we selfishly take from? Even amongst us humans, the historically and intentionally ignored? Could this narrative be changed further from the indigenous knowledge systems we have spent eons with? To decolonise these notions and realise the complex and tightly coupled realities of many of us, and 'others'! Because the progress we are at currently promotes a future only the wealthy can live in.

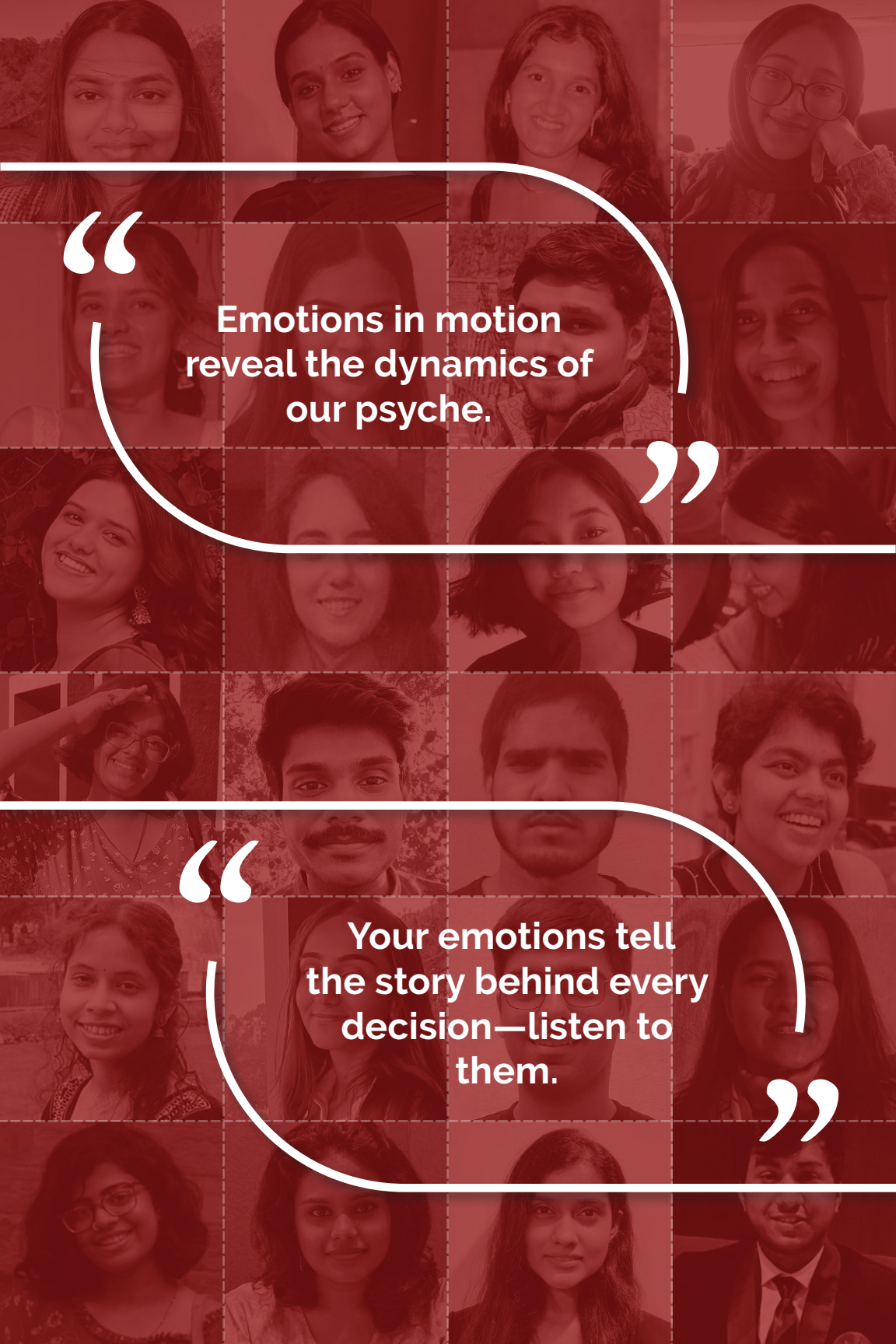
Ayadi Mishra
TFP 2023

There are eight national missions forming part of the NAPCC, which represent multi-pronged, long-term, integrated strategies for achieving key goals in climate change. Now, the scheme in itself cannot be enough to overcome climate change; there is a lot of support that is required from the citizens to aid the government. These steps that are required from the citizens are small little steps, for example, using public transport, not littering, cutting down on carbon emissions, and not using firecrackers. Now these are very small steps to have a big, big, big impact like preserving land, forests, trees, and reducing pollution.

Diya Arora
TFP 2022

'Progress' and 'growth' is used as a political tool and that narrative might look different from its physical manifestations and experiences of people in real life.

Manasvi Shah
TFP 2024


“
Emotions in motion reveal the dynamics of our psyche.
”
“
Your emotions tell the story behind every decision—listen to them.
”

EMOTIONS

1. We must embrace all emotions without bias, recognising them as an intrinsic part of our humanity and natural predisposition.
2. Emotions are involved in every decision – therefore, we should neither exclude them from decision making nor rely on them exclusively for decision making.
3. All humans have differing emotional experiences and none of us can truly understand others' emotions in their entirety.
4. Emotions are energy in motion and therefore can transform and move within spectrums, the recognition of which helps us understand ourselves better.
5. We must recognise that people's intrinsic emotions may differ from the extrinsic emotions they display due to environmental influences.
6. It is irrational to believe that emotions and rationality can be separated, especially since understanding emotions is key to comprehending reason.
7. Our challenge is to recognise that while emotions are universal, the awareness and knowledge about them is not.
8. When emotions go beyond experiences and are seen as data, we can use them to study and understand our inner and outer worlds.
9. Every emotion finds relevance and justification in particular settings proving that there are not inherently good or bad emotions.
10. Most conflicts in the world result from misunderstood, misrepresented, and miscommunicated emotions.

EMOTIONS

Even though we are highly well informed, highly validated about that particular information, there is no kind of tolerance which we can see among ourselves. And there is a sense of alienation and dissatisfaction among us as there are no real conversations. So, if we find any kind of discrepancy in this real world which is slightly different from our information, from what we believe in, we will immediately go on the internet and we will search for like-minded people, for the kind of friends that we have made on social media, and we will feel satisfied.

Rugveda Bagwe
TFP 2023

Out of the numerous ways to address an issue, in the case of determining the relevance of emotions in improving the environment, two approaches seem to define positions in the emotion vs rationality dilemma. One approach focuses on structural, institutional measures, whereas the other one aims at contributions at the unit or the collective level.

Soniya Sunil Kute
TFP 2024

If you want to see the 'good' here, it is that you are not comfortable with the situation. And when one is not comfortable with the situation, it strives change.

Arham Sayeed Quadri
TFP 2020

Emotions are muses for action.

When there is lack of action, emotions are catalysts that inspire actions to improve the environment. For that matter, any action is inspired by some kind of emotion.

Ayesha Sherin
TFP 2024

CONTRASTS

By: Areeba

Let's just sit back and ponder.
Let's just sit back and decide.
We call men harsh, rude, and emotionless,
but when they cry,
don't we laugh at them too?
We judge a woman's character by the length of her attire,
but even when she wears a hijab,
don't we call her an extremist too?
We post stories addressing how important mental health is,
but the kid we bullied back in school,
do we ask about his mental health too?
We claim to empathise with the poor,
but don't we call them filthy too?
We can ask a slum resident to clean for us,
but when we see them sitting in our clean space,
don't we tell them to sit elsewhere too?
We hate being discriminated against by a majority,
but when we become a majority,
don't we treat them the same way too?
That's why they say,
stop restricting people to mere caskets of your imagination,
because they are beyond that too!
Embrace the differences,
because someday these differences might consume all of us too!

Syeda Areeba
TFP 2024

Difficult to dissect, subjective, acknowledgement of other emotions, off button should've been there. Emotions can be transitory so they need to be acknowledged as a fact for a particular moment but later on, can be separated from rational decision making. I believe that any change is driven by a number of emotions.

Parthivi Guglani
TFP 2024

Many people are depressed all over the world because they have broken connections with their social and emotional aspects of life. But here comes the rescue: by realising the deeper inner qualities of being human and syncing this fast-paced life with nature, people can actually attain a state of peace and calm.

Sanjhali Jain
TFP 2023

EMOTIONS

An experience of second-hand embarrassment is related to our empathy or our ability to empathise with the embarrassment or the shame that person might be feeling in those videos. Research has shown that parts of the brain which are responsible for feeling pain or shame light up when we watch these videos, which might lead us to cringe. So, it is like a social pain that we feel while watching someone go through that situation.

Shruti Jain
TFP 2023

We need to have the empathy to actually realise the things our domestic helpers and house helpers go through. It also becomes a responsibility to treat them fairly and at the same time, it is important for us to give them the space where they can ask for their rights. The government can come forward and have discussions with them and their representatives to determine what measures could be taken and where the government can step in.

Kshitij Kumar Ojha
TFP 2023

Individuals are essentially just chasing satisfaction with lack of information.

Abhishek Jain
TFP 2022

The statistics and research display something different. Women and men experience emotions at the same capability and experience them in the same way. Then why is it that we women have to hear about being more emotional, when both genders experience them the same way?

Rishika Rastogi
TFP 2021

It's almost difficult for humans to empathise that we are causing serious damage to any water body, lake, pond, whatever, is probably several kilometres away from your home. That leads to a disconnect, and we are sort of unable to empathise with what's really going on there.

Ishika Arora
TFP 2021

Why is it that we don't realise that our generosity or magnanimity, might be turning a blind eye to the real needs of the people.

Ayush Kotecha
TFP 2020

Emotions are relevant in improving our environment because only when we have a connect with the environment, we can realise the positive impact it has on our psychological well-being. The fear of missing out on the kind of impact it has on us, makes us more conscious to make decisions keeping in mind the environment. But it must not be reactive efforts rather scientific solutions aimed at structural issues.

Hari C.
TFP 2024

A self-reflection on things said and done made me think about how the context in which crying occurs accounts for variability in its manifestations, meanings, and effects. People tend to cry alone or with another person who is perceived as emotionally supportive. When a male child cries, the primitive aim of the parents should be to console their kid and tell them that it's okay to cry. However, they end up imbuing a fear in them that it's futile for a male child to cry. Consequently, children no longer unconditionally rely on their parents or anyone around them.

Shobhit Gupta
TFP 2023

The issue of trust deficit that exists not just among different genders, but within the female community itself. When this is internalised within women, it creates an inferiority complex that should not be there. This trust deficit is about feeling that one gender is not capable of doing something that the other gender is capable of. This internalised inferiority complex creates a mental crippling, which is very dangerous for the society itself, not just for the individual.

Farha Khan
TFP 2022

“No decision is isolated; every choice ripples outward.”
“Transparency turns decisions into opportunities for consensus.”

DECISION MAKING

1. Any decision is only as good as the facts we know about its subject and the time we have had to analyse those facts.
2. For our decisions to be truly representative of humanity, we need to allow more space for people to participate in the decisions, more time for decisions to change, and more tolerance for multiple decisions to co-exist.
3. The key to an effective decision is not in its universal applicability but rather in its transparent communication that offers a choice of agreement or disagreement.
4. To make good decisions, we need to practice combining facts and opinions, recognising our own biases, and thinking carefully about our choices to reason with ourselves objectively.
5. Good decision making does not guarantee a better world, but it increases the likelihood of achieving it.
6. A good decision maker does not always make the best decisions but recognises the least bad option.
7. We can make effective decisions only when we recognise the difference between our idea of the world and the real world around us.
8. Excluding any aspect of human experience from the decision making process is like blindfolding oneself before watching a movie.
9. We need to recognise that, "a decision is purely personal" is a myth because every decision affects others and has consequences beyond the person who made it.
10. Our recognition and failure to address the inefficiencies in many of our social systems prove that mere knowledge is insufficient for making effective decisions.

DECISION MAKING

For understanding various issues, the only solution that I could scale down to is three E's—education, empowerment, and encouragement. We all have the power to bring about a change in our own capability, but to bring that change, we need to be aware of the issues that people are facing. To be aware of the issues that people are facing, they need to be educated. The basic is always education.

Akphan Behera
TFP 2023

The more egalitarian a society becomes, the more they account for equality of opportunity, but rather they get inequality of outcome. The point I'm trying to make is that when we actually account for equality of opportunity, we would get results which we wouldn't have expected at all.

Ishan Agarwal
TFP 2020

The global universal problem which is found in India at least, to a very high degree, is the limiting mindset, which is enforced by the society and the elders, and it leads to a manner where individuals grow up to think in a certain way without questioning it.

Rishabh Kumar
TFP 2020

Our everyday conversations, our parents' and friends' ideas, societal impositions, media, policy, everything impacts the way we think and make decisions, even our understanding of right and wrong.

Riddhi Malhotra
TFP 2021

A reactionary solution is not a sustainable one.

Ayesha Sherin
TFP 2024

On a daily basis we read in newspapers about each and everything. We have a National Geographic subscription on OTT platforms to make our kids aware about all these things. But are we the ones who even think to take a step forward to manage our own planet Earth, to make it clean?

Hardik Pathak
TFP 2022

The EBTL model essentially stands for an 'experience-based teaching and learning' model, which refers to a system of allowing an individual to make informed decisions and choices of what they wish to learn, through the lived experiences of other individuals, who were similarly placed when they made the same decisions. This kind of a model automatically allows for increased self-satisfaction for the decision maker, by allowing them to make informed decisions and also looking at those decisions with a matter of ownership.

Abhishek Jain
TFP 2022

Over the years, our ability to question things has developed, and so has our ability to find solutions, but every time we have missed on some points, it has resulted in the problem still being of the very same nature as they were 50 years ago.

Ayush Kotecha
TFP 2020

DECISION MAKING

After sitting with the Premise for over a week, having argued both for and against it, I realised that both sides act as an informant, as a check on the other.

Sanghamitra Tomar
TFP 2024

We have seen a growing trend towards a capitalist dominant economic system. This stems from the growth that USA has experienced in the last 2 or 3 decades, the kind of life expectancy and the levels of income they have had. A lot of countries that have been attracted by that are trying to imitate the same amount of growth and economic development by shifting to a capitalist and economic system.

Aryan Saxena
TFP 2021

I am afraid. This is dangerous. We are reducing every social issue to just right or wrong. We are forced to pick a side. We cannot afford to let this categorisation come in the way of our independent thinking.

Shambhavi Singh Tomar
TFP 2021

Regret is far more bearable when we take ownership of our decision rather than allowing others to make for us.

Sai Kalyan Meghavath
TFP 2023

If I am plagued by an issue, it's not just one factor that's playing a role there, it is a combination of factors like poverty, market, etc.

Laksh Sharma
TFP 2021

We are more inclined towards curative measures rather than preventive measures. Cost prevention demands a sacrifice of your immediate ones; it demands you to choose an alternate form of lifestyle, may it be as simple as turning off the lights when not needed.

Asher Esli Lal
TFP 2023

When a policy or a decision forces a person to choose one aspect of their identity over other, it speaks to the fault of the policy and the biases of the decision maker. The motivation of the decision maker should be to allow for self-expression of all aspects of identity of others and to not let their own biases come in between of making effective policies. Decisions should reflect equity principles, the demands of the times, take into account the needs and contributions of the persons involved and ensure that the progress is holistic.

Alisha Mehra
TFP 2024

Sometimes it's in our hands to decide how do we react to certain things, because something or the other is going to affect our future and our decisions - so the choice is yours. We have to be that citizen who decides what is right for us, what is right for our community, what is right for our state, what is right for our country to help progress on a sustainable level and our better future.

Pratyaksh Ahuja
TFP 2022

THE
GOAL-BOUND
ASCENT

THE GOAL-BOUND ASCENT

In our quest to build a fairer world, we have identified eight pivotal goals: Well-being, Gender Equality, Peace, Environment, Hygiene, Nutrition, Education, and Employment. These goals are not just abstract ideals but are deeply rooted in our lived experiences and the collective wisdom we have gathered over time.

The Importance of the Eight Goals

Our Foundation's goals cannot be confined to a single perspective. They hold different meanings for different people and can be seen as linear or individual, each with its own significance and interconnectedness. At the Foundation, we embrace these varied interpretations, understanding that each goal interlinks in many ways, fostering a comprehensive approach to creating a fairer society.

Everyone who aims to make the world better has a unique path, and these differences do not diminish the impact of their efforts. The diversity in reasons and routes toward achieving these goals ensures broader participation and progress. Our eight goals work similarly, with initiatives often encompassing multiple goals, offering diverse engagement opportunities.

The rationale behind choosing these eight goals is simple: they represent the essential building blocks of a stable and content world while allowing for evolution at every stage. They provide a comprehensive framework to address various facets of human experience and societal development. By focusing on these goals, we aim to foster a fairer, more inclusive, and sustainable world

Goals Overview

Well-being

Every action, whether intentional or not, shapes our well-being and that of those around us. This interconnectedness highlights the importance of striving beyond personal comfort to foster a collectively happier society. To elevate societal well-being, our efforts must extend beyond survival to encompass proactive communal happiness.

The journey towards well-being begins with survival but reaches its zenith in self-actualisation, signifying the realisation of one's fullest potential. Well-being is subjective and unique to each individual, much like personal preferences. Enforcing a uniform definition disregards the diversity of human experience and is counterproductive. Self-awareness is crucial, as those who do not understand their own well-being cannot effectively contribute to others'.

It is extremely important to recognise that any initiative undertaken from the goodness of one's heart aims at achieving well-being, whether at an individual level or for collectives like families, communities, institutions, countries, or our planet as a whole. Therefore, understanding well-being becomes crucial in creating a conscience scale through which all other initiatives can be measured, and decisions taken.

Balancing various aspects of well-being is essential. Prioritising one dimension over others does not lead to genuine progress but shifts the imbalance elsewhere. The shortcomings of highly individualistic societies illustrate that focusing on others' well-being ultimately enhances our own. This holistic understanding of well-being as a dynamic, interconnected process is vital for fostering a thriving, harmonious society.

Gender Equality

Achieving gender equality requires a deep understanding of the relationships, contexts, and circumstances where this equality is sought. It is not merely about addressing disparities but also comprehending the intricate social dynamics that underpin these issues. For humanity to reach its full potential, contributions from all genders must be valued equally and without restriction.

Gender inequality is a pervasive form of discrimination affecting societies worldwide. Addressing it can have a profound ripple effect, potentially dismantling other forms of discrimination. Engaging actively with gender issues is the first step toward a world free from gender-based discrimination. Viewing gender equality as a concern of a single gender risks overlooking its universal benefits, which enhance the well-being of all societal members.

Understanding well-being for ourselves and our collectives reveals that not all humans are treated equally today. Recognising and addressing this inequality is crucial for any initiative that seeks to do well for our world. Gender is the one distinction that leads to discrimination across all societal sections, transcending geographical, political, cultural, and communal boundaries. Tackling gender inequality provides a global opportunity to teach lessons of equality to individuals and combat all forms of discrimination.

While policies can establish the necessary framework for gender equality, it is up to us to bring these structures to life. The pursuit of gender equality initiates broader discussions about justice, equity, and fairness, cutting across race, region, and ideology. Integrating gender and diversity into decision making processes is essential. When gender equality becomes a fundamental aspect of mainstream development, it paves the way for more inclusive and equitable progress across all sectors of society.

Peace

Understanding a peaceful existence as one of the consequences of equality led us to explore what peace really means. In common parlance, peace is often used as the antonym of war. This oversimplification overlooks a broader aim of human existence:

to live in harmony with each other, both with the animate and the inanimate, and therefore to live peacefully. Our goal is to reclaim the true meaning of peace and realign our understanding of how it can be achieved.

To uncover the root causes of societal conflicts, we must examine our own shortcomings in communication. Recognising the difference between the mere absence of war and the true achievement of peace is crucial. Peace requires valuing each individual's importance without disregarding their unique distinctions.

Although the pursuit of peace is a global priority, efforts often fall short due to a lack of genuine understanding of what peace entails. Acceptance of diversity and differences is fundamental to achieving lasting peace. True peace is found at the intersection of our ability to co-exist with others and our ability to live harmoniously with ourselves. While violence can temporarily end conflict through oppression, it never leads to genuine peace. Establishing peace is merely the first step; the ongoing challenge lies in learning how to sustain it over time.

Invisible violence, such as systemic oppression and discrimination, often claims more lives than visible violence, yet it remains underacknowledged. By addressing these multifaceted aspects of peace and conflict, we can work towards creating a more harmonious and understanding society. This requires a concerted effort to improve communication, embrace diversity, and sustain peace through continuous learning and adaptation.

Environment

Once we have understood the art of being well, achieved the mindset that shuns discrimination and promotes equality, and reinterpreted peace for ourselves and those around us, it becomes important to address the animate and the inanimate with equal focus. Our world and the environment are more than a collection of resources made available to serve our exponentially growing needs—an understanding that has eluded humanity for centuries. In 2024, it is unfortunate that we still have not grasped the fact that the resources provided to us are finite and that our lack of cohesion with the environment is not sustainable.

Despite our remarkable economic, social, and scientific advancements, we must acknowledge that our intrinsic connection to nature is where we truly find peace. Addressing the climate crisis effectively requires decentralisation, enabling localised and tailored approaches to environmental challenges.

Solving the climate crisis is not about assigning blame but about taking collective responsibility. We must recognise how our pursuit of comfort and convenience impacts the environment and take steps to mitigate these effects. Change must begin within us if we hope to effect meaningful change in our external environment. The disdain with which we treat our environment is a direct consequence of the mindset that develops from the lack of well-being, equality, and peace in our lives.

Climate change is not a novel issue; its accelerated pace is the critical concern. Therefore, our response must be equally swift and united. Solutions focused merely on substituting one activity for another without reducing overall activities fall short

of addressing the root causes of climate change. Viewing plants as sentient beings highlights the ethical implications of deforestation, framing it as a violation of rights. By embracing these principles, we can foster a more sustainable and harmonious relationship with the natural world, ensuring a healthier planet for future generations.

Hygiene

When an individual embarks on a difficult and strenuous journey, the biggest casualty is often their attention to habitual actions, including hygiene. Consequently, we end up weakening ourselves both directly and indirectly at a time when we need to be at our strongest. While the choice of living a hygienic life may be non-existent for many due to societal inequalities, for those more fortunate, maintaining hygiene is crucial. Hygiene stands to protect us from material harm from the external environment and is essential for overall health.

The state of our internal world often mirrors the external; disorder within reflects disorder outside. Acknowledging this, we must confront the paradox that our current understanding of cleanliness unfairly deems those who clean as inherently dirty. Hygiene should be deeply ingrained in our value system due to its direct impact on health and well-being.

Sustainable hygiene practices are essential for protecting the environment and conserving resources. Personal hygiene cannot be fully achieved without a commitment to community hygiene. Discipline is a key skill associated with maintaining hygiene; mastering it in this context can extend its benefits to other areas of life. Viewing community hygiene as a collective responsibility allows us to create a shared identity that is greater than the sum of its parts.

By embracing these principles, we can foster a healthier, more cohesive society. Understanding the profound connection between our mental and physical environments, and promoting sustainable hygiene practices, can lead to a more harmonious and thriving community. Our actions towards leading a hygienic life directly impacts the ability of others around us to do the same, reinforcing the importance of collective responsibility.

Nutrition

Our limited understanding of nutrition stems from neglecting the intricate bond between humans and the natural world. Nutrition is deeply rooted in localised human-nature ecosystems, and we must move away from generalised approaches to nutrition.

Our bodies are the best judges of our nutritional needs, and a lack of proper nutrition often reflects a disconnect in understanding and communicating with our own bodies. Efforts to eliminate hunger must avoid becoming mechanical; instead, we should recognise that both nutrition and hunger can be addressed collectively with a more holistic approach. Nutrition reinforces the strength of our physical and mental immunity, focusing on our interactions with the external world and ensuring balance between the external and internal environments.

The commodification of nutrition has led to deceptive and distracting practices by those seeking profit, highlighting the need to recognise and counteract these influences. We must accommodate the unique needs and capabilities of diverse bodies rather than adhering to rigid food and nutrition regimes. Viewing human physiology as a dynamic and lifelong process allows us to acknowledge its capacity for change and adaptation.

Prioritising nutrition involves respecting nature and avoiding the illusion that we can overpower it. Our ignorance about nutrition is closely linked to our increasing detachment from nature. Each region's soil, water, and climate play a crucial role in determining the most suitable sources of nutrition for its population, and these natural determinants must be respected and preserved. By embracing these principles, we can foster a more harmonious and sustainable approach to nutrition that honors our intrinsic connection to the natural world.

By understanding the profound connection between nutrition and the natural world, and promoting sustainable nutrition practices, we can enhance health and well-being at both individual and community levels. Our collective actions towards better nutrition directly impact how we view and support the nutritional needs of others, reinforcing the importance of a holistic approach to well-being.

Education

Education today is often seen as a prerequisite for employment, with employment being the end objective of education. However, education is much more than just acquiring qualifications for a job. It is a larger construct encompassing both the assimilation of knowledge and its dissemination. Education is relevant to all our goals, ensuring they are better understood, researched, and explained to everyone, both young and old.

Every individual, simply by existing, has the potential to teach and contribute to the learning of others. The availability of resources does not guarantee education, and their absence does not necessarily hinder it. This perspective encourages a more inclusive and adaptive approach to education, where learning is recognised as a dynamic and multifaceted process accessible to all, regardless of circumstances. By embracing these principles, we can foster a more inclusive and holistic approach to education that prepares individuals to contribute meaningfully to society.

Effective teaching comes from setting an example rather than providing mere instruction. Embracing various forms of learning enhances our capacity to be lifelong learners, extending beyond the confines of formal education.

True education cannot be achieved through pre-determined goals; genuine learning is a continuous and evolving process. Standardising qualifying scores across disciplines can help eliminate artificial hierarchies and promote a more holistic approach to education. Uniform evaluation criteria often hinder a true understanding of student progress, as they fail to capture individual learning journeys. Traditional, orderly education does not fully prepare students for the complexities and unpredictability of the real world. Learning happens at unpredictable moments; thus, consistent effort and engagement in education are paramount.

Employment

Employment must be viewed collectively as a means to accomplish the tasks necessary for societal flourishing, ensuring that these tasks are distributed fairly. Every task has a societal impact, and ignoring this can lead to irresponsible employment practices. Modern 'headcount-driven' companies often fail to recognise the personal lives of employees, leading to a form of dehumanisation that is prevalent today.

The socially constructed link between age and employment undermines the limitless potential of individuals, and addressing the social status attached to employment is essential for reducing inequality in modern societies. By adopting these principles, we can foster a more inclusive, equitable, and fulfilling approach to work and employment, enhancing both individual well-being and societal progress.

Rather than striving for a work-life balance, we should aim for holistic life management, which allows for better control and integration of all aspects of our lives. Discriminating between different types of work can lead to a societal preference for unemployment over jobs that are looked down upon, undermining the dignity of labour.

Working solely for financial gain ignores the significant portion of life spent at work, which can ultimately defeat the purpose of earning money if it compromises our overall well-being. Employment should be pursued with our well-being in mind, rather than being treated as a standalone necessity. Employment is not merely a means to earn tradable currency; it is any action undertaken in furtherance of our responsibilities towards ourselves and the collectives we are a part of.

Interconnected Pathways to Progress

The principles outlined in this section are not meant to be taken as absolute truths but as guiding thoughts to inspire further reflection and action. The eight goals we have identified are interconnected and provide a framework for creating a fairer world. Whatever your goals may be, and whatever may be relevant at any given point in time, we hope that these ideas will stimulate your thinking and guide you in the direction of achieving a fair world, our fair world.

Our world is for all of us, including those with whom we disagree.

-Ramit Singh Chimni

“Well-being is cultivating shared happiness and empowering everyone to reach their full potential.”
“Well-being is not a destination but a continuous process of self-discovery and improvement.”

WELL-BEING

1. We must recognise that every action or inaction – regardless of our intent – contributes to our well-being and the well-being of those around us.
2. To truly improve society, we need to aim higher than just our day-to-day well-being and move towards proactively creating conditions for a collectively happy society.
3. While survival is the foundation of well-being, the pinnacle of well-being is self-actualisation.
4. Enforcing a uniform definition of well-being is akin to expecting every individual to like or dislike exactly the same things.
5. An individual who does not understand their own well-being can rarely contribute to the well-being of others.
6. Well-being is not the absence of all conflict or challenges; it means that we have the internal and external capabilities to effectively deal with them.
7. The well-being of a community directly correlates with their ability to progress and make better decisions.
8. Prioritising certain aspects of well-being over others does not lead to progress but merely shifts to another form of ill-being.
9. The consistent failures of individualistic societies, conversely, prove that contributing to others' well-being inevitably enhances our own well-being.
10. Well-being is a result of recognising that there are always multiple choices available, and that there are always skills that can be developed to make the best of those choices.

WELL-BEING

It is an employer's responsibility to ensure that the working conditions they are providing are not negatively impacting the health of their employees. They need to be good listeners when it comes to the needs of the employees and should strive to strike a balance between work and well-being.

Nandini Arora
TFP 2023

Women and girls make up the majority of the world's craftsmen and garment workers, the majority of whom get far less than a living wage, constantly endure horrible working conditions, and live in poverty. Most work long hours, often six or seven days a week, and there have been complaints of burnout and physical inability to work through their thirties.

Kriti Girish Sharma
TFP 2022

Ensuring that all individuals and institutions are integrated into an ecosystem, that aims to dismantle the taboo nature of this subject, so that mental illness is no longer seen as a personal problem, but support is provided at both the individual and the systemic level.

Lavesh Singh
TFP 2020

It is important for us to make sure that mental health is not just that compulsory workshop in educational and work settings, but it is more of a regulatory process to engage in active conversations about mental health and well-being.

Srutakeethi Bhagwath
TFP 2021

As a person who has struggled with anxiety and depression now for years, I cannot go on thinking that something is 'wrong' with me. We deserve better.

Munazah Shakeel
TFP 2021

Employers always have an upper hand over the employees in terms of resources and power. There is always room for more engagement, and employers are responsible for trying to find solutions and improving the well-being of their employees.

Shruti Jain
TFP 2023

For a generation that is so addicted to technology, social media and smartphones, we do pay a lot in return for it, in terms of our mental health, in terms of our social connections, even in terms of actual neurological changes in our brain, there are a lot of consequences. It is important to make sure that we are okay with being by and with ourselves, and that we don't turn to technology as a way because of our fear of being with ourselves. Now you might be just passively scrolling on your phone, but what you don't realise is, more often than not, you come out of it with higher anxiety, lower self-esteem, increased loneliness and the list goes on and on.

Sona Solgy
TFP 2022

The need of the hour is to promote and develop point of consumption techniques, that are affordable and available to be installed, and fulfil the basic necessities of slum dwellers. Because at the end of the day, they are also humans and water is crucial for their survival.

Manas Harjai
TFP 2020

WELL-BEING

We live in a fast-changing world where political, economic, and social conditions are changing at a rate faster than what a human mind can comprehend. Our community care programmes should be flexible enough to adjust to such changes. The major hurdle in the path of providing mental health services to the community lies not in the purse but in our minds and that means we have to get rid of the societal notions and stigma around mental health. The mental health scene in India in the 21st century is based on asymmetrical distribution of scarce resources, the huge and unsustainable levels of over-population.

Ashish Shinde
TFP 2021

True progress in well-being lies in considering both objective circumstances and subjective experiences. This includes ensuring individuals have the means and freedom to achieve their potential. Striving for holistic well-being demands addressing basic needs before societal aspirations.

Alisha Mehra
TFP 2024

When we start normalising having conversations regarding sexuality and gender, connecting it with respect consent, safety, and love, we are working with a chance that this generation will make for healthier choices.

Leonard Antony Rodrigues
TFP 2020

The ratio of healthcare centres to villages is low. Their role is important because it offers culturally competent primary health care and bunch of other services regardless of patient's ability to pay at a sliding fee scale.

Kuriakose Simon Puthanangady
TFP 2020

An employer can be expected to provide a safe working environment where each individual is respected and where the fundamental rights of the employee as an individual are not put at a risk.

Sai Kalyan Meghavath
TFP 2023

Implementing a developmental agenda at a suitably large scale runs into problems when the group's actions affect individual ambitions differently and often inevitably. It is indeed as they say, there are always winners and losers. But it also just so happens that many disadvantaged remain trapped in their vicious cycles, and some privileged continue to solidify their places in society.

Omkar Balel
TFP 2023

I believe both public and private dealing with the individual walks hand in hand i.e. solely depending on either of them will create problems and make things unmanageable. Therefore, public outreach should be used to reach out to people while conversations should happen privately. Timely intervention is subject to perspective. For some people, it can refer to intervening before something wrong happens, while for some, it can be before the whole issue starts. Therefore, mental health assistance walks a tight rope between timely intervention and becoming a trigger.

Vaanchhit Varshney
TFP 2021

The answer does not lie in deflecting the responsibility of well-being from the employer but strengthening and widening our understanding of how well-being can actually be ensured by them and the structures at our disposal. While some organisations will put well-being practices in place for productivity, regardless, I still believe change can be brought about, even in these environments. At the very least, access to well-being practices must be provided by the employer.

Eshita Razdan
TFP 2023

“Gender equality is achieved not by imposing uniformity but by celebrating diverse identities and experiences.”
“Gender equality is not just a goal; it is a fundamental principle of a just and equitable society.”

GENDER EQUALITY

1. To solve for equality of any kind – including gender equality – we need to also understand the relationships, contexts, and circumstances within which this equality is needed.
2. Learning about gender and gender equality should be pervasive, so that conversations about gender equality can be universal.
3. For human beings to achieve their full potential, we need contributions from all genders, equally and without restrictions.
4. Since gender is a part of our identities, no identity can be truly safe and celebrated until gender equality is achieved.
5. Gender inequality is the most universal form of discrimination; solving it can create a ripple effect that removes other forms of discrimination.
6. To reach a world where gender-based discrimination does not exist, first we need to actively engage with gender issues.
7. When gender equality is seen as an issue of a single gender, it is easy to lose out on seeing the benefits it has for all members of the society.
8. Our policies can merely create the environment and structures conducive for gender equality; the imperative of animating these structures is on us.
9. Gender equality sparks conversations about equality, equity, justice, and fairness across society, transcending race, region, and ideologies.
10. If gender and diversity can become a parallel factor in group decision making, gender equality will become a parallel factor in all mainstream development.

GENDER EQUALITY

Equity generally refers to people and providing them with equal opportunities in workplaces, communities, as well as education - so this is where gender equality comes in, when we provide our girls with equal opportunities to educate themselves, we're giving them better chances to succeed in life, which will eventually prove better for everyone in the future by providing them with equal opportunities, as we are optimising the quality of their life and also of those that will follow.

Khushi Tambi
TFP 2022

As a woman, especially as a woman in India, you have to make a very difficult choice between, either standing up for your rights or conforming to the discriminatory practices. The practices that we take up then are very self-deceptive in nature and because of that we make statements like, "It's not as bad as other women", or "It's not that bad, it could have gotten worse."

Andrea Mary Cardoza
TFP 2020

Why are we speaking about this topic, gender inequality, journey from stud to slut? The answer is, one (stud) is used in an informal sense and the other one is an offensive term (slut). One of the concerns and criticisms to come is, are we generalising? ...we realise that this is Sexual Double Standards (SDS).

Krish Chowdhary
TFP 2022

Setting priorities becomes imperative in achieving gender equality. It is a process that proposes the idea of equality without any base facets in humanity. For us to achieve that, for the time being, the goal might end up seeming like exclusionary, only to the parties who are usually not discriminated against.

Akrati Mehrotra
TFP 2024

Gender in my opinion is already a very segregated concept, and when we choose to institutionalise the segregation, what we are primarily doing is we're internalising these segregations.

Vanshika Rajan
TFP 2023

Resources are limited, and in problems as complex as the goal of gender equality, focused allocation of time, effort, and such toward the most pressing, urgent, and impactful areas/issues is imperative. By identifying and addressing key areas where gender inequality is most pronounced, such as in the workforce or political representation, and boiling it down to the most micro level possible to create grassroot-level change, it is possible to create a powerful ripple effect. The momentum of success would also help.

Ritvick Khanna
TFP 2024

Once women are independent, they will have a stand of their own, they will be valued and can question the injustice, which will ultimately lead to breaking the shackles of domestic violence, sexual harassment, and definitely a lot of other social economic issues. Thus, the root cause of obstacles that women face today, is the lack of education, which leaves them ultimately in a vicious cycle of mistreatment, violence, and poverty. The problem is that women even today come with a blueprint of being caretakers and men as decision-makers.

Akphan Behera
TFP 2023

As an Indian citizen, I feel that Indians tend to believe in culture and religion…and education of girls is a challenge in India, compared to boys. Parents often do not want their daughters to be educated with boys (in the same class), as she will become 'uncultured'. Under the system I propose, another benefit of segregated education would be combating this challenge, parents will be more likely to send their daughters to school. This will lead to overall increase in education of girls, leading to the larger goal of women empowerment.

Aasif Ali
TFP 2020

GENDER EQUALITY

Being a woman in a society that embraces and perpetuates sexism adds significantly to one's difficulties. The lack of control over one's life, constantly being observed, feels like a recurring nightmare endured daily. It's frightening to process these experiences, knowing they'll persist and become an inseparable part of one's life. This constant struggle embodies helplessness and powerlessness. It also reveals how systems wield power and authority over both societal structures and individual lives. This negative effect extends to mental health, leaving lasting marks. It chips away at self-worth, diminishes confidence in social interactions and in expressing diverse perspectives, and hampers acceptance of individual viewpoints and unique perspectives on the world.

Anam Asif
TFP 2023

Setting priorities is imperative because it helps us to envision and achieve our long-term goals from the dimension of gender equality. "To make the change, we might need to force the change." Initially some groups might be excluded due to priorities but that is only in retrospect to realise that we lay stronger foundations to make it more inclusive.

Bushra Parveen
TFP 2024

Several studies done in Scandinavian nations on gender equality show that there was a correlation of 0.7, (highest correlation to be ever found) suggested that as societies get more wealthier and more egalitarian, accounting for all the social constructs in societies, the biological differences between men and women will be maximised.

Ishan Agarwal
TFP 2020

Caregivers and homemakers should be paid financially via the partner's salary or the government/ state, so that their work is not taken for granted and they receive the dignity that other employees do in their respective workplaces.

Michelle Regis Patrick
TFP 2024

Stigma surrounding women's health, especially in areas of menstruation and sexual and reproductive health are often shrouded in secrecy and silence, making women feel embarrassed and ashamed to seek medical advice. They may also be subject to a lot of judgement or ostracization if they discuss certain problems openly.

Anam Asif
TFP 2023

We tend to overlook the fact that gender is a socio-culturally determined identity whereas sex is biologically determined. Therefore, it can be said that societal roles have confirmed our gender roles and identity. This process is called gendering which not only directs and forces us to be masculine or feminine, but it also influences our day-to-day choices.

Charu Damor
TFP 2023

While in cinema the strings are in the hands of directors and the story is defined by the scriptwriters, the world stage is not a puppet show. There is no director; it is the individual player who defines and plays the role. Men and women deserve equal space, respect, and representation. While this is not a reality yet, there has been some progress with successful women leading narratives. The Bechdel test is one such measure of representation of women in film and other forms of fiction, where at least two women are featured speaking to each other about something other than a man.

Lucky Kaushik
TFP 2023

In the process of prioritising, someone or the other will be excluded for the time being as it is very obvious that if I am choosing one, I am not choosing the other at that time. It's like one of your babies is already up on the ladder, so you'll pick up another baby and put her with him first and only then you'll pick the other baby up. It will be an ongoing process until all the babies are together at the same level. Thus, prioritising becomes important because if we'll try to lift all the babies together at the same time, some or the other might fall down. So actually, the other end of prioritising is not exclusion, but just a waiting queue.

Naina Sharma
TFP 2024

“Peace thrives at the intersection of our ability to co-exist with others and our ability to find solace within ourselves.”
“In a peaceful world, diversity is celebrated, not feared.”

PEACE

1. To understand the root of a conflict within society, we must look at our own inabilities to communicate effectively.
2. We must differentiate between our definitions of absence of war and achievement of peace.
3. To achieve peace across each level of society, we need to equate the importance of each being without trying to equate their distinctions.
4. Despite achieving peace being a global priority, we have never truly understood what gives us peace and hence, our efforts towards it remain inadequate.
5. Acceptance of diversity and differences is the cornerstone of achieving peace.
6. We can often find peace in the intersection between the ability to live with each other and the ability to live with ourselves.
7. Violence has the capacity to end conflict, but by oppression, never by peace.
8. Establishing peace is only the first step; the next is learning how to sustain it.
9. Invisible violence claims more lives than visible violence, yet we often fail to acknowledge it.
10. Peace appears differently in every context; the real challenge is whether we can truly see it.

PEACE

India is a large country where people from different religions and communities live side-by-side. Unfortunately, this traditionally peace-loving country is sometimes plagued by communal problems, it all happens because some fanatical zealots, indulge in acting against the people of other religions; the alarming rise of fundamentalism is a great concern to the nation, almost all the states suffer, owing to religious or ethnic intolerance.

Muskan Gambhir
TFP 2020

Diversity can lead to both peace and conflict, depending primarily on power dynamics and the availability of basic human rights for everyone. For diversity to foster peace, a mindset of acceptance and empowerment is crucial. Without this, diversity can be exploited by colonisers and politicians who harm the social fabric of a society.

Syeda Areeba
TFP 2024

There are two steps towards achieving peace: the first step is knowing that peace is crucial for us, and the second step is realising that we ourselves hinder its existence.

Rose Thomson
TFP 2024

I think all of us should be on the same plane where we are able to get a better view of the similarities and connections among all the units in the system or everyone in the society, because I think that will enable us to engage better in a much healthier manner.

Nimmy Babu
TFP 2021

Studies show that as women become more economically independent, they become more prone to violence.

Namit Mahajan
TFP 2021

Governments often try to simplify the management of diverse societies by promoting a single, unified identity. This approach can suppress the natural expression of diverse identities. The assimilation policies in various countries, such as the banning of indigenous languages in schools or forcing minority groups to adopt the majority culture, are attempts at creating uniformity. Suppressing diversity can lead to greater conflict because it ignores the legitimate needs and identities of different groups.

Parwinder Kaur
TFP 2024

Being a gender rights activist, instances have often brought me a series of thoughts, to battle and confide in. The most complex ones, by far have been, how can we minimise the conflict between cultural practices and empowerment, or how can someone embrace change while holding on to their tradition or does change always come at the cost of giving something up. These questions are so delicate that it is very difficult to reach definite answers.

Simran Anand
TFP 2022

Nationalism has caused two major world wars in the past and is indeed a danger for the future of the human race. We need to refine the moral education, in order to combat the dangers of hyper-nationalistic ideas, which is based purely on violence and bloodshed.

Aasif Ali
TFP 2020

PEACE

The concept and agenda of peace has always been a matter of great discussion. There is positive peace, which is cooperation and integration, and there is negative peace, which is reducing war. But overall, peace has always been understood as reducing and eradicating conflict, completely accepting, that conflict is the very nature of humanity. It is what brings about evolution.

Reeba Rahman
TFP 2024

As times got darker and situation became grimmer, the distrust between us citizens and the state grew as well. We no longer had faith in the leaders who were accountable to us. Hence, we citizens had to come together in solidarity and work towards fighting the crisis.

Anushka Raghava
TFP 2021

Crowd analysis is one of the dangerous aspects of AI which shows the extent to which AI can police social and political revolution in cases of social and political unrest. It has the potential to perpetuate discrimination.

Simran Kaur
TFP 2021

Peace is contextual. It's also transient in nature. Peace seems to be more about the balance of power and that doesn't really mean a share of power that is 50/50, rather it seems to be about getting what one deserves or what satisfies the thirst of the conflicting parties.

Bushra Parveen
TFP 2024

Isn't it surprising how different people view different fights, conflicts, wars from different angles and build their conclusions? I was amazed too. Because my own statements have been perplexed, are confused, but yet diverse - just like my thinking.

Kritika Bishen
TFP 2021

Rajouri Poonch today isn't inflicted in means which is visible in Kashmir, though it has its own history of violence and separation. My grandparents and parents went through the violent stages, and it is us, while living most of our lives outside Jammu and Kashmir, who are enduring it in a passive-aggressive fashion, playing psychological games while simultaneously dealing with where our identities lie.

Aatika Fareed
TFP 2022

Diversity creates peace by fostering understanding, reducing prejudice, and promoting collaboration. When we embrace diverse perspectives, we gain a richer understanding of the world and the people in it. Schools with diverse student bodies often report lower levels of bullying and higher levels of empathy among students, as exposure to different cultures reduces fear of the unknown. In the workplace, diverse teams bring a variety of ideas and approaches, leading to innovation and mutual respect.

Madhvi Yadav
TFP 2024

For a long time, the pursuit of peace has responded to emotions; it's time it responds to needs. Peace in the 21st century demands a shift from traditional models to a people-centred approach, prioritising human security and sustainable development.

Alisha Mehra
TFP 2024

“The onus of sustainable planning for future generations rests first with our community, and then with the state.”
“Our survival depends on learning to live in harmony with nature, not in dominance over it.”

ENVIRONMENT

1. Despite all our economic, social, and scientific achievements, we must acknowledge our intrinsic connection to the natural world, which is where we truly find peace.
2. Decentralisation is the most effective way of combating the climate crisis.
3. The climate crisis cannot be solved by pointing fingers, but by assuming responsibility for it.
4. We must acknowledge the impact of comfort and convenience on the environment.
5. To affect change in our external environment, we much first affect change within us.
6. Climate change is not a new phenomenon; the key issue is its accelerated pace hence the solution lies in accelerating our collective efforts towards protecting our environment.
7. Solutions that focus on replacing one activity with another instead of reducing the number of activities, cannot solve for climate change.
8. Considering plants as sentient beings makes deforestation akin to a violation of rights.
9. To preserve the environment, we must recognise our delusion of control on nature, and accept our denial of dependence over it.
10. We must overcome our fear of change to enhance the effectiveness of our climate adaptability.

ENVIRONMENT

The nature of capitalism makes it challenging to prioritise environmental sustainability over economic growth without systemic change. By integrating emotional engagement with practical strategies and advocating for a shift in our economic system, we can tackle environmental challenges more holistically and effectively, paving the way for a sustainable future.

Michelle Regis Patrick
TFP 2024

Emotions must be used to protect the crucial in-danger aspects of the environment but a problem with so many variables should not have a single answer or mechanism. We need pragmatism and science as much as we need the emotional appeal to counter environmental change, which will be paramount in the future and is paramount for many countries, especially the Small Island Developing States (SIDS).

Aditya Nohwar
TFP 2024

From what we have in our hands right now, and from the information given by scientific research, renewable energy technology is still our best-case scenario, but what is non-negotiable is following the same unsustainable path in using this technology like we did with the fossil fuels.

Banashree Thapa
TFP 2020

We are specks in the grand scheme of things, for if the earth exists, we do, but not the opposite. I think it is pretentious to assume environment shall adapt to our innovation when it's the exact opposite for me.

Laksh Sharma
TFP 2021

The fact that we consider human lives to matter more than animal lives are on the basis of arbitrary criteria that we perceive to have moral significance even though we can't actually prove that it does.

Aayana Rai Bhojani
TFP 2021

In order to create more jobs, attract investments, and lift people out of poverty, the governments have sacrificed our environment. It could be observed that the increase in population in India is directly proportional to the environmental deterioration and therefore, we must manage population of homo sapiens smartly with farsighted policies.

Omkar Lohar
TFP 2020

One can see the impact of climate change on various countries, starting with small island nations in the South Pacific, such as the Kiribati Islands. These nations are about to get submerged in water due to the increased sea level caused by climate change. The people living in these regions are being forced to migrate to safer areas, creating a refugee problem. This is how the climate change crisis is responsible for creating new population migration trends.

Vaanchhit Varshney
TFP 2021

We've seen the democratic decay and the planetary danger posed by putting so much money in the hands of a few. For the super-rich, a few minutes spent experiencing weightlessness and viewing the curvature of the earth could leave humanity footing an ever-larger carbon pollution bill.

Shifa Negi
TFP 2021

ENVIRONMENT

The idea of success needs to be redefined for unifying food and nutrition. There are multiple stakeholders who are in power or have a direct influence at various levels of food production, distribution and so on. For these reasons, success at an individual level must be redefined, if one is thinking in terms of success as an economical growth, but also, it is simultaneously related to well-being of oneself and others. Additionally, education can play a great role in defining how food and nutrition are understood. A kind of knowledge around the idea of food and nutrition should be made a primary concern since early education.

Manvendra Singh Thakur
TFP 2022

I realised that we don't have the silver bullet to take a shot and solve the whole environmental problem because we are the cause of it. We don't take responsibility as a team, and capitalists over-exploit all the natural resources without control, corruption, and bribery. One of the main reasons why these things happen, it is because people work under all the terms to get income and to keep their family stable in the society. Thus, not realising that the impact that is happening around them.

Gokula Srinivasan Selvam
TFP 2021

Why is our carbon footprint so high? Well, it's very simple, because we all want a higher standard of living, and this is mostly obtained by deteriorating the environment in which we live in.

Kritika Namesh Khandelwal
TFP 2022

While we are acknowledging that technological and industrial advances have allowed for progress that would otherwise have been unthinkable, it is now time to think about our ability to protect it, because the environment is not solely ours and the onus is not on the environment to heal itself, but on us who have made the environment worse.

Rishika Rastogi
TFP 2021

To keep the environment clean, you have to get your hands dirty. Teach the kids that cleaning their toilets, classrooms, etc. is a duty.

Reeba Rahman
TFP 2024

We also see a world making choices between life, survival, and environmental damages and for some reason, always prioritising and choosing life of man over longer life of nature. In this context, as much as I strive to be conclusive, I will hover around the rhetorical question, "IF I have the choice and if at all, how real is it?" If what I choose is truly the best solution or just the best out of the limited alternatives, and how easy is it to prioritise environment at all levels.

Diksha Shivani
TFP 2021

If we keep all the views, thoughts, and opinions within the same vicinity, then we can visualise that everything is complimentary to each other, i.e., some way integrated and subsidiary of a bigger bubble – proliferation of safe and secured life, whether it is collectively or individually. Reports published by IPCC, WHO, UNICEF, FAO, everyone is running on the dice of keeping their facts as transparent and accountable as possible so that people's vision can be enlarged, and the society starts to perceive a Common But Differentiated Responsibilities (CBDR) at a micro level. Data ranging from malnutrition to plastic pollution, diseases across Least Developed Countries (LDCs) to marine ecosystem, states that a need of the hour is "save the planet if you can, the creature responsible is only man."

Hardik Pathak
TFP 2022

Creating sustainable supply chains will likely require changes in both the 'what' and 'how' of providing value and complete rethinking of what value means. This will require changes in both practices and supply chain business models. Change always requires incentive both from the companies to make supply chains sustainable and for the customers to buy products hence produced.

Sudha Yarabolu
TFP 2021

“Clean minds create clean spaces, and clean spaces nurture clean minds.”
“Our commitment to hygiene reflects our respect for ourselves and our community.”

HYGIENE

1. Hygiene and psychological health, usually go hand-in-hand. Disorder inside is disorder outside.
2. We must acknowledge the paradox that our present understanding of cleanliness deems cleaners dirty.
3. Hygiene should be a part of our value system considering its direct impact on our well-being.
4. The absence of visible waste does not equate to hygiene.
5. Our understanding of hygiene is often influenced more by popular perception than by facts.
6. Even though there is no logical link between social groups and potential for hygiene, societal perceptions about hygiene can fragment society.
7. Sustainable hygiene practices help protect the environment and conserve resources.
8. Maintaining personal hygiene is impossible without striving for community hygiene.
9. The closest skill associated with hygiene is discipline – if we are able to practice discipline with respect to hygiene, we will be able to use this skill everywhere else as well.
10. Community hygiene, when seen as the whole, helps us in creating an identity that is much bigger than the sum of all our identities combined.

HYGIENE

Traditionally in India, there are many women who use rags, old cloths, husk, leaves, dried leaves during their periods and it's very unhealthy. As a result, there have been initiatives by the government, by civil society to bring about some sort of change to better menstrual hygiene practices. Most menstruators in a country like ours that is typically patriarchal, cannot make financial choices in the family. So, a lot of the finances are outside their purview or their decision making.

Mehr Puri
TFP 2023

Scrutiny will exist in a dialectical nature between an individual and their community, because everyone has the space to question or oppose a certain practice. However, it is important to note that in this dialectical relation, the idea of what is hygienic practice, will keep on evolving, expanding the scope of scrutiny. In my opinion, this evolving nature of habits is largely due to the subtle process of civilising mission which is flowing from the ruling elite class to lower classes in the age of growing consumerism.

Charu Damor
TFP 2023

What is needed is that people responsible for promoting hygiene, including us and the managers of community hygiene must act in unison to optimise the return from their efforts to promote personal and environmental hygiene together.

Shobhit Gupta
TFP 2023

Public private partnership in community hygiene, strengthening of multilateral organisations, and upholding national sovereignty to enact rights-based legislations for personal hygiene is needed. Finally, focus must be on building long lasting institutions/ norms for better linkages between community and personal hygiene.

Alyasa Abbas
TFP 2021

We really need to differentiate between necessary basic hygiene and luxury hygiene. The marketing industry has manipulated us to believe in the notion of self-care to the extent that it's self-sabotaging.

Izeen Fatima
TFP 2023

While personal hygiene is crucial and can motivate community hygiene, it must be approached with mindfulness and balance. Obsession with personal cleanliness can be detrimental, fostering selfish behaviours and environmental harm. For personal hygiene to effectively contribute to community hygiene, it must be practiced with a sense of responsibility towards the community and supported by local authorities through robust sanitation, infrastructure, and public health policies. This combined effort ensures that both individual and community hygiene are maintained, leading to a healthier society.

Prapti Chakraborty
TFP 2024

On one hand, when not obsessed over, but rather healthily integrated into one's lifestyle not as a personality trait but as a habit, personal hygiene becomes a key motivator and thereby a driving force for people to contribute towards the larger goal of community hygiene. Individuals who prioritise their cleanliness contribute to a healthier environment by minimising the risk of infections that can be spread through them as a vector or host. Most notably, such healthy focus on personal hygiene habits can inspire others to follow suit, creating a culture where cleanliness is valued and practiced widely, which, of course, builds community hygiene by focusing on producing more such 'atoms'.

Ritvick Khanna
TFP 2024

Scrutiny can be broadened to personal introspection where we take the step of scrutinising the products we use for our personal health and finding those products where switching to the environmentally friendly product is easier. Secondly, hygiene is two thirds of health. Compromising on hygiene means compromising on health. Self-care is not self-indulgence, it is self-preservation. To preserve our health, hygiene is of topmost importance.

Akphan Behera
TFP 2023

HYGIENE

Personal hygiene is inaccessible for some, and thus, some people benefit at the expense of others. Since people are self-preservative, they will do just enough to make sure of their own health, but not waste more energy and resources on other people around them.

Often, poor people bear the brunt of these activities - industrial landfills and waste is often being disposed of in low-income areas and they need to rely on other people's goodwill to have the political power to change that. Hygiene is, therefore, an individualistic concept that maximises some people's happiness over others.

Aayana Rai Bhojani
TFP 2021

While personal hygiene comprises of the most basic routines, yet it's inaccessible to individuals and communities that are forced to live in inhumane conditions. On the other hand, some people cannot just buy their personal hygiene but also ensure they're a part of a hygienic community. But for the majority ones, they prioritise their self and leave the community hygiene to be taken care of by someone who's responsible for it.

Bushra Parveen
TFP 2024

Hygiene as a profession must be accepted, regulated, and appreciated. Any person working in this field must be fairly compensated, in all aspects. They should have a proper, decent pay, security, a union, etc. One person or community cannot berate the other for their views and practices on hygiene, for culture must also be taken into consideration. But at the same time, a standard level of hygiene must be developed and practiced for a society.

Reeba Rahman
TFP 2024

Overall, striking a balance between personal privacy and public health is important. While it is generally not appropriate to scrutinise personal hygiene habits without a valid reason, there are situations where it may be necessary for the sake of public health and safety. It is crucial to approach these matters with empathy, respect, and consideration for individual rights and circumstances.

Alfiya Khan
TFP 2023

With hygiene, it all starts with the cleanliness of our bodies, our immediate surroundings, and then the community. It all starts with you and me.

Madhvi Yadav
TFP 2024

For the purpose of communising hygiene, the entire community needs to work towards a singular and uniform standard of hygiene. The efforts made by one individual must be made by all in order to contribute towards community hygiene. However, one must be mindful to ensure that such standards are not only available and accessible to the public at large but are also made affordable and reasonable towards every individual.

Assistance in this regard, can be redefined from a standpoint of evaluating and taking into account the background, the infrastructure available, the cost of living, and surroundings of a community. It is to be approached by a community by giving men and women equal opportunity.

Charmaine Mary Ferns
TFP 2022

Prioritising the individual over the community equates to the right-based approach, which fulfils the demand of liberation and inclusivity, where hygiene is one of many other domains. Although, for the individual, the awareness of individualism, liberation, or inclusivity must be carried out by every possible way through the strong independent community organisations, which works only for the stakeholders. All the stakeholders must ensure the active participation from all so that the community organisations don't just form any norm/practice but ensures a better approach through its participants.

Kshitiz Jangra
TFP 2021

If hygiene is a universal need, then why does it become the duty of a few? Often this attitude translates into an exclusionary practice wherein those working towards maintaining hygiene are bereaved of seeking gains of hygiene.

Srishti Gaur
TFP 2024

“Sustainable nutrition is about balance—respecting both ourselves and the planet.”
“Solving hunger starts with acknowledging nature’s nutritional design.”

NUTRITION

1. Our lack of understanding of nutrition is a direct consequence of neglecting the relationship between humans and nature.
2. Nutrition is a factor of localised human-nature ecosystems; we must stop generalising nutrition.
3. Our body is the best judge of our nutritional needs; we must see lack of nutrition as an inability to understand and communicate with our own bodies.
4. In our efforts towards ensuring zero hunger, we must not become mechanical and rather we must acknowledge that both nutrition and hunger can be solved collectively.
5. It is imperative to recognise that the commodification of nutrition has led to deceptive and distractive practices by those who seek to profit from nutrition.
6. We must recognise and accommodate the unique needs and capabilities of diverse bodies instead of adhering to strict food and nutrition regimes.
7. We must approach the examination of human physiology as a dynamic and lifelong process, acknowledging its capacity for change.
8. We must prioritise nutrition to respect nature and avoid the delusion that we can overpower it.
9. Our ignorance about nutrition is linked to how we are actively distancing ourselves from nature.
10. Each region's soil, water, and climate determine the source of nutrition that will best support its population, and this must not be tampered with.

NUTRITION

Most people believe that killing and eating animals causes them health benefits that they couldn't get otherwise. However, mainstream professional organisations such as the American Diabetes Organisation, UCLA Health Centre, among other state departments have suggested that a sound vegetarian or vegan diet can be perfectly adequate for human health and some even claim that these diets have significant benefits that you cannot get from animal products.

Aayana Rai Bhojani
TFP 2021

Vidarbha is a big region in India, comparable with a small European country. A big chunk of the people here are farmers and they grow rice in their farms. You will find that many of them have quintals of rice at home and yet they are hungry and malnourished, why is that? That's because you cannot just eat rice or wheat, you need vegetables or other forms of nutrition to supplement that. The farmers are dependent on others to derive nutrients from other sources.

Rupesh Vasant Bawane
TFP 2020

Nutrition should be a priority, and we all should find ways to implement a nutrition rich diet by educating people on the local ways of obtaining affordable nutrition.

Laksh Sharma
TFP 2021

I wholeheartedly believe nutrition is a more effective marker for progress because it directly leads to the well-being of a population, which in turn would eliminate hunger.

Aseema
TFP 2024

The consumerist narrative and capitalist culture around food must change for improving nutrition.

Ayesha Sherin
TFP 2024

It is estimated that according to the United Nations Food and Agriculture Organisation, 1/3rd of the food that is produced in the world directly ends up in the trash without being consumed. In America, it exceeds that as well — around 40% of the food ends up in the trash. If we were able to save all the trashed food and give it to everybody, we would be able to feed 1.8 billion people in the world.

Gokula Srinivasan Selvam
TFP 2021

It's about time for us to include nourishing foods in our daily meals, regardless of our socioeconomic circumstances, as food is one of the factors that influences health, and malnutrition is an indicator of the existing social disparities. With 828 million people still suffering from hunger worldwide, there is an urgent need to provide the masses with affordable, accessible, unadulterated, wholesome, and nutritious food. This can be achieved by boosting food security, integrating the food system from production to distribution, adopting a multisectoral strategy that brings the health, agricultural, and educational sectors together, and investing in domestic agriculture and the food sector.

Subhashree Pattanayak
TFP 2022

Having good relations with other countries would definitely imply assistance in times of trials, but it doesn't not guarantee at all times. As such, only a higher degree of self-sufficiency is beneficial along with good coordination between the rural and urban areas. Diplomacy can assist but cannot eradicate the problem of food insecurity since resources are scarce and every country would keep their needs first.

Sunaina Goldsmith
TFP 2023

NUTRITION

When the mind, body, and the brain are in optimal condition, then we have a being that has the capacity to have thoughts, and to make changes that count. I want to bring notice to diversity in our culture that introduces us to so many nutritional facts and how these indigenous plants not only cover the nutritional requirements but are environment friendly as well. Once this knowledge of local flora and fauna is understood, we will see how the microeconomy is dependent on it and how employment is dependent on it.

Madhvi Yadav
TFP 2024

I feel that diplomatic peace processes have been able to sustain food security, especially as a humanitarian concern. It is important to understand the two-way relationship of conflict and food insecurity. In this highly globalised world, peace issues and food insecurity in a location cannot be seen in isolation. However, imbalance of power dynamics, geo-politics and the social intersectionality are important lenses to understand diplomatic processes.

Anagha Ann Thomas
TFP 2023

Rather than always focusing on diplomatic processes, efforts must be put into expanding domestic production capacity and providing bread subsidies to poor communities to alleviate hunger and malnutrition.

Hridhu Lakshmi M.
TFP 2023

Progressing towards nutritional self-sufficiency helps achieve better standards of living and reduces the widening gender and socio-economic disparity.

Lakshmi K. Rajeev
TFP 2024

We should encourage self-reliance; this will allow people in rural areas to not to be dependent on others by growing their own food.

Rupesh Vasant Bawane
TFP 2020

Find yourself in a state of joy, in an unstructured place, in a space to find moments of enchantment and connection because we rip so much out of ourselves in the world every day that we forget that everything in the ecosystem around us plays- from the dolphins to the pollens, everything plays, and even within us lies an ecosystem that needs some sort of nourishment every now and then.

Bhavika Arora
TFP 2023

According to me, food and nutrition cannot be seen in isolation from one another and hence, one cannot be prioritised over the other. Equity needs to be central in our discussions surrounding food and nutrition. It is important to find local solutions and to understand that health and food are closely tied, and we need to strengthen those ties and increase climate resiliency in the food system. Also, we need to treat our farmers and local communities as partners and not beneficiaries as they have a lot of knowledge in this matter and know exactly what to grow in which climate without neglecting the aspect of nutrition. What we need to do is build a future where no one is left out. We need sustainable food systems, increase in access to healthcare, and nutritious food and where our lifestyle positively impacts others and the planet.

Shanavi Mangalorkar
TFP 2021

A high percentage of women may be anaemic, but looking across intersectionality of caste, class, gender, etc. we find that in most tribal regions of the country, SC and ST women suffer from sickle-cell anaemia, and it co-exists with regular anaemia. However, the state has failed to create a mechanism to test for these adequately.

Sriparna Sarkar
TFP 2020

“Learning is the heartbeat of personal evolution.”
“Learning happens in moments but requires constant effort.”

EDUCATION

1. Teach values by example, not by instruction.
2. Embrace diverse forms of learning to enhance our capacity to be lifelong learners, rather than relying solely on formal education.
3. Education with a pre-determined end seldom leads to true learning.
4. Standardise qualifying scores across disciplines to eliminate artificial hierarchies and promote the pursuit of holistic education.
5. Uniform evaluation criteria are counterintuitive to understanding student progress.
6. Strictly orderly education cannot prepare minds for our inherently disorderly world.
7. Recognise that the exact moment of learning is elusive; prioritise consistent effort and engagement in education.
8. Access to learning depends on the receptivity of our minds.
9. Every individual, by virtue of their existence, is a teacher.
10. Access to resources does not guarantee education, and the lack of resources must not prevent it.

EDUCATION

I believe that it is essential that we move from a system of peer-pressure learning to experiential peer-incentivised learning. Before making any kind of education available it is also important to understand the type of education that should or should not be made available in that particular situation.

Abhishek Jain
TFP 2022

In our (ideal) world schools do not have names — there is no private and public, school is just a school. It is in this big space that we can accommodate different needs of different children. School is a place where every child goes despite their background. Classroom is not limited to 4 walls, tables, and chairs. Based on what they are learning, learning spaces can be the garden, the lab, the stage, etc. Schools are not different, there is a similar place for everyone. Everybody is taught the same way.

Ayesha Sherin
TFP 2024

Unconventional education will change the world when it breaks free from the traditional and the status quo thinking, by separating education from employment, and enabling humans to use their imagination and experience life more holistically.

Rishabh Kumar
TFP 2020

Seeing education as a collaborative process with other agencies reduces the load on schools. Schools can't have all the answers or the burden of change, a more collaborative approach might help build a better ecosystem.

Manasvi Shah
TFP 2024

Education shapes our lives, but schools and universities aren't the only paths to get there. They're like training wheels on our lifelong journey of learning.

Karthika Sajeev Changam
TFP 2020

As we have witnessed, the irrational tunnel vision chase for economic gains has ruined our factory line-based education system, which oriented and modelled towards industry-like efficiency and less focus on nurturing individual talents and actually developing the holistic aspects of being human, which are in true consonance with nature. Hence, what we need is to bring these relational aspects into our education through a holistic perspective of disciplines where there is a union of four facets of a truly conscious mind: thinking, sensing, feeling, and intuition.

Sanjhali Jain
TFP 2023

"What does education give us anyway?" Education is either development itself, or a means to economic development. In the form of education, it leads a society towards scientific thought away from superstition and primitive ideologies, socio-political benefits like equality between genders also exist among other things; for example, statistically, an increase in literacy rate of women is associated with an equal decrease in child mortality rate, long-term social benefits of investment in education are large, and therefore an increase in education level can be perceived as well developed. But do primary stakeholders really care for this?

Amisha Kapoor
TFP 2020

Students, teachers, or humans in general, should not be limited or defined by a standardised system of metrics, applied blindly to everyone. A person's capability goes beyond that, and the education system should accommodate all types of individuals and give them a space that helps them flourish.

Mukaram Shakeel
TFP 2024

EDUCATION

There is a lot of effort being put in by organisations like ASER and Pratham on school education. But we need to do more with respect to establishing individual teacher accountability, or building tracking system that provides performance-based incentives and not just salary-based incentives.

Garima Agarwal
TFP 2021

A liberal education provides a multifaceted view of the world; it enables students to see beyond one perspective, encouraging them to understand others even if they don't agree. India's education system continues to be centred on a standardised and ambitious curriculum, where students are grouped by age instead of learning levels and high stakes board examinations.

Crystal Magotra
TFP 2020

When I think about education, I think, citizen centric governance can easily take place and actually deliver the effective results.

Devashish Saxena
TFP 2023

Despite the rise in access to education levels, there seems to be a commensurate increase in crimes associated with gender, race, ethnicity, etc. this reflects that there still exist problems in our education system.

Aasif Ali
TFP 2020

We forgot that science comes with the democratic principles of being for the people - are we teaching the art of science or the art of learning science?

Inayat Singhal
TFP 2020

Engineer is the tag that is attached to me for a lifetime after taking a degree of engineering. Now I have a question, am I able to get a job with this engineering degree with the engineering tag as well? Does every engineering college student get a job in their field, or do they have to change their career path to get employment? Now the word unemployment comes...if we ignore this problem then it will become the reason for the doom of the world.

Tarun Kumar
TFP 2021

A big portion of meaningful education is to train a student not only for learning but for living. Time management, the prioritisation of learning, punctuality and service are critical components in the 'real world' (Employment is fundamentally impossible without such characteristics, which standardised timelines help imbibe). Standardised timelines help hold schools, curricula, syllabi, and students alike. These clear expectations and transparent methods of assessment and timeline equalises the ground for everyone. It also helps to build discipline - the opposite of this is chaotic and to build a workforce that is not so.

Ritvick Khanna
TFP 2024

I believe that education is the key to all other SDGs. I know that this is a very bold statement and that it puts education above all other goals, but the reason I say so is simply because of the change in thinking education brings. As far as I understand, people who are educated have more willingness to take action.

Diya Arora
TFP 2022

“A society that values all forms of work builds a stronger, more resilient community.”
“A job well done benefits the individual, the community, and the environment.”

EMPLOYMENT

1. We must strive for holistic life management rather than work-life balance to maintain control over all aspects of your life.
2. When we start discriminating between different types of work, we lead those around us to prefer being unemployed than undertaking work that is 'looked down upon'.
3. When we work only for money, we ignore the fact that our life is primarily being lived during the time that we are working, which at times defeats the purpose of earning the money.
4. Our well-being has to be the reason for employment unlike when employment is often treated as an independent necessity.
5. The practice of choosing specific streams and careers limits human potential.
6. Employment must be viewed collectively as a means to do all the tasks necessary for society to flourish and we must ensure that these are distributed fairly.
7. Every task has a societal impact, and disregarding this is a major barrier to responsible employment.
8. Not recognising the personal lives of employees in most 'headcount-driven' companies is the modern form of dehumanisation which is currently rampant.
9. The socially constructed link between age and employment undermines the limitless potential of individuals.
10. The social status attached to employment must be addressed and improved to reduce inequality in modern societies.

EMPLOYMENT

9 to 5 employment has become a means of surviving and not living, even in comforts of the materialistic corporate world. There is contribution to the society in some way and there may be material well-being too. However, there is dearth of emotional and mental well-being in such spaces. On the other hand, many social media influencers who do not in any way contribute meaningfully to the society are getting rewarded and get the chance to live rather than survive.

Anushka Gaur
TFP 2024

The benefit of platform economy has particularly been from the point of being an employment equaliser. Within patriarchal societies, which generally guide most of the developing nations, women's uptake of work has largely been subject to how well they are able to cater to their gendered roles of work within their households. The platform economy has very well catered to this narrative as well because you can be self-employed while catering to your general responsibilities.

Ann Mary Biju
TFP 2022

I am convinced that it is the State's responsibility to provide a level playing field for everyone to realise their contributions to the society. It is essential for the society to be built on an agreement that contributions will be respected.

Abdullah Aftab
TFP 2024

In a utopian world, employment is not on the degree but in the calibre and the knowledge you have on a skill set. Where you are paid or get an employment in the first stage not because you have a degree, but because you are trained and knowledgeable enough in that specific skill set.

Madhvi Yadav
TFP 2024

It is due to this working culture of today's day and age that most aspirations are actually pushed aside to meet our immediate needs and to earn bread for our families.

Charmaine Mary Ferns
TFP 2022

Despite our earlier beliefs that education might end poverty, we now discover that poverty itself is a barrier to education. The real questions that then emerge are, if the children are actually learning in the schools, do all the children gain the required employable skill? So, it can be inferred that learning is not directly proportional to earning.

Subhashree Pattanayak
TFP 2022

Aside from mere economic upliftment, one of the benefits of this policy (Universal Basic Income) is gender equality. When both partners get same amount of money, it can lead to greater autonomy and self-confidence among women. The policy can also have a positive impact on migration in the long run. If workers are able to find basic means of sustenance, they may be open to the idea of staying in their home state and find forms of employment. It can also help to free the beneficiaries from debt traps and local landlords, leading to the economic stability of the village.

Amatullah Batterywala
TFP 2020

The white-collar jobs are still attributed to a sense of elitism, which in India can also be called a sense of Brahmanism, where the intellectual work is considered to be outside the capacity of people working menial jobs because of their presumed incapability based on our caste system.

Poshal Gyamba
TFP 2021

EMPLOYMENT

Imagine a student from a relatively underprivileged background going to high school. His progress comes at the expense of sleeping hungry consistently. Employment is impossible due to the time constraints and the eventual hope that spending a lot of hours now would give him higher income later. While both learning and earning is a need through this example, it does seem like there exists a trade-off between the two.

Amisha Kapoor
TFP 2020

Employment is a complex phenomenon that binds an average person in competing for livelihood that can offer their desired standard of living. The system largely doesn't allow pursuing purpose driven work for the society. But innately, every individual strives for an employment that earns a livelihood and allows for contributing meaningfully to the society.

Manasvi Shah
TFP 2024

Domestic workers are not covered by any labour laws and as a result, they're unable to access even their basic rights. Since it falls within the unorganised sector, it is not considered a skilled job or genuine work. The clandestine nature of the workplace means that domestic workers live in exploitative working conditions. There are times when they face a lot of hardships.

Kshitij Kumar Ojha
TFP 2023

We must all be vigilant with changing times and help in spreading awareness about financial education at an individual level. Although it may not seem much, it is in aggregation of our efforts that will help us become financially literate overall as a nation. Financial literacy today is just as important in life as the other basic skills.

Yuvraj Singh
TFP 2022

People who work in the informal sector are vulnerable to exploitation from their employers because of a lack of social protection and a lack of social security that they face.

Namit Mahajan
TFP 2021

All reports by organisations on gender equality in sports stop at equal opportunity and the opportunity to participate. While that is the first step in creating a level-playing field, I also believe that there is a need for creation of one's votes to ensure that women remain in this field and convert it into a well-providing career opportunity, which is possible only through creation of policies that ensure equal opportunity is effectively converted into equal pay.

Shivali Shankar
TFP 2020

As a spiritual person, employment goes beyond financial gain. It serves as a path to personal fulfilment, allowing individuals to utilise their unique talents for a greater purpose. Meaningful work enables one to express their gifts and contribute positively to others, nurturing a deep sense of purpose and connection to the community and humanity as a whole. When one's work aligns with spiritual values such as integrity, compassion, and personal growth, it creates a harmonious synergy where inner fulfilment and external contributions mutually enrich each other. In essence, employment becomes a journey of self-discovery and service, enhancing both personal fulfilment and the collective well-being of society.

Yatharth Garg
TFP 2022

Employment means more than just earning a living—it signifies identity, dignity, and a pathway to a better future amid challenges. Employers need to create a crisis intervention plan, develop protocols for responding to mental health crises and suicidal behaviour, ensuring that employees know where to seek immediate help.

Suraj Bansal
TFP 2024

THE JOURNEY
CONTINUES

THE JOURNEY CONTINUES

Our journey with The F.A.I.R. Project never ends. It does not conclude with a session or a programme. Every Changemaker continues to grow and learn. They impact the world around them.

We believe in constant evolution. Changemakers take their experiences and try to leverage them daily. They challenge the status quo. They strive for fairness in every decision.

The F.A.I.R. Project shows us the power of community. Connections made during the programme create a lasting support network. This community fosters dialogue, shares ideas, and supports one another.

Each year, the F.A.I.R. community returns to contribute. They bring fresh perspectives. They have applied the F.A.I.R. Methodology in real-world situations. Their experiences inspire new Changemakers.

Our impact is seen in actions. Changemakers start initiatives, influence policies, and bring about change. Their commitment to fairness drives them.

We refine and improve our methodology continuously. Feedback helps us adapt. We are committed to making The F.A.I.R. Project a living entity. It grows with each passing year.

The journey towards a fairer world is not straight. It is filled with challenges. But our Changemakers are equipped with the tools. They are resilient, compassionate, and determined.

We look to the future with hope. We envision a world where fairness is the norm. Our Changemakers are the torchbearers of this vision. They carry forward the F.A.I.R. principles in all aspects of their lives.

The journey continues. We invite you to be a part of it. Join us in making the world fairer, step by step. Together, we can achieve great things. Together, we can create lasting change.

OUR ALLIES

OUR ALLIES

Celebrating our Changemakers

As we reflect on the remarkable journey of The F.A.I.R. Project over the past five years, we are filled with immense gratitude for our Changemakers. These individuals, hailing from diverse backgrounds and regions, have been the heart and soul of our expedition. Their dedication, passion, and unwavering commitment to creating a fairer world have driven the success of our Project. Each Changemaker's unique perspective and voice have enriched our collective experience, fostering a vibrant and inclusive community. In this section, we celebrate their contributions and introduce you to the inspiring individuals who have embarked on this transformative journey with us.

Aasif Ali, TFP 2020

Aatika Fareed, TFP 2022

Aayana Rai Bhojani, TFP 2021

Abdullah Aftab, TFP 2024

Abhishek Jain, TFP 2022

Aditi Saxena, TFP 2020

Aditya Nohwar, TFP 2024

Aila Dutt, TFP 2020

Akanksha Duvedi, TFP 2021

Akphan Behera, TFP 2023

Akrati Mehrotra, TFP 2024

Alfiya Khan, TFP 2023

Alisha Mehra, TFP 2024

Alyasa Abbas, TFP 2021

Amatullah Batterywala, TFP 2020

Amisha Kapoor, TFP 2020

Anagha Ann Thomas, TFP 2023

Anam Asif, TFP 2023

Ananya Ajatasatru, TFP 2021

Andrea Mary Cardoza, TFP 2020

Ann Mary Biju, TFP 2022

Anushka Gaur, TFP 2024

Anushka Raghava, TFP 2021

Arham Sayeed Quadri, TFP 2020

Arpit Kothari, TFP 2024

Aryan Saxena, TFP 2021

Aseema, TFP 2024

Asher Esli Lal, TFP 2023

Ashish Shinde, TFP 2021

Ayadi Mishra, TFP 2023

Ayesha Sherin, TFP 2024

Ayush Hasmukh Kotecha, TFP 2020

Banashree Thapa, TFP 2020

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Charu Damor, TFP 2023

Chinmaya Sunani, TFP 2020

Crystal Magotra, TFP 2020

Devashish Saxena, TFP 2023

Diksha Shivani, TFP 2021

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Farha Khan, TFP 2022

Garima Agarwal, TFP 2021

Gokula Srinivasan Selvam, TFP 2021

Hardik Pathak, TFP 2022

Hari C, TFP 2024

Henna T., TFP 2023

Hridhu Lakshmi M., TFP 2023

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Izeen Fatima, TFP 2023

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Kaushik Das, TFP 2022

Khushi Dharmesh Shah, TFP 2024

Khushi Tambi, TFP 2022

Kirti Advani, TFP 2022

Krish Chowdhary, TFP 2022

Kriti Girish Sharma, TFP 2022

Kritika Bishen, TFP 2021

Kritika Namesh Khandelwal, TFP 2022

Kshitij Kumar Ojha, TFP 2023

Kshitiz Jangra, TFP 2021

Kuber Bathla, TFP 2020

Kuriakose Simon Puthanangady, TFP 2020

Laksh Sharma, TFP 2021

Lakshmi K. Rajeev, TFP 2024

Lavesh Singh, TFP 2020

Leonard Antony Rodrigues, TFP 2020

Lucky Kaushik, TFP 2023

Madhvi Yadav, TFP 2024

Manas Harjai, TFP 2020

Manasvi Shah, TFP 2024

Manvendra Singh Thakur, TFP 2022

Mehr Puri, TFP 2023

Michelle Regis Patrick, TFP 2024

Mukaram Shakeel, TFP 2024

Munazah Shakeel, TFP 2021

Muskan Gambhir, TFP 2020

Naina Sharma, TFP 2024

Namit Mahajan, TFP 2021

Nandini Arora, TFP 2023

Nandini Parashar, TFP 2022

Nimmy Babu, TFP 2021

Omkar Balel, TFP 2023

Omkar Lohar, TFP 2020

Parthivi Guglani, TFP 2024

Parwinder Kaur, TFP 2024

Pearl Choudhary, TFP 2022

Poshal Gyamba, TFP 2021

Prapti Chakraborty, TFP 2024

Pratyaksh Ahuja, TFP 2022

Reeba Rahman, TFP 2024

Riddhi Malhotra, TFP 2021

Riddhi Rajendra Nikam, TFP 2022

Rishabh Kumar, TFP 2020

Rishika Rastogi, TFP 2021

Ritvick Khanna, TFP 2024

Rose Thomson, TFP 2024

Rugveda Bagwe, TFP 2023

Rupesh Vasant Bawane , TFP 2020

Sai Kalyan Meghavath, TFP 2023

Samarth Narula, TFP 2020

Sanghamitra Tomar, TFP 2024

Sanjana Saxena, TFP 2020

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Sona Sudhi, TFP 2023

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Srutakeethi Bhagwath, TFP 2021

Stuti Banga, TFP 2024

Subhashree Pattanayak , TFP 2022

Sudha Yarabolu, TFP 2021

Sunaina Goldsmith, TFP 2023

Suraj Bansal, TFP 2024

Swetapadma Narayani Acharya, TFP 2022

Syeda Areeba, TFP 2024

Tarun Kumar, TFP 2021

Taw Yalla, TFP 2022

Trisha Chandra, TFP 2020

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Vanshika Rajan, TFP 2023

Varalika Singh, TFP 2023

Varsha Sundriyal, TFP 2020

Varun Sharma, TFP 2021

Vishvak Kannan, TFP 2022

Yatharth Garg, TFP 2022

Yuvraj Singh, TFP 2022

Our Friends in our Journey

Equally pivotal to our success have been our friends who have generously shared their wisdom and expertise with our Changemakers. Some served as mentors, guiding and nurturing the next generation of leaders. Others participated in the F.A.I.R. Dialogue, engaging in deep, meaningful conversations on critical issues. Still, others delivered impactful speeches and led insightful sessions. These distinguished individuals, whose names and designations are up to date as of 14 July 2024, have left an indelible mark through their humanity and the immense value they added to the Project. Their contributions have not only enhanced the learning experience for our Changemakers but have also helped shape the ethos of The F.A.I.R. Project. We honour and thank them for their invaluable support and unwavering belief in our mission.

Abel Aballe Despaigne, Chargé d'Affaires, Embassy of the Republic of Cuba in India

Abhinav Kumar, Programme Coordinator, UNESCO New Delhi

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Alexander Laszlo, President, Bertalanffy Center for the Study of Systems Science

Alison Anderson, Professor, University of Plymouth

Anit Mukherjee, Senior Lecturer, Kings College London

Anita Pauline Dey, Principal, WH Smith Memorial School

Anjili Sarah Mathew, Vice Principal (Academics), St. Mary's School, Dwarka

Anjoo Sharan Upadhyaya, Professor, Banaras Hindu University

Aparna Watve, Ecologist and Conservationist, Rock Outcrops of India

Arti Ahluwalia, Coordinator of Publications, UN Commons Cluster NGO Major Group

Arun Sahdeo, Disaster Risk Management Specialist, USAID

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Isha Singh, IPS, Government of India

James Gien Wong, Co-founder, Stop Reset Go

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Justin M. Bharucha, Managing Partner, Bharucha & Partners

Jyoti Pande, Educationist and Psychologist

Jyotsna Jha, Director, Centre for Budget and Policy Studies (CBPS)

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Karma Wangdi, Chief Research Officer (CRO), Centre for Bhutan Studies (CBS)

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Kavita Sharma, Director, India International Centre

Kishu Daswani, Professor, Government Law College

Kopal Garg, Director - Strategy, HR, & Operations, Bharucha & Partners

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Lavanya Garg, Director of Partnerships & People Operations, Good Business Lab

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Maija Lyytinen, Programme Officer, Education in Emergencies, UNICEF

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May-Elin Stener, Ambassador of Norway to India, Royal Norwegian Embassy in India

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Violeta Bulc, Curator, Ecocivilisation

Ximena Zeballos, Representative, Ecocivilisation

Yamini Aiyar, Former CEO, Centre for Policy Research

Yehuda Baruch, Professor of Management, University of Southampton

Zainah Anwar, Director, Musawah

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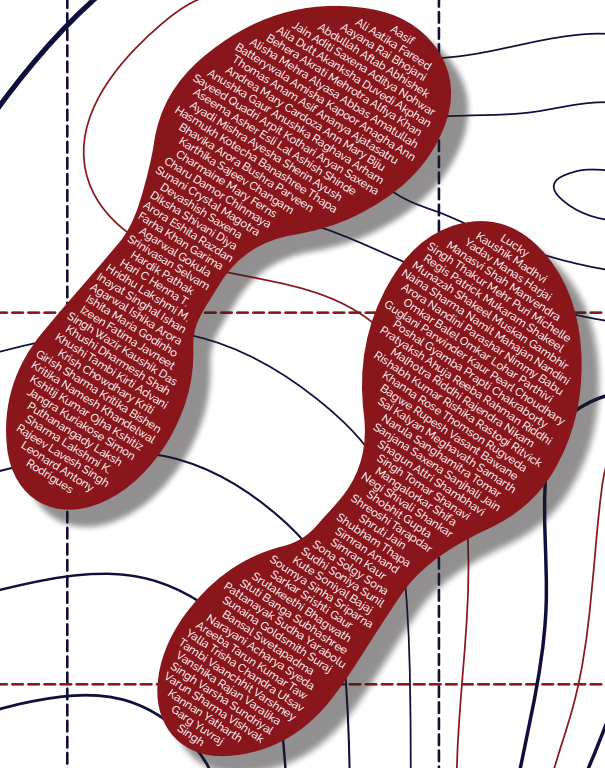
8one Eight Goals One Foundation

Eight Goals One Foundation (8one) is an India headquartered civil society organisation with projects across the globe. In addition to grassroots programmes, the Foundation engages with governments, inter-governmental organisations as well as various civil service organisations, universities, and development agencies in India and across the world, for policy and social sector initiatives. 8one actively seeks and builds panoptic collaborations across demographics and geographies to create synergies for meaningful dialogue and action.



8one BOOKS

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